

VANILLA CAKES & LOUNGE MAGAZINE – SERVED **FREE**

ISSUE 23

VANILLA

WINTER
2017

CON ILIO
Dressing the Stars

TIM ROBARDS
The 7:2:1 Plan

YUMMY MUMMIES

*Jane and Joey
Scandizzo*





DUKES

COFFEE ROASTERS



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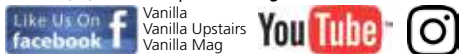
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VANILLA MAGAZINE

Free magazine of Vanilla Cakes & Lounge

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

Publisher – Vanilla Cakes & Lounge

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EDITOR'S LETTER

I firmly believe that Australian cops are the best in the world. They understand how to keep a balance between efficiency, professionalism and friendliness, and that is why they are embraced and loved by the community. They keep their opinions about politics and the current debate about the justice system to themselves. They only care about one thing: protecting us – that is their passion. Every single one of the detectives and police officers we met from the Oakleigh Police Station is dedicated and proud of this very high calling. They are our local heroes.



Welcome to the Winter 2017 issue of Vanilla Magazine!

We spent the day with celebrity couple, Joey and Jane Scandizzo in Joey's Collingwood studio – a pair who have built a beautiful relationship with mutual love and respect, while still maintaining successful careers and living life to the fullest.

And speaking of Jane, Channel Seven's *Yummy Mummies* is about to hit our TV screens. Jane, Rachel Watts, Lorinska Merrington and Maria Di Geronimo tell us why they joined the show and what is in store – so be sure to tune in for their high-heeled, high-fashion, glitzy foray into the world of motherhood.

We also introduce you to say-it-as-it-is mummy blogger, Jody Allen, as she gives us her take on juggling a gazillion hours a week working on her 'million-views-a-month blog' while being a fulltime mum.



Entrepreneur genius Mia Plecic (founder of Mia Plecic Entrepreneurs Academy, among other ventures) stops by Vanilla for a chat. We love her fighting spirit along with the stories of fellow "womenpreneurs" Jade McKenzie (award-winning event management agency Event Head) and George McEncroe (founder of the women-only drive-share service, Shebah).

Then we travel around the world with Napoleon Perdis' Global MUA Shev Kelly to discover that becoming a professional makeup artist isn't all beauty counters and pharmacies – you won't believe the places she's been and the people she's beautified!

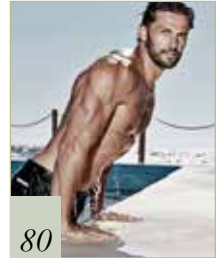
And that's not even half of it! With loads of great lifestyle reads from our wonderful contributors, we cover everything from treating winter bugs to a trip to San Francisco!

Stay warm!

ON THE COVER: Special thanks goes out to Napoleon Perdis and his Global Make Up Artist Shev Kelly and to Joshua Hromis from CROSSFIT Collingwood.

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Photo: Kostas Deves



Yannis Kotsiras @ Vanilla

Internationally renowned Greek superstar, Yannis Kotsiras and his ensemble from Greece, came to Melbourne to perform at the Hellenic Museum for Australia's 10th Anniversary Gala Dinner on the 6th of May. Due to popular demand, he also performed at a special concert that was held on at the prestigious Plaza Ballroom in Melbourne.

On the Friday night prior to the standout performances, Yannis Kotsiras and his ensemble, together with the Chairman of the Hellenic Museum, Mr. Harry Stamoulis and friends, enjoyed the evening at Vanilla as special dinner guests of the Vanilla family.

Proud to support such an important occasion, Kotsiras said that he would continue on as a cultural ambassador for the Hellenic Museum, because of the valuable role the museum plays in promoting Hellenism in the diaspora.

Founded in 2007 by Spiros Stamoulis and based in the heart of Melbourne's inner city, the Hellenic Museum embodies a commitment to Greek history, art, and culture. The space hosts exhibitions from contemporary Greek and Greek-Australian artists, and houses a permanent collection of antiquities.

After announcing the partnership with the world-renowned Benaki Museum in Greece in 2013, the Hellenic Museum opened the exhibition *Gods, Myths & Mortals* in September of 2014, showcasing an extensive permanent collection of antiquities from the Benaki's treasures for the next ten years. For more information about current and upcoming events and exhibitions at the Hellenic Museum visit:

www.hellenic.org.au



Photos: Petros Metaxopoulos



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Photo: Colin Booth



The 4th Annual Melbourne **FIREFIGHTER STAIR CLIMB**

On September 2nd, CFA fire-fighter Tony Bundock, along with five other members of the Narre Warren Fire Brigade – Travis Carter, Andrew Davey, Shannon Davey, Peter Green, Craig Ingle, and Adrian Jones – will be climbing 28 floors in 25kg of firefighting kit, including a breathing apparatus, to help raise \$500,000 to improve support services, fund research, remove stigmas and raise awareness of mental health issues.

This fantastic stair climb will happen at Crown Metropol Hotel in our glorious city.

‘Please help me step up to the fight against depression, PTSD and suicide by sponsoring our team through the Firefighter Climb website.’

Thanks to their sponsors, 100% of every dollar donated will benefit mental health and wellness through two instrumental personal support providers, Lifeline and The Black Dog Institute.

This year will see in excess of 500 firefighters from across Australia and New Zealand participating in this annual event. Since its inception in 2014, The Melbourne Stair

Climb has raised over \$800,000 for burns, cancer, children’s health and mental health charities.

This year, the Firefighter’s Charity Fund, with your help, aims to raise \$500,000 to improve support services, fund research, remove stigmas and raise awareness of mental health issues like depression, Post Traumatic Stress Disorder and suicide, especially for those within the Emergency Service and Defence communities.

The statistics The Firefighter’s Charity share on their website are staggering, and the funds raised will go a long way towards supporting many struggling Australians, not only within our emergency response services community, but society as a whole.

These are eye-opening numbers and building awareness is paramount to reducing them.

- **3 million** Australians are living with depression and anxiety
- **1 in 4** Australians will suffer from a mental illness in their lifetime
- Suicide is the leading cause of death for Australians aged between **15-44**
- **3,000** Australians die by suicide every year, an average of eight people every day.
- **10%** of our Emergency Services suffer from PTSD
- **41** returned Australian Diggers have died by their own hand on home soil, which is more than we lost on the battlefield during **14 years** of war in Afghanistan *

*Statistics from www.firefighterclimb.org.au

CFA firefighter Tony Bundock and his best friend in the field, Sophie.



'And just in case you are wondering, my furry training partner won't be climbing with me!'

For further information and to donate please visit:

www.firefighterclimb.org.au/climber/tonybundock

www.firefighterclimb.org.au/station/cfa/narre-warren



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From left Margaret (Sara Jani),
Lisa (Megan Mitchell), Jake (Leigh Roncon)
and Catarina (Christina Pappasavvas)



Dramatising Danny Gibbins

Danny Gibbins is no stranger to what goes down in Aussie schools. As an acting teacher, and also a primary school teacher, she's seen it all and more...

So it is no surprise that she has taken the experiences from being a primary school teacher and used them as the inspiration for her latest theatre production, *The Staffroom*.

This eye-opening play is a product of Danny's theatre company, Dramazing – a platform which enables her to share a social message, include the community in her productions, and encourage the audience to think about the messages she is sharing in her plays.

THE STAFFROOM

When wide-eyed, graduate teacher Lisa begins her first year as a prep teacher at Lilyvale West, she has no idea the rollercoaster ride she is embarking on. In the staffroom she befriends disgruntled technology fearing Margaret, literature and Sci-Fi enthusiast Jake, and the outlandish yo-yo dieting mother-hen of the group, Catarina.

*Sugar obsessed Catarina
breaking her self-imposed
diet for Staffroom biscuits
...again*



Over the course of a school year, this unlikely assemblage grows closer through their shared tales of children, curriculum and circumstance.

'*The Staffroom* is a hilarious look at the trials, tribulations, torments and triumphs of teaching,' Danny says.

From day one of teaching in our schools Danny discovered that there were always four central personalities or characters in the staffroom. Teachers also shared common experiences, regardless of the school or community.

Many of these experiences were from a teacher/parent interaction perspective. Although *The Staffroom* was developed to give people an inside look into life as a teacher, Danny and her cast has turned the stereotype on its head and have found a comedic angle to share the ups and downs of this passion-driven career path.

'This play is totally relatable for anyone who has ever taught – and for those who haven't, it's a glimpse into the secret world of the staffroom.'

Dates: Six shows only from 29th June – 8th July

Thursday 29 June - 7:30pm

Friday 30 June - 7:30pm

Saturday 1 July - 2:00pm and 7:30pm

Saturday 8 July - 2:00pm and 7:30pm

Venue: Oakleigh Grammar Theatre

Pricing: F\$28, \$22 Concession, groups 10+, and opening night special (plus booking fee).

Tickets through Eventbrite search *The Staffroom*.



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AUSTRALIAN SOCCER STARS THE NEXT GENERATION

Director and Founder of Football Star Academy, **PETER NIKOLAKOPOULOS**, has played professional football (ANSL – South Melbourne Football Club) under the guidance of one of the world's best players – football legend Ferenc Puskas.

Now, he guides the next generation of soccer stars in Australia.

Peter, tell us about your journey...

I founded Football Star Academy (FSA) in 2002 – I saw an opportunity to provide young children with specialised, skill-based football coaching. At the time, I was coaching a young boy who was lacking game time and was on the bench a lot. I worked on his skills and he finished well and started to believe in himself. From there, more children wanted me to coach them, so I went for it and launched Football Star Academy.

We now have over 120 locations nationally, have thousands of children in our weekly programs, plus we are a franchise business model, with 20 franchisees nationally, and we continue to grow at such an incredible rate.

What exactly is the Football Star Academy program?

FSA is a dedicated, skill development program for boys and girls aged 5-16 of all levels. This is specifically designed for children that want to further develop their soccer skills while having fun and making new friends.

We have a range of programs to suit children at all levels. From the beginners in our weekly clinic programs, through to our elite squad training and our Centre of Excellence, we have a program to suit any child.

We also have our preschool soccer program, Soccer Time Kids – designed for children 1-5 years-old. This program is all about learning through soccer-based activities and



Photo by club



includes elements such as literacy, numeracy and colour identification. This program is a “feeder” to our FSA programs and other sport programs we run.

How is FSA different from other soccer clubs?

FSA have professional coaches working with all our members, following the FSA curriculum that has been developed to maximise every child’s potential. These professional coaches bring years of experience and expertise to the program.

We also work with clubs to complement their programs and staff; it’s always considered a partnership in sport.

How can young players from clubs also benefit from this program?

One of the unique benefits of FSA is the professional coaching environment that not many kids may be exposed to at club level. Working with FSA, we also provide a clear pathway for each player within the academy that they can work towards.

How does the FSA program build on the child’s enthusiasm for the game?

It is in our delivery and execution of the program: the way we structure the sessions alongside the relationships that the kids develop with our coaches. The kids look forward to coming each week and seeing how their development evolves, which makes them work harder and fall in love with this beautiful game.

How do you choose your coaches?

All FSA staff must go through our recruitment and interview process first, then we see how they interact with the kids and take sessions. They must show that their sessions are fun, challenging and also focus on the development of each player. We also look for coaches that enjoy what they do and want to improve and develop themselves alongside the kids.

What advice do you have for parents of young children who are interested in the game?

We feel that those first steps and experiences are what makes a huge impact in their children’s decision to play football or not. At FSA we believe that if kids experience sport the FSA way, they will have a great start to the game. Who knows where this journey will take them?



Photo by club





LOCAL HEROES

This issue we caught up with the crew at the **OAKLEIGH POLICE STATION** to discover who our local officers are, why they joined the force, and what they love about working in Oakleigh...

There are four police stations that cover the Monash PSA (Police Service Area), and Oakleigh is open 24 hours a day, 7 days a week with officers on hand at all times to help out in our times of need.

It's home to our frontline police officers who protect us in our communities everyday, along with the Crime Investigation Unit and a significant crew of Transit Protective Service Officers (PSO's) who ensure our safety within our transport hub.

With their 24 hour response availability in place, our Oakleigh crew encourage you to engage and interact with them when you have the opportunity.

We asked Senior Sergeant, Melissa Webbers, to gather her crew and join us for a quick chat to discover the names behind some of the police officers we see out and about in our local community...



SENIOR SERGEANT

Name Melissa Webbers | Age 35

Time in the force
16 years

Reason for joining
I like helping people and standing up for vulnerable persons in the community. I also like coming to work knowing that I could be doing something completely different on any given day.

Favourite part of job
Knowing that in some small part, I have made someone's life easier, or helped them through a difficult time.

What do you love most about working in Oakleigh
The people. The community here is vibrant and diverse. As police you are busy everywhere, but there is a very strong community feel to Oakleigh.

What do you like to do to relax
I like boxing, reading and spending time with my family.

How do you take your coffee...
I don't drink coffee... but I like hot chocolate!



DETECTIVE SERGEANT

Name Thomas Arnot | Age – 59

Time in the force
35 years

Reason for joining
I joined to commence a successful career in Policing, especially in the field of Criminal Investigation.

Favourite part of job
Conducting investigations and bringing them to conclusion. Locating and arresting criminals is also very satisfying.

What do you love most about working in Oakleigh
It has a wonderful multicultural atmosphere. The residents are mostly friendly and are willing to assist the police where they can.

What do you like to do to relax
I travel quite frequently. I enjoy gardening and walking my two dogs.

How do you take your coffee...
Short Black or Cappuccino.





FIRST CONSTABLE

Name Evan Sierakowski | **Age** 27

Time in the force
3 years

Reason for joining
I joined for the same reasons most people join the Police Force, to catch the bad guys. There is also a wide variety of things that you can do in the Police Force and many different career paths you can take.

Favourite part of job
The versatility, there are so many different jobs that we attend that it never becomes boring. There is always something new to learn.

What do you love most about working in Oakleigh
I love the food; there is always somewhere good to eat, be that before or after work or something quick in between jobs.

What do you like to do to relax
I don't mind the occasional drink after work or enjoying some T.V. to wind down from work.

How do you take your coffee...
I might cop some grief over this but it has to be a Caramel Latte or Mocha.



SENIOR CONSTABLE

Name – John Hughes | **Age** – 30

Time in the force
6 years

Reason for joining
I joined the Police Force to do my part in helping people in need and keeping people safe from harm.

Favourite part of job
Seeing someone's smile and having them thank you when you have helped them at their lowest moment.

What do you love most about working in Oakleigh
I love the culture and the food. I have also become a regular at most of the coffee shops. ☺

What do you like to do to relax
I play soccer on Saturdays and I also enjoy going to the cinema or dinner with my wife.

How do you take your coffee...
Flat white with one sugar.



The Fighting Spirit...

25-year-old **MIA PLECIC** has always been determined to succeed – even as a child, the world of business and what money could buy piqued her interests.

We caught up with Mia at Vanilla to discover where she gets her drive and ambition...

What kind of youth and childhood did you have... are your parents entrepreneurs? Where does your motivation come from?

I get asked this question often. Although my family do run small micro-sized businesses, they are all very much 'comfort zone' enterprises, nothing to the extent that I dream to run.

Growing up in a small, coastal town generally means small mind mentalities. I still wonder to this day where the fire inside me started, but from such a young age I always had such a fascination for business, money and what it can buy.

My success-to-date has really been a one-man show.

In terms of motivation and inspiration I had to really dig deep and find that within myself.

I quickly learnt the fundamental values of successful people, and then really made it my priority to surround myself with these like-minded beings because they uplift and inspire me. It's a copycat game; find someone who's doing it and follow their footsteps.

How did your journey begin with your first startup?

I always knew I was destined for success – it was in my DNA, but I needed to take that first leap of faith and land on my first idea.

I have always had an open mind, and have constantly kept my eyes peeled for a "good idea." I think so many people have the next big idea, but not enough people execute it, which is the most important part. 'To succeed you must first execute,' is a quote I tell everyone.

I'm the first to admit that I am no innovator. I don't create products – I simply see new products that are trending in the market, rebrand them and sell them through the Ecommerce platform. I know how to use social media to sell and know how to brand a product, which is the most important part in my eyes.

My first start-up story simply started from an idea when scrolling through Instagram one night in 2015. In-home teeth whitening kits were a new trend and I jumped on the idea instantly. In fact, I had my first sale within 12 hours – before I even had any stock in hand. I really had no idea what I was doing, but I just followed my gut feeling and took risks left, right and center.



It takes a lot of dedication and strength to back yourself with your own business, were you fearless going into it all?

Fearless, 100%. The word 'scared' when it comes to business isn't even in my dictionary; I pride myself on being courageous. I love the challenge and the excitement; business is a game to me and the highest number wins.

I don't let success define me. I've learnt to be tough in business, resilient. It's a rat eat rat, dog eat dog world and I've had to grow that mentality over the course of my business growth. It sounds harsh, but it's a harsh world. I have learnt to back myself and believe in myself, even when nobody else believes in me.

