

VANILLA CAKES & LOUNGE MAGAZINE - SERVED FREE

ISSUE 22

VANILLA

AUTUMN
2017

KATE
CEBERANO

ANASTASIA
MARINAKOU

LIANNA
PERDIS



WEST
 with apple, granola & yogurt \$10
 smoothie \$6
 breakfast burrito and sausage \$7
 2 and protein power smoothie \$10
 smoothie and banana \$12
 smoothie (smooth like a drink) \$10
 cinnamon honey loaf & butter (organic) \$4.5
 cinnamon, nutmeg, and sugar \$6
 chocolate eggs, honey, vanilla, butter & salt \$17
 hard egg and sausage, potato, tomato & onion, salad \$10
 \$5
 \$5

LUNCH
 Spanish 150 sandwiches with ham, onion, lettuce, tomato, sauce \$16
 cold chicken, tuna, avocado \$5
 chicken sandwich with onion, tomato, and egg \$15
 the mixed sandwich with tomato, lettuce, onion & egg salad \$22
 Special lunch, roast pepper and fish, sauce, tomato & cucumber salad \$17
 (on salad & avocado, sausage, potato, and poached egg \$10)
 (all prices include tax)
 \$5
 The mixed sandwich, tomato, lettuce, onion and fish \$15
 Grilled halibut salad with tomato, onion, and cucumber \$16
 (on salad & black olive, tomato, onion) \$15

BEVERAGES
 Grilled halibut, onion, tomato, green olive, avocado (salad) \$12
 Roasted, butter, avocado, tomato and onion (salad) \$16
 Tuna, onion, cucumber, tomato, olive, tomato (salad) \$12
 Grilled big bone, potato, and regular method (Lugan) \$10
 Organic chicken, tomato, onion, potato, and fish (salad) \$12
 Grilled, mushroom, garlic, onion, butter, oil, and rice (salad) \$11
 Food, tomato, butter, avocado, onion, onion, onion, onion (salad) \$16
 Grilled chicken, potato, and onion (Lugan) \$14

KENYA
 Galambura, Estate, Thin, 300g
 Varietals, 300g
 Tasting notes: Black, big body, balanced

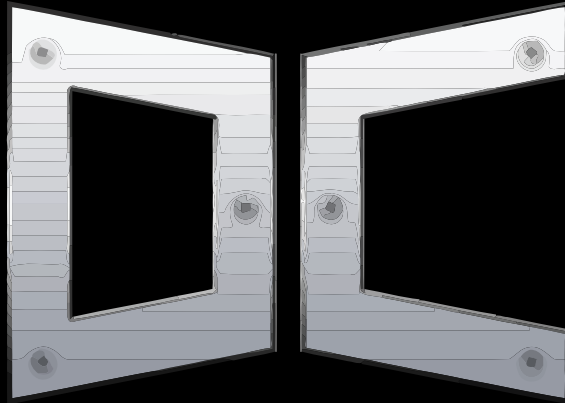
ETHIOPIA
 Yagafra, Estate, 102/250g
 Tasting notes: Floral, fragrant, balanced, sweet, green
 notes of bergamot

GUATEMALA
 Finca San Francisco, Finca, 100g
 Tasting notes: Sweet, salty, earthy, smooth
 notes of bergamot

El Salvador / COE # 10
 48/250g
 from San Juan / El Salvador
 Tasting notes: Sweet, balanced, / Mixed & low acid
 Tasting notes:
 Sweet, green, spicy, slightly, black, tangy,
 all, smooth, & tangy notes
 (all prices include tax)

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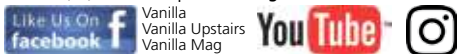
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EDITOR'S LETTER

Welcome to the 22nd issue of Vanilla Magazine!

This autumn we encourage you to explore the beautiful wineries in the Yarra Valley where we shot our latest campaign. So grab your picnic basket, and on your way swing by Vanilla to stock up on your favourite treats and coffee.



A big shout out to **St Huberts Winery** in Coldstream for their great hospitality during our autumn campaign photoshoot: www.sthuberts.com.au

This issue we focus on *Health and Beauty* and the importance of getting prepped for winter before the dreaded cold seeps in and weakens our immune systems.

We are proud to feature our globally gorgeous Greek cover girl, Lianna Perdís, this issue. Lianna spoke to us about family life and her new cosmetics line under the Napoleon Perdís brand. We also caught up with her legendary father, Napoleon, who sung the praises of the five treasured women in his life and how they influence his work.

Sticking with the Greek family theme, athletics powerhouse, Anastasia Marinakou, joined us for lunch at Vanilla Upstairs and spoke to Maria Avgoulas and the Vanilla family about



her move from Greece to Melbourne, and her time with Usain Bolt at Nitro Athletics.

Our chief photographer, Con Milonas and Maria hit the Nitro Athletics track at Olympic Park and discovered that Anastasia was right on the money – Usain Bolt is our kind of guy! Even in the middle of competition frenzy, he still stopped for a selfie with Maria.



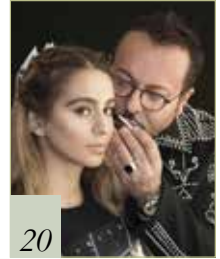
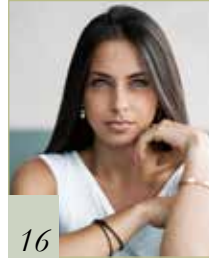
During her lunch at Vanilla, Anastasia met soccer legend Mihalis Mandalis who inspired her with his motivational pep talk.

The whole Vanilla family wishes you a great autumn season and a happy Easter break. *Kalo Pascha!*

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**GREEK PROPERTY
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Effie - the Virgin Bride is... back by popular demands!

Logie Award-winner and AFI nominated writer and performer **Mary Coustas** (*Acropolis Now*, *Effie Just Quietly*, *Greeks On The Roof*) is bringing her hit, one-woman, theatrical production *Effie - The Virgin Bride* back, due to popular demand.

In May, The Comedy Theatre will be roaring with laughter, courtesy of Australian comedy icon Effie – alongside her immaculately-conceived daughter Aphrodite and her womanising yet lovable Uncle Vasili – at the mother of all weddings. This multimedia extravaganza, full of music, dancing and audience interaction, is bound to be a night you's won't forget!

In *Effie - The Virgin Bride*, fans can look forward to meeting Aphrodite, Effie's immaculately-conceived, cute, little boobhead five-year-old daughter, who unknowingly reveals Effie's biggest secrets to us. Nothing is sacred. Aphie's infectious innocence reminds us that the truth is never more entertaining than when uttered from the mouths of babes.

Coustas will also play Uncle Vasili, Effie's womanising and loveable uncle who has flown in from Greece specifically for Effie's wedding. His poignant and candid confession about his life, marriage and the price he's paid for his after-hours activities somehow makes this short, unattractive, politically-incorrect man oddly endearing and completely unforgettable. As Mary says, "Vasili is my love letter to short, middle-aged, delusional Greek men." Of course, Australia's favourite Greek Goddess and the original Bacheloreffe, Effie, will also take to the stage.

Vanilla Magazine tracked down Effie to RSVP, with a couple of questions, of course...



So basically, you are saying "because my wedding was so awesome, I'm doing an encore". Are you trying to start a new trend for Greek weddings?

I had to have a second wedding to fit in all the people on the humongous invitation list. You know what Greek mothers are like. Oh my God, she's invited everyone she's met. Plus, I've got a lot of fans and I would hate for them to miss out. Hello? That would be a crime against humanity.

Can we expect any more surprises in the encore? Will we be seeing more of the uncle for example?

My Uncle Vasili is a classic. Completely inappropriate and loveable at the same time. It's unbelievable how many women got crushes on him when they saw him at my wedding last year. I can guarantee he'll be back with a bang (so to speak).

This isn't just an excuse for you to get more wedding presents is it? Wasn't one toaster enough?

Whoever said "less is more" obviously wasn't a Greek. Me? I subscribe to the "more the merrier" philosophy. Now that I think about it, my wedding is gonna be packed with so many Greeks it'll be probably more like "the more the hairier."



Don't miss your chance to see Australia's favourite Greek Goddess gain a husband and lose a cherry in the encore season of this stage sensation!

EFFIE – THE VIRGIN BRIDE (2017)

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RACHEL COSTANZO VANILLA'S GOT TALENT FOLLOW UP

You might remember Rachel Costanzo from our Thursday Night Live line-up at Vanilla. At just 14-years-old she came third place in the competition and soon became a popular regular at the Thursday night gig.



And now, at just 20-years-old, Rachel is taking the industry by storm and, along with co-producer, singer-songwriter Michael Paynter, she has just released her fourth single here in Australia called *Start Again*.

Rachel has also created her first album with Michael Paynter; who was a contestant in the second series of *The Voice*. Together they created her album, *Blindside*, an album full of songs that were written with meaning and with a passion for following your dreams.

And her talent runs deeper than just a voice; she is also a dynamic instrumentalist with a keen talent for the guitar.

As with her first single, *You are beautiful*, Rachel's music inspires people to take a stand against bullying and to stand up for what you believe in.

So Rachel, what have you been up to since you were playing at Vanilla on a Thursday night?

I have been gigging all over Melbourne!

I have residencies at the Sheraton Hotel Terrace Rooftop Bar on Friday nights and also a residency at Candela Nuevo straight after The Sheraton. It's been a crazy few months! I also DJ and sing at many weddings and corporate events so that keeps me super busy as well!

What have the highlights been?

The highlights have been performing at Etihad Stadium before the Coldplay concert in the pre-concert room – that was definitely an amazing experience. Also, releasing my latest single *Start Again* has been a massive achievement for myself.

And you're DJ-ing too – tell us about that.

I love combining DJ-ing and singing while I perform! It's so much fun, and it really gets any crowd dancing and feeling the groove.

Where are you hoping 2017 will take you?

I hope 2017 takes me to big places! I hope to travel with my music this year and just keep releasing music all the time that everyone can relate to!

Connect with Rachel at www.rachelcostanzo.com.au

[f /Rachelcostanzomusic/](https://www.facebook.com/Rachelcostanzomusic/)



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The Largest MMA promotion is back at the Melbourne Pavilion on March 31st for Hex 8. For the first time, two titles will be on the line as the prodigy of Australian MMA, Jordan Cameron steps up to take his shot against reigning featherweight champion, Joshua Culibao

The main event will see the seemingly unstoppable Callan "The Rockstar" Potter take on current reigning defending Light Weight Champion, Abel Brites who is one of the most charismatic, unpredictable and explosive fighters in the country.

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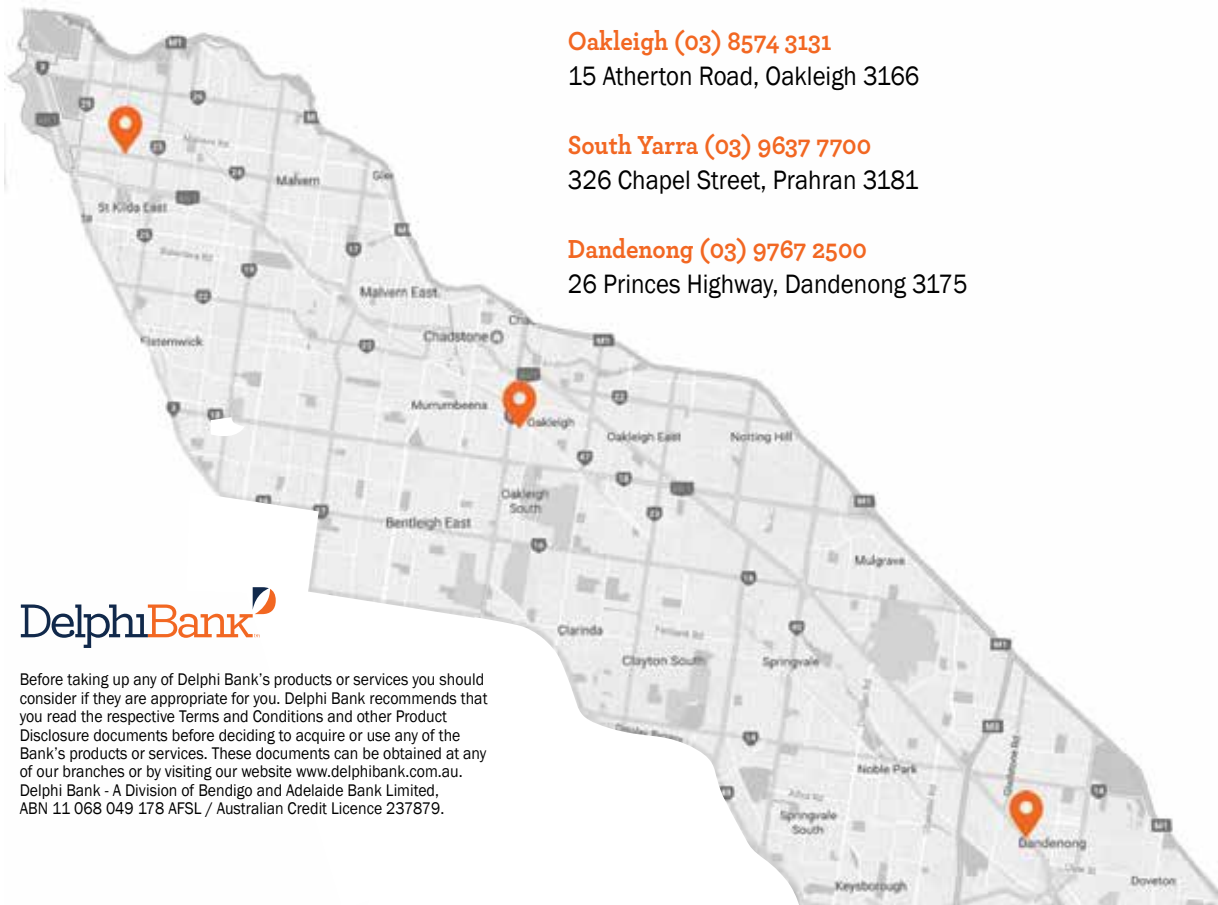
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Real Estate Tips for Autumn

A confident start to 2017 has seen directors Paul Polychroniadis, Jared Wei and the Jellis Craig Monash team hit the ground running after the summer break.

Slowly but surely, more quality homes are being sold but it is still a tight market with buyers competing for family homes and new home sites. Hence the strong results in the last weekend of February.

The Reserve Bank of Australia (RBA) has interest rates set at an all-time low of 1.5 per cent. After nearly a year of consolidation, the local economy has benefited from these lower lending costs. Experts now believe that the RBA will lift rates in 2017. Bond yields are also rising across the globe. This is an early indicator that internationally rates are about to increase.

While price growth in most Australian cities is subdued, Melbourne and Sydney house prices continue to thrive. On the other hand, apartment demand is softening with a predicted 10 per cent fall in the coming year.

Paul and Jared answer the following questions:



Photo: Zaharoula Harris



Should I sell my house before buying another?

This decision is based on your financial position. If you have enough equity in your home to cover a deposit and the bank lending requirements then you can make your choice based on the current state of the market.

If buyers have the upper hand in the market and properties are selling at a slower pace, consider selling first. This will reduce your financial risk and stress. You won't be paying interest on two loans and you will know how much money you have to spend.

If it's a strong market with prices on the rise, it might be best to purchase first and secure a lower price. It is important that you are confident your current home is desirable to buyers so it sells quickly.



I am worried about using an auction to sell my home. Are there other options?

There are different ways to sell your home. The auction method is considered a powerful way to sell because it sets a deadline for buyers. Auction day is a competitive environment where bidders are motivated to succeed.

Expressions of interest: Using this method, you select a selling date and desired price range. The agent then invites buyers to submit their best offer before the closing date. When this day arrives, the agent presents you with every offer. You can accept the highest offer, negotiate further with a buyer or restart the campaign.

Private sale: This method is easy to understand. Decide on the price you want to sell for, advertise this price and then wait for the right buyer to approach. This is a slow process but is less intimidating.

How do I find the best agent?

Selecting the right person to sell your home is extremely important.

Undertake your own research: Attend auctions and open houses to watch agents in action. Notice how they interact with buyers and consider whether their style is in line with your expectations. Take note of whether they call to follow-up on the Monday. This is a very powerful sales mechanism that creates opportunities.



Photo: Zaharoula Harris

Stay in your local area: Look for agents who are intimately aware of the local market, recent sales, competition and the area's desirable amenities. Local agents work hard to establish relationships with buyers who are looking to buy in your suburb.

The hard facts: When you meet with an agent, ask about their recent sales and the real facts behind these sales; the number of days on the market, the reserve price and the number of bidders at auctions.

Can I sell my investment property with tenants living there?

Yes, you can sell, but there are some points you will need to keep in mind. Most tenants will co-operate with a sales campaign but they need to be given 24 hours' notice for an inspection. If you are in a rush to sell, keep your tenants in place because you need to provide 60 days' notice to ask them to leave.

Owners often provide tenants incentives like reduced rent or a cleaner to minimise inconvenience and encourage a positive relationship.

Ideally, it would be easier to sell without tenants because a lease may not appeal to certain buyers. Some owner-occupiers do not want to wait for a lease to expire before they can move in to their just-purchased home.

Jellis Craig



Con Milonas Photography

CELEBRATING EASTER *The Orthodox Way*

By EUGENIA PANTAHOS

All over the world, people gather to celebrate Orthodox Easter in the rich and distinctive churches adorned with iconography. The epitaph is decorated with hundreds of perfumed flowers and sweetly scented basil, and coloured ribbons drape from dimly lit chandeliers. The soothing sounds of hymns, the heady aroma of smouldering incense and slow burning wax, create a spiritual experience that is expanded by the peaceful glow of lit candles.

Celebrating Easter in the Orthodox way is a journey that begins with the Greek carnival tradition of Apokries. The three week period of Apokries allows for gradual abstinence of certain foods, beginning with meat, fish and poultry, then dairy foods, and finally oil and wine – but not before the great frivolity of Masquerade is celebrated with costumes, masque parties, and feasting.

Clean Monday is the first day of the 40-day Lenten Fast known as Sarakosti. Lent is a time of spiritual growth, renewal and contemplation, and an opportunity to enjoy healthy fasting foods including beans, pulses, shellfish,

calamari, octopus, assorted pickles, and for something sweet there is always Halva or the delicious spicy Lenten cake. Palm Sunday, and the Annunciation (25 March) are the exceptions during the fasting period, as fish is usually served on these two occasions.

Holy Week precedes Easter and the church holds services each day, and on some days there are morning, afternoon and evening services, each one symbolic and meaningful.

On Good Friday morning, the Kavouklion is adorned with an icon and decorated with many hundreds of perfumed flowers. The Epitaphio (a cloth depicting Christ being removed from the Cross) is placed onto the Kavouklion during the afternoon Apokathlosis service. In the evening, the Epitaphios is carried out of the church with the priest leading a slow procession of followers carrying lit candles. At the end of the service, cuttings of basil and flowers are given to the parishioners to take home with them.



Traditional Orthodox Easter fare – coloured eggs, tsourekis and koulourakia braided biscuits are an Easter tradition.



No Easter table is complete without dyed hard boiled eggs. Candle available from www.candlesbynikoletta.com

Just before midnight on Easter Saturday the lights in the church are switched off, the candles are extinguished and the church falls into complete silence and darkness. The priest emerges with a lit candle and proceeds to light the candles of those waiting to receive the first light. They in turn pass the light on, and one by one the candles illuminate the church in a magnificent glow before the priest and parishoners move outside, spilling out onto the streets. The church bells toll, and the priest, psalmists and congregation recite the Christos Anesti Eknekron (Christ has Risen) chant, three times.

Many families, especially those with elderly parents or young children, will leave the church, with lit candles or lanterns to bring the new light into their homes and light the memorial oil lamp in remembrance of loved ones, before partaking in a late supper to break their fast. In our family, we serve a thick and creamy chicken Avgolemono soup, just how my mother made it, followed by tiny portions of quail, braised liver, or lemon and oregano chicken with potatoes, Tsoureki and Koulourakia, followed by the cracking of red-dyed eggs.

The Easter celebration lunch is a family feast. It is traditional for the men to gather early in the morning to prepare the spit-roasted lamb seasoned with lashings of olive oil, massaged with hand rubbed oregano, salt and pepper, and bathed with fresh lemon juice, while rotating over charcoal, or oven baked slowly until the meat falls away from the bone.

Food is plentiful with homemade bread, an assortment of dips and salads, served with chilled wine or beer, the perfect accompaniments to complement the wonderfully unique flavours of olive oil, lemon and oregano; the triad of Greek cuisine.

Following lunch, the red-dyed eggs are brought to the table for cracking. It is believed that the last person holding an unbroken egg is blessed with good fortune. Afterwards, Koulourakia, Tsoureki and other mouth-watering sweets are enjoyed before the dancing and kefi begins!



Eugenia Pantahos, author of *Greek Life – family, culture, food*



Book available at greeklifestyle.com.au
Find a stockist near you or order online

CHRISTOS ANESTI // ALITHOS ANESTI – Red-Dyed Eggs

INGREDIENTS

- 12 white-shelled eggs, as fresh as possible
- 1 packet red dye, available from Greek wholesalers
- 1 cup white vinegar
- A little olive oil, for polishing the eggs



Photo: Marie Kargiotis

METHOD

In a stainless steel pot, add the fresh eggs. Add enough cold water to completely cover the eggs.

Dissolve the red dye powder in 1 cup of boiling water and add to the pot. Add the vinegar and gently bring to the boil. Reduce the heat to simmering point, and cook the eggs for around 15-20 minutes.

Remove the eggs using a slotted spoon, rinse gently under warm water and place on a platter lined with absorbent kitchen paper.

When cool, polish the eggs using a piece of kitchen paper that has been slightly dipped into olive oil.



Dancing, health and wellbeing from ancient times to today

Maria Irimi Avgoulas takes a closer look at the link between Greek dancing and physical exercise – and its link to the Olympics dating back to ancient Greece.

When I think about physical activity, exercise and sport, ancient Greece always comes to mind – especially with the Olympics, the link all of it has with ancient Olympia, and its association with the many Greek gods and mythical heroes of the ancient Greek world.

Thousands of years ago the Olympic Games were hosted at Olympia, a sacred ground situated in western Peloponnese (in Elias). Olympia was the birthplace of athletics and, in turn, physical activity, and healthy and honest competition. However, it was also a culture where initial participation was permitted only to men.

The grounds of this sanctuary are so sacred that, despite them being outdoors, smoking is not permitted. I was shocked when I was told this, due to the identity marker and symbolic significance of smoking in the Greek culture, particularly in Greece.

The symbolic meaning of the grounds of this sanctuary is still present with the Olympic flame, and it being lit on the ancient soil of Olympia before it travels to the host country of the Olympic Games – thus melding a piece of ancient Greece with the actions of the modern world. Without this sanctuary and the ancient ritual of the Olympic flame, there simply cannot be the Olympic Games of the modern world that are celebrated every four years.

The ideals and morals of the Greek people were reflected in the games from these ancient times and have become identity markers themselves in Greek people around the globe. Even for those living in diaspora, these morals govern daily life and guide decision-making, allowing for Greek people to be admired, and hold importance in the foundation of modern civilisation.



When someone thinks about sports and physical activity, I ask, does dancing come to mind? The common answer is 'no' – however its role to both physical and emotional wellbeing is vital to health. I have started a new research project where I am looking at sport and exercise, and the influence culture may have within diaspora communities.

The first stage is an investigation of Greek dancing as an aspect of cultural identity and wellbeing. The findings of this study are fascinating, showing identity, social connection of Greek dancing and how this enhances both physical and emotional wellbeing while maintaining Hellenic identity and markers associated in diaspora.

I then spoke with students from a well-established Greek dancing school in Melbourne. Greek identity, Greek culture, Greek moral values, and even something they described as Greek schools were all the reasons they wanted to attend the Greek dancing school, and could not really imagine their life without Greek dancing. All of these important reasons, along with maintaining what is Greek, were why they participated in Greek dancing as adults.

They spoke also of exercise and how Greek dancing was cardio and definitely a great workout – however this aspect of it was always the plus not necessarily the heart. These were some things they told me:

"Greek dancing is about developing your social relations with fellow Greeks, exposing yourself to your culture, to your background, upbringing, and holding onto traditions. It's very fun, very dynamic, and very active so you get a good workout out of it. It's both culture and a very good form of exercise."

"I'm here for friends, to exercise, to put on a show for people and to entertain, and I enjoy that. For example, at Frondita (a Greek nursing home) the old people there get a sense of joy and fun when we go there. Giving and having that sense of belonging, that's my goal, because as I said before, innately it's that need for social interaction. But I want it in the Greek sense because I'm Greek."

"I feel like with dancing you do not realise how much you are working out. What motivates me – because I am at a performance level – it's the team thing that motivates me. I like to be part of this group. There are rules that we sign to – we are not allowed to smoke, we have to take care of ourselves. These are Greek values and because we have the younger kids who look up to us we need to be role models as well. Dancing is physical exercise but it also helps with discipline – so it's physical exercise but also psychological discipline."

"Here I feel a connection with Greece and being Greek. That identity joins us and everyone is here for different reasons. Coming to dancing here makes me feel more Greek – it's like I'm in Greece. We speak Greek, listen to Greek music, dance Greek – and when we perform I feel I'm keeping my Greek and maintaining it here. It's something I will never lose."

Exercise and physical activity mean something different for each person – the example of Greek dancing shows both physical and emotional benefits of this, along with the ancient Greek values travelling into today. So reflecting on what all of this means and what exercise and physical activity really may be – it seems that the most simple ingredients of the ancient Greek world, if only followed, can really benefit health and wellbeing in so many ways.

Maria wishes to thank Dion and the Manasis Group for taking part in her research. Photos courtesy Manasis Dance Group

By **DR MARIA-IRINI AVGOULAS**

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Anastasia Marinakeon

NITRO ATHLETICS



Off the back of **Usain Bolt's** Nitro Athletics, **Maria Irini Avgoulas** caught up with Greek athlete **ANASTASIA MARINAKOU**.

At only 20 years of age, Anastasia has achieved so much in the world of athletics, specialising in the 800m, 1500m and 3km. She was named Greece's top athlete and holds seven national records. Anastasia spoke to Maria about moving to Australia and her plans for the next Olympics!

Tell us, how did your involvement in sport and athletics begin?

I was a very energetic child – I would always run around and I was full of life. The teachers at my primary school spoke to my parents and recommended that I get involved in some type of physical activity because I had so much energy, strength and power.

About a month later they sent home a letter saying that I had been selected to become a runner – I was in about grade five and I was very little. Because I had commitments at school my mother told me that I needed to study, so I wasn't able to run there for very long.

Once I went to high school, my passion for athletics resurfaced and I took up running again, but my mother made it clear that I had to dedicate enough time to my studies as well.

So, I started with the 600 metres in a small division and performed very well – I came first in Greece! Then, when I was a little older, I entered the 800 metres, then the 1500 metres and, eventually, the 3kms. Over this time, I won various competitions, and later on I began training with the best trainer in Greece.

Because my trainer was in Athens, I would travel back and forth five times a week – it was a big sacrifice. I did this for a year until I finished school. Then, when I graduated, I moved to Athens – close to the Olympic Stadium and to my training.

I lived there for two years and won various competitions – and it was at this point that I decided to move to Australia.

You achieved a lot in Athens. What made you decide to move to Australia?

It was a difficult decision. Even though I had achieved so much in Greece, I decided to leave Athens and move here to Australia, so I could train with one of the best trainers in the world – Nic Bideau, who was also Cathy Freeman's trainer.

I had actually secured a scholarship in Greece with a university in America to both train and study, but I preferred the idea of moving to Australia. I had a great relationship with the trainer at the American university and he suggested I send my biography to Nic Bideau in Australia.





I was very excited to learn that Nic was interested in me joining his team, so last year I decided to come. Initially, it was for a month to meet Nic and his group of elite athletes and see how it would go – I fell in love with it here, they are all such amazing people.

So, I spoke to my father and asked him if we could move to Australia, because it was something that I really wanted. I returned to Greece for a year and then relocated here to Melbourne at the end of last year.

When I was in Greece for that year I trained very hard, and competed in and won various events – it was unfortunate that I missed the Rio Games by only 2 seconds. I am looking forward to the next Olympics Games – I am still young and have great plans to compete.

In the past, Australia was seen by Greeks as the lucky country. Did your father ever tell you this growing up?

Yes, he called it the country of opportunities! Now I can see why, especially for me, because I see that people love sport and athletics here. They try to provide opportunities and help athletes as much as possible.

Unfortunately, in Greece this just isn't possible. For example, in Greece I am the best at what I do in the sport I am in. However, the opportunities that I have had here in Australia, in such a short amount of time, I never had in Greece.

It's not that they didn't want to provide these opportunities in Greece, they just couldn't, it was too difficult. So, I left my life, my friends and everything I knew in Greece – to start again from the beginning, so that I could have a fresh start to become a professional athlete.

Tell us about your involvement in the Nitro Athletics?

I was very lucky to be involved, and even luckier to be a part of Team Bolt. I learnt of the games through my trainer – it was exciting knowing that they were a first-time event here in Australia. It was such an amazing experience and something I will never forget.

I met so many amazing athletes, and of course, Usain Bolt – he is one of the best athlete's in the world! And he gave us so much of his time and attention, he was wonderful.

Overall, it was a very different competition and unlike anything I've ever competed in before. It was fun and entertaining too. It was just an amazing event and I would really like to be in his team again when they come back.





What will you remember most from this experience?

Usain's strength – when he spoke to you, you could just hear his strength, and in return he made you believe in yourself. He also gave us a thirst to run, compete and win. He was just amazing. When I was running in a competition, he would call out my name and encourage me. It's something all athletes, I believe, would like to hear – Bolt's voice calling out their name when they compete, it was so wonderful.

What are your thoughts on the Greek community in Melbourne, and in particular, Oakleigh.

I really, really like Oakleigh! The Greek people here are so connected to their culture and everyone I've met has been so nice and so willing to help me settle in.

I really appreciate that and would like to thank them. Greek people here are very different to the ones in Greece. I don't know why, it could be that because they live here they have such nostalgia for Greece. They've been in the same position as me and understand the challenges and difficulties, of leaving your *patrida* (homeland) and coming here to start again from the beginning. I feel very lucky to have the support I have from the Greek community.

If there is something you could tell the Greek community what would it be?

Mostly that I would like to thank them for their support, I really appreciate it and I hope they continue to support me and help me to achieve my dreams and goals. I can't do it without them!

I would also love to receive sponsorship from the Greek community in Melbourne. It's a long journey starting from the beginning in a new country, and their sponsorship would mean so much to me – it is an important part of helping me achieve my dreams.

What can you tell me about your Greek culture?

I find strength in my culture and it's something that helps me a lot – I'm very proud to be Greek. It's something that gives me strength, as the Olympics, athletics and sports all originated from us Greeks. I feel very lucky to be a part of this great culture.

What are your goals for the next 12 months?

Firstly, I want to be healthy – if I don't stay healthy I can't compete at the level I want to. My goals also include taking part in the European championships in June – this year they are in Poland – and I really want to achieve a good result there.

Then I would like to take part in the women's world championship this August in London, and then, of course, my biggest goal is to take part in the next Olympic games. I want to be as healthy as possible so I am able to achieve as much as I can.

Anastasia is currently seeking sponsorship – an important aspect to achieving a successful career in athletics and achieving her personal and professional aspiration. You can email Anastasia at anastasoula248@hotmail.com for more sponsorship information.

Anastasia is a young woman with dreams, hopes and aspirations that, in many ways, echo similar sentiments of the Greek migrants from decades ago; referring to Australia as the 'lucky country – the country of opportunities'.



NAPOLEON PERDIS





This issue we turn our attention to our cosmetic guru and talk to him about life in the spotlight, his cosmetics empire, and his treasured family of strong, intelligent women...

You have an amazing group of women around you. How instrumental have they been to building your empire?

The women in my life have been imperative in helping me build Napoleon Perdis. From my mother, Lianna who encouraged me to pursue my dream of becoming a makeup artist, to my wife Soula-Marie who quit her job to support me in starting the business, to my four girls who are always encouraging and challenging me to try something new and exciting and to 'get with the times,' as they say.

Is there lots of feedback and opinion from them all? How do you take their input...

They give ME beauty advice! I love how savvy and on trend each of them are. They each have their own individual and unique personal style and love to experiment with new beauty looks. That's not to say that I don't add my two cents worth in here and there (*laughs*). I love allowing each of them to share their feedback with me, and I value each of their opinions on so many different levels.

How do you and your wife feel about the media attention Lianna is receiving at the moment? She is certainly handling herself brilliantly.

My wife, Soula-Marie and I are very proud of Lianna and what she has accomplished to date. Not only is she blossoming into a beautiful, intelligent, considerate and humble young woman, she takes the time to think of others. As happy as we are to see her gracing the covers of international fashion magazines and represent the family business, so long as she is happy and a good person, that is what we value the most above all.

And the triplets, they also have all the talent of brilliant MUAs. Do you think they'll be all over the family business too?

They're definitely a talented little trio! Each of them express their interest within the business in various ways. Athina is a fabulous makeup artist, she recently took over one of Lianna's photoshoots as she didn't think the makeup artist was doing a sufficient enough job! Angelene wants to run the business and kick me



off my pedestal and Alexia is into the functionality and technical side of things. However, in saying that, they each possess the same qualities and talent when it comes to makeup and things looking fab. We would be lucky to have them work for the family business.

How do you juggle business and family life living between two worlds? Apart from the frequent flyer points, what are the benefits to you and your family spending so much time anchored in Greece?

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

Living in Europe inspires me in so many ways, not just artistically and creatively, but with every corner you turn there's something ancient and historic to discover, you're constantly being visually stimulated.

Moving to Greece with my family was less to do with Greece itself and more about being based in Europe. Athens is a great centre and a great hub to be able to commute easily to other European capitals. Most of our

product development happens in Europe so this allows me to be closer to the action.

In the process, I also wanted my children to be able to expand their Greek language skills, as I believe knowing a second and third language is very important. It was also about my wife who was brought up in Greece up until the age of 14, to reconnect with the country she was brought up in.

We know you love spending time with your family, but what's your favourite part of your professional life? What gets your pulse racing?

I love when new ideas electrify my mind like a bolt of lightning. I can't sleep, I can't eat, I can't think until I get whatever is on my mind and in my thoughts into a visual concept. It becomes an obsession until the idea is birthed. I love the adrenalin rush of creation and creativity.

And while we're talking about futures, what are your plans? What can we expect to see from the Napoleon Empire? What are your ultimate goals?

I'm at a stage in my life where I just want to be the best that I can at every stage, so I don't necessarily see something specific in the next 5 years other than being the best. If the best means expansion we'll expand, if the best means better product and more new technology then we'll do that. If the best means looking at different ways of marketing, then we'll do that. I just want to be the best at what I do.

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



LIANNA PERDIS

Napoleon's eldest daughter is fast becoming a hot topic in the media and the fashion world, and the attention is well deserved; she has a natural instinct when it comes to colour and style with an artful edge.



Her upbringing in the arms of the Perdís family has given her great respect for the trials and benefits of life lived in the spotlight, and she's been raised to be a respectful and down-to-earth young woman, excited to try all that life has to offer and determined to live life to the fullest.

Fresh from her first walk on the runway at New York Fashion Week, Lianna happily chatted to us about her move to Greece, the artful side of makeup, and her plans for the future...

Do you find it easy travelling between Australia and Greece? (Maintaining friendships, feeling settled etc.)

I love to travel and feel blessed that I am able to experience both cultures and lifestyles – friendships which are strong, show. Something my parents taught me growing up was to cherish the 'now'. You never know what tomorrow will bring, so don't sweat the small stuff. If you try to find the good in every situation, you'll always come out on top.

It looks like your relationship with your dad and the rest of the women in your family is a close one. How important has family support been in your upbringing, and now with the move into the Napoleon cosmetics empire?

Family is everything. We always strive to support one another in everything each of us does. Whether it's something as simple as being there to listen to someone who has had a bad day, or cheering on from the sidelines of a fashion show, we always have one another's backs.

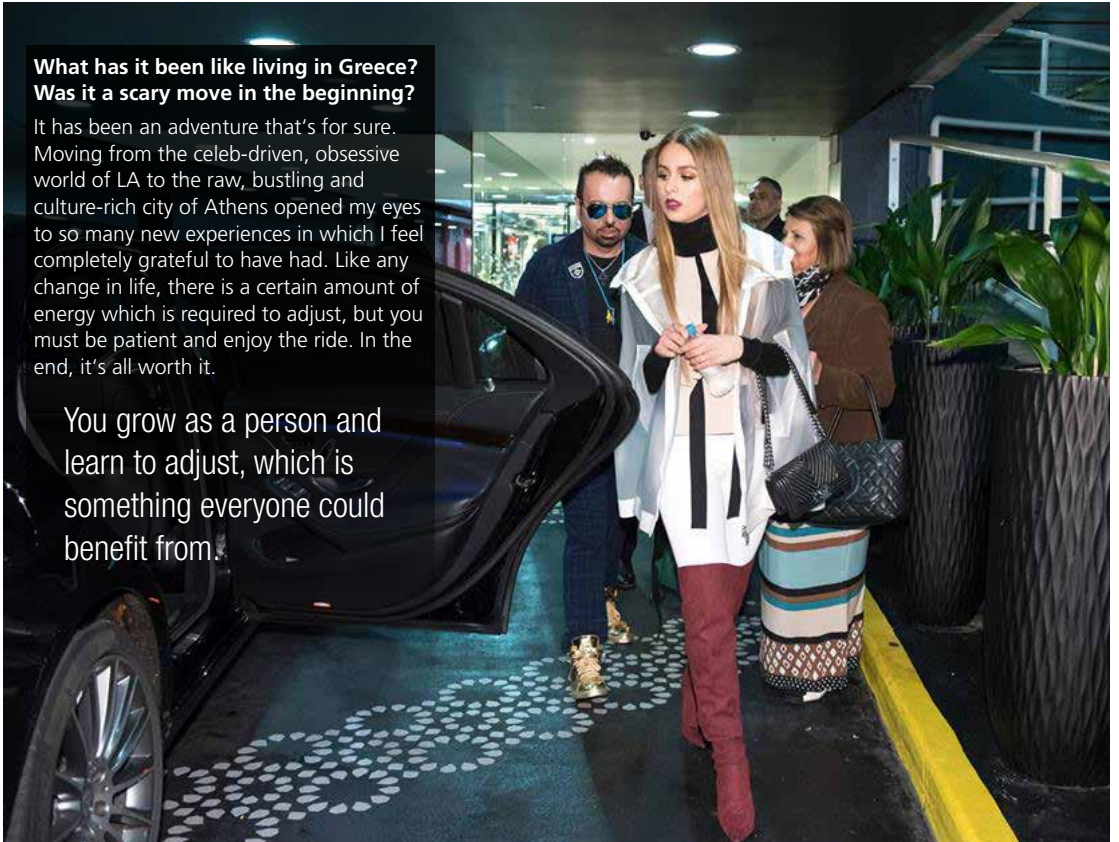
How do you feel about the media attention? Are you enjoying it?

I feel grateful that people are interested in, and talking about, what I'm currently doing. I try to give everyone who takes interest, time and respect, because if my father hadn't done so, he wouldn't be where he is today. When people believe in you, it's worth all your time and respect.

**What has it been like living in Greece?
Was it a scary move in the beginning?**

It has been an adventure that's for sure. Moving from the celeb-driven, obsessive world of LA to the raw, bustling and culture-rich city of Athens opened my eyes to so many new experiences in which I feel completely grateful to have had. Like any change in life, there is a certain amount of energy which is required to adjust, but you must be patient and enjoy the ride. In the end, it's all worth it.

You grow as a person and learn to adjust, which is something everyone could benefit from.



Talk to us about the inspiration behind Total Bae?

Art always has always played a major role in my life as my parents collect art, and makeup IS art!

It's about feeling young and free, it's about what makes you feel cool, no matter what your age, lifestyle or makeup style.

But on a simpler note, the colours, textures and products were pieces I wanted to add to my own makeup wardrobe; it's about beautiful, easy to use, on-the-go glam.

**What do you see yourself doing in the future?
Are you a big planner? What are your ultimate goals and desires?**

So much! I'm going to focus on my schooling – first and foremost, grades are my biggest priority; address modelling opportunities as they come up, plus I already have plans for new additions to the Total Bae range that are going to be super cool and major game changing!

Total Bae

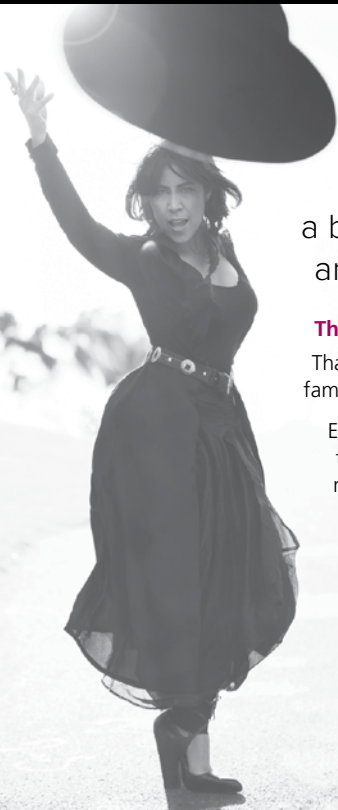
Lianna's new range of fun and creative cosmetics is available now in store and online
www.napoleonperdis.com/aus





kate ceberano

BY BELINDA HUGHES



My first memories of Kate Ceberano were watching her on *Rage* and playing her tape on my walkman in the 80's, **I loved her.**

So, what do I ask Australia's high priestess of pop with a brilliant career spanning 35 years? How she does it all and stays gorgeous, while living well!

Thank you Kate for talking to me for my Age Well special. You look fabulous.

Thank you, I'm feeling happy and balanced these days – lots of touring, spending time with my family and working out with a great group of like-minded women!

Each of these things used to take singular precedence – i.e. one thing could not mix with the other – but lately I've been able to incorporate all! It's a minor miracle and something I'm super proud of.

You've launched your anthology album, what are you most proud of from your 35-year career?

I am most proud of the fact that, as an artist, I have been allowed to engage with so many parts of the industry of music. I have been a pop act, a singer/songwriter, a touring artist, a musical theatre girl, a TV host and an artistic director for a massive cabaret festival in SA for three years.



I feel I evolved over the years and learnt how to understand my own responsibilities better and can now be self-governing!

My greatest source of pride is being that I understand the administration of festival, can book bands, can understand the management of music and am now enjoying independence as a recording artist too!

I feel I evolved over the years and learnt how to understand my own responsibilities better and can now be self-governing!

This is the definition of freedom for me as a woman and an artist.

Do you have a favourite song or performance?

I loved touring the “superstar” material with John Farnham and Jon Stevens in arenas around the country. It was amazing singing with such quality voices night in and night out to thousands of people.



I understand you're touring at the moment. How do you keep your energy up?

I had prepared for a year with my trainer/ mentor at “Energize Pilates.” She and her associative trainers took me through Barre, the Alexander Technique, and Pilates on an extensive training routine.

I trained every day, and I still try to when I'm not on the road. The most important thing that my trainer has given me is a safe environment.

She has a loyal client base of like-minded professional women who have become my friends and we train together as a little tribe!

We all stay happy and help support each other for different milestones – for example, getting married, preparing for tours, overcoming work concerns, parenting, ageing.... It is a holistic enterprise for all of us. Engaging with all levels of life, not just the health of the body, but the mind and soul as well.

Do you keep a certain routine with food and exercise?

I went on a simple, restricted diet recently for health reasons i.e. no sugar or wheat – almost like a 1950s diet actually. It was beautiful. My skin started to look great, my clothes began to fit really well, and my energy went right up there... But my life is often compromised by travel and it certainly is hard to find great food without a kitchen on the road!

I've fallen on and off the wagon, but the general health I attained during those months of eating carefully hold me in good stead during touring. When I come off the road I get back into my routine.



How important is health and wellbeing to you?

It has everything to do with why I can still do what I love, and have been able to do it for over 30 years now.

Management, moderation and a keen sense of physical awareness is inspiration in itself. I WANT to feel good. Nobody has to make me do it! It's personal pride and aesthetics that keep me in the game.

How did you come to be Ambassador for the National Breast Cancer Foundation? Can you tell us more about that role?

Many women in my field have been affected: Kylie, Delta, Olivia, Renee, Chrissie – the stats are alarming and speak for themselves in terms of the aggressive nature of this disease and how widespread it is in the community.

I love this group that fundraises and does the research, and my investment into it all is ensuring that my daughter and her daughters never have to fear about the future in this area.

There was once a time when it was certain death and now women and men are surviving and living full lives! This is a great campaign.

You like to give back, what's one of your biggest passions to support?

Original Australian artists! I try to help where I can, mentor or do masterclasses that focus on the business, the stagecraft and communication skills required to keep your voice heard!

You're looking fantastic; tell us about your beauty routine.