And then to have your business collapse and begin again with two businesses, were you fearful for the future?

I look back now at the tough time of losing not one but two businesses, and I am beyond grateful for that challenging experience. It grew me as a businesswoman like nothing else could. I grew resilience, strength and courage. I have also grown credibility – people respect my vulnerability, my courage to pick myself up, brush myself off and move on. Business is never smooth sailing, nor is life.

What advice do you have for women who dream of becoming an entrepreneur but haven't taken the leap?

Defy all odds and don't care too much about what people think or say. Chances are the people with big opinions are simply too scared to take the chances which you are courageous enough to take. Small minds have big opinions. Don't let those voices stop you from creating your dream life.

Remind yourself daily that you are good enough, tell yourself in the mirror first thing each morning, that's what I do! Tell yourself you are worthy, you are a champion and you are successful. Create it, speak it, attract it and it will happen.

Do you have some advice for overcoming the fear of failing?

There's no such thing as failure, only lessons to be learnt. Don't be scared of failing, be scared of not having the courage to try. Life is too short to live mediocre, step out of your comfort zone, let yourself fall, but just make sure you get back up.

Read books, be coachable, find a mentor – someone who is doing what you want to do – and ask them to keep you accountable. If you don't love what you do every single day then you shouldn't be doing it. Be bigger, be tougher, be unstoppable.



**THE MIA PLECIC
ENTREPRENEURS ACADEMY**

I founded the Mia Plecic Entrepreneurs Academy because I wanted to create a platform where aspiring entrepreneurs can not only learn the skills of entrepreneurship but also be surrounded by likeminded people who are embarking on the same journey. People who are feeling those same feelings, people who are scared but are wanting to create greatness.

The Mia Plecic Entrepreneurs Academy is an intensive 12-week course where we take aspiring business people through the entire process of launching their Ecommerce business. From mastering their big idea, branding, web development and learning how to sell online, this course ultimately is a step-by-step guide to their first start-up in just 12 weeks.

If you've got an idea, but don't know how to get it off the ground then the MPEA is a must for you. To find out more information head to register.miaplecic.com





INSIDE AN *Event Head*

By Katie Maynes



Jade McKenzie, founder of award-winning event management agency *Event Head*, is often described as a 'pocket rocket'. If you meet her in person, or are lucky enough to work with her, you immediately understand why. Jade may be short in stature and softly spoken but it doesn't take long to uncover a strong, confident and dynamic businesswoman who is beginning to make her mark internationally.

In 2013, a few months after giving birth to her daughter Cerise, Jade launched *Event Head*. She had always been entrepreneurial and, after becoming a mother, knew she had to act on this and make her business vision come to life.

"I knew that at 30 it was time to take all my business development skills and put them into practice. I didn't know what my business was going to be or what I was going to do, but when my daughter was about three months old I knew that I wanted to centre my whole business around connection and in-person experiences. Soon after, *Event Head* was born."

Four years on, *Event Head* has successfully managed events all around Australia and the world. The team has grown from a one-woman show to a team of four. Jade also works as a successful business coach, sharing with her clients the learnings and insights she has gained through her own business experiences.

In the next six months alone, Jade will be running events in Melbourne, the Gold Coast, Brisbane, London, Paris and New York. It's a hectic schedule for the busy mum amongst her coaching commitments but she manages life and her business by being super organised, and with support from her husband and family.

"What I've learnt to do is pre-empt the busy business periods and be as organised as I can. Organic and pre-prepared meals delivered to the house are wonderful, and cold pressed juices from my local juice shop are my favourite way to keep up my nutrition. Telling my husband what is coming up and how it will affect the household means we are all on the same page, and my mum helps out in the house once a week."

"THE EARLY YEARS OF
ANY BUSINESS ARE
always crazy"



"The early years of any business are always crazy and you have to be conscious about how you spend your time, whether it's at work or at home," she said.

"It is so exciting for me to see *Event Head* expand globally this year. If I could have looked into a crystal ball from my kitchen table four years ago I would have been blown away by the business' growth and how it would see me connecting with incredible clients from all around the world," she said.

"Yet something that was fundamental to *Event Head's* success, and something I will never forget, is how important community was in building my business. Not just my incredible business community but my local community in Melbourne."

"Event Head's very first launch party was held in the function room of a nearby pub. I used local suppliers to cater for the event, a local florist to style the venue and a local business to provide gifts for all the guests. These are suppliers I am still in touch with, and use, to this day," she said.

"I often have to remind clients to keep things simple when organising their events – to look in their own neighbourhoods before trying to secure a popular venue across town, or to approach local suppliers before tracking down ones who live further afield. Human connection means so much to me and there is nothing quite like establishing these relationships with small businesses within your own community," Jade said.

Another thing that Jade witnesses amongst clients, especially locals with smaller businesses, is the misconception that events are only for people who have a sizeable presence in their industry or a lot of money.

"You can absolutely have beautifully successful events with a small group of people and a small budget. In fact, that's how many of my multiple six and seven figure clients started out. It's not always about the numbers; it's about having a platform to share your message, and building a gorgeous community along the way," she said.

So what is next for Jade and her vision for *Event Head*?

"My work is all about community and connection."

"Through my work I hope to empower thousands of people both locally and across the globe to have the confidence and know-how to create meaningful interactions with one another. I want to give people the ability to spread knowledge, wisdom and kindness. Most of all, I want to enable people to create purposeful events with powerful outcomes that change the world."

To find out more about Jade and *Event Head* visit www.eventhead.com.au.



Katie Maynes is a PR Coach and Consultant based in Melbourne who specialises in helping entrepreneurs share their story through PR. You can connect with Katie at katiemaynes.com.au.



GEORGE MCENCROE SHEBAH

At the very heart of Shebah is the philosophy of women supporting women...

George McEncroe has lived a very busy life which has taken her down many career paths: writing, broadcasting, teaching, researching, charity working in disability services, stand-up comedy – the list goes on... And did we mention she's raised four children through all of this?!

Now, she is the brains behind the women-only, drive-share service, Shebah.

Laughing, she told Raquel Neofit that she blames the many years of watching *The Oprah Winfrey Show* – which drilled into her the mottos: live your life to its fullest, follow your dreams and don't settle...

The concept of Shebah came from a fundamental changing point in George's life – when she found herself divorced. During this time she discovered – as a woman who ran the household and worked around her children – she was looking for a new way to earn some extra cash to appease the banks when she wanted to apply for a loan.

George stared at the Uber job application multiple times, however, she wasn't really sure she wanted to follow through – in particular she was anxious about the thought of picking up three or four drunk men after a night out. This anxiety was then compounded when she discovered her 19-year-old daughter, after a couple of uncomfortable experiences, didn't feel safe catching a taxi or an Uber, to the point that she and her friends chose to walk places instead.

'We're told our whole life not to get in the car with strangers, and yet, when it comes to drive-share, this is exactly what we're expected to do! I've never been picked up by a female cab driver in a city location – in regional



towns there are more, but in Melbourne's CBD not once have I had a female driver – 96% of taxi drivers are men.'

'On top of that, most of the women who are in drive-share aren't driving at night and that's when they can earn the most money.'

Chatting to George about this opened my eyes to some not-so-pretty statistics – it seems that 40%-50% of women are being excluded from an entire sector! Which seems crazy when this is the type of work that many would consider as a fall-back position or a buffer for them to earn extra money.

'Women take up casual, flexible work like a sponge takes up water. And with drive-share businesses, women come with so many bonuses: they're cheaper to insure, have less accidents, are less likely to be problematic in a car, and only 2% of women are sexual predators – all in all they seem like ideal candidates for the job! Top this with the fact that women make up 60% of drive-share users – thinking about it all... it really got me.'

So George decided it was high time to start a female only, drive-share company that promotes women supporting women, and ensures that women feel safe in drive-share environments – as drivers and passengers.

Safety and support – it's that simple...

'It's very hard for a woman who has stayed at home raising children, and has a 15-year gap on her CV. We're trying to build an industry that is women supporting women, and the feedback we're getting has been amazing. We've heard about women taking jobs because for the first time they can get their kids picked up by a Shebah driver – they're saying while they could never afford a nanny, they can afford a Shebah driver.'

There are so many ways where Shebah is supporting women to stay at work, but Shebah is also giving them that opportunity to earn an income in drive-share work. 'Whether you're a self-funded retiree, or a mum, it doesn't matter – if you've got a baby you're still able to be a driver. All they need to do is ring their passenger, let them know that you've got bug-a-lugs in the car with you, and as long as they don't need the extra seat, they probably won't say no. We've never had a passenger say no yet.'

'It's a really different way of doing ride share, it really is about supporting all women.'

And it's not just about booking the service to go to work or dinner, Shebah will do whatever they can to help women in all situations – be it getting your kids to school so you can take a new job, or dropping them off to a meeting point because of a difficult separation. Shebah also take boys up to 12-years-old for school-drop runs.

'We also support parents of children with a disability, particularly women and girls with a disability. It is scary when you realise that these girls have a 90% chance of being sexually assaulted,' George says fervently. 'I've spent a lot of time working in the disability sector and I feel very passionate that vulnerable people in the community are looked after.'

Shebah has a strong, vulnerable person's procedure in place so you can be assured that if they're dropping off a child, an elderly person, or even someone who's just been released from hospital, they will be taken to the door – your driver will even follow up if there's a problem at the destination with a phone call to the person who arranged the call out at the other end.

'We even have foster care services using Shebah to transport babies in the middle of the night.'

'We're offering a service that just hasn't been offered before.'

And if you're a customer who isn't sure if Shebah can help you, give them a call! There are real people on the other end of the line who will do what they can to help you.

Interested in driving for Shebah? You'll keep 85% of your fare and 1% of every fare is donated to charity.

For more information go to **shebah.com.au**

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VANILLA CAKES COME TO YOUR DOOR!

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Gracing our cover this winter are Melbourne couple, Joey and Jane Scandizzo – a couple who have built a beautiful relationship on mutual love and respect, while still maintaining successful careers and living life to the fullest.

Jane and Joey Scandizzo

Jane Scandizzo is the ultimate success story when it comes to a young, shy girl entering the world of modelling. Scouted at just 16-years-old, her mother whisked her off to an audition and, as they say, the rest is history.

Not only did modelling help build a new confidence in Jane, she's travelled the world, learnt the importance and value of hard work, and saved enough money to buy a house so she can enjoy motherhood without the worry of work commitments – all while managing to keep her vivacious and caring spirit.

Joey Scandizzo, with his relaxed and wavy surfer's hair, is known as a hairdresser to the stars! He has a slew of TV shows and makeovers under his belt, is Co-Creative director of ELEVEN Australia, three-time Hairdresser of the Year, owner of Joey Scandizzo Salons along with a string of barber shops, and has an easy-going attitude that makes you want to grab a board and hit the waves with him.

We caught up with Jane and Joey Scandizzo in Joey's studio in Collingwood to discover why this empowered duo, who have remained somewhat quiet about their private lives over the years, decided that a lead role in Channel 7's newest reality TV show, *Yummy Mummies*, was on the cards...

Why did you decide to do a reality TV show?

Jane When Channel 7 came to me about it, and I realised I knew some of the girls, I thought it would be a little bit of fun.

Prior to the show, we had sort of become friends through the salon – we'd also been on some of the same modelling jobs, and had formed our own little mothers' group. So when they approached us we thought it was a great idea!

Were you sold early on for this TV show? Even though you both work in the public eye, you've always kept your private lives somewhat to yourselves in the days before ELEVEN.

Joey Because I didn't really know what it was about at the time I just said, 'Jane, just go, have a look, try it, and if you aren't enjoying it just pull out.'



I'd support anything Jane wants to do really.

She's pretty switched on. The only thing I worry about is the way they portray you – you don't know how they'll make you come across and she's not the type of person that will bitch and moan and get into arguments.

Jane It's strange because I have always been kind of a quiet and private person, even though I was a model. I always felt like I got into character in front of the camera, but with my personal life I have always been a bit more private.

Were there any on-screen conflicts?

Jane There was a little bit of drama, but you have to have that – a difference of opinion. And sometimes some of our characters clashed but, you know, that all makes good television doesn't it?

And would you do it again, season two?

Jane Oh yeah, I can't wait to find out if we're doing season two – I had so much fun, it was awesome!

What do you think it is about these reality shows that attracts viewers?

Jane I guess it's to see how other people live. After coming home from a day of work, and the kids are in bed, I love sitting on the couch and watching the Kardashians and just thinking about nothing – not having to concentrate, I can just eat dinner and veg out!

I think it's interesting to find out how people live. You start to feel like you know these people on TV as well – it's great to see behind the scenes.

And did you always want to have kids?

Jane Oh yeah, always! I always wanted them, but not early on, you have to meet the right person.

It took us a little while to fall pregnant with Jagger, and I was really stressed about the whole thing. I kept thinking, 'what if I can't have children!' I think that's part of the reason it took so long, because I was so stressed out. It wasn't until I stopped stressing that it finally happened. I think that's the secret... staying calm.

But the second time around it happened pretty much straight away! There's only 23-months difference between the boys. I literally finished breastfeeding and I was pregnant the next month!

Do you think you will have any more?

Jane Ahhh, I think we will go one more time!

Jane, you started modelling at 15. It's so interesting that you were a shy child and teen, and yet you went into a career that's really in the spotlight?

Jane Yeah, modelling really helped bring me out of my shell.

How did it all come about?

I was scouted. My mum got the details of the agency and said to me one day, 'I'm going to take you somewhere today', which she does all of the time... so I get there and it's a modelling agency!

And that isn't the only time she has done something like that! That way she can get me there, get me to do what I want, and I can't say no! She knows me so well. That's how I got into modelling.

So modelling has been great for you? It changed your life?

Yes, it has. I started travelling when I was 16. I went to Tokyo for three months with an agent and worked flat-out over there.

Every school holidays I would go somewhere else, so I never really had a holiday. The agency would fly me there, and I'd be driven to castings and appointments and then I'd get booked for jobs over there. That was my life for many, many years.

And Joey, for you, hairdressing has engulfed you in an amazing career – but you were kicked out of school at a young age, right?

Joey Haha, yeah, yeah I was. I wasn't a big troublemaker, I was just a smart ass really – cheeky.

I bet you were! So why hair? What was the attraction?

Joey At the time I had no idea what I wanted to do. And my dad said 'why don't you try hairdressing? You get to meet women and it's a fun job!' I think once he mentioned the women I was interested.

I didn't know much about it but once I got into it I fell in love with it.

I started to get so passionate about it as a job, and then as a career, and there was this snowball effect and things just started getting bigger and bigger. It allowed me to travel the world and see so many beautiful countries and meet so many beautiful people along the way.

Then I started entering a few competitions; at the start I wasn't winning anything. Then when I started to win some I started getting a hunger for it, and then from there I went from doing platform competitions, to photo-shoots, and then from photo-shoots to winning awards and then taking out some of Australia's most prestigious awards and then from there it went to starting a business.

I started with one salon and that grew to another, and then I got into barber shops, and the next thing you know we're sitting on about 120 staff and another shop about to open.

And now I have the TV side of things. I really enjoy that, there's *The Biggest Loser*, *Australia's Next Top Model*, *Beauty and the Geek*, the morning news – I get to help in transforming people's lives!



So Jane, what do you do now that Joey travels a lot with ELEVEN?

Jane ELEVEN is in so many countries now – it's amazing, and because of this he has to travel a lot, and do shows all over the place, but I don't mind – I like to go up to my mum's house in the country. She's still got our horses up there so we just go and hang out.

And what do you do for down time? What do you like to do when the cameras aren't rolling?

Jane Haha! I think my down time is going out to the country, relaxing, being with friends etc. We go to the beach all of the time – we're definitely beach people! We have a pool at home, but whenever we can we like to get to the beach – Joey loves to surf.

We also love the snow. We're hoping next year, when Jagger is three, he can start ski school... hopefully he's not too scared! Although I haven't skied much for the last few years, being pregnant and having babies, so hopefully this year when we get up there I can remember how!

Joey Every morning, and I've done this constantly for over 8 years, I run 8 to 10 km. A 45-minute run – that's my time for myself. I do take my phone with me and sometimes I take calls and they can hear me on the phone while I'm running... Well, I jog; it's not a sprint, haha. I jog, and then I try to surf at least once a week.

Torquay beach is definitely a favourite of ours. I just love the surf down there, it's not too big, not too small – it's fun. Good waves and good fun. And Byron Bay, that's a real favourite, we go there as a family every year. It's my favourite surf spot, and my favourite spot to go for a holiday anywhere in the world.

You just chill out, you don't have to dress up, you can live like a bum for a week and don't have to worry about how you look or feel or anything.

And what's a day at home like when all of the family comes together?

Jane Oh it's lovely, I love having Joey home and having the family there. It's beautiful – I love it! Especially when the nieces are there. They take Jagger and the little one away and play with them and I can have a rest and just enjoy watching them play. They just have the best time!

I have a small family here in Melbourne, it's really just my mum and dad, so I love the whole big family thing when Joey's family get together!

Joey Yeah, she does, the food and the gatherings and the loud meal times just come naturally to us. People say to me, 'you're all so close and you have all of these cousins and big dinners!' But really, we just don't know any different.

But would you want it any different?

Joey Oh God no, it is just normal to us! We grew up with that typical Italian childhood – soccer and lots of good Italian food!

Jane I think that's why I want more kids, so I can make this huge family that I just never had. I love it when all of the Italians get together and it's all so loud and everything's about food. Even though I'm so skinny I just love the pasta and lasagne.

And when you're pregnant, just forget about it! All of these nonnas and mother-in-laws fuss over you and make sure you get fed first because you're breeding the next generation – you get all of the best food! They just keep filling up my plate!

You go there and you just sit back and chill out.



Yummy MUMMIES



Channel 7 has upped the anti on reality TV with their new observation television show, *Yummy Mummies*, offering us a peek inside the lives of four gorgeous Australian socialite women as they voyage into the unknown realms of motherhood.

These girls have it all and live life to the fullest.

But their lives of high fashion, glamour, money, extravagant parties, and the freedom to do what they want, when they want, is about to be turned on its head!

In a world of glamour queens and glamorously dressed babies, these ladies turn to second time yummy mummy, Jane Scandizzo, to give them an eye opening education into the world of babies and the jaw-dropping realisation that their bodies will no longer be their own! And no subject is off-limits when these four get together!

We're in for laughs, fun, drama, and intrigue as Jane Scandizzo, Lorinska Merrington, Rachel Watts, and Maria Di Geronimo prepare for the joys of motherhood with baby showers, breastfeeding and labour pains!



Rachel Watts

Melbournian yummy mummy, socialite Rachel Watts, chats to us about The Good Friday Appeal, life on camera, and how she fills her days now that filming is over...

📷 @rachelxwatts | @melbournyummys

What caught your interest and made you decide to be a part of *Yummy Mummies*?

My friend, Lorinska, mentioned it to me. It sounded interesting and I thought, 'how fun would it be to film with one of my besties?!' When I applied I didn't actually think I would get in and all of a sudden, a couple of weeks later, there I was, filming the first episode! It all happened very quickly.

Were you concerned at all about how the public would respond to what you say and also how you're perceived?

Not at all! Throughout the filming I stayed true to myself and didn't try and be someone that I wasn't. If the public doesn't like who I am, well too bad, they can change the channel!

Did it disrupt daily life much, having the cameras and producers around?

While I was pregnant it did not disrupt daily life, however, AFTER having my baby things became a lot more tricky! My baby always comes first before any camera or producer and I'm not sure if the Channel 7 crew had experienced that before.

What are some of your favourite moments in the show?

Now this is a hard question as I had sooo many, PLUS I don't want to give too much away! Let's just say my labour came at a very unexpected time and being able to finally let my friends know was a highly emotional moment that I will never forget. Our calm birthing class was a total hoot as well... it makes me laugh just thinking about it.



And most importantly, was it fun?

It has been one of the funniest (if not the most!) experiences I have ever embarked on!

What was it like working on the Good Friday Appeal, you've done it before, right? Is charity work something you enjoy?

Working on the Good Friday Appeal meant a lot to me. Over the last twelve months my husband and I, with our new baby, experienced the amazing work of the hospital first hand. The RCH is a state of the art hospital and I felt very grateful to be able to give back in some way. Charity work is something I enjoy and will continue to do.

What do you do to keep yourself fit and healthy?

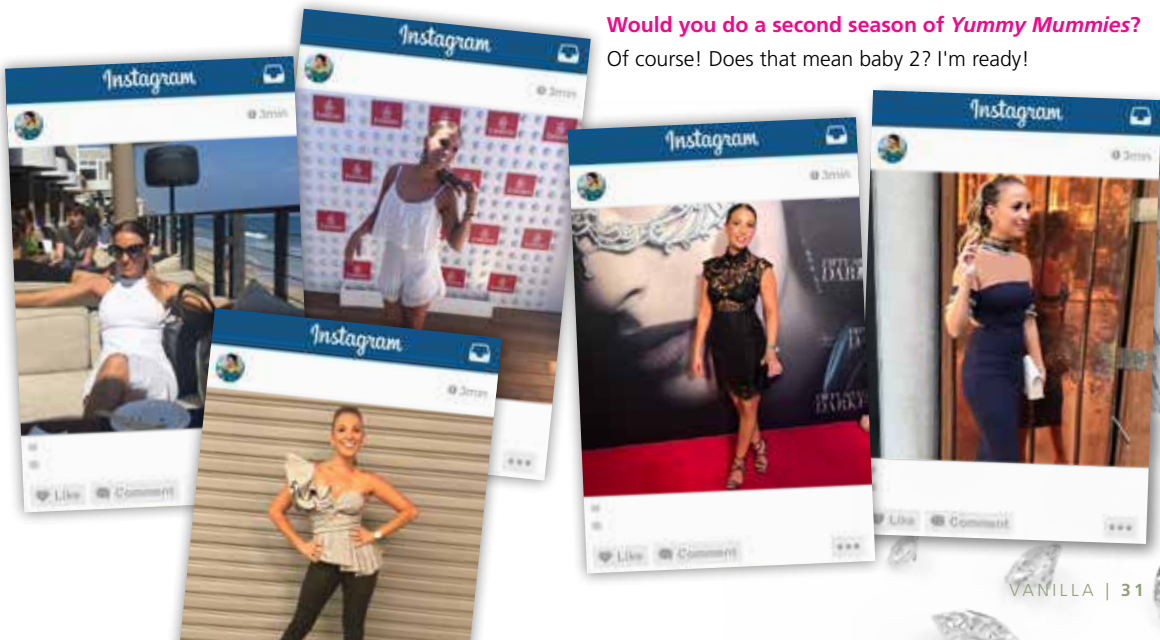
I'm very lucky to have a crèche attached to my gym that allows me to work out! I do two personal training sessions a week, then my favourite classes to do in between are RMP, Body Pump, Pilates, Ki Max, and I also love swimming, running and sweating it out in the steam room (which is also a fab way to get your spray tan off quickly).

What's a day in your life like these days? What keeps you busy?

I always start with my gym session in the morning. During the week we do baby sensory classes, swimming lessons and we love catching up with our mothers' group so the babies can play. Mummy time consists of still getting my nails done, blow waves, and massages here and there!

Would you do a second season of Yummy Mummies?

Of course! Does that mean baby 2? I'm ready!



Lorinska Merrington

Melbournian model and TV presenter, Lorinska Merrington, is no stranger to life in the spotlight! Married to former Carlton footballer Andrew Merrington, she's caught the media's attention many times. We caught up with Lorinska to talk about the show and what it was like going into labour mid-filming...

📷 @lorinska | @melbourneyummums

Lorinska, what caught your interest in this show?

The producers had me at high heels and pram wheels!

Even though I was pregnant, I didn't want that to stop me from wearing the latest fashions. I wanted to be able to show women that you can feel fabulous and sexy even with your brand-new accessory – your new baby bump! You only have it for a few months so you need to work it and own that bump.

Further on, I never let me being pregnant stop me from keeping up appearances; I was still out and about and loving life. That said, I was lucky enough to have the BEST pregnancy, which obviously helps.

So now that filming has wrapped up, what do you think about the whole 'reality TV' world?

The biggest surprise for me was what you see on our *Yummy Mummies* show is all legit. I thought it would be all scripted and you would be told what to do or say.

It had its highs and then lows, and sometimes feelings were hurt (which you had to get over quickly), but then you had moments of excitement. It was an emotional rollercoaster.

Was filming and planning disruptive to daily life?

It was disruptive but not in a bad way – I'm a bull at a gate so it worked for me perfectly.

What most people don't understand when filming is that your 'normal' life doesn't stop either. You're juggling filming with your work at the same time, so it's all a big balancing act.

I really enjoyed the filming, and it fitted well around my normal work and me. I was able to fit in delivering the traffic report to Melbourne and Adelaide, my maternity modelling and primary school teaching.

Were you concerned about how the viewers would react? How they might stereotype you, mistake things you say or do?

The viewers will either love me or hate me; I don't think I'll have anything in between.

I know there are times when people believe they've been portrayed unfairly on 'reality TV'. I just tried to remember throughout it all that it's what we've signed up for, and I just tried to be myself throughout – I think that's all you can do!

And you went into labour mid-interview! Was it chaos? Did you have the film crew at the hospital and what was that like? How did the nurses respond?

WHAT TIMING! I know, I didn't feel amazing the day before but I'm the type of person that just keeps pushing through.





Mid interview I could feel the contractions starting (although I didn't realise they were contractions at the time) but I didn't want to say anything and just tried to push through the interview to get it done – probably not the best idea in hindsight!

We had been filming all morning before the producer called for a break. I said I needed to stay back and make some calls, so I'd skip lunch. As soon as the producers left I called my girlfriend (who luckily lives around the corner) and said I need to come over.

As soon as I saw my girlfriend I explained how I felt. She told me I was in labour and needed to stop filming! I told her not to call anyone, that I would finish the interviews and then we would reassess. I left her house to start filming again (again a silly decision but hindsight's a wonderful thing!), but then the pain intensified and I needed to stop.

As I reached for my phone, I had missed calls and texts from my husband as my girlfriend had called him to let him know what was happening. He was excited and ready to go!

The crew went home to freshen up but for some reason I wanted to do some housekeeping before I had my baby and was doing that in between contractions (I know, they say you do weird things when you go into labour).

It got to about 10pm and we called the crew to come over to our house because the contractions were getting more and more intense and frequent. The first knock was our sound and mic guy, he mic'ed me up between contractions and then the whole crew arrived. The memory that sticks out the most was when I was on the bouncy ball and when I opened my eyes I had a camera on the ground looking up at me. That was a little hectic! But then I forgot the cameras were there and just went into labour mode! OUCH!

Once I got the contractions to five minutes apart, Andrew called the hospital and it was time I headed in. The film crew followed me to the doors and then I said.... See ya – some things are private and this is just for Andrew and I!

Would you do another season?

I'd love to! That said, it will all depend on what's best for my family at that time.



Maria Di Geronimo

Glamour queen Maria Di Geronimo is the only yummy mummy who hails outside of this Melbourne mothers' group. Living in Adelaide we see the competitive side of Maria early on as she strives for the very best baby shower and nursery.

We caught up with Maria for some inside info into her daily beauty regime, where she loves to holiday and how she stays fit and healthy!

📷 @mariatheyumymummy | @adelaideyumum,

Tell us about your daily beauty regime – what are the things you can't be without?

I take my daily beauty regime very seriously and never ever skip cleansing, moisturising and weekly exfoliation. I love products which make my skin feel fresh, plump and hydrated throughout the day. I couldn't be without my eye cream! Being a pregnant mummy can be so tiring at times, so a good eye cream is the key for that youthful glow.

What are your secrets for keeping your skin and hair looking so great?

It's not always the beauty products I use on the outside, I like to look after my hair and skin from the inside by eating the right foods to nourish my body. Most importantly I drink a lot of water throughout the day to keep my body hydrated. Even though it is harder with a baby, putting a little time aside each week for myself to have a hair treatment or beauty treatment always makes me feel great!

What do you do to stay fit and healthy?

I eat well and regularly throughout my days. I eat many foods that contain fibre and many nutrients that are essential for the human body. I particularly eat lots of vegetables and drink lots of water, staying extra hydrated!

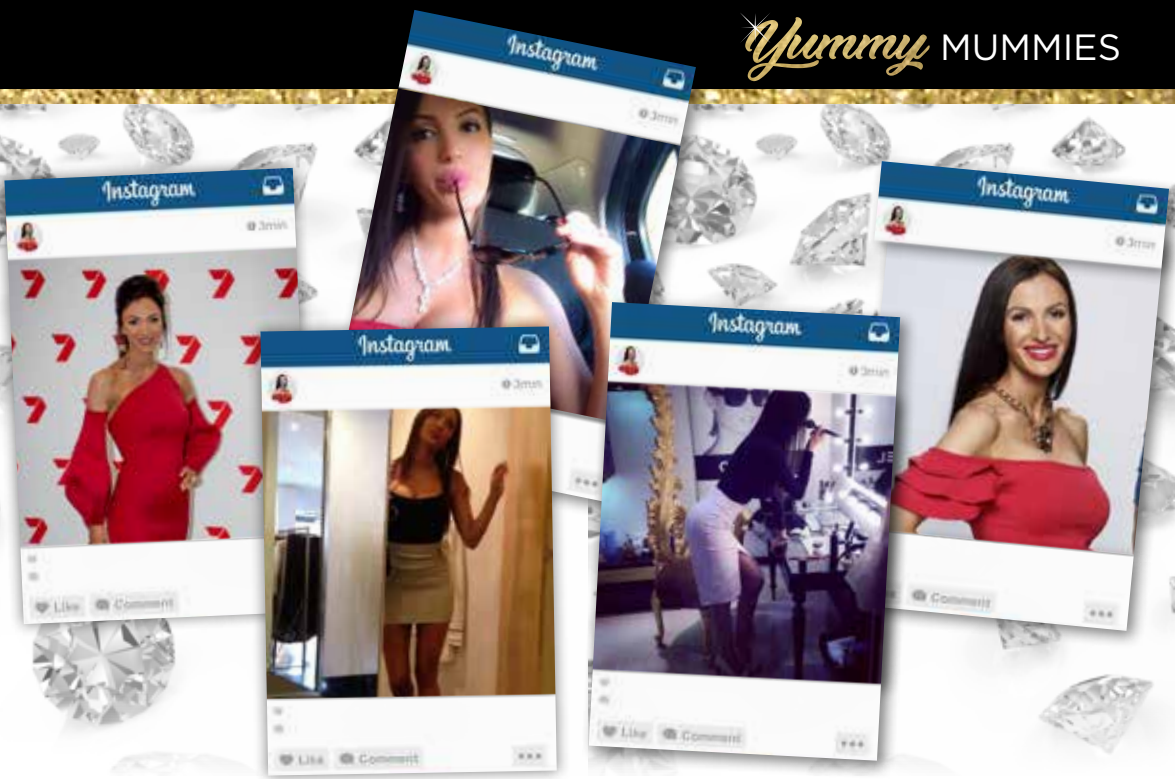
My partner Carlos is a guru on what to eat so he makes sure I stay healthy with my food choices but I never miss out on my favourite foods on the weekend: pasta, pizza and hot chips!

Where's your fav holiday destination in Australia and abroad?

There are so many places right here in South Australia. I love that we have so many festivals and family activities in Adelaide such as the Fringe, or on a weekend – in less than an hour – I can be in the Barossa Valley visiting one of the many world class wineries, strolling through Tanunda or eating fresh local produce somewhere such as Maggie Beer's Farm Shop.

My favourite overseas destination would have to be Italy. I visit there every year and live there for three months at a time! I adore the people, the culture, cooking with organic produce, making my own homemade pasta dishes, making my own wine, sauce, olive oil – I've done it all!





What do you like to do when you have time to relax with family and friends?

I love just being able to have a sleep in some days. I also enjoy quality time with my family. Whether it's at home or going on a family outing it's nice to have that down time with the people I love. I always make sure Carlos and I have quality time together too, just to relax, chat or watch a movie together. That's what's important!

What area do you live in when you're at home and what do you love about it?

I live in a peaceful leafy estate in Adelaide. Many local viewers will recognise it on the show. I used to live in the heart of the city so I definitely appreciate this quiet, tranquil and family orientated area, which is so important to me when raising a family.

What do you love most about your role on *Yummy Mummies*?

I love that I can just be myself, although I am rather opinionated, I like to be real. Hopefully I can inspire or encourage other mums out there to always do what makes them feel beautiful while pregnant and after; whether that's dressing up, going shopping, having a facial, getting their hair done, or just reading a book.

I believe all mummies are yummy in their own way and I hope mums who watch the show will see that no matter who you are, or where you come from, we all have that common ground. Of course, I love that I can show other mums some of the designer items available out there for themselves and their babies! There's nothing wrong with spoiling yourself and getting something that makes you happy!

What's one of your favourite career highlights?

Obviously being able to take part in *Yummy Mummies* – even though it was stressful at times it has been an interesting experience. Having my pregnancy captured on TV means we'll be able to look back at it and we can show it to our baby in years to come.

What will we always find in your handbag?

You will always find a tinted lip gloss in my bag! I don't like wearing makeup every day as I love a natural look when I'm at home or relaxing with the family. Plus, I love a little shine!





Jody Allen

MILLION VIEW BLOGGER!