I'm currently using OrganicSpa morning and night! My skin really loves it and I feel like it's contributing to, not only the maintenance, but the repair of my skin. I travel so much and I'm up late and I'm often lacking sleep. It seems to support my skin under environmental stress! And it's super easy to use.

What's one beauty product you can't live without?


I'm in love with OrganicSpa's beauty balm! Tinted moisturiser keeps me looking hydrated without the heaviness of a cover and there are no yucky chemicals to fill my pores!



BELINDA HUGHES

Editor of Natural Beauty Expert and a professional beauty therapist who is passionate about natural and organic beauty products. Belinda will help her followers navigate their way around what natural beauty is and the best way to get it. Expert advice combined with the hottest trends.

First published on www.naturalbeautyexpert.co

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#takeuswithyou



@vanillaoakleigh



Tiffany Hall

TIFFXO & HAPPY FIT

With *The Biggest Loser* behind her, still in her first trimester after her big pregnancy announcement, and her fun and active segment on Network Ten's *The Living Room*, we caught up with Tiffany Hall a few months into TIFFXO, to discover how her online program is going, the philosophy behind it, and what it means to be Happy Fit!

Tiff, why an online program?

I developed TIFFXO because after *The Biggest Loser* I would get heartbroken, because my contestants would finish with great results, and then go home, and I had no contact with them or no way to support them.

There's a big difference when I'm with them: their mindset, diet, exercise – everything is fantastic. Then they'd go home and the missing factor was always support. They knew what to do, but it slips without constant support.

So I thought, I'm going to create a program that starts with the support and then the diet and exercise.

Tell us about your philosophy Happy Fit?

It's about being happy first! Change your mindset. You don't wait to lose 10 kilos, or fit into that dress to be happy. Be happy now, and when you're happy now, then you make nice choices.

But, many of my ninjas struggle with that – that's what I call my members in my community – my ninjas. They say, 'oh no I'll be happy when I lose weight and I can fit into the dress I want to wear to the wedding'. But I say, no, be happy now, and if you're happy now, and you're in a good, positive state, then you'll make better choices for yourself, otherwise it's punishment and deprivation and people struggle with trying to fix that

mindset – but once they do, they get amazing results on my program.

I always say, you have to train the mind, and then the mind will train the body.

There's no point just looking at weight loss in terms of science, which is just deficits, numbers, calories and kilos. You have to look at it as habits of the mind and getting those synapses working in a positive way.

And it's not just about eating salad everyday and doing squats. It's about feeling more empowered. When you look at the program many of these women are mothers and many of them are at home and don't have the luxury of putting on the clothes, finding a car park, paying for childcare and going to the gym.

They're finding that time at home now, and it is better value than a gym membership – you'd pay more than \$49.00 a month for a gym membership. With TIFFXO you're getting nutrition, you're getting mindset meditation, self-defence tips, and then we chuck in beauty tips, and tips on how to make your home chemical-free – it's so holistic and such wonderful value.

So TIFFXO focuses on mindset as well as exercise?

I created the program with that in mind; I've brought together the best people in the industry, and not just the dietician, but the psychologist, pregnancy experts, self defence experts, myself as a trainer, and then my team behind that. You know, the way the editor has put the videos together, and the quality of the videos and the website that never breaks, I'm just so proud of it.



Your Facebook community is amazing, everyone is so supportive. Did you expect everyone to be so positive being an online community?

Yeah and that's why I called it TIFFXO. It's a kiss and a hug, it's about self-compassion, and it's about getting rid of that all or nothing attitude of 'I'm on a diet', or 'I'm completely eating whatever I like'. If you slip up during the day, then you reset and you get back on track, you don't just go straight to Maccas and eat whatever you want.

My ninjas are just so devoted to not only their own health and wellness, but helping others, and that's what really gets me. As a coach, I love making other people healthier and to see other people loving that as well, and encouraging and supporting the other ninjas – and that's what I'm passing on – that means a lot to me.

In the beginning I decided to put up house rules, because being in the media I have experienced online bullying, but everyone was so supportive and encouraging to each other that I went okay, rip up the rules, take them down!

So you'll still be filming throughout your pregnancy?

Yes! I want people to say 'oh look, there's her bump and she looks exactly as she is in the community,' I think that's all very important. I know I'll have to adjust and make allowances as I get bigger, and I'll try to get a couple of months in the can so that I can have a month or so off with bubs, but I'll still be there, in the TIFFXO community supporting my members. TIFFXO is my pride and joy, I'm just so proud of it.

Extremes don't work for me, I find what's sustainable is consistency every day.

You can't do extremes because it comes to the point where you have to stop it, you have to give it up, so that's my thing.

XO

For further details visit www.tiffxo.com

How much work has gone in behind the scenes and leading up to it? It looks like you've put in a ton of work?

Yeah... every minute of every day! Obviously for launch it was a lot of work, designing the website with my team, and putting together the martial arts training system.

So, it's divided into Training Days, TKD Hit and then TKD Tone Days, so weights and resistant. Then there's my Yoga Flow, the TKD Flow, it's all based on Taekwondo. Then we had to figure out how it would all operate, and then I created the Tiff 10, which is a fast-paced, intense circuit that people can access after each 20-minute workout.

And then there was a lot of branding: what will we call it? How will we present it? We've gotten into a flow now where I film 40 workout videos a month, all fresh! Brand new!

Before I fell pregnant I'd get that done in a week; I'd do about 8 workout videos a day, but now that I'm pregnant it's taking about two weeks to film each month.



Teriyaki Salmon with Pickled Veggies

Serves: 2
prep: 10 minutes
cook: 5 minutes

Ingredients

- 2 tbs soy sauce
- 2 tbs mirin
- 1 tsp honey
- 1 tsp ginger
- 300g salmon fillets
- ½ carrot, julienne
- ½ cucumber, julienne
- 3 radish, julienne
- 2 cabbage leaves, finely sliced
- 2 tbs mint, chopped
- ¼ cup rice wine vinegar
- 2 tsp sesame seeds, to garnish
- 1 green onion, finely sliced, to garnish

Method

Combine the soy, mirin, honey and ginger in a bowl. Add salmon to marinade and set aside for 20 minutes.

Place carrot, cucumber, radish, cabbage, and rice wine vinegar into a bowl and toss to combine. Place in the refrigerator, tossing in the liquid occasionally until ready to serve.

Preheat grill to high. Place the salmon on a lined baking tray, reserving any leftover marinade in a small bowl. Place under grill and cook for 5 minutes, spoon over leftover marinade halfway and cook for a further 2-3 minutes, until salmon is cooked through.

Serve salmon with the pickled veggies and sprinkle with sesame seeds and green onion.



Apple & Cinnamon Pancakes

Serves: 2
prep: 5 minutes
cook: 10 minutes

Ingredients

- 1 small ripe banana, mashed
- 2 eggs, lightly whisked
- 1/4 cup buckwheat flour
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 2 tbs milk
- 2 tsp coconut oil
- 1/2 apple, thinly sliced
- 1/4 cup Greek yoghurt
- 2 tsp honey

Method

Whisk banana, eggs, flour, baking powder, 1 tsp cinnamon and milk in a bowl until just combined. Leave to rest for 5-10 minutes.

Heat oil in a fry pan over medium heat and add a ¼ of the pancake mixture. Top pancakes with 4 slices of apple and allow to cook until bubbles appear on the surface. Flip and cook for a further 2 minutes. Repeat with the remaining mixture.

Divide pancakes between two plates, top with natural yoghurt, any leftover apple slices, drizzle with honey and dust with cinnamon.



#anywhereanytime



@vanillaoakleigh

Deliciously Ella

WITH VANILLA'S FRIENDS

By Alexis McLaren

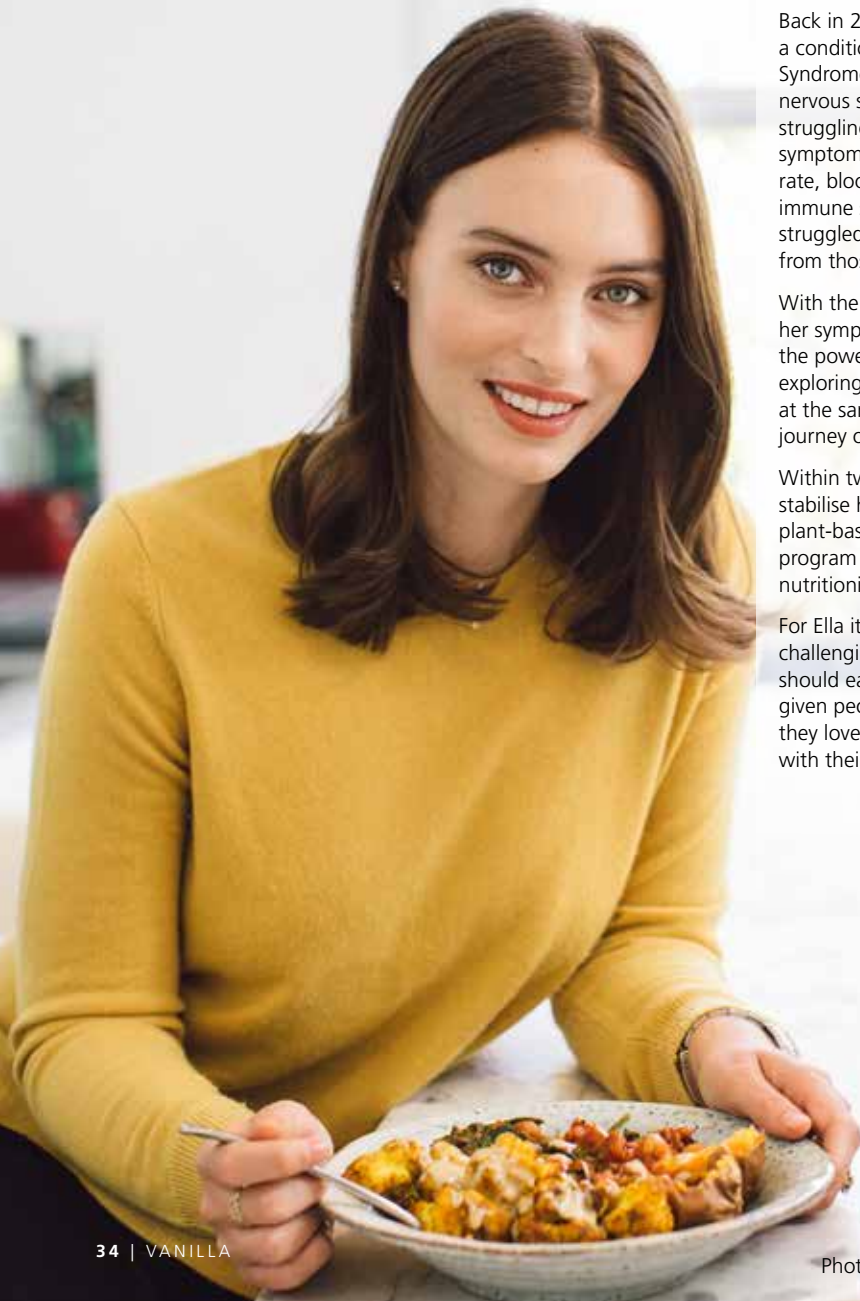
Too often, when we want to be healthy, it can leave us feeling deprived and feeling like we can't socialise. But Ella Mills wanted to prove just the opposite could happen.

Back in 2011, Ella was diagnosed with a condition called Postural Tachycardia Syndrome, which affected her autonomic nervous system and left her mostly bedbound, struggling with a whole host of physical symptoms she couldn't control – her heart rate, blood pressure, digestion, circulation, immune system and lots more. Ella also really struggled with depression and felt isolated from those around her.

With the hope to help manage some of her symptoms, Ella became interested in the power of diet and lifestyle, and began exploring that area and learning to cook – and at the same time began documenting her journey on a blog: deliciouslyella.com

Within two years Ella had managed to stabilise her condition using a whole foods, plant-based diet, alongside an exercise program from her doctor and help from a nutritionist.

For Ella it has been a crazy few years – challenging but incredible. We all know we should eat our five a day, and Ella has now given people a way of doing this in a way that they love and that they're excited to share with their friends and family.





Your beautiful new book, *Deliciously Ella with Friends*, is partly aimed at the sceptics, to show that a plant-based diet isn't all salads and kale smoothies. You've done an amazing job – the recipes look sensational!

Thank you! I think there's a misconception that eating well is all about sitting at home on your own eating kale salads, and I wanted to show that wasn't the case! It's all about beautiful meals that you can share with your family and friends, like big Indian feasts with chana masala and aloo gobi served with coconut rice, or brunches with sweet potato hash browns, homemade baked beans and herby guacamole.

Of course, you don't have to share these meals, there are lots of easy ideas for one, but they're all designed to be delicious, familiar and accessible.

Jumping straight into a complete whole foods, plant-based diet seems a little overwhelming – I wouldn't know where to start! Do you have any advice on how a transition could be made?

It was overwhelming to start with, as I had no idea what I was doing and I didn't know how to cook. Once I discovered how to make plant-based foods taste as good as anything else it became so much easier!

The one big piece of advice I'd give to anyone else though would be not to make any huge resolutions on day one that leave you feeling unsatisfied and restricted. If you want to get healthier then make small changes that feel sustainable and enjoyable, such as adding an extra portion of fruit and veg to every meal. It's an easy start but it will give you an extra 21 portions each week and hopefully will get you trying new ways of eating these foods.

It's also important to note that you don't have to start with green veg either – it's ok not to like kale! Sweet potato wedges and guacamole are vegetables too and I think they're delicious, easy places to start. Make sure you stock your kitchen with the essentials too because when you have delicious, healthy food in the house you'll eat it and when you don't you probably won't, especially when you're stressed and tired.

The other thing I do is double up my quantities when I have friends over, so that I only cook once but I can then put the rest in the freezer ready to go another time. This works especially well with stews, curries, soups and sauces.

Finally, don't get too worked up about it, just find little things you can do that fit into your life – no one is perfect and we all just have to do what feels achievable on a day-to-day basis.

When cooking whole-food plant-based meals, what are the top ingredients we should always have on hand in our kitchen?

I always have lots of herbs and spices, olive oil, tahini, sesame oil, peanut butter/almond butter, quinoa, brown rice, chickpeas, beans, oats, etc. in the cupboard so that there's always a base to make the meal from after adding just a few fresh ingredients.



The book also has a whole chapter based on dinner parties and amazing recipes to serve. What does sitting down and eating with your friends mean to you?

I love cooking for people, it's such a nice way to bring people together. It's my favourite way to switch off and just relax. I have my girlfriends over for dinner most weeks and I love it – we eat delicious food and catch up on everything, and I always feel so great afterwards.

And when you are cooking these feasts for dinner parties, does your husband Matt get creative in the kitchen with you? Or does he take more of a back seat role and watch?

He's definitely a back seat guy when it comes to cooking – he actually hates cooking and doesn't really even know how to boil an egg! He's fantastic at the washing up though, so it's a win-win for me as I love the cooking, so I happily do it on my own but I hate the washing up at the end!

Your blog has been such a huge success – from launching it in 2012 to then launching an app in 2014, then launching the MaE Deli, and now book number four has been released. Where do you see yourself going from here?

I have a million plans and really feel that I'm just getting started on this journey. I've just published my latest book, *Deliciously Ella with Friends*, which is really exciting. It's got some of my favourite recipes – I'm obsessed with the sweet potato noodles with a peanut satay sauce and mushrooms, the honey and lemon breakfast bars, and the Indian dinner with aloo gobi, chana masala and coconut rice.

We're launching our next two flavours of energy balls in spring – a coconut and oat one (with no nuts) and a blueberry protein ball. We're also opening our third deli in London (in an area called Herne Hill) soon, launching the catering arm of our kitchen, and working on more product launches for the second half of the year.

Our team are truly incredible and there's no way we'd be able to do all of this without all their hard work and passion, and I'm really excited to see it all come to life over the year!

Blueberry Pancake Stack

Ingredients

Makes about 12

NUT-FREE

- 2 tablespoons chia seeds
- 200g oats
- 2 over-ripe bananas, peeled
- 3 tablespoons maple syrup
- 2 tablespoons coconut oil, plus more to cook
- pinch of salt
- 150g blueberries

MIX IT UP

Try sprinkling the pancakes with ground cinnamon and topping with fresh blueberries just before eating.

Method

Start by putting the chia seeds into a mug with 175ml of water. Let this sit for 20 minutes until the seeds expand and form a gel.

Place all the other ingredients, except the blueberries and the chia mixture, into a food processor with 100ml of water and blend until you have a smooth batter.

Transfer the mix to a bowl and stir in the blueberries, then the chia gel.

Oil a non-stick frying pan with a little coconut oil. Place over a high heat until it's really hot.

Now simply add 2 heaped tablespoons of batter to the pan for each pancake, use a spoon to shape into an even circle and let it cook for about 2 minutes per side, flipping it over once. Repeat for each pancake, until all the batter has been used, keeping them warm in a low oven until you're ready to eat.



Pistachio & Orange Truffle Bites

Ingredients

Makes 16-18

- 50g pistachio nuts
- 12 medjool dates, pitted and chopped
- finely grated zest of 1 unwaxed orange, plus juice of ½ orange
- 1 teaspoon coconut oil
- 3 tablespoons raw cacao powder

SUPER SPEEDY

15 minutes, plus chilling time before eating.

Method

Put the nuts in a food processor and whizz to a crumb-like consistency. Don't worry if they're not all the same size; they're for the truffle coating, so different-sized crumbs will add character! When you're happy with the size, tip them into a bowl and set aside.

Throw the dates, orange zest, coconut oil and cacao powder into the processor and whizz it all together. If it gets stuck, use a spatula to push it down towards the blades again and give it another whizz. When it's starting to stick together, squeeze in the orange juice and whizz again until it's a nice sticky consistency that you can roll into balls.

Get a baking sheet ready and wet your hands slightly so that the mixture is easy to roll into balls. Use a teaspoon to get a nice amount together and roll it into a ball. Drop into the nut crumbs and roll it around to coat. Set it on the baking sheet. Repeat to use all the mix.

Place the baking sheet in the fridge to chill for at least 30 minutes before serving.



These recipes are extracted from *Deliciously Ella with Friends* by Ella Mills, published by Hachette Australia RRP **\$29.99**.

Online version available from booktopia.com.au: search *Ella Mills*





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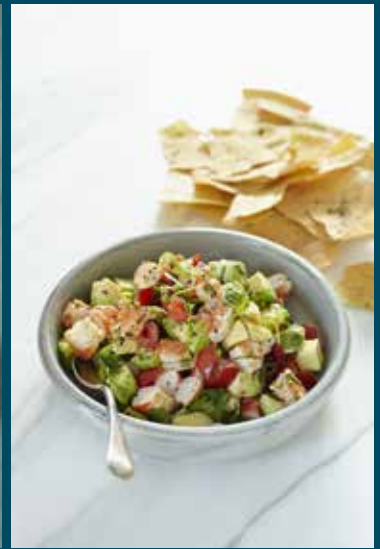


Get Lean, Stay Lean

with
Dr. Joanna McMillan

Joanna McMillan has been a staple on our screens and over our airways for many years, and now you can find all of her practical advice on health and wellness in one place!

Her new book, *Get Lean, Stay Lean* addresses one of the most commonly asked questions: how do I lose the weight and then keep it off?!



What do you believe is the biggest hurdle for people to overcome when it comes to achieving long lasting weight loss?

Changing habits that may have been in place for most of their lifetime. The only way to get long term results is to make permanent changes to your diet and lifestyle. That doesn't mean being 'perfect' the entire time, never enjoying a slice of cake or glass of wine, nor being some sort of fitness fanatic. People, most often, try too extreme a change and then feel like failures when they can't keep it up. *Get Lean, Stay Lean* focuses on helping you to make small changes, adding to them all the time so that over weeks, months and years you keep adjusting to achieve the healthiest possible lifestyle.

When someone says they're "too busy" to eat healthy, what would you tell them?

Healthy eating needn't take up too much time and if you're 'too busy' to be ill then you might want to give some priority to how and what you are eating. Eating should be a pleasurable part of life and if you're always rushing through meals without much thought, then I doubt you are getting much pleasure from them. While we might all have days where we are busier than others, and I too have times where I grab something on the run, if you're honest you do give priority to things you love or that you consider important.

If you don't think of food as important it might be time to reevaluate and understand how food is affecting your energy levels, your mood and, in the long term, your health.

Sleep is such an important factor in staying healthy. How can people prioritise their routine to get enough sleep?

Recognising the importance of sleep is the first step. In modern, busy lives it has been almost a badge of honour to state how little sleep you can get by on. But getting by is not the same as functioning optimally. Once you realise that most of us need 7-9 hours' sleep, by seeing what

happens when you continually fall short of this, sleep will warrant greater priority – it is far from a waste of time! Is it really worth sacrificing sleep for another episode of your favourite TV show? What exactly are you sacrificing sleep for? Consider that if you got more sleep you'd achieve more in your waking hours, be more creative and your brain power would be greater.

The recipes look amazing in *Get Lean, Stay Lean*. Which are your top three favourites?

The recipes are all designed to be for the home cook – just like me – and not difficult-to-achieve chef recipes.

I think that's important as, above all, I hope to show that healthy eating can and indeed should be delicious and easy to achieve. My favourites are many, but if I have to pick three I'll go for my Roast Veggie Salad with Pomegranate Dressing (I make versions of this one all the time and love using pomegranate and pomegranate molasses in salads), Spanish Seafood Stew (this is how I got my husband eating more seafood), and my Ricotta and Basil Meatballs (just because they are seriously good!)