Seven years ago, when Jody Allen started blogging on the subject of frugal living and the real, raw tales of motherhood, she had no idea that she would end up as one of Australia's most successful mummy bloggers with an audience of over a million readers each month and twenty staff members on the books!

Now, she has three published books under her belt, two more in the pipeline, a television show launching on Channel 7 in August, and was even last year's ambassador for Queensland's AgForce campaign, *Every Family Needs a Farmer!*

And it all began without a cracker in the bank, just a passion to share her stories about living off \$50 a week with a house to manage and family to feed.

The website is where it all started, and it's a no-holds-barred arena where Jody and her team of bloggers talk about anything and everything, with the occasional F-bomb thrown in to get a point across!

Tell us about running such a successful blog?

It's been a lot of hard work, and it still is.

I work a gazillion hours a week but I love it. I love talking to people, I get on Facebook all day. I love to write, I don't pretend I'm a great writer, but I write raw and from the heart, and people seem to like to read it, so I'm very lucky.

And it's all run and managed from your home in rural Queensland?

Yes, in Gympie. I like the quieter way of life. The money might not be as good in the country areas, but the quality of life is really good.

Your website blew me away, I didn't realise you had so many writers.

I know! And still nobody really knows about it. We have a million mums a month read it, but when you ask people who is one of the biggest mummy bloggers in Australia, nobody really knows – it's crazy!

And I think it's because I live rurally, and I don't really get out and about. I'm not really a people person, I don't go to

many events and things. I prefer to wear my jim-jams, pump out a few articles, and talk about whatever the mums are talking about.

Why did you start *Stay at Home Mum*?

I had two kids in a year and they were both shit-bad babies, they were terrible!

I was looking at all the mummy websites back then and all I found were blogs saying, 'my child sleeps 12 hours a night', and 'my child is always dressed in the best,' and I thought, f*&! this s*&t ! I haven't slept in two weeks, I've got dribble all down the front of me and I haven't done my hair!

It really bothered me that there wasn't anything for what I perceived to be normal mums, so I thought, bugger it, I'll start one myself. And it went from there.

It's all about making mums feel like they aren't alone in their thoughts. We man our Facebook page 24 hours a day, just to have that hand out there for women, so they can jump on Facebook and have someone to talk to – not like a helpline or anything, but someone there to say, 'hey, everything's gonna be alright, let's just have a chat.'

Sometimes you just need another mum to reassure you.

It began with two of us. We never really had a plan, just by mums for mums, and then all of these mothers started sending me all of these amazing tips on things like cleaning, recipes and life hacks – I remember thinking, what the hell am I going to do with all of this great info?!

It started on a loan from a website developer because I didn't have any money to spend on it. It had to be self-sufficient.

When a lady emailed me and asked if she could have a banner for 15 bucks a month I thought, OMG, I've made it! It's been a long seven years but I still get chuffed whenever anyone wants to do anything on the website.

Has the growth been mostly organic?

Totally organic, because there was no money! Even today, everything is organic, we don't put anything towards Facebook growth or sponsored ads.

We had 10,000 Facebook followers in the first month, and then the website hit a million unique hits a month last year. It's a little bit lower this year but not by much.

When did you start making money from it for yourself?

We drew a wage in the fourth year, which was a tad scary! At that stage it was \$50 dollars a week – but in saying that, it paid for my electricity, my water, and my grocery bills!

You mention the blogosphere is quite saturated now. Is there still a market for new bloggers coming in?

Definitely, because everybody has something different to say – but I think you have to stick to what you want to say. I never go and see what other people are doing because I think that might affect how I write and what I write about. I try to stick to writing about the topics I like.

And how have you noticed the blogging world change over the years?

Ohhhh it's a really big, clicky friggin world, which is again why I stay right out of it and don't have too much to do with it.

It's very unregulated, which is a good thing, I think. I like the fact that there aren't any rules and there's no right or wrong way to do things and that creativity can just go crazy.

I think the younger bloggers are more Instagram savvy – I don't even know how to use Snapchat! I didn't even have a mobile phone until two years ago!

How do you make money from blogging, apart from the obvious banner ad?

There are about 10 different ways: I have my books and public speaking, directories, Google ad words, embedded videos and links, affiliate marketing, and of course the banner ads. We also occasionally offer mentoring programs. And then we have *Stay at Home Mum TV* launching on Channel 7 in August!

Jody Allen's Tips for Blogging Success!

First up, find a concept and then run with it.

Just go for it, don't wait until you've got everything ready, or for a particular date, just start now, make lots of mistakes and know that it doesn't matter.

Know that people will love you more if you make mistakes. For instance, my very first TV interview I vomited live on *Sunrise*!

Oh, did you?

I did! Because I'm so shy in real life I vomited and thought, 'Oh my god, what are people going to think!' But instead, I got letters of support and people sent me flowers. There was not one single negative comment. I remember thinking to myself, 'Oh God, I love my people!'

Don't worry about not having any money; sometimes not having any money to do something is where the most creative juices come from.

Also, what I realised years ago is the best singer in the world isn't necessarily the most popular. You don't have to have a certain skill or talent to be successful, some of the best film clips are done with no budgets. But I am just talking about myself.



Keep an eye out on Channel 7 towards the end of August for *Stay at Home Mum TV*, co-hosted with Walter Collin, airing on Sunday afternoons.

Jody Allen's new book, is available from bookshops and her website, www.stayathomemum.com.au Penguin **RRP \$24.99**



Keep an eye out for Jody's new Vanilla Magazine column starting in the spring issue!

#sweettreat



@vanillaoakleigh

#takeabreak



CON ILLIO

By RAQUEL NEOFIT



CON ILIO is a man possessing a true creative spark, and a hell of a lot of dedication and drive to turn his *passion into a career.*

This determination in making fashion his world has led Con to work as a model, in theatre and musicals, and he even had a stint as a hairdresser. At only 28-years-old, Con's eyes sparkled when he said, 'I did everything I could to be immersed in fashion.' He has whiled his time away in restaurants, cafés and retail stores to support his dreams of designing his own collection of intricate, bespoke, couture designs, and would spend his evenings designing and creating pieces at home in his limited spare time.

Unbelievable man-hours are spent on each Con Ilio gown in an effort to bring to life a creation that realises his creative mood, but is still wearable and comfortable for the people he creates them for. 'It's important that a woman feels confident, beautiful, and comfortable when she wears my creations.'

You grew up in a family of seamstresses – your mum and grandmother – how much inspiration did they have on your career?

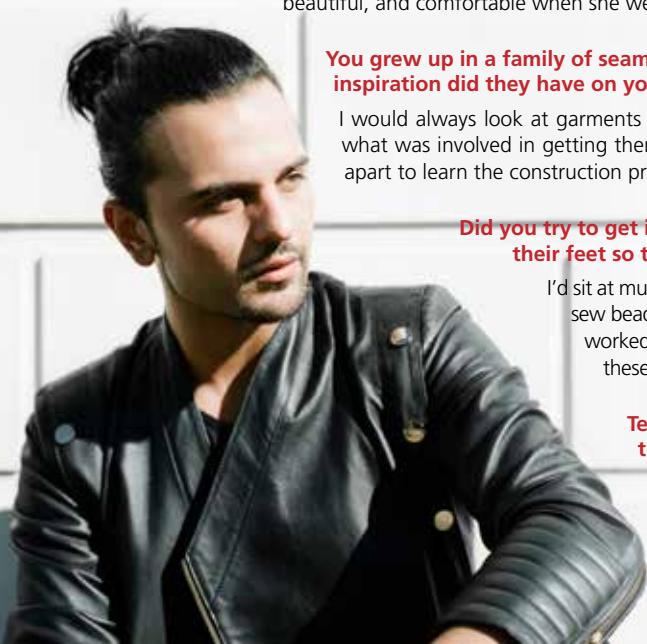
I would always look at garments they were working on, wondering how they were made and what was involved in getting them to the final product. On many occasions, I would pull them apart to learn the construction process.

Did you try to get involved with what they were doing as a child? Under their feet so to speak...

I'd sit at mum's feet and watch her for hours, mesmerised, as she would hand sew bead upon bead on wedding gowns. I'd guard the gowns my mother worked on from my sisters with my life, making sure they didn't touch these special pieces of art.

Tell us a little about your journey to becoming a designer that celebrities love? Was it difficult?

I've been very fortunate with the opportunities that have come to me and I wouldn't say it has been difficult. I've been lucky to have a strong team surrounding the brand, which helps achieve our overall goals.





CON ILIO's aesthetic has caught people's eyes because it's not what everyone else is doing. I like to push the boundaries at times, not always following fashion 'trends'. The nature of the couture game is that I can create something bespoke for a client that not only reflects their personality and my creativity but that is also designed specifically for their body.

When was the defining moment that you realised you'd made it as a designer? And what kind of feelings did that evoke?

To be honest, I don't feel like I have made it... yet. I think it takes several years to feel like that. Put it this way, I'll say I have made it when I have dressed someone fabulous for the MET Gala red carpet!

What drew you to creating glorious evening gowns for women?

My passion is to dress real women who want to feel beautiful. The CON ILIO woman is strong, bold, independent and savvy... *a woman that is not afraid to make a fashion statement.*

Your designs are beautifully eye-catching and glorious. Where do you draw your inspiration from?

I see beauty and inspiration in many things in life: travelling, in people, movies and music... you name it!

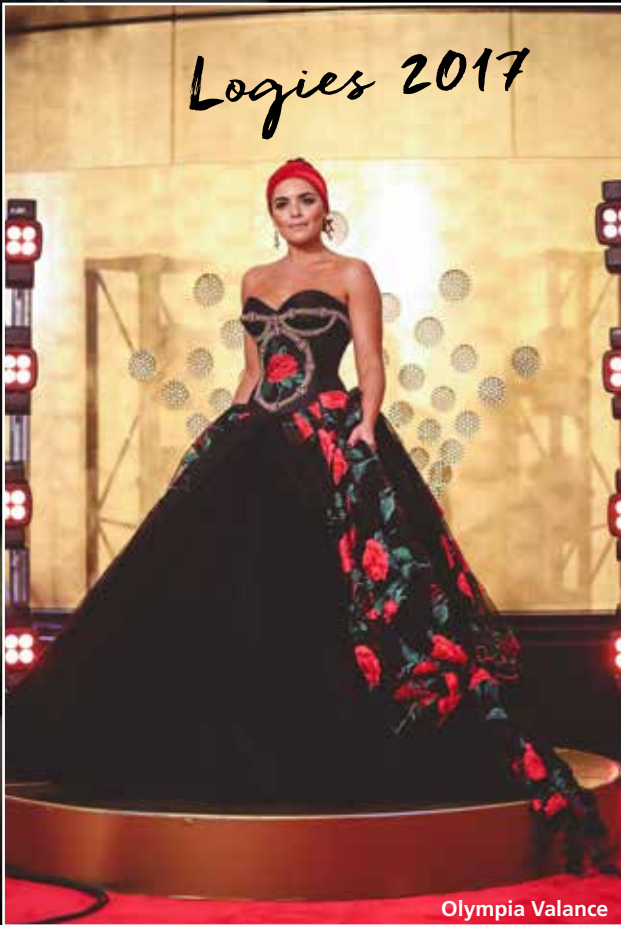
You talk about creating couture pieces, what's at the heart of couture for you?

As a designer, I get to let my imagination run wild and create wearable custom pieces. The women I get to work with go on a design journey with me to create something special and something that they love to wear. When you wear CON ILIO there is no risk of walking into a room and seeing someone else in the same dress, because every design is unique and special.

What is your ultimate brief for a new dress collection?

I really create the brief! When designing a new collection, I begin with a theme that inspires me. I also look at trending colours, shapes and techniques and then let my imagination run wild. I like to ensure that all my collections have a nice synergy and together reflect precision, creativity and desirability.





Olympia Valance



Livinia Nixon



Lauren Phillips



Jane Scandizzo

Thinking about Olympia Valance's dress for the Logies this year, how much work and time goes into creating a gown like that?

Olympia's gown took three weeks all together. The design came easily to me as it was Spanish-inspired, as is my second collection. However, the construction required a team of seamstresses working on it every day due to the tight deadline. It was lovely collaborating with Olympia, not only personally but also creatively. Olympia really pushes boundaries when it comes to her style and granted me the creative license to think outside the box with her Logies gown.

The result was something eye-catching and dramatic!

Who else have you dressed for their special events and what stands out to you as some of your favourites?

I can't pick one! Each person and experience is different and I love every single one for a variety of reasons. Creating a gown for Jennifer Hawkins to wear on *Australia's Next Top Model* so early on in my career was definitely a highlight, as well as both Logies experiences (2016, 2017), and being lucky enough to design custom frocks for a handful of inspiring women including Zoë Foster Blake, Lauren Phillips and Livinia Nixon.

And you travel a lot, feature in shows internationally, work with international clients... What is it like being a part of these massive fashion events throughout the world?

It is the most amazing experience! Naturally, I get a little bit nervous when these opportunities arise, however, I love taking on a challenge. I'm very lucky and blessed to be able to experience these things and to have participated in fashion shows internationally! It is also amazing brand exposure and a wonderful opportunity to meet people making waves in the fashion industry outside of Australia.

What kind of patterns, styles and colours can we look forward to seeing for the rest of the year?

The next collection is Spanish-inspired so you will see a lot of red hues including wine and rose, as well as black; 3-dimensional embellishments including embroidery and intricate pearl hand-beading. I love designing princess ball gowns, which is also a trending bridal style this season.

I'm designing my next collection now and will be working with shades of green and yellow.

ALLURE...

Felicia Aroney

FELICIA ARONEY grew up in Perth surrounded by the ocean and straw coloured fields, so it seems only natural that her interests lie in nature and capturing its beauty in her intriguing style.



You'll find Felicia's artwork is spread across the country and is coveted by private international collectors.

This year, in a celebration of Mother's Day, Felicia and **NAPOLEON PERDIS** have joined creative forces to design a stunning clutch inspired by the raw, natural, and untouched beauty of Australia through a 'highly textured, abstract, and an impasto mosaic of colour.'

What was it like collaborating with Napoleon on this clutch?

Collaborating with Napoleon was such a pleasure and an honour. He trusted my creative input, which was very flattering.

How does this creative relationship work between a cosmetic guru and a great artist?

This is the second project we have collaborated on together. We work so well as a team. I think we are quite alike – we are both highly energised, creative and decisive. So because of this, decisions and creative direction flowed naturally. We have a deep level of respect for one another and our choices.

How did the design come about?

Napoleon approached me with some ideas. He had a vague direction of where he wanted our project to head, and it didn't take long before we brainstormed and our design unfolded. We drew inspiration from the 80s, from Victorian design, from fashion houses and from my childhood. We combined our inspirational storyboards – along with my own story of growing up beachside, south of Perth WA – and then eventually it transformed into an ambitious woman who followed her dreams to Sydney. The bag's colours start from a naive and natural flow of creams and antique whites before ranging into passionate reds and sophisticated crimsons.

Is fashion and beauty an area you regularly work your art into, or is this all a bit new?

Fashion and beauty actually drove me to paint. Once I graduated from graphic design I worked in the fashion industry. As a Production Manager I was regularly putting fashion swatches together and formulating storyboards and pitching ideas to fashion magazines. My foundation stemmed from fashion and beauty. Now combining the two worlds is a dream.

What draws you to creating art based around nature?

Nature is organic – there is no perspective or contrived manmade configurations. The fact that nature's shapes and colours are so free flowing appeal to me and I tend to find myself totally emerged in reproducing these enchanting elements.

Where are some of your favourite spots for inspiration?

Simply walking down the street and observing trees, flowers, colours and formations. I'm always taking photos





“

I have always loved Felicia's work," says makeup mastermind Napoleon. "She embodies the free spirit of youth, channeling a sense of confidence for which NP is known worldwide. Her latest artwork is not only elegant...

it's hot."



with my iPhone of the simplest things that eventually inspire my next painting. I also take inspiration from my travels, especially the wonders of Greece. My technique of using a palette knife to layer the paint on the canvas was originally inspired by the antiquity in Greek architecture.

You grew up in a Greek-Australian household, like many of our readers. What was your childhood like?

It was idealistic. Of course, at the time I didn't realise how lucky I was to be surrounded by a huge Greek family. Not only did this infuse culture into me, but also faith, the foundation for Greek cooking and the importance of family. My direct family, my grandparents and my extended family were such a wonderful safe ground.

I spent so much time growing up down south of Perth at my parents' beach house with them all. That time with my grandparents and their teachings was a priceless gift I still carry with me today.

And what does your family think about a career in the arts?

My father is especially proud of me. He's always encouraged me the most and believed in my skills. My husband and two boys are happy for me and intrigued! They think it's sweet that I'm doing what I love, but I think because I balance the home life so well with my work they still see me painting simply for the love of it. I am happy with this as it means I'm not neglecting what's most important to me: family.

Tell us a little about your favourite style, what do you love creating the most?