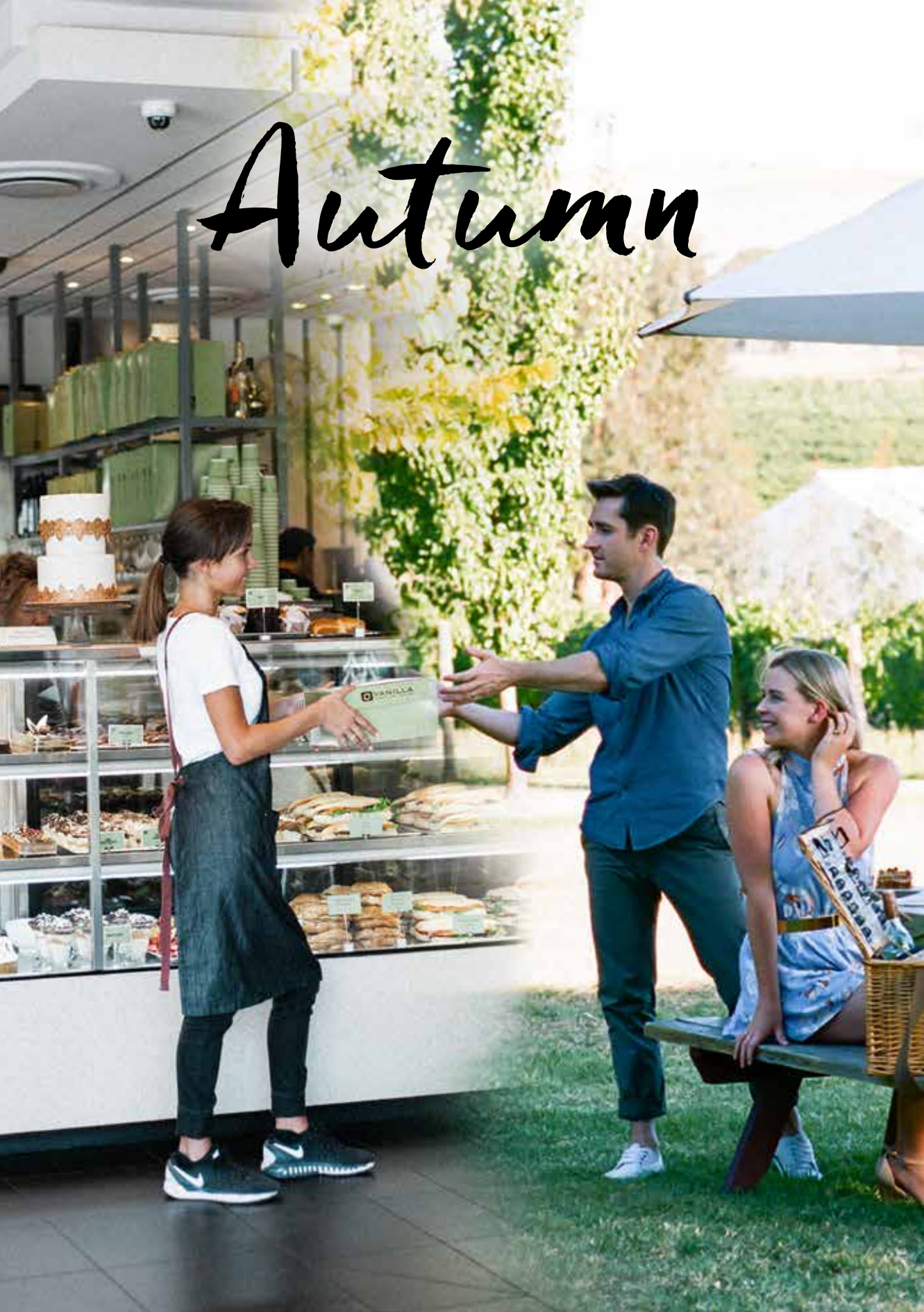
What are your daily non-negotiables?

Vegetables – I always make half my plate veggies at a minimum of two meals, or three if I have eggs for breakfast (when I have muesli I have fruit instead of veggies). If I don't get enough plant food, when on holiday for example, I crave it and have to seek out a big salad. I rarely skip meals unless I am genuinely not hungry and I do something active almost every day. That doesn't mean an intense gym session, it might be a walk with my dog, but I try hard to break up time sitting at my desk with activity.

Get Lean, Stay Lean by Dr Joanna McMillan published by Murdoch Books **RRP \$35**



Autumn



Escape



PETER KALOS

THE ROAD TO THE STARS

It was the bright lights of Hollywood that lured Peter Kalos away from his hometown of South Melbourne and into its inner sanctum at the ripe young age of 20 – allowing him to fulfil his lifelong dream of being an actor.

Twenty years later, after a prosperous career in Los Angeles, Peter and his family have moved back to Melbourne where he has founded Melbourne Actor's Lab, passing all of his knowledge onto budding actors.

Christina Panagiotopoulos caught up with Peter and talked to him about the road to success.

Peter, your life on paper seems like it has been filled with accomplishments! Tell me, what journey has your life taken you on?

How many pages can I answer this in?!? As far as geographically, I've spent roughly half my life here in Melbourne and half of it in Los Angeles. As far as creatively and finding my own voice as an artist, I have gone to places I never even knew existed. But all of that came through some amazing acting teachers like Stella Adler, who I spent three years with, and people like Marc Marno and Susan Peretz at the Lee Strasberg Institute, and Barry Primus, who is an amazing friend and teacher at the Actor's Studio. These people, along with an insane amount of hard work, took me to a whole other level and understanding of our work as actors and filmmakers. This whole process shaped me as the person I am today. I have many fond memories and I don't regret any of it.



It sounds like you have constantly been surrounded by some amazing people on your journey to conquering your dream; who have been your influences?

There's a saying that goes; "think globally, act locally" – and along that same thought process there were many "local" influences in my life.

For starters, my parents never put any restrictions or pressure on me when I said I wanted to pursue this path – I am sure they had a heart attack when, at the age of 20, I said I wanted to move to LA and then ended up staying there for over 20 years – but they gave me the freedom to be able to express those desires, which wouldn't be easy to do as a parent. And then there were many of my uncles who I love dearly, but there were two in particular who helped push me over the edge. One of them was one of my closest uncles, Uncle Taki, who once said to me, "If you don't know who Brando is then you know nothing about acting".

The other was Uncle George who once said casually over the dinner table, "I believe every man should pick up his sword in his life and fight for what he wants!"

I remember thinking... What am I doing? Am I even carrying the right sword in my hand? And am I fighting enough? I soaked up all of these things from my family and they propelled me to go seek my own adventure.

As far as what you might call "global" influences... DeNiro, Pacino, Brando, Hoffmann – these guys were the big ones in my time and they changed my life. Once I saw the film *Once Upon A time in America* I dropped out of college, packed my bags (or bag actually) and left.

Becoming an actor and pursuing your dream must have been a difficult feat, what were some of the hardships you had to overcome?

Ultimately our own fears are the biggest obstacle. My generation is the product of immigrant parents and that comes with a very powerful word "Prosehe!" Our parents had their great adventure and for the most part it wasn't by choice it was by necessity, to find a better life for their kids (us). They left their homes and set off to the other side of the world with no language, no money, and no idea of where they were headed – but they did it and they didn't let fear stop them.



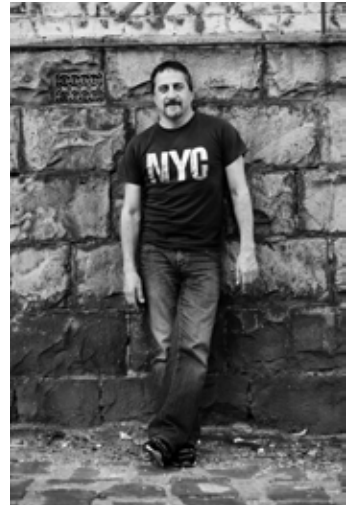
With Janet Jackson



With Robert De Niro



With Mark Wahlberg



Because of that, I think many of them overcompensated with the fear factor – they tried to protect their children and I find that, because of this, many people from my generation didn't actually set sail to their own adventures. And we should have because we grew up with many safety nets – we had parents, we understood the language, there were no wars going on in Melbourne when we were growing up – so because of their sacrifice we had the luxury to actually look into what we desired to do and pursue in our lives. But many people didn't out of fear – fear of being judged, fear of failing, etc.

Breaking away from that, claiming what you want to do with your life and actually pursuing it takes a lot of courage and overcoming a lot of fear.

It was De Niro himself who said to me, "you never overcome fear, you just learn to work with it".

And now you're teaching! What made you make this transition?

I came back to Melbourne and realised that acting is all I know... I have all of this knowledge and I have to pass it on, it's all I can do. Outside of my field I'm a total idiot, I can hardly function, but in my specialty as an acting teacher – and I can say this with confidence – I know shit! And I don't say that with ego, it's a fact. I can teach actors amazing things. I paid my dues, I learned amazing things and now I want to pass that knowledge on.

And this move into teaching wasn't about money. If I wanted to make money I would've stayed in college. This goes way beyond money. It's about improving our artistic community and the quality of

our work so that we can find a voice and put it into our theatre as Greek/Australians, otherwise that perspective will be lost and our grandkids won't even know what it was about. That is what it comes down to.

After living almost half your life in Los Angeles, what made you move back to Melbourne?

My kids! That was the main reason. My amazing wife Yolley, an African-American lady from Brooklyn, and I were at a crossroads in our life in LA. If we went one direction we would've been more successful financially and still be in LA, but if we went the other direction and came back to Melbourne my kids would grow up and understand what "Yaya" and "Papou" means and get to know what it means to be a Greek/Australian – all the stuff most people take for granted here, yet you cherish when you've lived away from it for 20 years.

And what would you say is in store for the future?

Melbourne is in store for the future... I don't want to go back to LA, I like it here. I get to go fishing with my uncles, I get to have a coffee with my dad at Vanilla in the mornings – what isn't there to like?

But I do want to make films here and give Melbourne the voice it needs. I worked as a script doctor for a few years so I'm writing and trying to develop a few projects. We all know the Italian/American culture, we know the Jewish New Yorker, but the world doesn't know the Greek/Australian culture or the Italian/Australian culture – and I'm talking outside of things like *Wogs Out of Work*, etc. There is a place for that, and they're wonderful, but we also need to do it in a more honest and intimate way. There are wonderful people like directors Ana Kokkinos, Nadia Tass and Maria Mercedes that are out there doing it. We as a culture need to get behind that movement much more than we have been. I think as artists, and especially as actors here in Melbourne, we've lost our voice – too many actors are trying to be American and I tell them to find their voice here because it needs to be told. And definitely, as Greek/Australians we have to put that on the map and show the world that we don't all speak with broken accents.



#loveautumn

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@vanillaoakleigh

MELBOURNE INTERNATIONAL COMEDY FESTIVAL

29 MAR – 23 APR 2017
COMEDYFESTIVAL.COM.AU



DEMI LARDNER – LOOK WHAT YOU MADE ME DO
“My show goes something like this: Gavin is 46 and is trapped in his basement. Is that a metaphor? You decide (it’s not).”

Come see a 23-year-old act out her mid-life crisis under the guise of a shitty stepdad who builds luxury doghouses.

MELB COMEDY FESTIVAL

Melbourne Town Hall / 30 Mar – 23 Apr (excl. Mons) / 7.00pm (Sun 6.00pm)

www.ticketmaster.com.au

IVAN ARISTEGUIETA – JUITHY

Everyone’s favourite Venezuelan is back with a sweet and Juithy new show. He’s one happy immigrant and he’s squeezing all the privileges the first-world can give him.

As Ivan toured, he noticed a lot of similarities between ex-pats and locals. They both love their country, just in different ways. He also noticed that to be a true Aussie, he has to stop loving Australia, and start whinging about it. That’s when he’ll know he has made it. But that’s bloody hard when Australia is so a-mazing! Sausage sizzles, toilet paper in public parks and 24-hour bakeries? The mango truly is Juithier on the other side.

You’re not the lucky country. You’re the Juithy country. Go on, say it. Juithy.

MELB COMEDY FESTIVAL

ACMI, Flinders St, Melbourne / 30 Mar – 23 Apr (excl. Mons) / 7.00pm (Sun 6.00pm)

www.ticketmaster.com.au

SAMMY J GOES SOLO – HERO COMPLEX

In 1996, Sammy J borrowed some Phantom comics from his school gardener. He wasn’t to know it at the time, but that moment set off a chain of events that led to the birth of his daughter, saw him committing a crime in Canberra and ended with a federal policeman searching his attic. It’s an unbelievably true story from the star of ABC’s *Playground Politics*.

MELB COMEDY FESTIVAL

Victoria Hotel, Melbourne / 30 Mar – 23 Apr (excl. Mon) / 8.15pm (Mon 7.15pm)

www.ticketmaster.com.au

NATH VALVO – NOT IN THIS HOUSE

Bored parents, scary sex, weird chest hair, swallowing prawn crackers, hating friends who are buying houses, lying to his boyfriend and pretending to like cool music. Being Nath Valvo is exhausting.

Not in This House is the follow up show to Nath’s incredible 2016, which saw him storm *The Melbourne Comedy Festival TV Gala*, host the ABC’s *Comedy Up Late* program, record his debut TV stand-up special for ABC2 and be nominated for Best Newcomer at the world’s biggest comedy festival, The Edinburgh Fringe.

MELB COMEDY FESTIVAL

ACMI / 30 Mar – 23 Apr (excl. Mons) / 9.30pm (Suns 8.30pm)

www.ticketmaster.com.au



What's On!

The 2017 Comedy Festival is set to have you in stitches once again, so get ready to hold onto your ribcage as these comedy greats have you doubled over in laughter.

Here's a little insight into some of the great comedians we've featured over the years.

STEPHEN K AMOS – TALK SHOW

In the last twelve months, Stephen K Amos has performed his unique brand of feel-good comedy all over the world taking in England, Scotland, Switzerland, Austria, Denmark, Holland, Germany, Belgium, Greece, Spain and the Seychelles. And what did he find when he got there? People. People like us, and some of them said the most ridiculous things.

In Stephen's new show freedom of speech is key, and like many shows from the King of Comedy over the years, his unique perspective and startling honesty will have audiences roaring with laughter throughout this year's Comedy Festival.

MELB COMEDY FESTIVAL

Athenaeum Theatre, Melbourne

30 Mar – 18 Apr at 7pm (6pm Sundays) 23 Apr at 4.30pm

www.ticketek.com.au

ARJ BARKER – ORGANIC

Starting with the finest free-range topics, nurturing them until they're brimming with wholesome hilarity, and ready for the tellin', Australia's favourite American comic, Arj Barker returns to Melbourne for ten nights only, with his hysterical chemical compound of a show, Organic.

From an accurate depiction of just why Uber has revolutionised everyday travel, to the dark thoughts that arise from living with your other half, to the undisputable failings of fad diets, Arj takes the typical out of the everyday and turns it into the extraordinary on stage, with his trademark delivery, charm and satire drenched disposition.

MELB COMEDY FESTIVAL

Melbourne Town Hall

31 Mar – 16 Apr – Strictly Limited Season

www.comedyfestival.com.au

Uprfront, Wed 19 April, 7PM @ Melbourne Town Hall

A spotlight on some of comedy's fiercest and funniest ladies as they join forces to deliver wit, charm and laughs. This unique night features an all female line-up that will break down gender stereotypes with loads of laughs. The Melbourne Town Hall will be packed with some of the most hilarious girls in comedy including **Susie Youssef**, **Hannah Gadsby**, **DeAnne Smith** and more, while **Geraldine Quinn** hosts.



The Comedy Club for Kids, Sat 1 – Sun 16 April @ The Famous Spiegeltent

A Festival mainstay for more than a decade, Comedy Club For Kids should be on the schedule of any self-respecting, chuckle loving Melbourne International Comedy Festival pint sized punter aged 6-12. Featuring a supersized selection of performers from stand-up and sketch to musical comedy and circus, there's something for everyone. Performers include: **Tessa Waters**, recently listed as one of the "Hottest New Faces of Australian Comedy" by the SMH (2015); **Xavier Michelides**, since emigrating from Perth to Melbourne he has performed in over ten Melbourne International comedy festivals; and **Anna Pocket Rocket**, internationally acclaimed as the flame-haired Pocket Rocket of incendiary circus, Anna Lumb is a Melbourne based performer specialising in circus and physical comedy.





STRAIGHT OUTTA COMPO

THE BOYS ARE BACK!

Now this is a line up: Joe Avati, George Kapiniaris, Rob Shehadie and Tahir.

These four outstanding comedians promise to deliver a packed show full of stand-up comedy, sketches, songs and videos, alongside the usual surprises, in *Straight Outta Compo* – in which the title says it all! If you miss out on this show it will certainly be a shame, shame, shame!

This issue, Vanilla Magazine has caught up with Greek guy **George Kapiniaris**.

"Straight Outta Compo" – now that's a very catchy title!

We were originally going to give the show a Las Vegas 'Rat Pack' style, and we were determined not to use the word wog in the title again. We were starting to get over using that word as a brand and we had a feeling the audience was as well. After a few Skype meetings with the lads – because half of us live in Melbourne and the other half in Sydney – Tahir came up with the SOC title. Straight away we all loved it! He was planning to use the title for his next one-man show, but that's how generous he is as a person – he sacrificed it for his peers.

30 years ago, when we called the show *Wogs Out of Work*, some people got offended. Now there are a few who have complained that the SOC title is unfair. It's only unfair to those who have lied to claim compo without being injured – Trump calls them alternative facts. We are trying to laugh at shonkiness, because really, us ethnics aren't all like that – but "stuff" the ones that are... them and their neck braces!

And it looks like you've got a great line-up too...

The best line-up! And a bunch of great guys too, which is hard to find in this business. We've had so much fun putting these ideas together – a few arguments as well, but if we didn't argue we wouldn't care!

All of us have our own cool performance strengths as well. Joe is the iconic stand-up and he holds the show together with his wonderful story telling skills. Rob is the charmer and his improv skills normally steal the show. Tahir is the genius in the group and when it comes to working things out on stage and off stage he's the man – and he is also the director of the show. And me? Well, I don't want to brag, but you can call me THE TRIPLE THREAT, coming at you from every direction, with every stage technique I can possibly lay my hands on.





How did the idea for this show come about?

The idea for the show came from the title, and because the title has a strong theme behind it (80s/90s rap meets shifty ethnic compo), then it wasn't hard for us to put all the pieces together. It was risky, but not hard! And by using stand-up, sketch, music, video and animation all in the same show, we have ended up with something more than just another wog show.

Can you reveal anything about your part?

I get very angry, I yell a lot, I rap a lot, I tell a lot of stories, and I play many different characters. People are already comparing me in this show to comedic legend Robin Williams (who was one of my childhood idols!)

Why is ethnic comedy still so popular?

There is still a demand for it and it goes across all generations... from 2 years of age right through to to 92. I still have people coming up to me demanding more TV shows, more live theatre, more movies. I've done many, many musicals and straight theatre shows over the years – and do you think my Greek patriots come to see any of those? Not many... they would make up, maybe, 5% of the audience that would come and see me in a live wog show.

How does it remain current and relevant?

I, as a comedian, have to keep drawing from my experiences... but from the now. It's cool to go retro every now and then, but if we keep doing the plastic on the carpet stories our audience will eventually disappear.

However, in saying that, our earlier shows did take the younger people in our audience back to a magical time, when our parents and grandparents first settled in this new country. What they went through is similar to what the Africans, Arabs and Asians are going through now – but our younger generations don't know what that feels like because we, as Greek Aussies, have already assimilated.

What about political correctness? Do you find people get offended easier nowadays?

Yeah, but stuff them! Comedy is subjective. If they don't like it, then they can go somewhere else. That's like saying

to a fine artist not to paint nudes. In our *Straight Outta Compo* show we've made a new rule to not say the F word, and it's not because of P.C. We just want to make sure that the whole family comes to see this show, and sometimes if the show doesn't have a PG rating, then you lose half the audience... This will be the first stand up show that I feel comfortable inviting my sons to (they're 5 and 8-years-old).

Where do you draw inspiration from?

From life... I call it Truth Comedy.

DON'T MISS OUT!
Straight Outta Compo
 MELBOURNE COMEDY FESTIVAL
 Mar 28 – Apr 2 plus Apr 4 – 9
 Athenaeum Theatre, Melbourne
 Tickets available through:
www.ticketek.com.au

CALIFORNIA DREAMING: GREEK CAFÉ & MILK BAR HISTORY IN AUSTRALIA

For thirty years, Leonard Janiszewski and Effy Alexakis from Macquarie University in Sydney have delved into the history of Greek cafés and milk bars in Australia. Here they share a little of the history they've discovered in writing their new book, *Greek Cafés & Milk Bars of Australia*

The national commercial success of the 'Greek café' – broadly regarded as a quintessentially Australian phenomenon and particularly synonymous with rural life in the eastern states of New South Wales, Victoria and Queensland – was, to a degree, a 'Trojan Horse' for the Americanisation of Australian eating and social habits well before the second-half of the twentieth century.



THE ANGLO-AMERICAN CAFÉ

Melbourne, Victoria, c. 1908

James Sigalas established an 'Anglo-American Café' in both Melbourne and Adelaide in the opening years of the twentieth century. At first they almost certainly operated as oyster saloons featuring the 'American style' confectionery, milk chocolate and ice cream. With the introduction of the American soda fountain, they became soda/sundae 'parlors' and later developed into cafés/milk bars.

George Divolis, who managed the establishment and was Sigalas' brother-in-law, is standing in the doorway.

Photo courtesy I. Nicolades and A. Gunner, from the 'In Their Own Image: Greek-Australians' National Project Archives, Macquarie University

The 'Greek café' firmly evidences a marriage of American food-catering ideas to British-Australian tastes, including the association of food with entertainment and fantasy.

This union had been instigated through Australia's earlier Greek-run food catering enterprises – the oyster saloon or 'parlor' (American spelling was usually used) of the late nineteenth and twentieth centuries, the 'American style' soda bar/sundae 'parlor' which had appeared by the mid-1910s, and the 'American style' milk bar, which had emerged by the early 1930s. Examples of very early twentieth century Greek-run oyster saloons and soda/sundae 'parlors' in Melbourne include the 'Anglo-American Café', which was in Bourke Street (and later became the famous 'Legend Café & Milk Bar'), the 'London Café', Elizabeth Street, and the 'Paris Café' on Collins Street.

Significantly, the 'American-style milk bar' was initially created in Sydney in 1932 by a Greek migrant/settler known as Mick Adams (Joachim Tavlarides), based upon aspects of early 1930s American drugstore soda bars, and the Greek *galactopoleion*. It was called the 'Black & White Milk Bar'. The concept, which highlighted a rapid production and consumption of milkshakes, quickly went national. It was then soon exported to Britain, New Zealand, South Pacific islands, South Africa, and the European continent. By the late 1940s, attempts were made to establish 'milk bars' in the United States. Melbourne's first 'American-style milk bar' was opened by Mick Adams in 1933 on Bourke Street. Like its Sydney counterpart, the enterprise was called the 'Black & White Milk Bar'.

Today's scattering of 'milk bars' across Melbourne and its suburbs reveals an evolution from initial milkshake-focussed businesses, to become corner stores and convenience outlets, providing a variety of diverse goods.

THE LEGEND CAFÉ & MILK BAR

Melbourne, Victoria, 1956

Originally opened by James Sigalas in 1900 as the 'Anglo-American Café', in 1956 Sigalas' grandson, Ion Nicolades, decided to modernise the café. He employed sculptor Clement Meadmore to design the new café/milk bar and artist Leonard French to paint a mural series to adorn the walls. The result was the 'Legend Café & Milk Bar', named after the seven mural panels that French had painted titled, 'The Legend of Sinbad the Sailor'. The café was used to promote 'Modern Melbourne' during the 1956 Olympics.

Photo courtesy I. Nicolades, from the 'In Their Own Image: Greek-Australians' National Project Archives, Macquarie University



Greeks who had relatives or friends working in the United States in food-catering enterprises, or who had been themselves working in such establishments, essentially generated the American influences found in Australia's Greek cafés and milk bars. The classic Greek café, which experienced its golden period from the mid-1930s to late 1960s, was primarily an evolutionary amalgam of its three predecessors. In names such as the California, Niagara, Monterey, Astoria, Hollywood, New York and Golden Gate, the American component of the Greek café's creation is well suggested, but more so in its provision of customers with American sundaes, milkshakes, sodas and freezes or crushes, American confectionery (hard sugar candies and milk chocolate bars), American ice cream, and by the late 1930s, the American hamburger had appeared alongside the traditional British-Australian mixed grill.

During the Greek café's golden age, an important and close working relationship developed with picture theatres – an association between food and entertainment, which had initially been suggested by early soda fountain service and back bar designs that emphasised fantasy by use of coloured lights, mirrors and stained glass ('the light fantastic'). Again, these relationships had been adopted

from the United States by Greek-Australian café proprietors. Indeed, a significant number of picture theatre operators were Greek-Australians who had or continued to run cafés. By the 1950s many Greek cafés had introduced jukeboxes as part of their entertainment component.

American and British popular music attracted a youth clientele and culture to these establishments, many young Australians mimicking the clothing, attitude and language of their overseas singing idols.

In a sense, for most of the twentieth century, Greek cafés were selling a dream – essentially an American dream. Even the Art Deco style of architecture, which characterised Greek cafés and picture theatres (locally known as the 'oceanliner style', the 'ship style' or the 'American style') was influenced by American rather than European Art Deco designs, particularly those undertaken by Greek-Australian shop fitters whose design templates were based upon Greek-American cafés – one in particular, Stephen C. Varvaessos, undertook over 60 fit outs during the 1930s before establishing and running his own café, the 'Neo Café', in 1939 in Shepparton, Victoria.



THE SPOT SUNDAE 'PARLOR'

Mildura, Victoria, 1920s

John Raftopoulos, the proprietor, with three female employees. Raftopoulos was originally from the Greek Ionian island of Ithaca. Numerous Ithacan Greeks entered Victoria's food catering industry during the first-half of the twentieth century. Raftopoulos' business provided sweets, meals and 'the latest sundaes and cool fountain drinks'. With the introduction of the front-service soda fountain and 'American style' confectionery and ice cream, Greek-run oyster 'parlors' evolved — during the 1910s and 1920s — into soda bars and sundae 'parlors', whilst retaining the sit-down meals and diversity of foods of the oyster saloons.

Photo courtesy S. Raftopoulos, from the 'In Their Own Image: Greek-Australians' National Project Archives, Macquarie University



LONDON CAFÉ AND OYSTER SALOON

Melbourne, Victoria, 1910s

Andreas Alexandratos arrived in Australia from Ithaca before the start of the 1900s. He quickly anglicised his surname to Alexandra and established a small business in Melbourne selling fruit from a barrow. Located initially on Flinders Street he later selected a spot on Princes Bridge. The enterprise proved successful and subsequently enabled Andreas to bring out his two brothers, George and John. The three were soon in partnership running the 'London Café and Oyster Saloon' on Elizabeth Street, Melbourne. It reputedly became one of the most fashionable food catering establishments in the city.

Unlike British-Australian oyster saloons that targeted working class males and limited their sales to oysters and beer, Greek-run oyster saloons broadened their range of clientele (women and families) and food stuffs (confectionery, fruit, red meat). This has been suggested as a possible American influence brought over by Greeks who had experience in food catering in the United States.

Photo courtesy G. Alexandra, from the 'In Their Own Image: Greek-Australians' National Project Archives, Macquarie University

JIM'S CAFÉ & TAKE-AWAY

Warracknabeal, Victoria, 2006

By the mid-1910s a Greek named Athanasios Paizis had established himself as a café proprietor in Warracknabeal. For the rest of the century a number of Greek families came and entered the food catering trade in the town. By the first decade of the new century, only Jim (Dimitrios) Dertilis and his wife Efrosini (nee Tartanis) remained to continue the tradition.

Photo by Effy Alexakis, from the 'In Their Own Image: Greek-Australians' National Project Archives, Macquarie University



Unfortunately the Australian Greek café's link to America also assisted, in part, with its demise in the final decades of the twentieth century – American lead corporatised fast food began to replace family-based food-catering concerns, take-away rather than sit-down meals burgeoned. Combined with the initial impact of television, which challenged cinema, rural economic rationalisation, the by-passing of country townships by arterial inter-urban highways upon which road houses (supplying both food and fuel) developed, the advent of supermarkets and convenience stores providing packaged ice creams and chocolates, bottled flavoured milk and aerated drinks, and counter lunches at pubs and clubs, most Greek cafés were forced to transform into take-aways or be relegated into memory or oblivion. A greater diversity of employment choices for the well-educated younger generation of Australian-born Greek, further compounded the demise.

Generally, only those Greek cafés in major recreational and tourist regions have survived the sweeping tide of change.

Although rapidly fading from this nation's culinary landscape, the Greek café's socio-cultural legacy and influence still remains as an often, almost inescapable part of the daily lives of many Australians – when drinking a Coke or a flavoured milk, frequenting a fast-food outlet, munching on a milk chocolate treat or ice cream at the movies, or singing and dancing along to the latest popular music hit.



Greek Cafés & Milk Bars of Australia

By Effy Alexakis & Leonard Janiszewski
(Halstead Press, 2016)

See website:
www.cafesandmilkbars.com.au
and Facebook page:
www.facebook.com/cafesandmilkbars



Pictured from left to right: Mr Bill Papastergiadis, President, GOCMV together with Mr Jim Sarris, Head of Delphi Bank.

Making *more possible*.

Delphi Bank has renewed its partnership with the Greek Orthodox Community of Melbourne and Victoria (GOCMV) - making *more possible* for the Hellenic-Australian community.

Head of Delphi Bank, Mr Jim Sarris states that 'Delphi Bank enjoys contributing to one of the largest and longest-running Greek organisations in Australia committed to promoting and supporting Hellenic-Australian cultural initiatives'.

"We are extremely proud and honoured that festivals like the recent 30th Lonsdale Street Greek Festival continue because of our long-standing commitment to the Greek Orthodox Community of Melbourne and Victoria. Our Bank's ongoing support is integral to the preservation of Greek language and culture,

ensuring future generations can connect with their heritage", Mr Jim Sarris exclaims.

Over the years, the Bank has maintained its strong association with the Hellenic-Australian community, always aiming to go beyond banking to meet the cultural needs of the community.

Through its ongoing support and involvement with a variety of festivals, sporting clubs, schools and associations around the nation, Delphi Bank has provided local communities with a unique opportunity to showcase their identity and gain a greater sense of belonging.

Head of Delphi Bank, Mr Jim Sarris maintains that "Being a good citizen in our communities is one of our core corporate values at Delphi Bank".

DelphiBank

#goodmorning



@vanillaoakleigh



Big Breakfast



Eggs Benedict





#coffeebreak



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Dreaming of the perfect sweet touch for your special occasion?

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Albanian My Table

By RAQUEL NEOFIT



Merita with her two daughters, Armida and Sarah Cyllari.

At the age of eleven, Merita Cyllari relocated with her parents to Australia from the Albanian town of Korçë in south-eastern Albania.

Growing up in a village, Merita fondly remembers growing and eating a lot of fresh, organic produce, and they also raised their own cows and sheep.

“Nearly every day for lunch mum would make us Lakror – an Albanian style burek filled with home-grown ingredients like onions, spinach, leek, tomatoes, and minced meat, and then wrapped in filo pastry,” Merita says. “Then for dinner we would eat a lot of Grosh, which is a stew with beans or Tavë kosi.”

“Even though I love my country Australia, I appreciate my life in Albania; the fresh air, the pure mountain water, which we would go and collect every day, and the most amazing food you will ever taste!”

They have a diverse food culture that has influences from many cultures who have occupied Albania over the centuries, and also from their neighbouring countries.

The dishes date back to the Byzantine Empire and also have influences from the Venetians and Arabs.

They have home-grown versions of many Eastern Bloc dishes we know and love, giving their own spin and flavour profiles to dishes like chevapchi, razhnichi and moussaka.

Albania as a whole can be divided into three regions as far as food influences go, northern, central and southern.

Traditionally food from Korçë is known for its meat and vegetable mains – think stews served with rice or potatoes, cabbage rolls, and roasted sheep, vegetable filled soups and fish, followed by the grape brandy – Rakia.

Desserts are made from crystallised fruit, honey drizzled cakes, set sheep’s milk puddings and often contain chestnuts, almonds or walnuts.

Southern Albania is well known for raising animals, so apart from having a diet rich in meat they produce a lot of the country’s cheese, they’re most famous for their kefir cheese.

The coastal Mediterranean climate also sees them growing olive and citrus trees, and you’ll find olives in every manner possible, although they turn much of it into a glorious rich olive oil.

The main town is made up of wide boulevards lined with cafes, vendors selling all manner of food and product, and just as you see them in the malls of Oakleigh, the elder generation of men sitting on the sidewalks drinking strong short black or Turkish coffee, many playing a game of dominoes or cards.

It’s a social area; the cobble-stoned streets are crowded at night with people out socialising. It’s also a town rich in culture with intriguing architecture and a busy market bazaar hidden in narrow alleyways.





FRONDITHA CARE'S

40th Anniversary

Gala Ball



Froniditha Care will host its

40th Anniversary Gala Ball

SATURDAY 27 MAY 2017

at The Glasshouse, Olympic Boulevard, Melbourne.

Commencing at 7:00pm

Price: \$220 per head | **Dress:** black tie/formal

Join us for a magical night of dancing and celebration!

For bookings and enquires please contact
Panagiota Kotsakinou on **9552 4100**.



THE GLASSHOUSE IS ONE OF MELBOURNE'S NEWEST EVENT VENUES FOR ANY OCCASION; LOCATED IN THE HEART OF OLYMPIC PARK AND JUST MINUTES FROM THE CBD, ON THE BANKS OF THE FAMOUS YARRA RIVER. A BEAUTIFULLY DESIGNED VENUE WITH PANORAMIC VIEWS AND AN EXCEPTIONAL TEAM THAT ENSURES TO CATER EVERY GUESTS NEEDS PROFESSIONALLY.



Superfoods for Gorgeous Skin

You have probably heard the phrase 'you are what you eat'. Truth be told, a poor diet can actually lead to health problems and have a huge impact on your complexion as well. So if you are what you eat, then eating the right foods could lead to a healthier body and a more youthful complexion.

The human skin is the body's largest organ, and is also known as the third kidney. It has two layers: the epidermis and dermis. The epidermis forms the outer layer of the skin and serves as a barrier protecting your inner tissues and organs. The dermis forms the lower layer of the skin, helps regulate your body temperature, and is where our sense of touch is found.

WHOLE FOODS ARE THE KEY TO HEALTHY SKIN

Clean skin starts from within.

What you eat and drink is central to optimal health, wellness and healthy skin. The healthiest foods are plant-based, whole foods straight from nature's pharmacy. These include fruits, vegetables, whole grains, nuts and seeds, and herbs and spices.

They are packed with vitamins, minerals, antioxidants, essential fatty acids, fibre, and so much more, and they are the best source to obtain nutrient density. By eating a variety of plant-based, whole foods daily you will be getting all the essential nutrients your skin and body needs.

Whole foods rich in Vitamin C such as tomatoes, strawberries, kiwis, pomegranates and sweet potatoes help fight free radicals, which break down collagen leading to fine lines, wrinkles and premature ageing.

Whole foods rich in omega 3s, otherwise known as 'good fats' – such as avocados, chia seeds, flaxseed, walnuts and salmon – help to nourish and improve the skin.

Nuts are not only a great snacking food but are packed with minerals such as zinc, selenium, magnesium and vitamin E, all of which are essential to skin health and function.

Legumes and leafy greens are also potent in vitamins, minerals and fibre, which help support the body's digestion process and flush out toxins – all of which affects the appearance of the skin.



FOOD FOR THOUGHT:

Every 35 days your skin replaces itself and your body makes new cells from the food that you eat.

Consuming foods high in antioxidants as well as omega 3s and foods high in essential minerals such as zinc, silica, iron and magnesium – like vibrant leafy greens – will help promote healthy skin and help the body eliminate harmful toxins. It's best to avoid or limit highly processed foods, junk food and foods high in sugars – not only do they provide little to no nutrition, but they can create toxicity in your body.

WHOLE FOODS FOR VIBRANT, HEALTHY SKIN:

- Avocados
- Chia seeds
- Sweet potatoes
- Beetroot
- Kale
- Parsley
- Almonds and walnuts
- Organic dark chocolate
- Goji berries, blueberries, strawberries, pomegranates...



TEA-RIFIC!

Never underestimate the power of herbs in tea form! They are high in antioxidants, which can cleanse, soothe and heal our bodies from the inside. My favourite teas for healthy skin include:

- **Arrowroot and rooibos tea** – wonderful for sensitive or irritated skin
- **Chamomile and green tea** – great for skin prone to acne or blemishes
- **Dandelion tea** – can help keep skin young and fresh
- **Jasmine tea** – can help prevent the signs of ageing, balance hormones and improve skin conditions such as eczema and acne
- **Peppermint tea** – can help to get rid of dead skin cells and balance oily skin types
- **Rosehip tea** – often referred to as the 'skin vitamin' tea for its natural healing properties, and helps to keep skin hydrated and toned, and regenerate skin cells

STAY HYDRATED!

Hydration is a key ingredient to your overall health as well as younger and more supple looking skin – after all, your body is made up of 70% water! Dehydration leads to dull, dry, tired looking skin.



MOVEMENT AND REST

Another essential ingredient to healthy glowing skin is regular exercise! Exercise does not need to be rigorous or involve going to the gym. As long as you get your body moving and working up a sweat several times a week, your body systems will keep flowing – in particular your digestive system, your muscles and your joints. Quality sleep is also imperative to glowing skin. Try to get at least 8 hours per night.



FOOD FOR THOUGHT:

Consuming two tablespoons of chia seeds per day over several weeks can improve your skin's texture and appearance.

SKIN FOOD

What you put on your skin is just as important as the food you eat. Many personal care products are loaded with chemicals, additives and preservatives that may be harmful to your skin and overall health. Opting for 100% plant-based skin care and personal care products can provide amazing benefits for your skin. They are so natural you could eat them! Plant-based creams and oils can be made from avocado, rosehip, jojoba, macadamia and coconut oil. Not only do they make wonderful moisturisers, they are very nourishing and soothing for even the most sensitive skin types and help protect and rejuvenate the skin too.

Beautiful healthy skin can be achieved by nourishing your body with plant-based, whole foods from the inside out.



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

Clay Ridge at the Peninsula Hot Spring on the Mornington Peninsula



Clay Detox...

Clay and mud has been used throughout the world for thousands of years, and for good reason! It's not just a relaxing part of a spa treatment, it also has some impressive health benefits – on the inside and the outside!

Raquel Neofit headed out to the Peninsula Hot Springs (PHS) to visit their new 'Clay Ridge' and learn exactly why clay has survived thousands of years and is still regarded as a great natural therapy.

Not only does clay detoxify by removing the toxins in your body, it can be an effective defence against illness by boosting immunity; helping to heal eczema, dermatitis, and psoriasis; 'alkalising' the body, boosting probiotics; reducing inflammation and relieving digestive issues.

Clay is composed of volcanic ash, which has the benefits of minerals including calcium, potassium, magnesium, silica, copper and iron. Clay draws toxins from our bodies because it holds a negative charge. Once combined with

liquid and applied to the skin, the positive charge in the toxins within our bodies are attracted to the negative charge – they bond, rise to the surface, and then they are simply washed away.

We've certainly heard that clay or mud from the Dead Sea and from regions in France have amazing healing and regenerative properties, but so does much of our Australian clay and mud. PHS source their clay from Western Australia, Queensland and our very own Victoria.

We asked Peninsula Hot Springs Clay Master, Andrew, to give us a quick rundown on some of the different Australian clays on offer at Clay Ridge...



BROWN EARTH AUSTRALIAN BODY CLAY

'Clay has been used throughout time to protect, purify and soothe the skin. This brown clay blend is a strong and detoxifying combination, which draws out impurities and boosts circulation. We've combined olive green clay, reef red clay and montmorillonite to offer a body clay that assists in repairing and relieving muscle and ligament pain, and restore skin vitality. Your skin will feel repaired and soothed.'

RED EARTH AUSTRALIAN BODY CLAY

'For hundreds of years, rich red ochre has been traded around the world for its healing properties and is still used in ceremonies today. This red clay blend has gentle absorbent action and soothing properties, leaving your skin soft and remineralised. We've combined it with montmorillonite and kaolin white clay to offer a body clay that is regenerating.'

OLIVE GREEN EARTH AUSTRALIAN BODY CLAY

'Rich in minerals and skin strengthening properties, this blend is a soothing, absorbent clay. It assists in reducing the appearance of pores and repairing skin conditions. We've combined white kaolin, yellow montmorillonite and copper chlorophyllin to offer a body clay that helps absorb excess oil and draw out impurities. Your skin will feel soothed and repaired.'

WHITE EARTH AUSTRALIAN BODY CLAY

'For centuries white kaolin has been used to draw out impurities from the skin. The mildest of all clays, white kaolin promotes blood flow and skin tone without dryness or irritation. Your skin will feel nourished.'

BLACK EARTH AUSTRALIAN BODY CLAY

'Black magnetite has age-old cleansing and conditioning properties, which nourish the skin and aid in relieving muscle aches and pains. We've combined it with montmorillonite to offer a body clay that is nourishing. Your skin will feel cleansed and soothed.'



CLAY RIDGE AT THE PENINSULA HOT SPRINGS...

'The power of touch combined with the restorative powers of the earth has inspired a new wellness experience at Peninsula Hot Springs.

Clay Ridge is an outdoor journey like no other – where therapeutic clay powder is mixed with geothermal water to create the clay which you can then apply to your own skin. Inspired by ancient traditions these detoxifying clays, which are rich in minerals, are yours to enjoy through a unique restorative treatment.

Vibrant coloured clays from our Australian landscape inspire you to paint and smear layers of detoxifying clay over your face and body. The health-giving clay restores and stimulates your skin.' PHS.





Don't ever mix your clay with a metal spoon because it will deactivate the clay!

And try gently warming the clay before you apply it, it will be easier to apply and feels more relaxing as it goes on.

ADDING LIQUID TO CLAY IN ITS POWDERED FORM

"You don't have to use water to mix your clay, Aloe Vera juice is good for those with oily skin, or try milk or yogurt for a cooling feeling – but make sure you lay down after applying yogurt as it tends to melt and go runny.

Mix with water for dry to normal skin, mix with olive, coconut, macadamia or avocado oil for dry skin, or add honey for acne/blemished skin.' Angelique Hickson – Bare Body Care www.barebodycare.com.au

This cleansing clay mask is a combination of Kaolin White Clay, Ground Oatmeal & Cucumber extract. The added oatmeal gives you the added benefit of exfoliation. It's a calming clay that leaves your skin feeling soft and purified. **RRP \$15.95**



Reviews

L'OREAL Paris Purify and Mattify Pure Clay Mask with Eucalyptus – a smooth and easy to apply mask that has a sweet scent. It is designed to reduce shine without drying the skin out, and it leaves your skin feeling cool with a pleasant scent. **RRP \$19.95**

www.loreal.com.au





JAR Body Natural Clay Mask Kit

You can never go wrong with a Jar Body mask. Completely natural, the consistency is perfect and these masks leave your skin feeling rejuvenated and full of life. **RRP \$27.95**

www.jarbody.com.au

L'I'TYA MALA MAYI at Isola Spa

One of the best ways to experience the benefits of a clay or mud wrap is at a spa, especially a spa that uses L'I'TYA body mud.

It begins with an invigorating exfoliation with Australian Desert Salts and Aromatic Oils, and then you're wrapped in L'I'TYA's mineral rich mud. This product is a dream to have on your skin – it feels holistic, nourishing and natural.

While waiting for the purifying and nutritive effects a Paudi scalp massage and hair treatment has you just about falling asleep, then a Vichy shower washes away the mud and toxins leaving your skin silky smooth, deeply clean, and feeling refreshed and hydrated.

www.litya.com | www.isoladayspa.com.au



WHY CHOOSE Natural Products

Natural products have been gaining in popularity in the last couple of years, but what's the big deal? They're nice, but do they work? What's the big deal about chemicals in personal care anyway? Surely if they were so unsafe the government wouldn't allow us to use them?!

The truth is, while people weren't paying attention, natural beauty products became really sophisticated. Not only do they have an effect on the skin, they work so well they have now surpassed over-the-counter cosmetics for effectiveness. The reason why is all to do with their ingredients.

Ingredients are the key to natural products; from efficiency to the question mark that sits over petro-chemical based fillers and preservatives.

What you should expect from natural skincare is less fillers, water and fragrance – this leaves more space for effective ingredients. If you look at an ingredients list on cosmetics, you will see that they list the ingredients in order of how much is in the bottle. Go on, pick up the nearest bottle, I'll bet you the first ingredient is water. A more common first ingredient in natural skincare is aloe vera. Aloe vera has a function on the skin that is calming and soothing – it also helps to carry the antioxidant ingredients (such as the anti-ageing ingredients you're buying the product for) deep into the skin.

I recommend certified organic, vegan-friendly moisturisers by Organic Spa, just **\$34.95 each**. Available online and in clinic.

The next ingredient in traditional cosmetics are fillers; these could be a mineral oil or a similar by-product of petroleum. These are in there to give the texture and make the product feel nice, as though it is hydrating your skin. The only problem with mineral oils is they sit on top of the skin and don't penetrate, creating a barrier over the skin which, in the long term, will dehydrate your skin. This makes the product ineffective and prevents any advertised anti-ageing ingredients from actually getting into the skin.



Natural products use natural moisturisers like Shea Butter and blends of natural oils, such as almond, olive and jojoba. These oils are blended in the formulation for desired hydration in the skin, plus carry the anti-ageing antioxidant ingredients deep into the skin.

By their very nature, natural products have a much higher percentage of effective antioxidants and skin healing ingredients. This gives a much better result than traditional cosmetics.

A serum is the best way to give your skin an instant dose of vitamins for hydration and anti-ageing. Professional serums from your beauty therapist will give you a power packed result without the nasty fillers and chemicals.