My favourite technique is layering thick textural paint via palette knives on the canvas. I adore texture and creating works where the paint is curling off the canvas excites me. Organic shapes and floral designs appeal to me most as well as mixing colour palettes for my abstracts and seeing them unfold.

Who else would you love to collaborate with in the future?

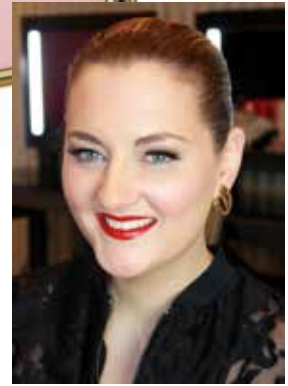
I'd love to collaborate with any other creatives in the industry or someone with a creative vision. I can see my works on textiles and possibly homewares, so perhaps this is something I'll aim for next. I have so many ideas. I feel so blessed being creative.

Each clutch features Aroney's signature and will be gifted to Napoleon Perdis customers who purchase the Cheeky Tone and Bright Palette and spend a minimum of **\$99** on Napoleon Perdis products.



A Year in the Life of

Global Make Up Artist **SHEV KELLY**
from Napoleon Perdis



Looking for a glam career path? Make Up Artists (MUA) aren't all about cosmetics counters and local weddings; we caught up with Vanilla Magazine's regular guru on all things cosmetics to look at the last year in her hectic but awesome life!

What is your favourite part of being a global MUA?

There are so many! I would have to say working amongst talented people who totally inspire me. From the makeup side, Napoleon is always very inspirational and I'm always learning really cool tips and tricks from him. I also love working with fashion designers, models, hairdressers and the creative team involved with photoshoots and shows. It's like spending the day with artists who have a unique way of seeing the world and expressing themselves.

Is it all hard work or is there some glam too?

As makeup artists, our job is to make others look and feel glamorous (*laughs*). As with any job, there are definitely times where it can be tough going; we're on long flights, early morning call times and are literally running from one show to the next, but it's totally worth it. We also get to travel the world, meet amazing people and work on something new every day. I love my job and wouldn't have it any other way.

Tell us about some of your favourite jobs?

There are two jobs that stand out above the rest.

I recently did the makeup for the cover of *Fashion Journal Magazine* with Lianna Perdis. It meant the world to me as while I was a student at the Napoleon Perdis Makeup Academy in 2001, I thought *Fashion Journal* was so cool. I found out my trainers worked on the covers, so I was more determined than ever to one day achieve the same. This year it happened and it was a real pinch-me moment. I am incredibly grateful.

I also really enjoyed doing Usher's makeup – no explanation needed. What a stunner! He was so charming, friendly and funny. A real pleasure to work with.

And your favourite events?

My favourite event has to be NYFW (New York Fashion Week). It's really the pinnacle of a makeup artist's career and I was very lucky to attend it with Napoleon. It was glamorous, beautiful, exciting and so inspiring. I remember we did a show for designer LaQuan Smith and the likes of André Leon Talley and Diane von Furstenberg were in the same room – I was majorly starstruck but emulated a cool, calm and collected demeanour.

My performance was Oscar worthy!

What have you learnt in life about being an MUA?

I've learnt to be overly prepared for anything that may come my way. My kit is full of so many extra things that aren't makeup related to ensure the comfort of the model and create a happy environment for the whole team. This includes a giant stereo, bandaids, tooth brushes, chocolate, phone chargers and everything in between.

I have also learnt how to communicate with people from all walks of life. Sometimes the days can be long, or have very early start times, so learning how to work with different personalities that deal with those moments uniquely has been really beneficial.





Talk us through the excitements of back stage at a fashion show?

Although I have been doing fashion shows for years there is always a huge amount of emotions before, during and after the event.

It ranges from nervousness, excitement, happiness, relief and gratitude. My heart beats faster and I am so aware of everything happening around me and am often doing three things at once. It's always a battle with timing, but in the end, we work with such a great makeup team we always get the job done.

Where have you travelled through your career?

I've been lucky to do a lot of travelling with my career. Highlights include New York for Fashion Week and Hollywood for YouTube productions.

I have also continued to travel around Australia from Darwin to Tassie. I enjoy spending time in Brisbane and Adelaide – the people are so lovely.

What sets one MUA apart from another?

I think all makeup artists are creative and love to make others look and feel great. What we strive to accomplish at Napoleon Perdis is to focus on education. As Napoleon says, 'Education is Everything' and that rings true with our Global Makeup Artists, as well as our retail team. We are constantly updating our knowledge on the latest technology and creating new techniques and designs beyond the current trends. We're also lucky to have Napoleon as our mentor as he passes on his knowledge every day, which is fantastic.

Would you recommend this life to young people looking for a career?

My best advice is to do what makes you happy. For me doing makeup on others brings me so much joy, so by working hard and always putting 100% in, I have created (with the help of Napoleon) an amazing career path. The beauty industry is booming with social media taking over the world, so choosing a career as a makeup artist in my opinion is a great option. Whether you strive to be a

YouTube sensation, work on the catwalks of Paris Fashion Week, or dominate the local bridal scene, it takes passion, professionalism and dedication to make it happen!

There are amazing opportunities, you just have to be ready to take them.

What advice do you have to aspiring MUA's who want to get to your global standard?

Start with a good Makeup Artist Education. Having the right trainers and products will assist in kick-starting your career. We have Academy's in VIC, NSW, QLD and WA. I would suggest enrolling in a certificate course at the Napoleon Perdis Makeup Academy. It's where I went to school over 10 years ago and never looked back. I would also recommend creating and maintaining fresh posts of your most recent work on social media, especially Instagram. It becomes an ad or portfolio of your work. People need to know you a) exist and b) do great work.

Lastly, what are the beauty products you just can't live without?

The product I swear by is Auto Pilot Napoleon Complex Skin Renewal Serum. I call it the 'foundation of youth' and have been addicted to it for years. I use it twice a day and apply it to every face I touch. It boosts the skin's hydration and helps even out the skin's texture. It is also full of antioxidants and smells divine!

Also, Total Bae Own It! Mascara Electric, which is a totally fun and a bright blue colour. It's my fave mascara as it brightens up the eyes, looks playful and makes my tiny lashes look huge!

And lastly, for a night out, I can't go past Loose Eye Dust Honey Child, which is my go-to for eyes, cheekbones and even the body. It's sooo shiny and sparkly and looks incredible on all skin types. Think Cleopatra meets J. Lo.

#Obsessed!

Instagram: @shevkellymua



Melbourne's *Fair Lady*

By Alexis McLaren



Australia's very own Anna O'Byrne has an international career spanning across opera, theatre, film and concert. She has played roles in some of the world's most loved plays and musicals, including *The Phantom of the Opera*, *Love Never Dies*, *Strangers on a Train*, *Sweeney Todd*, *West Side Story* and *Guys and Dolls*.

And while she now calls London her home, she has returned to Australia to play the strong and resilient Cockney flower girl, Eliza Doolittle – whose world was forever changed by the brilliant and demanding phoneticist, Professor Henry Higgins, in the Lerner and Loewe's production of *My Fair Lady*.

Anna, you are an international artist! You've done musicals, theatre, concerts, film, written an album – and worked in Australia, London, Russia... am I missing anywhere?

Haha, I've done some work in Paris – I really enjoyed that! I love travel and I love new adventures. And I am very fortunate to travel a lot for my work.

Tell me, what was it like performing in Russia at the Bolshoi Theatre?

It was amazing! I have always wanted to visit Russia, since I was about 10 or 11 years. I think that as a tourist it can be quite a hard country to visit, to get into, so when this opportunity came up to go to Moscow and perform at this big event, I was like 'Absolutely! Where do I sign?!' Everything in Russia is just huge – larger than life. I had an absolutely amazing time on that gig – it was brilliant.

Ok, let's talk *My Fair Lady*. Tell me, what does playing Eliza Doolittle mean to you?

It means a great deal! I feel very honoured to be a part of this incredible production that has such an amazing history. I also feel a lot of responsibility playing this particular role because, as an actor – as a woman – I think it is one of the really important ones.

I've had an absolute blast doing it really, and Eliza continues to reveal a lot of things to me. It's a great privilege to play her.

And the musical is being directed by Julie Andrews – I am a HUGE fan of hers. What is it like working with her?

It is absolutely amazing! It has been a dream for me, and I don't say that lightly. I have been a massive Julie Andrews fan from very early childhood and I never thought that I would have this opportunity. Throughout this process I have basically just played sponge and just absorbed as much as I can from her!

What has been your favourite part about working on this musical?

We have a gorgeous orchestra and I love singing with them every night. Not only that but the script is so strong – there is always so much to be found and seen.

I'm not sure if people realise this but it is actually a very funny script!

Was the original script always funny?

Yes – we haven't changed anything, we're doing it as it was originally intended. But we also have a lot of very funny people working on it who bring a lot of funny insights. But it has really surprised me, the humour that we have been able to drive out of it.

I think that humour is a great way to get our audience immediately on board with us so we can introduce the stronger hues in the show: the hues of social inequality and the rise of feminism.

Is feminism a topic that is important to you?

Oh, hugely. I am thrilled that you ask!





The play *My Fair Lady* is actually an adaptation of the play *Pygmalion*, by George Bernard Shaw. I think what jumped out at me when I started reading the *My Fair Lady* script was the fact that that *Pygmalion* itself was written four years before women got the vote in London and this is something that has just been stuck in my head throughout the whole process. On the outside *My Fair Lady* looks like a Cinderella story, but it is so much more than that. It is such a masterwork. George Bernard Shaw was a big socialist and I firmly believe that he was pushing a feminist agenda.

Eliza is such a strong character. She drags herself up by her bootstraps and has this dream to better herself. She lives in abject poverty but she wants something more for herself, and goes on this very active journey to find it. Eliza is extremely pragmatic and she would like to be a business woman, and that is just absolutely thrilling for me to play.

For me, these issues of inequality – well, I don't think we have come particularly far. I feel a great responsibility playing the role of Eliza every night and I hope that everyone in our audience, particularly the young girls, get a fire in their belly about seeing this particular story on stage at this time.

It is a great thrill for me to play such a strong woman. And every woman in our show who has lines to say is portraying a strong woman, and they are from all different ages and all different class backgrounds. This is why I think that Shaw was an early feminist because he wrote these very strong and empowered roles for women.

So where would you like to see feminism go? What is your ideal world?

I think for me right now, it is just ludicrous that we still have a gender pay gap. Not to mention the numerous other inequalities still happening to women, particularly in the workplace.

This show has made me more of a feminist and more willing to have these discussions with people. I'm not backing

down anymore, because to me it is about speaking out about these things and challenging the unconscious bias issue – complete inequality.

So you're in Australia now for *My Fair Lady* – what is next? Do you plan on staying here or will you go back to London?

London is my home now; my wonderful partner is over there – holding down the fort, our house, haha!. I am looking forward to spending a bit of time with him at the end of *My Fair Lady* and just getting back to my home.

But it is always very special to return to Australia to perform.

It's a very important part of my career to come back here quite frequently.

What will the future bring for Anna O'Byrne? Do you have any dream roles?

I've never been a dream role kind of person. It seems that always the best, most fulfilling experiences in my life have come along when I was looking the other way. For example, playing Christine in the sequel to *Phantom of the Opera* – *Love Never Dies*: when I was much younger and thinking about dream roles that role hadn't even been written yet, and yet it was one of the greatest experiences for me.

There are always opportunities awaiting that you could never have dreamt of. At the end of every job I just sort of recalibrate and think to myself, 'Alright, what's the next challenge?'

And as I say, if something frightens me, that is the reason to do it!

***My Fair Lady* will play at Melbourne's Regent Theatre from May 12.**





Maria Mercedes

After growing up with a typical Greek upbringing in Brunswick, **MARIA MERCEDES** spread her wings and chased a life of television and stage.

It all began in 1973 when, as a sixteen-year-old girl, Maria won the grand finals in *Young Talent Time* and *New Faces*, and since then she has never looked back.

Christina Panagiotopoulos caught up with Maria to talk about her career and her upcoming role as Melina Mercouri in the stage show, *Greek Goddess*.

Tell me, what attracted you to acting?

Television and movies were my biggest influence and escape growing up. I would wag Greek school so I could watch Shirley Temple movies in the afternoon.

I totally immersed myself in the fantasies of anything that was on a screen. My mum and dad, George and Dionysia Moutsidis, would take us to the local Greek cinema on Sydney Road in Brunswick in the 60s and 70s to watch, not only Greek films starring Alikì Vougiouklaki and Melina Mercouri, but also Indian Bollywood films with Greek subtitles.

I knew as a kid that I wanted to be an actor on the screen.

My father had the same ambition as a young man and was approached while walking along a street in Thessaloniki by a producer who wanted to groom him to stardom.

My father had the looks of Errol Flynn, handsome and charismatic. My mother, Dionisia, was beautiful and possessed an equally beautiful singing voice. So it was in my genes – I was meant to be a performer!

What stands out as your greatest accomplishment in your career?

Without a doubt it would have to be playing Maria Callas in the Terrence McNally play *Masterclass* in 2014/15.

In fact, I had done an acting workshop with the wonderful Elizabeth Kemp from the Actors Studio, NY. I came into her workshop with a character I wanted to explore called Callas. Elizabeth inspired me to dig deeper than I had ever done with any other character I had ever played in the past.

It was nothing less than alchemy... magic. A few months later, out of the blue I was approached to play Callas in the play *Masterclass* for Left Bauer Productions at 'fortyfive downstairs'. It was directed by Daniel Lammin to critical and audience acclaim, culminating in the prestigious 'Green Room Award' for best performer in an independent play of 2014.

Playing Maria Callas was the most intense, frightening terrain of emotional highs and lows, with tinges of wry and clever humour. Maria was a complex, self-punishing, self-obsessed, Onassis-obsessed-diva of proportional magnitudes. I understood her and loved her.

In your latest role you play Melina Mercouri in the production of *Greek Goddess*. Why did you want to be involved with this production?

Greek Goddess was written specifically for me by the talented Australian writer/director Terence O'Connell. Terence and I have always wanted to do a theatrical piece together, so this was a perfect opportunity.

I love playing strong women of substance, heart, integrity, and formidable talent and presence. Melina Mercouri ticks all those boxes for me.

Melina was the granddaughter of the once very much-loved Mayor of Athens. She grew up in a political household whose doors were always open for people to come and visit her grandfather with whatever issues they needed help with.

She had a strong sense of love for her Greek people. She was a successful actress and singer not only in Greece but also internationally. Her film *Never On Sunday* made her a household name in the sixties. When the coup happened in Greece in 1967, Melina was in the U.S. appearing on Broadway. She was explosive and was very outspoken against the Generals who had taken over.

Her Greek citizenship was taken away, her films were banned and her records were destroyed. However, she did not keep quiet and fought for the freedom of her beloved Greece and her people.

Her most famous statement was,

*'I was born Greek,
I shall die Greek'.*

This show is a love letter to Greece and one of its precious and much loved icons.

For me *Greek Goddess* is the last in a Greek trilogy of performances after having played Maria Callas in *Masterclass*, to most recently in the play *Taxithi* written by Helen Yotis Patterson. These are powerful stories of Greek women migrating to Australia in the 50s, 60s and 70s.

This show in particular was a loving tribute to my late mother Dionysia, who passed away on March 24 of this year. She was but one of many thousands of Greek women who came to Australia and built a new life, carrying nothing but a suitcase and a heart full of courage and optimism.

Motivation is important within the acting profession. What would you say is your motivator currently? How do you remain positive and focused for this role?

My motivation and focus is very simple; when you have a true-life person to portray you must be aware that it's a great responsibility to their memory and legacy. So I place my own ego aside and I tell myself that I have a job to do that has nothing to do with my own self-promotion or accolades.

I am here specifically to be the conduit so that an audience leaves the theatre taking away a greater appreciation and understanding of the character that I bring to life. That's my motivation.

www.imbd.me/mariamercedes



CHRISTINA PANAGIOTOPOULOS

After graduating from the New York Film Academy in New York in 2012, Christina Panagiotopoulos now works as a producer and blogger. She's inspired by people who live with passion and purpose and created www.christinasway.com to share the stories of people she admires.



SHE SHOT...

With STELLA DIMADIS



We caught up with Stella Dimadis, from the trio of great women behind the Channel 31 series, *She Shot TV*. This dedicated trio are on a mission to promote the great females working in our film, television and online industries, and to help open the floodgates by encouraging more young women to become active in Australian screen production...

What was the initial inspiration that led you to shoot *She Shot TV*? Tell us a little about your trio behind this production?

About two years ago, Vilash Patel, Chris Keogh and myself were all on the board of Women in Film and Television (WIFT), and we came up with an idea to create a program which would showcase women within the film, television and online platforms. At around the same time, Channel 31 approached WIFT, expressing an interest in showcasing a program on women and we presented the idea to Channel 31. From there the two *She Shot TV* Specials were created. The first was screened for International Women's Day in 2016, showcasing women directors from Deakin University and the other was screened as a special for the St Kilda Film Festival, again with a selection of women from the St Kilda Film Festival who had work within the festival's program.