Your cleanser could be totally sabotaging your skin as well. Cosmetics use detergents (just like the ones in home cleaning) in their cleansers to get that 'squeaky clean' feeling. The fact is, these sulfates completely strip the skin of natural oils, increasing dehydration and causing oily skin to go into over-drive in an effort to protect itself. Natural products use a natural balance of gentle cleaning agents like castile soap and even oils to protect the skin while cleaning. Oil doesn't make your skin oily, as oil attracts oil on the surface, so it can then be rinsed away thoroughly.

Oil cleansers are great for removing makeup followed by an organic cream cleanser. Skin is thoroughly cleaned and left feeling balanced. Simple As That makeup remover and Organic Spa Cream Cleanser are a great duo. Available online and in clinic.



Usually by now in this pro-natural cosmetic discussion, the writer would have brought up facts such as: chemicals pass into your blood stream in two seconds and; a woman can put up to 300 chemicals on her skin in the morning. These initial thoughts help us understand why it's probably best to avoid chemicals in personal care. But the fact is, there is no abundance of peer-reviewed evidence that proves

conclusively that traditional cosmetics are bad for us. They do eliminate certain ingredients regularly for public safety as we learn more, but, at the end of the day, I wouldn't like to be a human guinea pig.

So where do I stand? I think natural skincare is awesome and far more effective for all the reasons listed above. I like value for money, so why would I waste cash on buying bottles of water and filler with 5% effective ingredients?

And where can we find these amazing products? Health food stores are now expanding their offering as well as beauty therapists. Here's my hot list for the best places to shop:

ONLINE

- www.belindahughes.com.au/shop
- www.beautifulbecause.com.au
- www.floraandfauna.com.au
- www.iamnaturalstore.com.au

IN STORE

Your local health food store
At the Salon

www.belindahughes.com.au

Belinda's skin clinic is located in leafy South Yarra and is offering **\$99 facials all March!**

For more articles on natural beauty and health, follow @naturalbeautyexpert on Facebook and Instagram and read full articles at www.naturalbeautyexpert.co

BEAUTY

INGLOT Cosmetics is celebrating a decade of beauty in Australia and to commemorate the occasion, they've launched *The Star in You*, to add a little sparkle to every day.

AMC Pure Pigments **RRP \$32** – can be used on eyes and cheeks – bold colours and intense glitter

Body Sparkles **RRP \$30** – matching colours in a fine glitter dust

Nail Enamels **RRP \$16**

www.inglotcosmetics.com.au



Napoleon Perdis

Multi-Defence SPF 50+ Sunscreen – offering the ultimate in hydration, this gorgeous sunscreen doesn't leave your skin feeling oily or heavy, it glides on like a moisturiser. **RRP \$29.00**

Napoleon Perdis Multi-Hydration Gel Cream – this cooling, sweet-smelling, super absorbing gel is a masterstroke! You won't be able to get enough. It feels cool and refreshing on your skin. **RRP \$59.00**

www.napoleonperdis.com/aus

Beauty New Launchers
2017 sees some amazing new beauty products to shake up your beauty routine! Here's a taste of just a few...



L'Oréal Sexy Balm – this little pencil lip balm offers lips super velvety hydration and a gorgeous hit of colour. **RRP \$14.95**

L'Oréal Nude Cushion – this weightless foundation in a cushion glides on smoothly and leaves skin with a beautiful natural coverage and complexion. It's a great addition to your handbag! **RRP \$29.95**

www.lorealparis.com.au



TOTAL BAE Napoleon Perdis Aussie Delights Lip Gloss collection – not only do these fun little glosses smell amazing – coconut lamington, strawberry pavlova, mango sorbet and blueberry muffin – they light up! Literally! And they have a handy little mirror too! **RRP \$49.00**

TOTAL BAE Napoleon Perdis Own It Electric – electric blue mascara anyone? Then this is the one for you, easy to apply and vibrantly coloured. **RRP \$29.00**

www.napoleonperdis.com/aus



Maybelline Rock Nudes Palette – with autumn upon us it's time to deepen those eye colours and The Rock Nudes have all the shades you'll need through autumn and winter! **RRP \$24.95**

Eyestudio Brow Drama Sculpting Brow Mascara – a brilliant little mascara style brow brush that shapes, colours and controls. **RRP \$12.95**

www.maybelline.com.au



Nerium International AGE-DEFYING Day & Night Cream – these creams are miracles in a bottle! And you see results fast – really fast! They smooth, tone and reduce the look of wrinkles while fading age and sunspots. The night cream has a strange sea-scent to it but you quickly get used to it, especially when you see the results! This is one of the best day and night creams I've used. Night **RRP** \$120.00 Day **RRP** \$100.00

www.livenergised.neriumaus.com.au or email anu@livenergised.com.au for your **free** 1-week trial.



JAR Body Coconut Body Cream – deeply moisturising and gorgeous to apply, you can't go wrong with a Jar Body product any day of the week! **RRP** \$29.95

www.jarbody.com.au

BareMinerals Skinlongevity Vital Power Infusion Serum – Bare Minerals have jumped into the world of skin care and their results are great! This power serum has harnessed the power of herbs. It absorbs beautifully, leaving skin feeling refreshed and nourished. **RRP** \$70.00

www.mecca.com.au



Mecca Cosmetica Mineral Gel Sunscreen – this Mecca sunscreen, which applies like a cream, offers great sun protection. It feels a little sticky at first but absorbs fairly quickly and the stickiness vanishes. It even suits sensitive skin. **RRP** \$38.00

www.mecca.com.au



Clinique Pep-Start Eye Cream – a quick boost of plumping and smoothing in a light cream that absorbs quickly and gives your eyes a little lightness and reduces puffiness **RRP** \$42.00

www.clinique.com.au



Nars Radiance Primer – Nars have also jumped on board with a primer that offers a little bit of an illuminating glow. It feels light, is fun to apply and has a smoothing and blurring effect. **RRP** \$52.00

www.mecca.com.au/nars



Love a Local!

Olieve & Olie

Down on our very own Mornington Peninsula you will find a boutique cosmetics company producing Australian, olive oil based, natural skin care products, and they are raking in the awards! Better yet, most of the products they use are sourced locally and their products are simply divine!

Their peppermint, spearmint, rosemary, tee tree and lemon salt scrub is heavenly and leaves your skin soft and subtle while its scent invigorates your senses – you only need a very small amount too!

Be Mine Miss Clementine Soothing Massage Bar is an award winner for a reason, just rub this brilliant bar over your skin to coat it for a luscious massage, and their Soothing Foot Bar is pure genius! You'll notice it starts repairing your skin instantly.

www.oliveandolie.com.au



Active Wear Trends

Active wear has never been more fashionable or on trend, and we've turned to **Tiffany Hall** for **Fila**

'I created the fashion active range with FILA as I have a passion for helping others feel more confident and well within themselves. There are tricks that can help us find our mojo, the right outfit can get you in the right frame of mind. It's important you look the part to make you feel the part! I wanted to empower women in a way for them to feel confident in the way they look and steer them towards experiencing the full capabilities of what their bodies can do.' **Tiffany Hall**



TOP TIFFINY HALL for FILA Collection FILA TIFFXO Tee RRP\$29.95 worn with TIFFINY HALL for FILA Collection, Hall Short RRP\$39.95.
LEFT TIFFINY HALL for FILA Collection TIFF Tank RRP\$39.95 worn with TIFFINY HALL for FILA Collection, TH ¾ Diamond Tight RRP\$59.95.
 These items and the full TIFFINY HALL for FILA Collection will be available from Harris Scarfe stores nationally

Fabulous Footwear...



Nike Running Flyknit in Orange **RRP \$209**



Nike Air Max Ultra Thea Flyknit Sneaker **RRP \$209**



Nike Air MAX Thea **RRP \$110**



Adidas Original Superstar Metallic-trim **RRP \$156**



Nike Air Max 1 Ultra QS **RRP \$180**

SEED enters the world of Active Wear...

You'll find a Seed Heritage store in every major shopping centre in Australia, so we thought we'd introduce you to their newest fashion foray – **Seed Sport Wear!**



For RRP head to www.seedheritage.com.au



Winter is
coming

The cooler months are just around the corner – here's how to winter-proof your exercise, eating and skincare routines.

We've all heard the saying '*summer bodies are made in winter*', but spending three months slogging it out at the gym isn't very appealing when you'd rather be curled up on the couch with a hot chocolate and a Ryan Gosling movie.

However, by using the autumn months to set up some good exercise plans, eating habits and skincare routines, you'll be well prepared for winter and make it to September feeling fresh, energised and ready for anything!

GET MOVING

Exercise is easy in summer when it's warm, sunny and you're feeling motivated by all of those New Year's resolutions you made on January 1. But once March rolls around, it gets a little harder to maintain your enthusiasm. Here are some simple things you can start doing now to help you get through June, July, August and beyond.

- Take your workout indoors. Getting out of bed at 6am to go for a run when it's cold and raining tests even the toughest athletes, so make it easier to stick to your exercise routine by moving it inside. Weight training, a HIIT session or group fitness class are all great ways to get your heart rate up – after all, no one's ever left a BodyAttack class feeling cold!
- Sign up for an event. Whether it's a fun run, charity walk or an obstacle course like Tough Mudder, having something to work towards will help keep your motivation up through the cooler months.

Check out runningcalendar.com.au to find events near you.

- Winter usually means hibernation, and a more relaxed pace than summer when you're juggling holidays, parties and other social engagements. Swap one of your regular classes for something gentler like a yoga or Pilates class to help your body rest and recuperate.



FUEL YOUR BODY

Winter often equals comfort eating, so use the autumn months to set up good habits that will help you resist the temptation of winter favourites like pies, casseroles, heavy pastas and red wine. Fernwood nutritionist Elita Massarotti shares her tips:

- Never change the basics – have a good breakfast, choose healthy snacks, eat a variety of nutritious foods, keep portions in check, use veggies to bulk up meals and snacks, drink plenty of water, listen to your body, and know when and how to fuel and nourish it.
- Continue to plan meals ahead and keep your pantry, fridge and freezer stocked with healthy staples. The best thing about a lot of the warm, comforting foods we enjoy in the cooler months is that they can be made in big batches and frozen into smaller portions for use during the week.
- It's tempting to want to make sauces, soups and curries that are rich with coconut milk, cream and butter. However, you can make these meals much healthier with a few simple ingredient swaps – opt for light coconut milk, reduced-fat milk, reduced-fat yoghurt, tomato-based sauces, low-fat cottage and ricotta cheese. Bulk them up with loads of seasonal vegetables, and keep your protein and carbohydrate portions in check.
- If you're not hungry and just want something to warm you up, why not have a cup of herbal tea instead?



SKIN DEEP

Cold climates like Melbourne's can wreak havoc on your skin and hair, so make sure you're putting your best face forward by setting up a skincare routine that will combat the harsh weather.

"It takes around 27 days for your skin cells to turn over, so great winter skin begins in autumn," says beauty therapist, Emma Matheson from Fernwood Clayton. Follow Emma's advice below for winter-ready skin:

- Your skin is a direct reflection of your internal health, so be sure to hydrate from the inside out by drinking at least 8-10 glasses of water each day.
- For external hydration of the skin, consider transitioning to a heavier moisturiser leading into winter. Adding a hydrating skin mask into your weekly regime will also give you an added boost of moisture.
- Exfoliation is also key in ensuring your moisturiser can penetrate and do its job. Exfoliants work by scrubbing away dead skin cells, unblocking pores and encouraging faster cell turnover. Exfoliate one to two times a week leading into the cooler months.
- With winter comes the temptation to have long, hot showers and baths but hot water can strip your skin of natural oils, so go for lukewarm water instead. Don't forget the skin on your body needs love too, so exfoliate weekly and moisturise daily to help keep dry skin at bay.
- Wear sunscreen every day – even in the cooler months! Up to 90 per cent of visible skin damage is caused by UV exposure. The sun's harmful rays are just as bad when the temperature drops, so slip, slop, slap to help prevent premature skin ageing.





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4 MINDSET TIPS THAT WILL HELP YOU KICKSTART YOUR WELLNESS TRANSFORMATION

Most people know what to do to live a healthy life but why are so many people living a not-so healthy life?

Our mind is our most powerful influencer and it has the best intentions for us and for our health. Yet despite all these great intentions, our mind's in-built programmes often lead us into routines and habits that diminish rather than improve our health and wellness.


This issue, we talk to Tom Karamzalis, founder of MediWellnessWarriors.com – a men's wellness and mindset coach who is offering men all over the world tools to master the Mediterranean way of life, break through their challenges with health and assist them to kick-start their wellness transformation.

We caught up with Tom at Vanilla to discover his top 4 mindset tips that will help you kick-start your wellness transformation and improve your health in a manageable and sustainable way.

1. IDENTIFY YOUR DRIVER

In life, when you work on achieving a goal, whether it's improving your health, making money in business or excelling at a sport, you're going to have highs and you're going to have lows.

When you hit a low point or a bump in the road, if you don't have a compelling driver for achieving your goal, there's a strong chance you could crash and fail because you just won't have the drive to work through the challenge.


 **Tip 1** – Before you get cracking on achieving a goal, make sure you are super clear on your driver, why you are pursuing that goal, and you will be a lot more likely to achieve your outcome.

In August of 2016, I was lying flat on my back in a hospital bed because I'd nearly had a heart attack. I have three kids who are aged 8, 6, and 4 and a loving wife that I almost left behind, and that's where I found my driver!

2. UNDERSTAND YOUR BELIEFS

Our beliefs are the stories we tell ourselves about what we can and can't do. They are I statements like, "I believe I can't lose weight because everyone in my family is overweight" and "I believe I can run 20kms because other people can run a marathon."

Beliefs are great when they're empowering, the problems come with the negative beliefs, those that limit your ability to push past a certain level.

 **Tip 2** – Identify your limiting beliefs, ditch them and replace with empowering beliefs.

Identifying your beliefs can be a tricky process without the help of a coach but a great place to start is to write down your statements by asking yourself questions like, "What do I believe about my...".

Another way to identify your beliefs is to listen to your mum or dad or your brother or sister – you'll be surprised at how many beliefs you share.



3. FAST TRACK THROUGH MODELLING

Most of our behaviours are based on modelling, which is something like parrotting and can also be summed up crudely as monkey see, monkey do.

Consider your parents as an example – do you eat like they eat? Do you talk like they talk? Do you walk like they walk? Is your health sort of like theirs? Are your relationships like theirs? Monkey see, monkey do, right?

Our behaviours are formed by modelling those people around us. Modelling also happens to be the quickest way I know to get your desired outcome.

Leading personal development guru, Tony Robbins says something like... “success leaves clues.”

So, if you see someone who’s really healthy, fit and energetic, or someone who’s happily married, or a great parent, or whatever that thing is that you want to improve in yourself, then go ahead and model that person to achieve the result that you want.

What do they do each day? How do they think? How do they breathe? What are their beliefs? What is their success system?



Tip 3 – Find out as much as you can about your model’s success and go ahead and replicate their system to fast track your results.

4. IMMEDIATE ACTION

How many times have you heard someone say, “I’m going to start going to the gym on Monday” or “I’m going to quit smoking on the first of the month?”

Procrastination won’t get you anywhere; it’s your mind messing with you so it can do everything possible to keep the status quo.

You see change is not the easiest path forward for human beings, so when we even consider change, our auto-programmes kick in to resist the new. It’s actually a protection mechanism that unfortunately often gets in the way of change.



Tip 4 – Stop saying I’m going to start on Monday or the first of the month. The best way to deal with procrastination is immediate action! Get your track pants on and go for a walk now. Quit smoking today. Start eating healthy immediately.

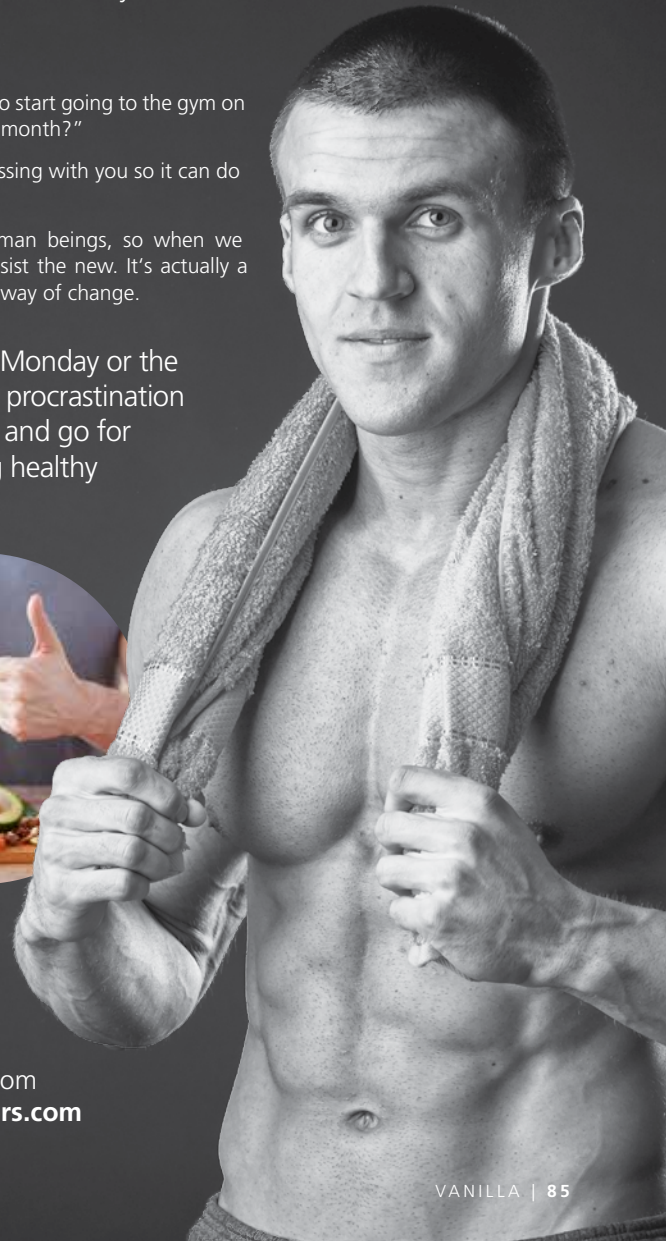
Plaster your compelling driver all over your house, room and workplace so any time you feel like procrastinating you are reminded of your big reason why, and then go ahead and do it.

An accountability buddy, a friend to walk with, a gym partner or an organised group can also help you deal with the procrastination monkey.

Deep down we all know what we need to do, we just need someone to provoke thought, to provoke action, and to motivate you to keep at it and to make strong, lasting nutrition, mindset and lifestyle changes.



Connect with Tom at
tom@mediwellnesswarriors.com
www.mediwellnesswarriors.com



A muscular man with a very low body fat percentage is shown from the waist up. He is holding a large yellow weight plate with both hands. The weight plate has '15KG' printed on it. He is wearing blue athletic shorts. The background is dark.

REAPING THE BENEFITS OF **NUTRITION**

Dietitian and Nutritionist,
JORDAN PSOMOPOULOS,
shares his simple steps to
improving your nutrition, be
it for yourself, or the man in
your life...

The truth is that for the majority of men, nutrition isn't among the basic concerns. In an effort for professional success and more income, most of us do not have the time to build our meals properly, and usually we just grab whatever is convenient and available. So, it's very easy to develop obesity and health problems.

Although we are more likely to have a higher metabolic rate than women, we don't get pregnant or have hormonal imbalances, so it's much easier for us to maintain an acceptable body weight, even if we are careless with our nutritional habits. Sometimes, despite the fact that we are active and try to build our muscles, we still do not focus on a more nutritional diet. We just eat when we are hungry!

“Normal body weight, doesn't necessarily make you healthy!”

A common young man's dream is to build a muscular body, which can lead to an obsession with protein rich foods and supplements – something that may cause additional problems. Protein is very important but it can also be found in plant derived foods like legumes, nuts and grains. Remember our body is capable of increasing muscle mass only with exercise, and without the need of consuming excess energy and protein.

“Exercise builds muscles, excessive protein consumption doesn't and may lead to fat accumulation.”

You might think, "Hold on mate! What should I do?"

Let's get right to the point! Firstly, try to remember the basic principles of a balanced diet, try to enrich it with Mediterranean diet tips, and add on some exercise as a topping and you should get the greatest payback.



ADEQUACY: Do not let your busy schedule and any transitional effort lead you to skip meals or make unhealthy choices.

- Begin every single day with breakfast and ensure you keep a maximum of 3-hour intervals between meals. Try to prepare your meals or choose "homemade" food in restaurants or in other convenient stores.

BALANCE: Consume enough, but never too much, of each type of food. It's very important to eat from all food groups. A diet consisting of only a few foods will never be adequate.

- You can grab a few nuts from home and use them as a snack. If you have to buy a snack from a convenient store, read the label carefully and try to avoid at the very least sodium and additive sugars. A cereal bar or a few nuts for instance is a good choice.

ENERGY CONTROL: Balance always plays a key role. We all have to live within an energy allowance.

- Try to avoid fatty foods, junk food, excessive alcohol consumption and sugary beverages. Regular physical activity will help you burn a few more calories.
- Do not eat at night while watching TV. When you feel like eating something, just grab some fruit. Don't worry, fruit isn't fattening!
- Do not forget to consume plenty of water.

NUTRIENT DENSITY: Consume foods that deliver the highest nutrients, for less energy. Fat-free or low fat foods, lean meat and of course fruits and vegetables are excellent choices.

- You can always carry a piece of fruit in your bag. If not, supermarkets are everywhere. Jump in and grab a couple of apples or bananas, or even better, both. If you are having trouble finding one, use your Google maps! I know that you have a few spare mbs on your

mobile internet plan. And don't forget, you have to consume at least 2-3 servings of fruit and 1-2 servings of salad, on a daily basis!

- Fruits and vegetables are rich in antioxidants. You have to remember that prostate cancer ranks second as the most common cancer in men. Recent research showed that antioxidant lycopene from tomatoes can reduce the risk of prostate cancer up to 18%!

Did you know If you consume ample antioxidants from fruits and veggies, you will increase your sperm count and motility contributing to fertility.

"Antioxidants are functional and active only when they naturally occur in foods, unfortunately supplements cannot help!"

MODERATION: It's not a big issue if you occasionally consume a sugary beverage, a pancake or your favourite desserts – they will not harm your health. They could however, cause health issues and lead to weight gain if you do it every day in large portions. Remember, one of the basic principles of a healthy nutrition is moderation!

VARIETY: Improve your nutrient levels by consuming a variety of foods. No food can be entirely nutrient free; however, some substances in excess can be harmful.

- Use the Food Pyramid of the Mediterranean Diet, select foods from each of the food groups, and vary your choices from day to day.

BE ACTIVE: Most of you do not need an excuse to get active. For a healthy body weight and overall good health you should start with at least 60 minutes of activity, most days of the week.



JORDAN PSOMOPOULOS is a nutritionist and dietitian specialising in men's health and wellness.
www.ediet.net.au



DIGITAL EYESTRAIN

Tech Eyes of the Future...

Eyestrain caused by overexposure to digital screens is a very real condition that can wreak havoc, not just on our eye health as adults, but the health of our children's eyes in the future.

With our children constantly staring at digital screens, both at home and in school, we asked optometrist **Con Gekas** what symptoms we should be looking out for, and what we can do to minimise digital eyestrain and protect our children's eyes for the future...

Prolonged use of digital devices such as tablets, computers, and mobile phones really do have an adverse and compounding effect on our eye health, and it's not only children at risk – most adults use some kind of digital device constantly at home and in the office.

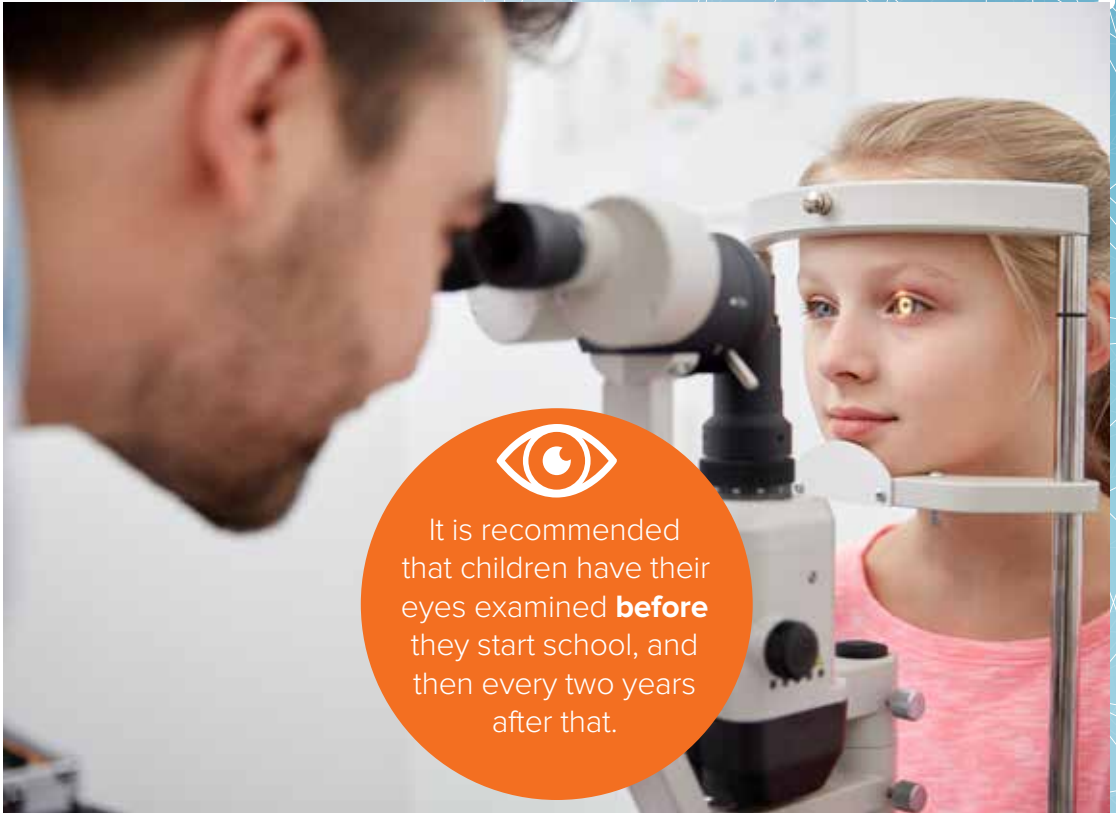
Although technology has revolutionised how we work and learn, the reports of digital eyestrain is on the **rise** and set to **increase** over the coming years.

Children learn more from vision than all other senses combined. Studies show that 1 in 5 children suffer from an undetected vision problem, which can impact on their education, and social and physical development.

I am often asked at what age we should start to have our children's eyes examined – unfortunately, eye disease does not discriminate according to age! It is true that as we age more problems can arise, but no age group is immune to eye disease or symptoms that present from overuse of digital devices.

It is recommended that children have their eyes examined before they start school, and then every two years after that.

Some of the symptoms that present from digital eyestrain include neck, back and shoulder pain, blurred vision, dry eyes, and headaches.



It is recommended that children have their eyes examined **before** they start school, and then every two years after that.

Children who spend more than **two hours** a day on a screen are two to three times more likely to become short-sighted than normal.

Recent studies are also showing that extended exposure to the blue light (high energy visual light, or HEV) emitted by these devices can affect the body circadian rhythm, which can also disrupt sleep patterns. Our eyes struggle to filter this blue light and over-exposure to HEV light could lead to macular degeneration and retinal damage.

The challenge is in convincing our children of the need to reduce the time they spend on digital devices. Some simple ways to help change these habits include: setting your device to Night Shift mode (iPhone users) – it alters the display colour and keeps it on the warmer side of the visual

light spectrum; considering breaking down two hour periods on digital devices into half hour slots and; limiting screen time well before bedtime so it doesn't disrupt their sleep.

There are many eye conditions to watch for and while some are more common as we get older, others can occur at any age. Comprehensive eye examinations, at regular intervals starting from childhood, ensure that most eye conditions can be corrected, or serious problems prevented.

Sight is a precious gift and the simple task of having regular eye examinations goes a long way to preserving this gift.

Con Gekas Bsc Optom PGCOT

Optometrist & Ophthalmic Medicines Prescriber
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P: 9853 9351



DON'T GOOGLE IT..



*You'll have
Cancer for
Sure!*



Autumn sees the onset of symptoms of many common illnesses, so, with Dr. Google constantly at our fingertips, Dr. Natalie Kringoudis shares her thoughts on the danger of consulting the dreaded Dr. G!

Have you been joining in our Facebook LIVE chats? They are F to the U.N. I jumped on and chatted away to over one thousand people, all asking questions and hanging out together. You know why so many people have since watched the LIVE video? **The topic: Why Everything You Google Ends Up Telling You You'll Get Cancer...**

We didn't get so much to the bottom of that (which is why I'm still talking about this now) but we did get about answering so many women's health questions. I know you want factual information, which is why I love to dedicate 30 minutes each week to you on Facebook, to really start to make waves around your own health. It's super important after all.

Chances are, if you've googled something health related looking for answers, you've had good reason to – it wasn't you simply being bored on a Saturday night or you're googling for kicks.

You may not know that when you google a specific topic, you are presented with the most 'relevant' results to help

YOU – not anybody else. That means we could both be sitting with our devices in the exact same room and type the exact same search words, yet the information that comes up is completely different based on our previous individual digital behavior – location, time etc.

Even if you're not logged in, Google looks at 57 things that will help to present you with the most appropriate information for YOU.

Big Brother is watching! Eric Schmidt, former Google CEO, states, "It will be very hard for people to watch or consume something that was not in some sense tailored for them."

Perhaps I should feel special?
He went onto say, "The internet of things will augment your brain."

Eeek!

Mr. Google, I'm not so happy about this. Google sure is handy when I'm looking for answers, like the best Thermomix chocolate cake recipe or online shopping – you can't go too far wrong with these types of topics. However, this also means that various words will trigger various searches – and there is a lot of misinformation out there, especially when it comes to health.

How do you actually know? What is even more worrying is, if my search words and previous internet history have scrambled themselves in a certain way, I could be served up a whole heap of scarily serious information, not necessarily based on an array of options, but based on a focused and intentional search pathway.

For example, if I've previously searched cancer, hormone imbalance and estrogen, does that mean I'm going to continue to see information in the same vein, even if my following search also queries other topics? This *stuff* is so rapidly being updated and changed, I'm not even sure who I can ask to find out solid and relevant answers. For me, googling symptoms seems like a massive stab in the dark that will indeed lead to cancer or something as equally unwelcome.

What does that mean? It means there is a lot of junk circulating that might be taken as real, but just because it's on the internet – and the searching gods are busy profiling exactly what you need to see based on what you ate for dinner, where you are, how often you log in and the last time you pooped (okay, that last part is a stretch...) – doesn't actually give you a definite answer.

To add to this, the anxiety, stress and emotions that are involved in a self-diagnosis are enough to call for the defibrillator. Not everything that you see on the internet is gospel. Even more importantly, there is never only one way to get to the bottom of your health issues.

What doesn't change however is that you are unique and your health approach should be too – tailor-made for your needs.

It doesn't help that (and I'm requesting for permission to be frank and honest here) there are people out there who have been busted specifically in the health and wellness industry for not being authentic or tricking us into believing that their ill health has lead them on a path to recovery.

Without naming anybody, this kind of behaviour only drags us all through the mud, intended or not.

Your health is your number one asset – and as far as I'm concerned, this is not an area where faking it until you make it is appropriate.

We all want sustainable health solutions with achievable 'remedies' to move us towards better health; not solutions being served up by fakes or pretenders.



Google may be a place to start – to allow you to get curious and ignite some further investigation – but allowing it to be your final point of call, as a practitioner, I don't believe is ideal.

I'm on a mission to provide a safe place for women who want real answers, with qualified advice. No scare tactics or pretending, but simply information based on years of research, qualifications and practice, and consistent searching myself – I sift through the good, bad, ugly, weird and just plain untrue for you.


I study daily to keep my finger on the pulse, because these bodies of ours – well, we don't even know the half of it.

With all of this dodgy information floating around I decided to create a health hub for women who want real answers, who need help to dig deep and get to the core of their issues with the ability to tap into all this with my support.

The Wellness Collective Membership provides all of this by creating a community you can tap into, alongside special topics we cover each month. If you don't understand what it is, please know it's your one-stop-shop to connect, dig, ask questions, listen to me talk (A LOT) and chat it out – because that's how we solve problems.

Plus, Google doesn't get a look in, in there! Come and join us. I'm so excited by what I've created; it's that special place where we can chat, explore and continue to learn about our bodies together.





Gen Y URBAN FATIGUE & THE IN-BETWEEN GENERATION...

RAQUEL NEOFIT.

As a writer I come across a lot of research, it's an important part of compiling many stories, but a few months ago I came across something that really struck a cord and stayed with me.

It's a piece compiled by Lancôme Paris entitled, *Urban Fatigue, The New Modern III. A new kind of fatigue for a new generation – the in-between generation.*

The basis of this research and writing began with the question, 'what is life like for the generation of 25 to 35-year-olds today?'

After in-depth research they discovered that *'this in-between generation is marked by both the global financial crisis and the digital reinvention of the world.'*

They've discovered that this generation is a *'hybrid generation, it lives in an environment that celebrates the past – the return of retro, the resurgent enthusiasm for craftsmanship expertise, the explosion of DIY tutorials – and the ultra-modern: a common globalised culture, the growing instantaneity of information and emotions, galloping digitalisation.'*

Gen Y is *'A post-modern generation, it is aware of being the first in history to be born into a world of infinite knowledge and experiences, which has changed much more in a decade than in centuries of evolution. It lives several lives in one in the intensity of the moment, and wants to accomplish everything, to discover everything. This is why it is also overwhelmed, subject to stress, fatigue and the effects of urbanisation.'*

Think about the Gen Y women in your life, most of the ones I know strongly fit this category, and I'm not saying this is a bad thing, quite the contrary. Even (just...) outside of the 35 year mark, the expectations of this in-between generation are ones I strive for, as do most of the strong, driven and successful women I know. After all, who really wants to be idle and middle of the pack, we all have dreams and ambitions and nothing ventured is nothing gained, right? We strive for a life we can be proud of.

But what is it doing to our health, our vitality, our stores of energy, and how does it contribute to the signs of premature aging?

Lancôme then dug a little deeper and spoke to Vincent Gregoire from French trend-forecasting agency, Nelly Rodi. *'This is a generation that has reinvented itself as a super heroine that does not feel tired, that is always supposed to feel on top form. They have this obsession with always wanting to do things, to have strong experiences. They will take the time to be tired afterwards.'*

Lancôme's research goes on to point out that living such an intense lifestyle inevitably causes fatigue, and not just standard fatigue caused by lack of sleep, they explain urban fatigue as *'an emerging phenomenon linked to the constant demands of the modern environment.'*

Adding, *'it is no surprise then that almost half of the women of this generation state that they are tired on a daily basis. And while for 59% of them this fatigue is due to a lack of sleep, 38% of them admit that it has more to do with "multitasking" and staying up late at night to watch series, read or spend time on their computer.'*



While we suspect that urban fatigue is above all physical, the fact remains that it also has mental effects. Accordingly, its primary impact felt by women is psychological: 55% of women feel in a bad mood, 42% have migraines and 21% observed a drop in their libido. Other consequences include greater sensitivity to urban noise, changes in seasonal luminosity or their everyday worries.'

So, if our hectic lifestyles affect our organs and our mental state, and can lead to premature aging, impact on our relationships with others and leave us in a constant state of fatigue, the question remains, why not change our lifestyle?

Again they turned to Vincent Grégoire to explain: *'They are different from previous generations, whether generation X or the Baby Boomers, when everything was possible. There has been a series of crises since the eighties: for Generation-Y women it's natural and normal. They know how to adapt; nothing is a problem for them. They live in a world of constant flexibility. There are no problems, only solutions, hence this adaptation to fatigue. This is also the LOL generation that doesn't take anything seriously. For them, it would synonymous with giving up!'*

It's an interesting study Lancôme have put forward that's obviously compiled to promote their ÉNERGIE DE VIE line, but it's information I think we should take heed of and remember that although we are driven to succeed and wear the badge of super heroine, we're not indestructible, and how we treat our bodies, our mentality and our skin, will become evident as we age.

If we aren't prepared to compromise on the demands of this modern world, we need to compensate in some way.

Take it as a reminder to schedule in a few moments of downtime when we need it, to care for our bodies with healthy, nutritious foods, to care for our minds and emotions with positive thoughts, and to care for our skin to avoid those premature signs of aging.

Stay healthy, stay well, live life to the fullest, and above all, choose to be happy!



"For this authentic and highly informed generation on first-name terms with extremes and opposites, Lancôme is shaking up the conventions of moisturisers with the introduction of Liquid Care, as part of its entirely reinvented ÉNERGIE DE VIE line. Powerful, innovative and real, it meets the skin concerns of the modern world with highly effective yet easy-to-use products.

Allowing Lancôme to boost the inexhaustible energy of today's women." *Françoise Lehmann* General Manager, Lancôme International

Italic text indicates quotes from Lancôme Paris ÉNERGIE DE VIE, LIQUID CARE: A SHOT OF HYDRATION



Photo: Stephane de Bourgies



TALKS

LIVING WELL...

In Lonely Planet's newest lifestyle publication they've put together the ultimate guide to living well with 101 Ways To Live Well. Read on to discover a few of our favourites...

ELEVATE YOUR MOTIVATION

Music has been shown to elicit specific psychological responses, depending upon the type of song played. This means that the right playlist can retune your mindset entirely.

Improve your motivation or positive attitude by listening to music that evinces a positive emotional response in you. Try to schedule a time every day during which you play a selection of songs, channelling your focus on the music rather than any external stimuli. Notice if there are certain tunes that make you feel happy or more positive or focused. Take note of these, add them to a playlist on your computer or phone, then play them regularly to improve your mood and confidence.

BOOST YOUR ENERGY

Maca root is a South American plant naturally high in amino acids, minerals and phytonutrients that has traditionally been used for its hormone-balancing and stamina-enhancing properties.

Thanks to its sweet, caramel-like taste, maca powder can easily be incorporated into breakfast to energise your body for the day ahead. Throw 1 small frozen banana, 1 handful of baby spinach, 10ml nut butter, 10ml maca and a big glug of almond milk into a blender and blitz until smooth for a pick-me-up breakfast milkshake.

EASE HEADACHE TENSION

This hair-pulling technique loosens the scalp's fascia – a layer of connective tissue that covers the skull and surrounding muscles – which releases tension and eases nerve pressure.

Take a large handful of hair at the crown of your head and pull it away from the scalp. Use a gentle motion to begin with, but

pull enough that you feel a slight discomfort. Hold for a few seconds, or until you can feel any discomfort decrease. Release the hair and move on to another section, until all the hair has been pulled. For a deeper release, repeat the process, but instead of pulling the hair directly away from the head turn it in a clockwise direction while gently pulling away from the skull.

LEARN TO SLEEP BETTER

James Milford suggests that this simple breathing exercise settles a busy mind and helps you to accept, rather than fight, the reality of having trouble sleeping.

Lying down, bring the awareness to the belly and focus on the sensations of the breath. Feel how the muscles tighten and release and how the torso moves. After a few moments, place both hands on your belly. Become aware of the sensations under your hands as the belly rises and falls. To aid concentration, on each in-breath count '1', then '2', and continue until you reach 10. Once you reach 10, go back to 1 and keep counting breaths in a cycle until the end of the practice.

CUTE CONCENTRATION-BOOSTERS

Research shows that looking at cute images not only enhances mood but also improves performance for tasks that require concentration.

The perfect excuse to seek out those puppy memes! Looking at baby animals triggers our biological predisposition to respond to infant features (the so-called 'baby schema'), such as a large head, protruding forehead and large eyes – and indirectly improves attention skills. Change your computer desktop image to show cute animals or flick through six or seven different images on the web when you're particularly prone to procrastination.

FEIGN SELF-CONFIDENCE

According to Mark Leonard, simply adopting a more upright posture, and focusing on the body rather than the insecurities of the mind, can encourage us to feel more positive and less anxious.

Sit or stand, tilting the pelvis forwards slightly, lifting and opening the chest and tucking in the chin. Breathe in, lifting the shoulders up towards the ears before breathing out, allowing the shoulders to drop and releasing any tension in the upper back and shoulders. Slowly repeat this move three times, taking deep, measured breaths. Then, holding an upright posture, chest open, continue to breathe slowly in and out, noticing the way the chest and shoulders relax as you exhale.

BE MORE DECISIVE

This mindfulness exercise by Mark Leonard helps you to clear the mind and become more aware of your true feelings and instincts, enabling you to make better decisions and worry less.

Sit comfortably, with your spine tall but relaxed. Focus on the feelings in the body and, if possible, let go of thoughts about the problem at hand. Notice colours, shapes, sounds and sensations while sitting. Then, when the mind has cleared a little, bring the question or matter to mind and explore the emotions and sensations that come when you consider different options. Can you feel your heart racing? Do you become anxious? Is there past experience you can use to guide you?

DON'T BE AFRAID TO TRY SOMETHING NEW

Fear can be a powerful motivation-crusher. This mindfulness task will help you get over the barrier.

When you want to try something new – learning to kitesurf or taking an art class – sometimes fear pops up. But you can knock it back. First, recognise the fear and admit the effects it has (panic, racing heart). Next, ask yourself, what's the worst thing that can happen? You'd look silly? You'd be out some money? It's usually all stuff you'd get past. And if you did fail, there's at least one good thing: you'd never have to regret not having tried. Then make a plan to start small and just do it.

LEARN TO DAYDREAM

Daydreaming often gets dismissed as a waste of time. But if done correctly it sparks creativity and makes you better at planning and goal-driven thought.

Daydreaming helps your brain access information that's normally out of reach. It works best when you envision a goal, as well as the obstacles you must overcome to reach it. So don't just dream, 'I'm going to win the marathon!' and wallow in the glory. Instead, think, 'I'm going to win the marathon, and here's how I'll do it.' Psychologists estimate we daydream for up to half of our waking hours,

so spend at least a few minutes of that daydreaming productively.

LAUGH MORE

Laughter increases feel-good hormones in the brain, turns off stress hormones, boosts circulation, and helps muscles to relax. That's just the shortlist.

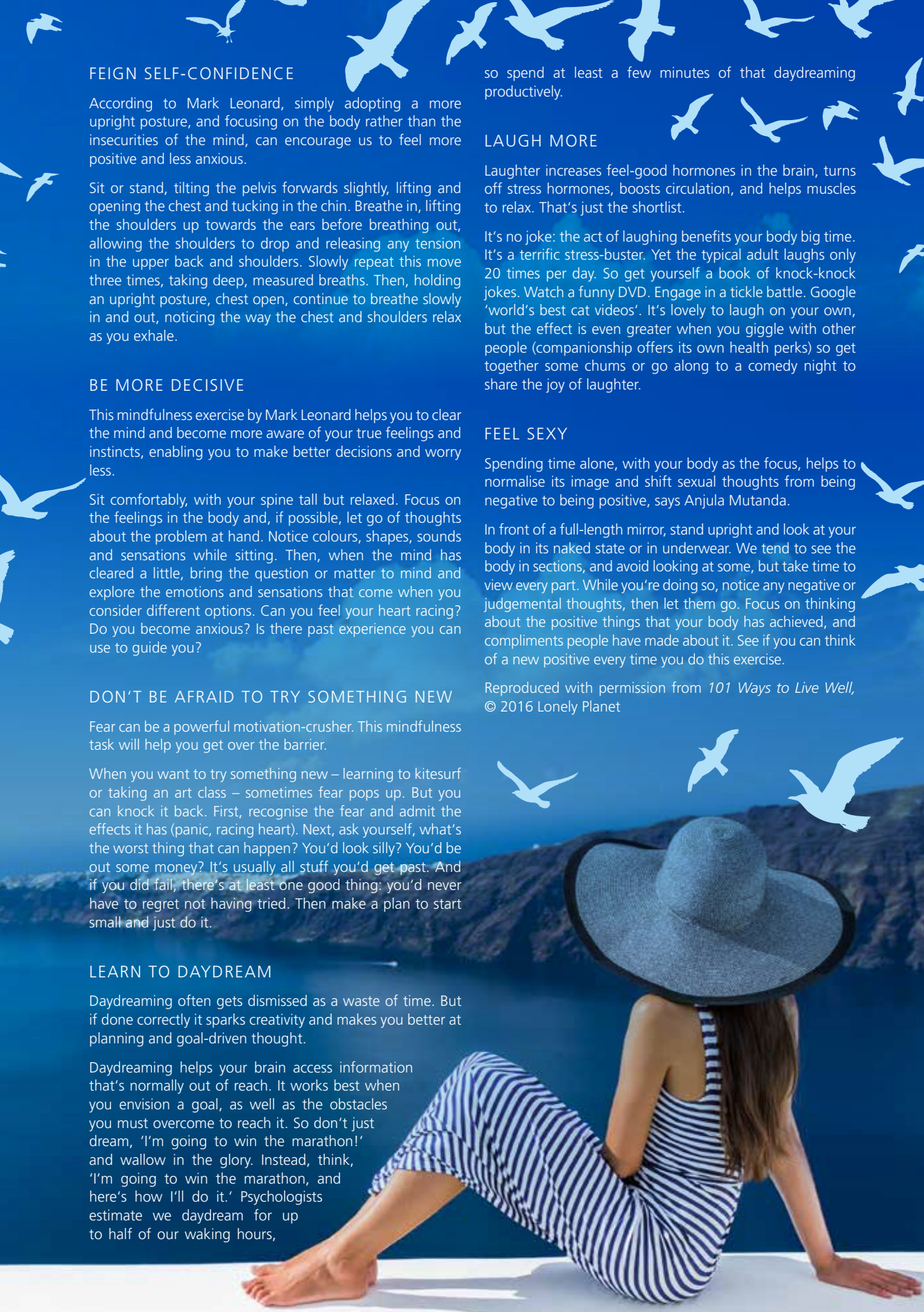
It's no joke: the act of laughing benefits your body big time. It's a terrific stress-buster. Yet the typical adult laughs only 20 times per day. So get yourself a book of knock-knock jokes. Watch a funny DVD. Engage in a tickle battle. Google 'world's best cat videos'. It's lovely to laugh on your own, but the effect is even greater when you giggle with other people (companionship offers its own health perks) so get together some chums or go along to a comedy night to share the joy of laughter.