These specials were created with very little budget, but the interest was so immense for these two specials that we decided to apply for funding from the Community Broadcasting Foundation, which was successful. From this we were able to create eight episodes, the first of which was launched on International Women's Day on Channel 31, in March of this year.

Chris, Vilash and myself come from different backgrounds, but ultimately we have one goal in mind, and that is to support women in film, television and online platforms.

Chris' background is in performance, Vilash's is in television programming, producing and directing, and I write, direct and produce. Together we are able to share our various experiences and are constantly complementing each other with these in pre-production, production and post-production.

What's at the heart of *She Shot TV*?

She Shot TV was created out of a need to have women's work within the film, television and online platforms showcased and talked about.

We wanted a bigger audience, and we wanted our audience to grow and become more aware of the discrepancies that women face within this industry.

As an example, only around 20% of directors are female, which is not acceptable when there are equal numbers that graduate from film schools. Stories need to be told by both women and men, equally, for viewers to get a real sense of contemporary societal issues as depicted through these platforms. In addition to this, we also thought that it was important to provide a training ground for women who wanted an opportunity to explore making television, so we put out a call to women who wanted to work on





She Shot TV and gain valuable insight from some of the more experienced crew.

Through this we met some extraordinary women who are passionate about television and content about women.

And you mentioned that it's important for people to realise the roles women play in film and television... What else can we do to get this across?

Change comes about from a conscious universal change in dialogue. Speaking about the discrepancies that women face, and that it is not okay, and that women do also create excellent content, will eventually infiltrate the mindset across the board. From this will come an understanding that women are equally as talented as their counterparts and should be given equal opportunities.

Can you give us an example of some of the stories you explore on the show?

It was wonderful to see the women open up about their work and discuss how it was created. The women on *She Shot TV*, gave us an insight into their own personal stories. Some of these stories started from a very young age, where they talked about their inspirations, surroundings, relationships, thoughts and how these moulded their thinking and their work. Past experiences can shape a career or a thinking pattern and it was an extraordinary journey to have these shared with us.

What will you always remember from filming *She Shot TV*?

The joy on the women's faces because they were given an opportunity to talk about their work, and more importantly the messages that each one of them shared on and off the camera – to continue doing what you are doing and to never ever give up! It's such an important message, particularly for young women, who may be dissuaded from entering the film, television and online platforms because it "is so hard to make it". With *She Shot TV*, we let women talk about their successes and that these are possible.

What lies ahead? What's in store for the future?

The *She Shot TV* team is looking at various options moving forward, and since Channel 31 will most likely move across to being fully online, it is an option that we too, are considering for series 2. One thing we do know is that women still need to be given an opportunity to showcase their work.

Our program cannot be possible without our volunteers and if women would like to join our database, they can do so by sending an email with a CV to sheshottv@gmail.com.

For series 2 to grow we will be looking at sponsorship, so if there are any businesses that feel that they would like to work in partnership with *She Shot TV*, we are definitely open to discussion.



Time to



@vanillaoakleigh

Escape



Soul warming 
syrup indulgence







VANILLA CAKES

elegance harmony artistry

DESIGNS BY *Kaba*



My Texan BBQ Table

By RAQUEL NEOFIT



Business partners, third generation pitmaster Kevin Bludso and writer and broadcaster Noah Galuten – owners of San Antone, Crown Casino.

Texan BBQ at San Antone, Crown Casino, by Bludso's Pitmaster Kevin Bludso and Noah Galuten

This April, we caught up with American Pitmaster, Kevin Bludso and food writer and broadcaster, Noah Galuten when they came to Crown Casino for a weekend of smokehouse BBQ, whisky and blues.

With an impressive custom-made smoker in the front kitchen, which was a replica of the pit Kevin learned how to BBQ on as child with his granny, and two massive work-horse smokers in the back kitchen that were flown in from Missouri, San Antone is turning out some serious Texan BBQ.

Now, I know what I like when I eat smoked meat, but not owning a smoker myself, I couldn't resist picking the brains of this duo on the ins-and-outs of what it is that makes great smokehouse BBQ!

In his deep, hypnotic voice, Kevin declares, 'slow and low... it keeps the juices in, keepin' the integrity of the meat. You know, you can cook a piece of brisket for 15 hours and... ahhh it's just the best.'

Now, more and more people are buying their own smokers. What are your tips?

Kevin The first thing I tell people is learn your smoker and learn how to regulate heat – these are the two most important things about barbequing.

And when you smoke low and slow... how low?

Kevin 220 – 250 F (105 – 120 C), but it depends on the cut of meat. Don't try to smoke a steak – you know what I mean! Learn your meats, learn the temperature, and just understand that it's all about regulating heat. If it's a constant heat, say a constant 250 F (120 C) for three or four hours, you're gonna put out a good product.'

'If your heat is fluctuating, and keeps going up and down, up and down, then you're not gonna put out a good product. The only way you're gonna do that is by learning your smoker!'



Authentic Texan Style BBQ has a smoky heart at its core – cooked slow and low in a smoker with a secret combination of wood and charcoal. It's a BBQ lover's delight: ribs, brisket, corn bread, mac and cheese, oh my!

Once you get familiar with your smoker, learn how it cooks and learn how it holds heat – then you start smoking and you'll learn.

Those little oven thermometers help a lot. Keep them inside your smoker so you know your temp.

Okay, let's talk ribs at home in a home-style smoker. What am I going to do with my ribs?

Kevin Three and half, four hours at the most for ribs – but you gotta get a nice rub on it.

I read somewhere that you use mustard first?

Kevin Sometimes I do rub in some mustard to hold the rub on it, that's the only reason I use mustard. Some people say it's the crust and all that, but

it disintegrates as soon as it hits the heat, but it holds the rub nice on there.

Noah Don't go to heavy on it though...

Kevin Yeah not too heavy, just a real thin coat and then you need enough rub on there so you can build a good crust. A lot of people don't put enough rub on.

You also need something to baste it with, to keep it moist.

Then you need the right kinds of wood, which is crazy down here you know. We use apple wood with our pork. We use a blend of woods – apple is one of 2-3 types we use, but I love apple wood with pork, chicken and turkey.

So... what's in your rub?

Ahhhhh now that's something I'm not answering!



Kevin and Noah head to San Antone (located in Melbourne's Crown Casino) often throughout the year. Often smoking a whole hog for an event on the weekends. If you're there, and you see them knocking back a Hennessy at the bar, make sure you introduce yourself and say hi - they love a chat!



Noah is a massive advocate of people cooking for themselves and has launched a new YouTube channel dedicated to teaching people how to cook.

Noah is also working on a podcast called *All You Should Eat* featuring interviews with people on 'the big picture food stuff.'

For more info on the show and podcasts head to the Vanilla Magazine website www.vanilla-magazine.com.au

'The show is called *Old Lady*, and the premise of the show is me teaching people how to cook like an old lady! That's who taught me how to cook, that's who taught Kevin how to cook.'

And make sure you keep an eye out for Kevin's segments where he'll teach you how to set up a smoker, what to burn, and what to cook!

'Old ladies don't pull out recipe books and add a quarter teaspoon of this and a half a teaspoon of that – the show will teach people how to cook without recipes.'

'Come down, eat some BBQ, drink some whiskey, listen to some blues and just mellow out...' Kevin Bludso



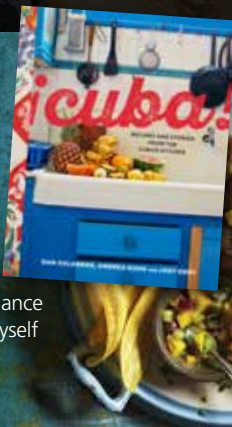
Winter Books

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

CUBA!

GOLDBERG KUHN AND EDDY
Penguin | RRP \$49.99

This book is a must for the armchair traveller! It's funky and delves into all things Cuba in an enticing and colourful foray. It's full of bold flavours and stories, including the history of tobacco, that makes me want to hop on a plane and dance in the streets – I'll settle for immersing myself in a Cuban deli and cooking from these soulful pages...



ESSENTIAL COOKBOOK

JULIE GOODWIN
Hachette | RRP \$39.99

Possibly one of the biggest success stories from *Masterchef*, Julie's come to the table again with a book of essentials everyone needs to know. Her philosophy of feeding those you love shines through in her easy to follow words and recipes.



I'M JUST HERE FOR DESSERT

CAROLINE KHOO OF NECTAR AND STONE
Murdoch | RRP \$39.99

The glitz in me just can't go past a gold-gilded book. I can't resist the urge to see what lies inside, and Caroline's golden casing tells an enticing story of sweet love. And it's not just about the recipes, she offers up great tips on styling and a delightful insight to parts of her life.

The photography is gorgeous too.



BRAE – RECIPES AND STORIES FROM THE RESTAURANT

DAN HUNTER Phaidon | RRP \$75.00

In true Phaidon story-telling style, this book delves into Dan's life, loves and passion, and tells the story of Brae, the award-winning restaurant set in a transformed old farmhouse in Birregurra, just outside of Melbourne. It takes you on a journey to the heart of what Dan loves and how he came to love it. This is a book for those who have a passion to learn the secrets of the best modern cuisine and even takes you through Brae's kitchen gardens, all the way to the property's edges.



SHARING PLATES

LUKE MANGAN
Murdoch | RRP \$39.99

I'm a big fan of a Luke Mangan recipe and his new book certainly delivers. With recipes inspired by the Middle East, Asia and Europe, there are so many enticing shared meals to celebrate any occasion. This is a delicious and varied line-up, recipes he shares with his family and friends that are easy to follow with images that make you want to cook it all!



ON VEGETABLES

JEREMY FOX WITH NOAH GALUTEN
Phaidon | RRP \$59.95

From the ultimate grilled cheese sandwich to a strawberry sofrito, I'm sure this vegetable based book will become a staple for inspiration, even if you aren't a vego – we all need more vegetable inspiration in our lives. In these pages they share real life stories and antidotes, introduce us to the farmers they admire, give us a run-down on what they love, and delve into the trials and tribulations that come with running a restaurant that's caught the attention of the media.

The recipes take you from pretty to robust with an in-depth and delicious condiments section to liven things up.





HIPPIE LANE – THE COOKBOOK

TALINE GABRIELIAN
Murdoch | RRP \$39.99

Full of whole-food, plant based recipes from Taline’s Instagram feed and app, this book is all about embracing our love affair with food while finding healthy and sustainable ways to cook and eat it with a therapeutic approach. It’s an easy introduction into the staples of a healthy diet that include ingredients like coconut flour, berry powders, and raw cocoa while you eat the rainbow that is healthy food.



MASTERCHEF STREET FOOD OF THE WORLD

GENEVIEVE TAYLOR
Bloomsbury
RRP \$45.00

Featuring recipes from *Masterchef* contestants the world over, this bright and vibrant book by food writer and stylist Genevieve Taylor is full of street food that will delight your senses. Including cuisines from the Middle East, Africa, Europe, the Americas, Australia and Asia, and the Indian subcontinent, you’ll be a master street food chef in no time at all!



HAPPY & WHOLE

MAGDALENA ROZE
Pan McMillan | RRP \$39.99

Full of light and bright recipes and photography, Magdalena’s first published book is divided up into sunrise, sunny, humid, cloudy and rainy chapters. Her writing promotes nourishment, happiness and a zest for life through healthy, easy to follow recipes for everyday life.



ONE PAN ROASTS

MOLLY SHUSTER
Murdoch Books | RRP \$35.00

I love a one-pan roast! They are one of my favourite things to throw together, although I often hear, ‘this again’? Well not anymore, enter the food stylist’s book, *One Pan Roast* to fix the monotonous ingredients. From nachos to parsnip soup, quinoa-stuffed zucchini Moroccan chicken, or peppercorn cote de boeuf.



This is a winter must-have!

COASTLINE – THE FOOD OF THE MEDITERRANEAN

LUCIO GALLETTO & DAVID DALE
Murdoch | RRP \$59.99

This book is a glorious journey into the food and culture of Spain, Italy and France, and a few other histories and stories that will help you to understand their cultures. I love a cookbook that also acts as a travel guide and offers interesting accounts of histories and people through food culture, especially one that offers a new take on a fried donut ball!



GREECE – THE COOKBOOK

VEFA ALEXIADOU
Phaidon | RRP \$59.95

An exhaustive culinary foray into the world of Greece and its food history, this book is a must for those who want to understand the culture that is an essential part of Greek cuisine. Barely a pebble has been left unturned; this tome delves into the many regions and influences that make up a long and proud history.





The Four Tenets of the Ya'idt-midtung People

By Raquel Neofit

With NAIDOC week celebrations upon us in July, we wanted to share with you a story about a particular set of beliefs from a tribe of Aboriginal people from Victoria's High Country, the Ya'idt-midtung people.

I discovered this 'life' philosophy a few months ago – it was hanging on an office wall when I went to visit one of our beauty and wellness contributors at Li'Tya.

Li'Tya have developed a range of spa and wellness products harvesting and utilising sustainable, wild, native plants combined with ancient Aboriginal plant knowledge and healing practices, to offer high-end spa treatments that unlock the profound wisdom of ancient Aboriginal medicine and wellness principles.

When the original founder of Li'Tya, local woman Gayle Heron, began this journey over 20 years ago, she sought the guidance of Aboriginal elders, including their current ambassador, Dianan Karna, a Midthang (*mi-dung*) woman from Ya'itmathang (*ya-mi-dung*) from the High Country in Victoria.

So when I approached Li'Tya about sharing these tenets, they instantly encouraged me to talk to her. And so I did. And I'm still fascinated with our conversation today.

This tribe of Aboriginal people live within a Mother Earth concept, their four tenets – Aildt, Aptomon, Dtwongdtyen and Linj'dta – are the foundation of how they live their lives. It's a holistic approach that considers the entirety of being in terms of one's physical, environmental, social health and



wellbeing. They hold sacred the traditional ways of healing and medicine.

'These practices are passed on from one family member to another who is considered suitable to carry that knowledge,' Dienan Karna told me.

What is important to remember is that all ancient Aboriginal knowledge and beliefs are regional. There isn't one single voice for Aboriginal Australia; each tribe has their own language and belief system according to the area where they live – and there are over 300 communities in Australia.

'When I talk about the four tenets and the beliefs as I am expressing now, they come specifically from around the High Country, the Snowy Mountains area. So Kosciusko, down the mountains, around Mount Feathertop and up across to the Murray River. Our philosophies and our understandings come from a very specific and a very spiritual place.'

Their lifestyle and their beliefs support wellbeing, and living in harmony with earth and nature, and part of that concept is centred on the four ancient tenets.

Of course, we can only briefly touch on these concepts here so I asked her how we could easily begin incorporating these philosophies into our lives.

'The best way is to just take it one day at a time,' she said. 'It's about not thinking 'in six months time, I've got to do this, this, and this'. It's not about doing something in the future.

It's about saying to yourself, 'okay, today I'm just going to focus on wellness and health, and be as happy and as loving as I can'.

'Those are the sorts of words to tell yourself each day – I'm just going to put one foot in front of the other to do my best.'

'It's consciously bringing yourself back to the day, to whomever you meet, to whatever your life is, to just make the most of it.'



'We have this saying that comes from one of the elders up in the mountains and it puts it all in *perspective...*'

'A varied perspective is the key to perception, Perception is the key to understanding, Understanding is the key to respect, Respect is the key to harmony, Harmony is the key to joy, And joy is the key to enlightenment.'

www.litya.com

Aildt

('ail-t')

Everything Is One

Everything and every person is inextricably linked as part of one creative force, universal soul or vitality known as Aildt. As all thoughts, words, actions, animate and inanimate objects impart their own energy or vibration upon the earth to form the ongoing creation of the world, everything, tangible and intangible is 'one'.

Adtomon

('ad-omon')

Truth Is The Path

By living in harmony with own truth, being true to the universe, true to each other and respecting the interconnectedness of all things, we find the truth path of nature and secure health and wellbeing.

Aildt

'We start with Aildt – which is 'we are one'. We are the same as each other. We all have our own individual differences, thank heavens, but we are all connected and we are all a part of this universe together. We have to be; we are, on a molecular level, a physical level and an emotional level, all a part of each other.

Within all of these beliefs we also include nature, so as human beings walking on the earth we are also walking with the earth and we are walking with nature. Being that she is constantly looking after us, we have an obligation to look after her.

We believe that everything has energy and spirit – the trees, the waters, the land, the animals and, of course, the people, all have a spiritual dimension and an energy that we all connect to.'

Adtomon

'Then we have Adtomon (*ardo-man*), which is about being true and living your truth. You have to acknowledge what your truth is though, and also how you find your truth – not someone else's belief system but yours.