FEEL SEXY

Spending time alone, with your body as the focus, helps to normalise its image and shift sexual thoughts from being negative to being positive, says Anjula Mutanda.

In front of a full-length mirror, stand upright and look at your body in its naked state or in underwear. We tend to see the body in sections, and avoid looking at some, but take time to view every part. While you're doing so, notice any negative or judgemental thoughts, then let them go. Focus on thinking about the positive things that your body has achieved, and compliments people have made about it. See if you can think of a new positive every time you do this exercise.

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The five elements *of decorating*

Emma Blomfield

Pulling a room together is a lengthy process. It's not something you can achieve in an afternoon and unfortunately no magic wands exist yet. The good news is that you don't need to be swimming in cash to have a stylish-looking home. Familiarising yourself with the following five elements of decorating will help you visualise your finished space and fit out your home like a professional, while keeping within your budget. Ultimately you will feel happy each time you walk into your home.

Needs + Wants

When starting your room makeover or decorating process from scratch, it's crucial to consider and identify the needs of the space as well as the people who use it. There's no use decorating a room if you aren't going to take practicality and usefulness into consideration. Ask yourself and the rest of your family the following questions:

- Who uses the room?
- What do you use the room for and how do you use it?
- Do you use the room for different activities throughout the day and evening?

Your decorating choices will impact heavily on everyone who uses the room, so it's important to consider every potential use when planning the decoration. When you consult the other members of your household, you may find you have overlooked a significant need of someone who shares the space.

Colour + Pattern

It's wise to select three to five colours for your room's colour palette. These don't have to be colours on opposite sides of the colour wheel. You can easily make up the three to five colours with sandy taupes, whites or even blacks, with



pops of pink, aqua or yellow. In fact, it's often best to use relatively neutral tones for two or three of the five colours so that you then have two or three stand-out colours to use as accents when choosing your soft furnishings. If you are working with an existing space, look to your art or rug to inspire your colour palette. You can then repeat these three to five colours in items around the room, such as bookshelf ornaments, a coffee-table tray or sofa cushions.

Adding pattern to a room creates interest as well as giving your room depth and character. Use pattern in your soft furnishings, curtains or smaller elements such as candle jars or vases, working existing colours into the pattern to get the mix right. If you don't feel confident with picking patterns and mixing them up, the trick is to select matching tones within the pattern options and work in solid colours. For example, if your rug features navy and peach tones, select patterned objects in light blues, corals and tangerines to keep the base tones similar. This will result in a more pleasing overall look.

Shape + Size

Varying the shapes and sizes you use is the key to creating a cohesive and harmonious space. Contrast the flat items in the room, such as books, shelves and tables, with a taller object like a cylindrical vase or a table lamp. Objects with visual weight provide balance and scale to the overall look – something that paint and flooring can't do.

Placement

Achieving visual balance can be tricky, but all it takes is the right placement of furniture and decor. Odd numbers work best when grouping items together. Repetition of pattern or colour gives the eyes a place to rest, meaning they aren't darting here, there and everywhere when you enter a space – rather, you are drawing the eyes to a pleasing spot. Eye strain is not the aim of the game when decorating!

Lighting

Lighting is one of the most important elements in decorating, yet it is often overlooked. It is commonly put on the end of the 'to do' list when renovating or building a home. Perhaps there are so many other elements screaming for attention, or the budget is wearing thin. However, a little thought and planning when it comes to lighting will take you a long way towards a beautiful space.

A well-lit space has a positive effect on our mood. Think about how natural light affects us, making us feel happy and bright.

Artificial light also affects our demeanour, so lighting choices are an important element in the decorating game. Lighting also has a powerful effect on the atmosphere of a room.

If you enter a room that is blaring with bright and clinical white light, you'll feel uncomfortable and uneasy. However, if you enter a room that features a table lamp or two as well as some dimly lit overhead lighting, you'll feel more relaxed and at ease.

Types of lighting to consider include downlights (always installed with dimmer switches so that you can control the level of light required at different times of the day), lamps, pendants, wall sconces and candles.

Decorator's Tip

Be sure to select warm white globes over cool white ones. Warm light creates a much more harmonious and relaxing atmosphere, not to mention it being much kinder to your skin tone.

This is an edited extract from *Home* by Emma Blomfield published by Hardie Grant Books **RRP \$35** and available in stores nationally.



Autumn Books

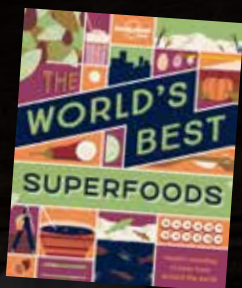
BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

This autumn is all about health and beauty in the publishing world, and we've dug up some of the best to keep you happy, nourished, and healthy in the lead up to winter!

THE WORLD'S BEST SUPERFOODS

Lonely Planet Food | **RRP** \$24.99

This little pocket rocket of a book is brilliant! It's easy to read, easy to follow and has some great tips and recipes to incorporate these superfoods into your daily eating. And, it takes you on a great food journey around the world at the same time!



GET LEAN, STAY LEAN

DR JOANNA MCMILLAN

Murdoch Books | **RRP** \$35.00

With a motto of 'ditch the fad diets', this Aussie doc has set out a healthy eating plan that focuses on a 6-step program that's all about long term health and happiness. Think weight control, food, portion sizes, sleep and stress management, tips on eating and plenty of healthy everyday recipes for the whole family.

And as she says in her intro, 'the foundation of all of this is joy!' We might not be able to be happy every minute of every day, but her philosophy is to 'give joy some priority'.



FAST YOUR WAY TO WELLNESS

LEE HOLMES

Murdoch Books | **RRP** \$29.99

Lee's newest book focuses on the benefits and techniques of intermittent fasting. And it's not just all about juices! She intelligently walks us through the steps to intermittent fasting through years of research and testing, and shares some amazing recipes and food ideas that you won't believe you can eat on a fasting day. Even if you're one of those people who thought fasting wasn't for you, because of blood-sugar issues or the like, Lee will show you how anyone can fast safely – it will change your life!



ACQUACOTTA

EMIKO DAVIES | Hardie Grant | **RRP** \$49.00

This beautifully photographed Italian food hardcover celebrates the food of Tuscany's secret silver coast – known as la Costa d'Argento. The recipes are accompanied by gorgeously written stories from Emiko's experiences and have you longing to pack the book and jump on a plane to Italy. I'm off to make a Pizza Rossa Con Salsa Verde and a melon granita instead!



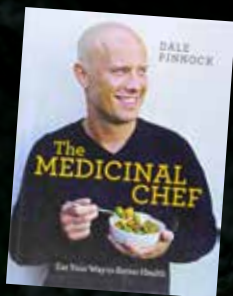
HOW TO COOK HEALTHY

DALE PINNOCK – THE MEDICINAL CHEF

Quadrille Books | RRP \$39.99

This is a great book for anyone who wants to know all of the tips and tricks to improving the health of your cooking.

Dale includes cooking techniques, vitamin break downs, and the good, the bad and the ugly of the world of fats – as well as a terrific line up of nutritious, bright, and inviting recipes.



RAW CAKE

DAISY KRISTIANSEN AND LEAH GARWOOD-GOWERS

Pan Macmillan | RRP \$34.99

We all love a treat and Daisy Kristiansen and Leah Garwood-Gowers are sharing the raw dessert recipes you can eat without guilt, more often! It's pretty and delicious and features a gorgeous selection of frozen desserts, cookies, cheesecake and brownies with a section for cooking up a storm with your own ingredients: nut and seed butters, nut milks, date paste and raw chocolate.



GOOP CLEAN BEAUTY

THE EDITORS OF GOOP

Hachette Australia | RRP \$45.00

Beauty from the inside out is at the heart of this bright lifestyle book from the editors of Goop, a lifestyle brand founded by Gwyneth Paltrow.

They share their many secrets to looking alive, fab skin, exercise, rejuvenating your adrenal system, hair and beauty (so important in this day and age!) and how to achieve a healthy body, a natural glow, and a happy life. It's an easy read full of experts sharing great advice and some delicious looking food.



LOVE YOUR LUNCH COOKBOOK

SEAN WAINER

Murdoch Books | RRP \$35.00

Melbourne born Sean Wainer has compiled the ultimate lunchbox book! The recipes are quick, easy, and just perfect for a delicious and delightfully enjoyable lunchtime re-vamp!

Full of ultimate sandwiches with some pretty impressive ingredients, fulfilling melts, vibrant salads and some delicious tarts and quiches that would be perfect for any time of the day or night!



SOURDOUGH

CASPER ANDRE LUIG AND MARTIN IVAR HVEEM FJELD

Hardie Grant | RRP \$29.99

Ever thought baking your own sourdough was just too hard? Well, think again! All you really need is the right guidance, and some time and patience... This pair give you all the guidance you need including: daily photos to compare your homemade starter, how to set the leaven and a plethora of recipes to turn you into a master sourdough baker! The steps are all laid out in front of you in an easy to follow way.



ALL DAY CAFÉ

STUART MCKENZIE

Murdoch Books | RRP \$ 39.99

From the creator of South of Johnston comes this delightfully diverse book of recipes, *All Day Café*. It has something for everyone. Broken down into seasons, which always makes life a little easier knowing what is in abundance, he shares recipes like pulled pork burgers with apple slaw, pear tarte Tatin, and lemon tarts – he even throws in tips for styling!



CLEAN SOUPS – SIMPLE, NOURISHING RECIPES FOR HEALTH AND VITALITY

REBECCA KATZ WITH MAT EDELSON. MURDOCH BOOKS | RRP \$35.00

Rebecca Katz has a great soup story: a soup and stock master taught her from the Natural Gourmet Institute for Health and Culinary Arts (she had me at the title of the school!) And with the cooler weather on doorstep there's no better time than now to learn the steps to create a stockpile of her fragrant and delicious brews. Her broths are amazing and feature bone broth, magic mineral broth, and immunity broths, then she heads

into the worlds of blended soups, traditional healing soups and even a whole chapter devoted to soup toppers! Fresh soup salsa anyone? Or perhaps crispy parsnips are more to your liking!



Phillip Island



ECO TOURISM

When it comes to Eco Tourism, Phillip Island is the perfect destination – it can be offered in little bits, or you can immerse yourself in it entirely.

It all started back when the local council realised that some of the land that was developed on the coastline was pushing away the local wildlife. So they set out with the goal to buy back the properties and reinvigorate the land and sand dunes, all with the hope to increase the wildlife.

Amazingly enough, they’ve noticed a massive rise in the local wildlife population over the years – which is proof, they believe, that their programs are working wonders.

Raquel Neofit and family visited the region over a four day weekend.

SEAL ROCK AND ECO BOAT

A highlight at Phillip Island is the cove on the other side of the cliff at the Nobbie Centre. You can’t see this natural phenomenon from land, but the boat stops for a few moments so your guide can explain what’s happening in the area. These boats rides are amazing, but if you suffer from seasickness, make sure you’re prepared!

KOALA CONSERVATION CENTRE

Once you enter the grounds of the Koala Conservation Centre you pretty quickly connect with the peacefulness of the place. Time slows down and you lose yourself in the quietness. Even the kids seemed more settled here after a short while. That was, until the excitement erupted when they spotted the first koala in a close-by tree!

CHURCHILL ISLAND

We had no idea what to expect at Churchill Island and were surprised to discover this is actually an island – an island within an island! It’s accessible over another bridge; whose water and wetlands are home to giant geese dotted with fluoro green beaks. You’re greeted by a lovely old Clydesdale horse, and rusty, but artful old farm equipment, and a gift shop and café that serve up a mean scone with jam!

This farm is all about preserving the old ways and is fully equipped with farm animals, veggie gardens, whip demonstrations, lambs, goats, a blacksmith’s shed and their very own fat little piggy, Dolly! Dolly loves a pat so if you can’t find her in her enclosure just call her name and she’ll be up for a pat momentarily.

THE NOBBIES CENTRE

Experience a wild ocean adventure in the Southern Ocean and Antarctica! This virtual tour takes you through the world's most extreme continent. It's hands-on and totally interactive!

ISLAND ADVENTURES

Take an adrenaline-pumping ride around the Grand Prix Circuit with an experienced racing car driver, hire a bike or tear up the replica Grand Prix track on a go-kart!



CHOCOLATE FACTORY

Panny's Chocolate Factory is a great bit of old-school fun! The games are ancient, but everyone, from everywhere, just loves them! The wooden balls you collect over the four games are traded for chocolate balls when you exit.

Not to mention, there's lots of tasting and melt-in-your-mouth fun throughout the tour.

And if you're around at lunchtime be sure to try the curry, it's the ultimate fusion food. Panny stems from Malaysia and is a master in the art of spice combinations.

ISLAND LIFE CUISINE

You can't go past Isola di Capri, a gorgeous white-washed building with sea views that serve up delicious pizza and tasty pasta dishes. As with many of our great Italian-style pizza restaurants now, they have a glass cabinet stocked with Italian cured pork, the highest quality prosciutto, pancetta and a variety of spiced salami.



You can eat in, or head off to the beach with some take away. The pizza oven is front and centre so you watch in anticipation as your pizza is put together. Don't forget to stop in next door for some of their mouth-watering gelato.



Then there is The Fat Seagull – a favourite with kids because, you guessed it, they love the name! This is good, honest, pub-style food. They serve up plump prawns, dripping in garlic butter sauce, and thick quality parmas. However, the seagulls hanging around be a bit of a problem – don't feed them if you want to eat in peace! Thanks ladies at the next table!

Off the Island – San Remo

Technically not part of Phillip Island, at the base of the bridge, sits San Remo.

It's a great place to stay with family. We chose the Silver Water Resort, which offers so many kid-friendly activities, including some giant bouncing pillows in the playground! The playground is circled with apartments so you can sit on the deck outside your room and watch them play while you sip a champers.

These San Remo-ians even have the pelicans trained to know that at 12 o'clock every day, fish and chips are fed to them off the pier from the Fisherman Co-Op, a place, might I add, that serves up some of the area's most delicious fish and chips with a view! But be warned, the place gets packed out pretty quickly!

Head to the other end of the strip and stop in at Porter Republic – where you will be served the most delicious chicken burger on the island! Their chicken curry was perfectly spiced and wonderfully creamy too.



WHAT'S ON Autumn 2017



CIRQUE DU SOLEI – KOOZA

20 January – 26 March

www.cirquedusoleil.com/australia/melbourne/shows

A return to our origins, Kooza combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises, thrills, audacity and total involvement.



MELBOURNE INTERNATIONAL FLOWER SHOW

29 March – 2 April

www.melbflowershow.com.au

The largest horticulture event in the southern hemisphere brings together the best in the business to inspire you to grow your own, and design the backyard in your neighbourhood.



MELBOURNE FOOD AND WINE FESTIVAL

31 March – 9 April

www.melbournefoodandwine.com.au

Celebrating 25 years, the MFWF features over 140 events over 16 days – it's the ultimate foodies day out! It includes fire demos, express meals, BBQ and beasts, special occasions and the world's 50 best master classes.

Joined by Antonio Carluccio, Christine Manfield, Paul Carmichael, and Dan and Angie Hong – just to name a few!



LANTASIA DREAMING AT BONEO MAZE

Runs until 30 April | www.lantasia.com.au

Light after dark on the Mornington Peninsula. The lantern festival returns this year to capture your imagination. Tickets sold at the gate.



MELBOURNE INTERNATIONAL JAZZ FESTIVAL

2 June – 11 June | www.melbournejazz.com

Featuring Ella Fitzgerald, Louis Armstrong, Patti Austin and James Morrison. Locations across Melbourne – free and ticketed events.



MELBOURNE INTERNATIONAL COMEDY FESTIVAL

29 March – 23 April
www.comedyfestival.com.au/2017

The MICF is up to its old antics again, featuring an impressive Aussie and international line-up including: Effie, Tommy Little, Anh Do and Luke McGregor. But did you know your kids can get in on the action?

'Class Clowns' is MICF's development program for young people. The alumni include Joel Creasey, Josh Thomas and Tom Ballard to help them bring out their funny side.



FEDERATION SQUARE

Autumn
www.fedsquare.com/events

There's always something on at Fed Square, and this autumn is full of food and entertainment.

Summer in Motion continues until the end of March with West Coast Swing dance lessons at St Paul's Court and Latin Dance on the main stage.

While you're there check out their new Nook, a quiet space with a mini library decked out as an old-fashioned, mid-century sitting room with couches and chairs for a quiet place to catch up with friends.



NEXT WAVE FESTIVAL

1 February – 1 July
www.nextwave.org.au

Art with risk! This festival offers a platform for artists to bring forth their creative dreams while challenging cultural preconceptions.



MELBOURNE MAGIC SHOW

Runs until 30 June

Get up close and personal in a live magic show. Join Luke Hocking at the Marriot Hotel for Impossible Occurrences. Tickets at ticket booth.



BOOK OF MORMON

Runs until 31 May
www.bookofmormonmusical.com.au

Get a great dose of political incorrectness, in this funny as hell theatre production Book of Mormon. An unexpected belly-full of laughs.



Calendar of Events

GOOD BEER WEEK, FEDERATION SQUARE

12–14 May

BUDDHA'S DAY AND MULTICULTURAL FESTIVAL

14–15 May

ST KILDA FILM FESTIVAL

18–20 May

GOOD FOOD AND WINE SHOW

2–4 June

MIND BODY SPIRIT

9–12 June









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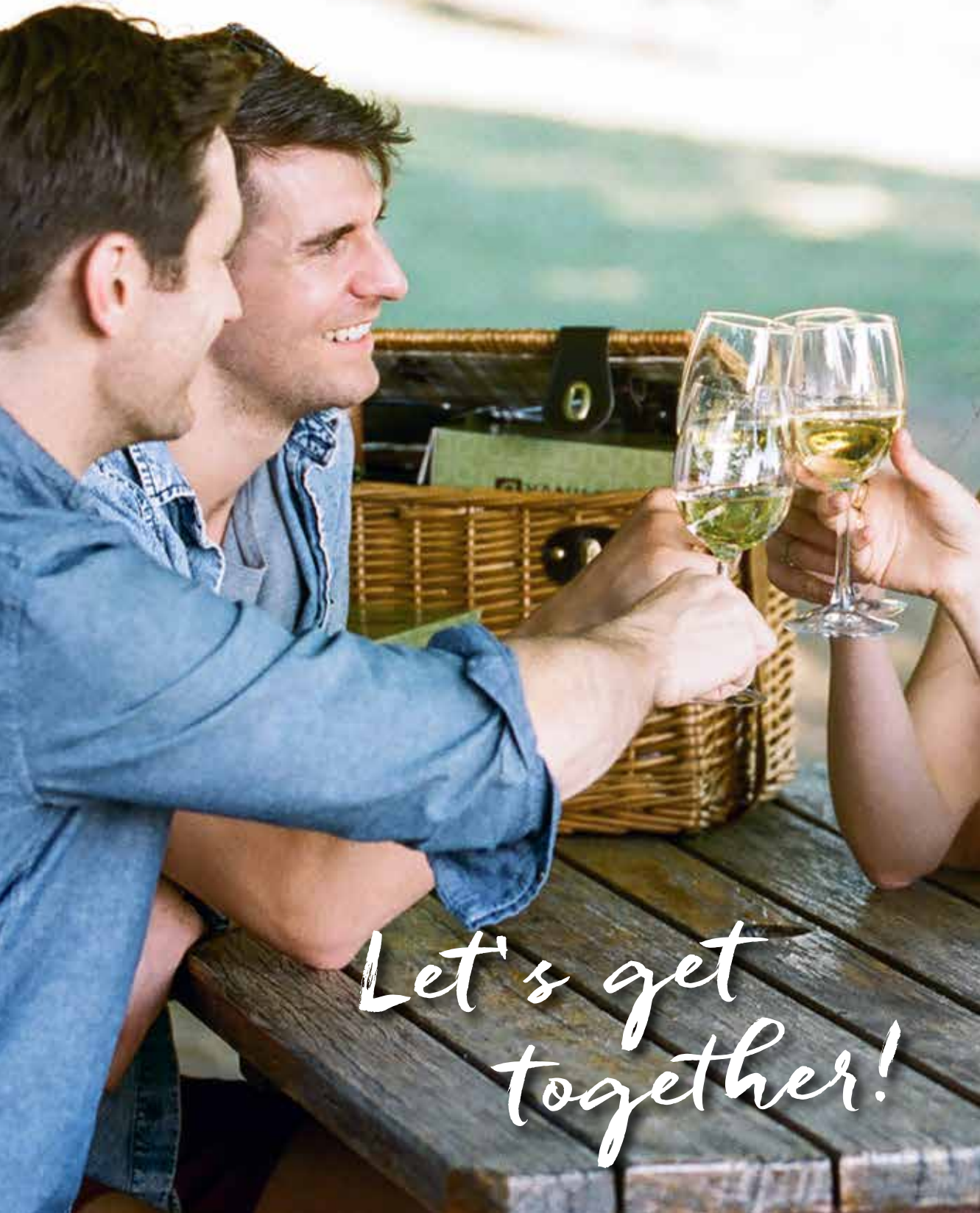


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