What gets you out of bed in the morning and makes you sing? What is it in life that you just intuitively understand to be you – an expression of you?

We say that once you find that part of you, you're actually expressing your heart through your truth, and once you express your heart you're expressing your spirit as well. It's a journey, and once that heart energy engages, everything changes.'

Dtwongdtyen

'This then leads to Dtwongdtyen, which is something that people can struggle with because it's about looking at everything in your world through perspective.

It is about how you process what you're seeing, hearing or feeling – if it's something that affects you – through a perspective that's not your own. It's impossible to be objective, but it's an objective point of view.

Can you have the ability to stand back from an issue and look at it from as many different points of view as possible? Because only by doing that can we actually evaluate the issue in a more level way.

We have a saying called Dtoong-karla (*don garla*). Dtoong-karla is looking at something one-eyed. It's being judgemental and closed to another person's point of view. And, if you think about it, this is where wars come from, this is how the world interoperates 'this is my belief system and this is what I believe and I'm going to kill for it'. Someone will get up and say the same thing and before you know it they're at war, because it's so difficult to see another person's view with perspective.'

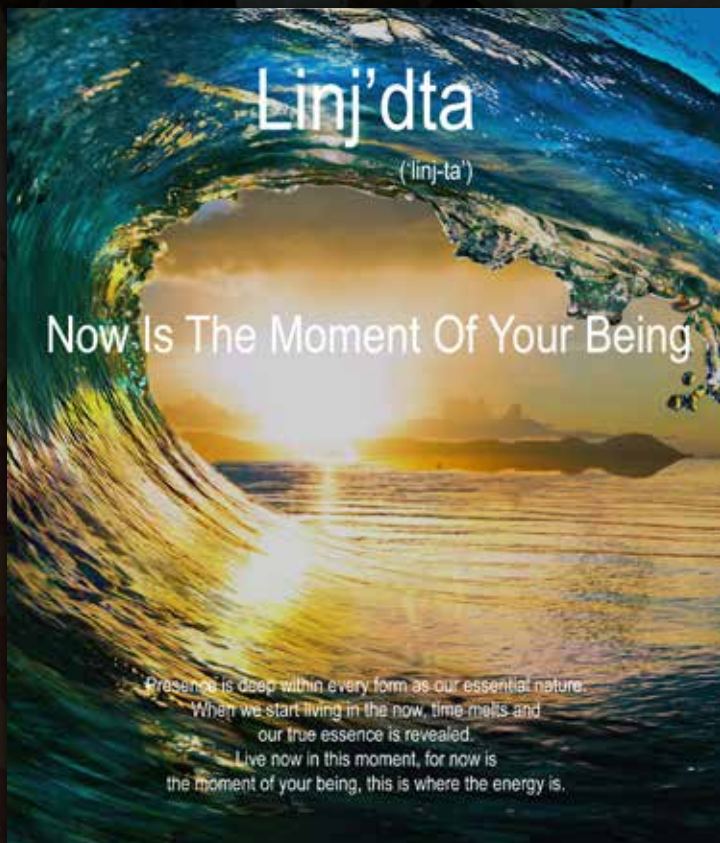
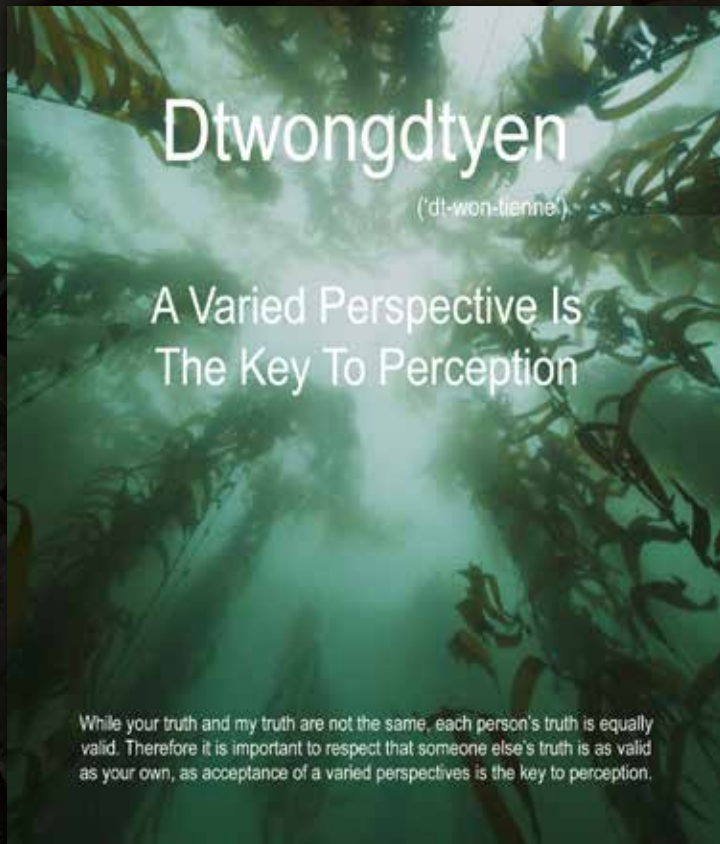
Linj'dta


'And that leads then into that concept of Linj'dta, which is all about the power of who we are in every moment we live.

There are a lot of people now who say they live in the moment, and it's that sort of concept, but it's having a deep understanding that we are only truly fulfilled and living through our heart and our spirit if we are focused as much as we possibly can on what we are doing now. In the moment, giving our full attention to what we're doing.

Our conscience is concentrated into our words, our feelings and our essence, that's all we can do to be a full and complete person, to live as positively as we can, as fully as we can, in each moment.

But we take it further then and say, for us to live a full and complete life we need to have nature in our perspective as well.'





*"Watch your thoughts;
they become words. Watch
your words; they become
actions. Watch your actions;
they become habits. Watch your
habits; they become character.
Watch your character; it becomes
your destiny."*

LAO TZU

The Power of Positive Thinking

The energy force behind our words should not be underestimated. Whether your words are thought, spoken, or written, they have meaning and yield power. They shape how we think, feel, act and believe.

They are the key to healthy relationships, both personally and professionally, and they can also have a profound effect on our physical health and wellbeing.

Sometimes on our journey through life we can find ourselves in challenging situations that shake us to the core and leave us in a position where we could end up entering into a pattern of negative self-talk. Negative self-talk is that little voice inside your head that results in self-criticism and being critical of others.

If left unchecked we can become self-defeating, find it difficult to forgive ourselves and others, and put strain on our relationships and health. This can lead us to feelings of anxiety, depression, and emotional and physical depletion.

However, there is light at the end of the tunnel. The first step to conquering negative self-talk is by recognising that there's a problem in the first place. Then we need to acknowledge that we need to change the way we think when our choice of words is constantly affecting us in a negative way.

One of the easiest methods to overcome negative thought patterns is with the power of *positive affirmations.*

WHAT ARE AFFIRMATIONS?

Affirmations are short, powerful, positive statements used to reaffirm a thought, belief or idea. Affirmations are simply positive phrases you say to yourself, out loud or internally, that help you silence the negative voices. They are exercises for your mind to challenge negative thinking. You repeat them as often as you need to; they can improve your mind's performance and function.

BENEFITS OF AFFIRMATIONS

You can't live a positive, happy life with a negative mind. Positive affirmations that are practiced daily can bring about positive changes to our state of being, and ultimately bring about changes to our relationships with our partner, children, friends or family, our career or workplace, our opinion of self, and even our finances.

The power of positive thought cannot be underestimated – it can help transform your life on so many levels. Affirming or stating what you want to be true and present in your life, and practicing it daily, will lead you to mentally and emotionally seeing and feeling it as true, irrespective of your present circumstances. When used daily, this process helps to attract your affirmation into your life.

There is scientific research that suggests positive affirmations can provide the following benefits:

- Increased compassion for others
- Happier mood
- Lower cortisol responses to stress
- Increased self-esteem
- Healthier.



I am enough



*I can't
do this*

*Negative thoughts lead to an inability to take action.
Positive thoughts lead to possibilities.*



THE POWER OF WORDS

Positive words at the right moment can bring joy, strengthen relationships, build confidence, create opportunities or even stir up a revolution. Positive words are helpful as they lead to positive thoughts and actions, they motivate, they help us to focus on our immediate and long-term goals, and they can also inspire change.

Negative words can bring us to tears, cloud our judgment, harden our hearts, cause conflict, erode our self esteem and directly compromise our ability to problem solve. They can hurt; they can cut deep and leave emotional scars that can last a lifetime.

When negative thoughts take up all the space in your mind, they leave so little room for us to experience love and joy in our life and to stay positive through challenging times.

By shifting our focus using positive affirmations, we can begin to reframe our thoughts in a more positive way.

THE POWER TO CHANGE LIES WITHIN

The power of positive thinking is a mind shift. It promotes a more positive outlook to a problem or situation. It's like using a muscle, the more you use it in a positive way, the stronger it becomes.

You can't change the people around you, but you can change your mindset and where you focus your energy by implementing positive affirmations in your life and practicing them daily.

How to begin:

Find a quiet place where you can relax the body and quiet your mind; this will ensure your mind and body remain in a state of relaxation and harmony to practice your affirmations.

Define the direction you want your life to take and focus on the thoughts needed to get you there.

Choose only positive words and thoughts, and describe what you really want. Use short statements and words that have personal meaning to you – they will be easier to remember too.

Say it like you mean it.

Stay positive and keep away from the negatives.

Notice the changes in your thinking and life, however small.

Be grateful for everything in your life and give thanks and acknowledgement for the things you have achieved or received.



Here is a list of positive affirmations to help get you started:

I think and speak positively . I am in charge of how I feel and today I am choosing happiness. I love and approve of myself. I love myself and allow myself to be loved fully. I feel whole and healthy and have abundant energy. I create happiness in my life and in the lives of others.

Positive affirmations are a fantastic way to stop negative self talk and start thinking positively.

Practice affirmations daily and you will begin to notice the little miracles in your daily life.

In the spirit of positive thinking and practicing my affirmations of gratitude and love, I leave you with this thought:

you are amazing!



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.

Winter + MY 7 TRUSTY COLD REMEDIES



With winter on our doorsteps, the difference between you **'making it or breaking it'** are the little fixes you have in your book of tricks.

You'd be forgiven for thinking the best option is racing for the cold and flu medication, and while it may help you feel a little better, the reality remains; suppressing symptoms may actually lengthen your recovery.

The body needs to fully express symptoms and respond accordingly to truly pave the way to recovery. I understand as much as the next person that falling sick is unwelcome and inconvenient, but when we allow our bodies to 'do the work' the symptoms usually pass at a rapid rate rather than linger on for a long time.

And then, of course, being mindful that treating symptoms isn't actually treating the root cause of the illness is of most importance. In these times, there are tried and tested remedies that help to speed along the process – a healthy body will have far less trouble recovering.

I encourage you to make a conscious effort right now to prepare your body for the colder months ahead.

It will, for some, mean some changes to diet, switching to gentler exercise and movement in the cooler months, resting and sometimes sleeping in and boosting your diet to pump up the immunity.

When all is said and done, these changes are never going to have a negative outcome – being the healthiest version of

yourself is something I'd encourage you to strive for every day, not just in response to preparing yourself for winter.

Let's also not forget that a cold is vastly different from the flu – many of us self-diagnose and if you are ever in doubt, it's really important you consult your healthcare professional.

I've got a **few tricks** up my sleeve to help take you towards your best this cold and flu season:

Lemon.

I love lemon for its therapeutic benefits in treating inflammation (a.k.a. pain from a sore throat!) and for its good dose of vitamin C. It's able to do this because of its beautiful antioxidant properties, which help to 'clean up' the body. It's an absolute staple in our house no matter what. Teamed up with honey and mint, I make pots of this brew to treat a sore throat and coughs, and top my cup up all day.

Essential Oils.

At NKHQ we are mad for essential oils and their fantastic ability to heal the body. Depending on your condition, there is absolutely an essential oil to match. When treating congestion, coughs, colds, flus and respiratory problems we use the combination of lemongrass, peppermint, eucalyptus and lavender, and will put this into an electric oil diffuser with an auto-off switch to mist well into the nighttime.



Salt Therapy.

These amazing rooms draw on the benefits of extremely fine salt that is dispersed into the air, making its way into your respiratory system to help detoxify, disperse and break down congestion. The benefits of salt therapy aren't limited to respiratory conditions. The use of salt is widely used to treat skin issues and irritation too.

Honey.

Honey is a natural antibiotic. It's also super useful to help soothe coughs and sore throats. It's recognised also for its wound healing ability – which to me translates to healing a red and irritated throat. Because of its lubricating nature, I find it really beneficial for treating nasty coughs.



Liposomal Vitamin C.



Unlike regular vitamin C, liposomal vitamin C isn't digested but rather immediately absorbed meaning high doses can be taken. The benefit here is that it directly goes to work on boosting the immune system to fight off the pesky cold or flu. It can be a little tricky to purchase. I generally order ours online, however, good health food shops are now beginning to stock this wonder product.

7 Soup.

Warm fluids are all part of the healing process when colds and flus are in town. The gut forms around 80% of our immunity, so by ensuring that it is well cared for during times of sickness you're giving your body the best chance of recovery. Often when we are sick, our diet can go out the window, so it's important to know why, above any other time, nutrition is absolutely vital in the recovery process



Juice.

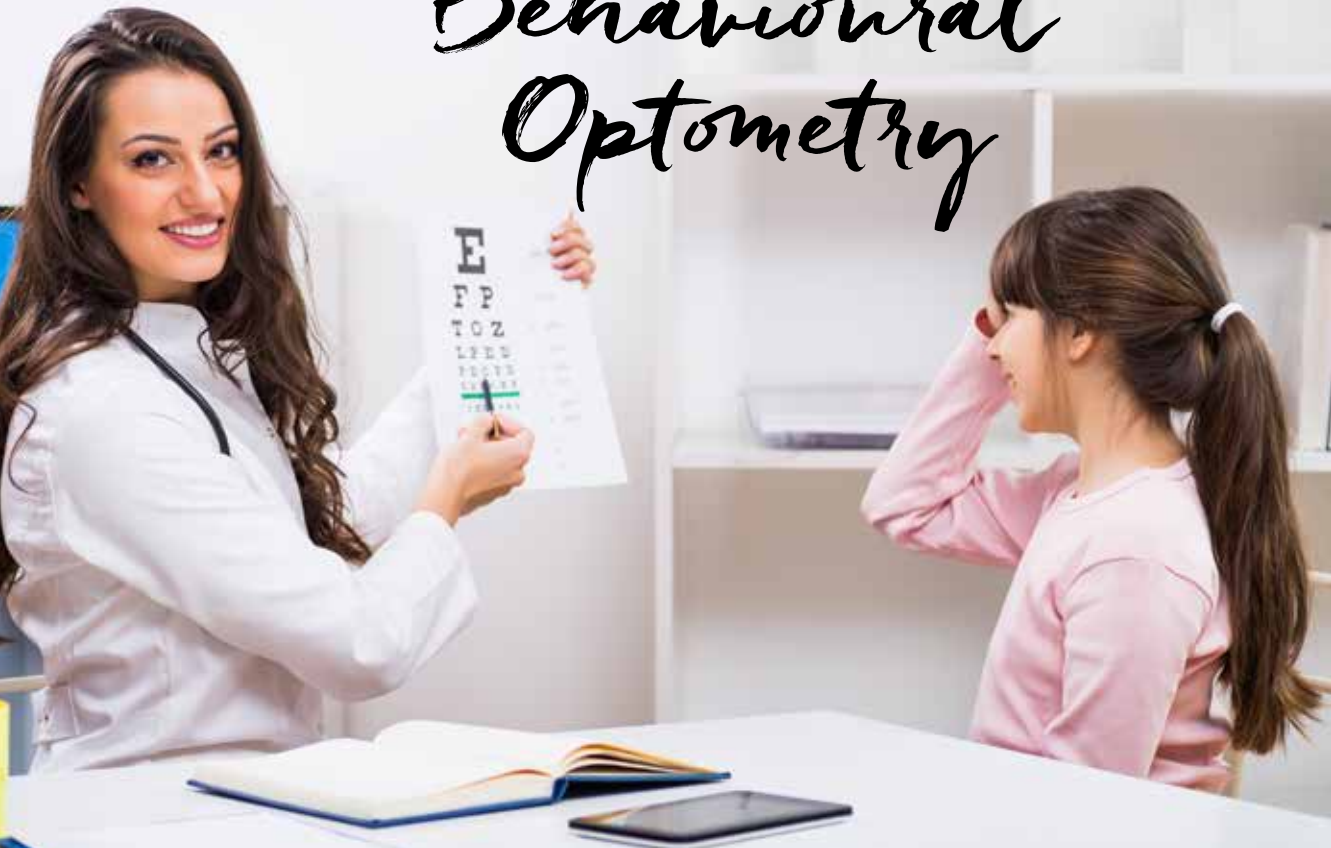
The benefits of juices can be wonderful to not only support the immune system but also treat sore throats and inflammation. Staying well hydrated to ensure the body is cleansing and detoxifying is a must.

There are obviously many remedies and healing methods that differing households, families and cultures swear by. Next time you're feeling a niggly sore throat or a case of the sniffles, don't underestimate the simple remedies that can have profound results.



DR NAT KRINGOUDIS (TCM)
www.natkringoudis.com.au

Behavioural Optometry



A child's vision can have a huge impact on the rest of their lives.

Untreated visual acuity and eye muscle problems can greatly affect the learning abilities of our children from a young age. As many as one in four Australian children suffer from undiagnosed eye problems that may lead to learning difficulties and delays.

Of our five senses, vision plays a major role in both physical and emotional development. In the classroom, vision is critical for core competencies such as spelling, reading, writing and board work.

Children need to see and interpret the visual information they receive. These days, with mobile phones and other such devices, extra stress is placed on our visual system.

Standard eye tests at most optometrists **don't** always pick up on these issues.

However, a Behavioural Optometrist will assess how they are processing this visual information, how the two eyes are working together and whether there are any vision-related learning difficulties.

Children need good eyesight to see clearly, but also to assist with the scanning and focusing process, these skills influence how they learn and comprehend information.

If these skills have been poorly developed, learning not only becomes more difficult, but students often react in one of the following ways:

- Avoidance of near visual work
- Reduced understanding of reading
- Short attention span and focus
- Misbehaving in class
- Adaptations such as short-sightedness or suppression of vision.

As a mother of three children still at school, I understand the real concerns of parents when it comes to the well-being of their children. My passion for paediatric optometry arose one Thursday afternoon, over 20 years ago.

I was asked to assess a six-year-old boy who was about to be expelled from school. His behaviour couldn't be tolerated

anymore and his grandmother was in tears as she didn't know where else to go. This child was slightly long-sighted and had good visual acuity.

A pair of concentrating glasses was prescribed and the child blossomed. He became an A+ student and has never looked back. Believing in him and changing his life still gives me goose bumps today.

These cases, unfortunately, are not rare. I recently saw a school aged child who was asked to repeat prep due to being labelled 'social immature'. Upon further investigation it became apparent that significantly reduced vision was contributing to the learning inattention.

Similarly, another child attended my clinic with reports of bad behaviour, I referred him for a CT scan and he was unfortunately diagnosed with a brain tumour.

These incidents clearly illustrate the importance of regular eye examinations. No child is too young for an eye examination. Recommended eye examinations are 6 months old, 3 and a half-years-old, pre-prep and annually thereafter. Eye tests should be conducted earlier if there is a family history of eye conditions.

Below are some of the **signs** that may suggest your child needs to be evaluated for a behavioural vision evaluation.

- Children holding their books too close
- Children holding their head at an extreme angle to the book or computer when reading
- Children covering one eye while reading
- Children squinting when reading or working
- Children with poor attention spans
- Children whose homework takes longer than necessary
- Children who lose their place while reading
- Children who report blurriness or seeing double
- Children who reverse their letters
- Children who re-read or skip lines
- Children who get headaches
- Children who experience burning or itching eyes after vision work
- Children whose comprehension declines as reading continues.

Eliminating or reducing visual problems associated with these signs and symptoms can result in rapid improvement in the child's school performance.

Behavioural Optometric Intervention aims to help with the management of both children and adults with learning disabilities, and help to eliminate or reduce vision problems that may obstruct learning.

After all, visual assessment of children and correction of visual impairment is important in order to ensure optimal development and the best possible start to their schooling and life.

Remember to book your children in for their annual eye assessment when you're booking their dental checks too.



Nicky Kiparissis

B.Sc.B.Sc.Optom (Uni Melb)

12-16 Parker St,

Williamstown 3016

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LEE HOLMES

INTERMITTENT FASTING

The New Energy Source





Fasting doesn't have to be days on end of consuming nothing but juice and herbal teas, and if you ask our favourite health and wellness writer – Lee Holmes, she will be quick to tell you to avoid those fad juice or liquid diets.

Her latest book recommends intermittent fasting as the way to go and from what we've seen the best thing about intermittent fasting is that it's achievable.

And not only will your body thank you for it, you'll lose weight and it will raise your energy levels!

'Intermittent fasting is a scientifically proven approach to achieving health, longevity and sustainable weight loss,' Lee says. 'And it's not about starving yourself or deprivation, you can still eat and you can eat well! It's all about giving your digestive system a break from processed food and food that is difficult to digest.'

Lee's philosophy is centred around wholefood fasting; consuming key nutrients that are really good for you and keep you satiated. It's about balance – you can have a little bit of fat, a little bit of protein and veggies, so you get all the nutrients your body needs.

With intermittent fasting,
women can have 500
 calories a day and
men can have 600 a day.

'This is something I do myself and, when I do have fasting days, I feel so much **more energised**.

It also balances out your hormones and allows you to understand the foods that you're addicted to – usually things like sugar and unhealthy foods – and it allows you to understand what they are.

I also find, especially the day after a fasting day, that I feel mentally so much clearer, and that's scientifically proven as well.'

After Lee started healing her gut, she noticed that she felt really good when she was eating easy to digest foods so she started to think about the benefits of giving her digestive system a break on a regular basis.

'I'd actually feel really good after these fasting periods, so I continued it for two days a week. When I looked further into the scientific side of fasting, I decided to turn my Heal Your Gut program into a two day fasting, heal your gut program.'

'There are all different types of fasting but I follow the intermittent style of fasting where you fast for two days a week. And I find it really gives my tummy a rest.'



Not into calorie counting, all you really need to do is look at your portion size and not eat too much. Try to eat lighter if you can, avoid processed foods, limit your carb intake, stick to fresh produce, grilled chicken or fish and you'll be right. But to make things a little easier, Lee has a comprehensive food list with the calorie counts attached in her book *Fast Your Way to Wellness*.

Lee's Fasting Tips

There are so many different types and approaches to fasting, but I don't recommend anyone abstaining from food for a long time because your body just goes into starvation mode and that's not good for anyone, especially for a woman's hormones.

You could start by finding easy ways to introduce wholefoods into your day. So maybe start by having a smoothie for breakfast or introducing a few more vegetables into your day.

Everyone fasts, whether we know it or not, when we go to bed at night – from when we have our last meal all the way through until morning.

Fasting overnight is an easy way to do it – so for example, have your last meal at 7pm and don't have breakfast until 11am. **That's a 16 hour fast!**

Then there is the up day, down day, where you eat whatever you want one day then the next day you reduce the portions on your plate and eat a bit healthier.

Another option is to limit your eating to an 8-hour window – this can be really good for busy people.

Busting the Fasting Myths

'One of the biggest myths around fasting is that you can't eat – I love food, I'm all about food! This is one of the biggest myths that I want to bust about fasting. When you fast you can enjoy so much really delicious food that will keep you satiated and feeling full.

And it's not all about living on juice, it's about giving your body a rest. You don't stop eating all together, that's not my kind of fasting.

You can get some really nice meals with five hundred calories a day. Think chicken or fish and salad, a smoothie, a soup, there's a lot of food you can eat within the 500 calories if you do it right.

Lee's book is full of delicious recipes from banana bread to one-pan bakes, there's food in there for everyone!

Murdoch Books
RRP **\$29.99**



Rosemary and thyme chicken stew

If you're really pressed for time in the evenings, throw all the ingredients in your slow-cooker in the morning and come home to a scrumptious dinner. Serves 4 | 267 calories per serve (1118kJ)

Ingredients

- 145g (2 large) carrots, halved lengthways and sliced
- 4 small red onions (optional), peeled and quartered
- 2 leeks, white part only, sliced
- 2 lemons, quartered
- 2 garlic cloves
- 370g (about 2) skinless chicken thighs, halved
- 625ml (2½ cups) chicken stock
- 400g tinned diced tomatoes
- 2 bay leaves
- a few thyme sprigs
- a few rosemary sprigs
- drizzle of apple cider vinegar
- 1 teaspoon sugar-free wholegrain mustard
- Celtic sea salt and freshly ground black pepper, to taste

Method

Preheat the oven to 180°C (350°F).

Put the carrots, onions (if using), leeks, lemons and garlic in a large roasting tin. Rest the chicken thighs on top of the vegetables, then pour in the stock and tomatoes and top with the herbs. Drizzle in the apple cider vinegar, then bake for 35–40 minutes, until the vegetables and chicken are cooked through.

Remove the chicken and vegetables from the pan and keep warm. Discard the bay leaf (and perhaps the lemon quarters if you prefer) and transfer the juices to a saucepan. Bring the juices to the boil, then add the mustard and boil for 5 minutes, or until slightly thickened. Season with salt and pepper.

Pour the sauce over the chicken and vegetables, then serve.



One-pan roasted fish and vegetables

Serves 4 | 249 calories per serve (1043kJ)

Ingredients

- 4 x 120g thick white fish fillets (such as barramundi or cod)
- juice of 1 lemon
- Celtic sea salt and freshly ground black pepper, to taste
- a few rosemary sprigs
- a few thyme sprigs
- 2 brown onions, cut into wedges (optional)
- 4 garlic cloves
- 2 zucchini, thickly sliced lengthways
- 1 small eggplant, cut into large dice
- 2 red capsicums, cut into wedges
- 2 large orange or yellow capsicums, cut into large wedges
- 1 tablespoon extra virgin olive oil
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 1 teaspoon ground cumin
- 1/2 teaspoon chilli flakes
- thin lemon wedges, to serve

Method

Preheat the oven to 200°C (400°F).

Put the fish fillets in a shallow dish and pour over the lemon juice. Season with salt and pepper, then top the fillets with the rosemary and thyme sprigs. Cover and set aside at room temperature while you cook the vegies.

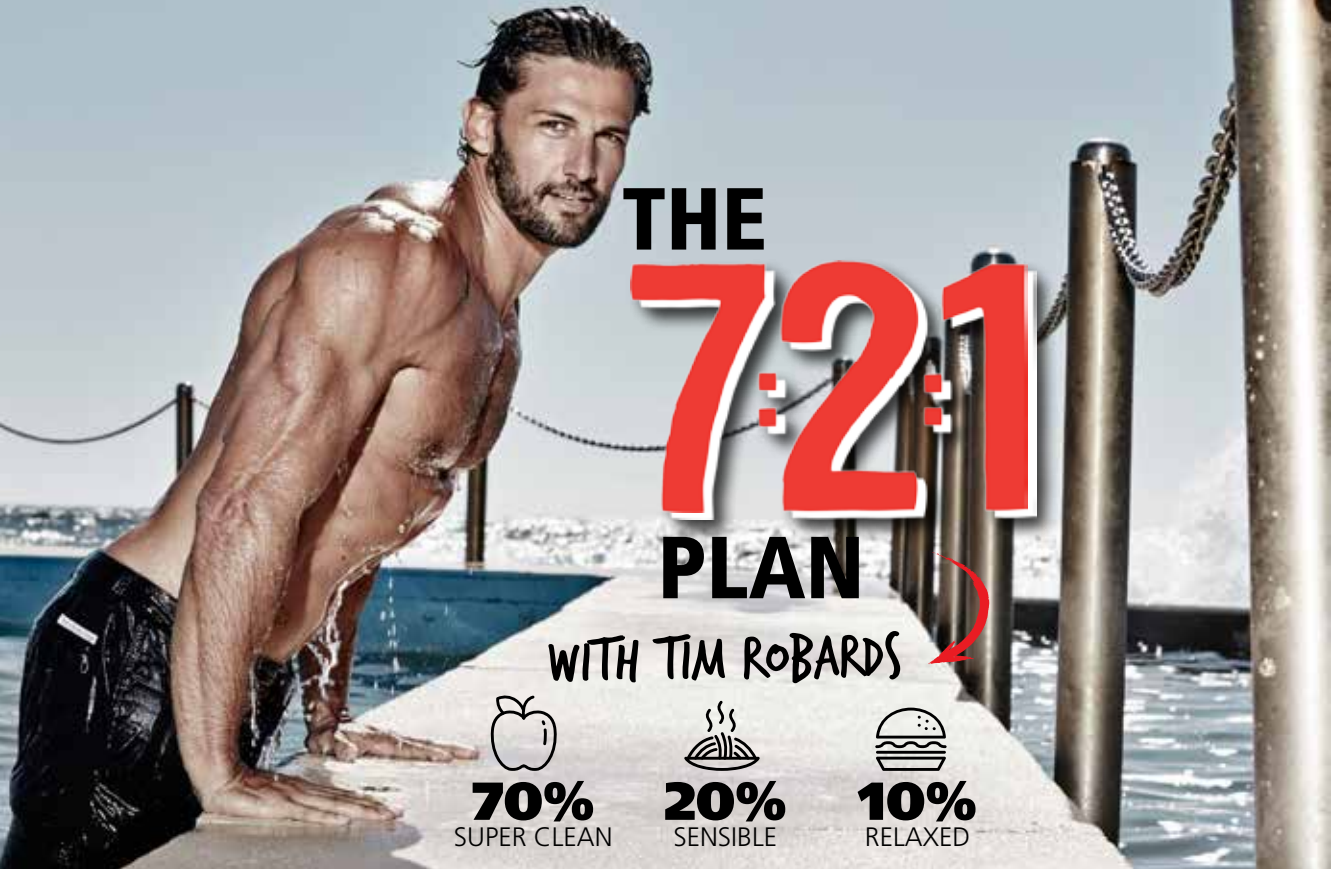
Put the vegetables in a roasting tin, season with salt and pepper, then drizzle over the olive oil and sprinkle with the herbs and spices. Bake for 25–30 minutes, turning halfway through.

Rest the fish fillets on top of the vegetables and cook for a further

12–15 minutes, until the fish is cooked through.

Serve the fillets on top of the vegetables with lemon wedges (if using).





THE 7:2:1 PLAN

WITH TIM ROBARDS


70%
SUPER CLEAN


20%
SENSIBLE


10%
RELAXED

MY FOOD PHILOSOPHY

The body is the most impressive piece of self-healing, self-regulating engineering ever built. Our living environment can be full of stressors which put pressure on our ability to live happily and sustainably. But being able to recognise, adapt and then thrive under those stressors with the right nutrition and fitness approach is what makes us such an impressive natural invention. 7:2:1 is what I've learned from my body in the 15 years I've studied its interaction with our environment.

7:2:1 takes into account what our ancestors ate and what we have been generationally programmed to eat but, unlike paleo, it recognises that we have adapted since the time of our caveman ancestors. These days it's not a low-calorie, low-carb, no-carb, grain-free regimen. 7:2:1 has been adapted to incorporate that little thing we call *real life!* It's about listening to our bodies, learning the signs and indications and what they relate to.

Our genes have adapted to various regions around the world, country to country, continent to continent. To throw another spanner in the works, with the increased ability to travel and the rise of multiculturalism there is a real mix of cultural genetics. With industrialisation, our food has changed more in the last 100 years than it did in the previous 100,000 years! Our genes are struggling to catch up. The result is the lifestyle diseases that are stripping people of their quality of life or their life altogether. A few hundred years ago, the things that kill us now were almost non-existent.

I want to help you learn about your own body, and understand its language so you can fuel your body in a way that allows you to get the very best from it. Imagine you're at the gym, and you're asking your trainer what their approach to nutrition is. That's what I'm here for – to give you a snapshot of how I look after my body, the knowledge I've acquired, and how it's led to results.

It begins with 7:2:1 – the fuel philosophy I've designed to help you upgrade the quality of your eating habits, without drastic elimination diets and calorie-counting. You'll reset your body's hunger triggers, cut addictions and listen to what your body tells you. It's the eating approach I use with The Robards Method training program, which has given me the best results of my life. And I want to share what I've learned with you.

Quality nutrition is such an integral part of whether you succeed in so many different areas of your life. Eat better. Sleep better. Feel better. Be better.

“
Food is there to be enjoyed, yet respected. I want to show you how to find the perfect balance of both.”



Midweek Pork Roast with Fennel and Apple

High in protein and rich in many vitamins and minerals, pork is an excellent addition to a healthy diet. Go for lean loin chops and trim off any excess fat before cooking.

SERVES 2

- 1 teaspoon fennel seeds
- 2 x 125g pork fillet steaks or cutlets, trimmed of fat
- 1 teaspoon ghee or butter
- 1 fennel bulb, outer layers removed, cut into 1cm thick slices
- 2 green apples, cored and cut into wedges
- olive oil, for drizzling
- sea salt
- 2 large handfuls of mesclun salad mix

PREHEAT the oven to 180°C.

RUB the fennel seeds onto both sides of the pork steaks or cutlets.

MELT the ghee or butter in a frying pan over high heat and sear the pork for no more than 1 minute on each side.

SCATTER the fennel slices and apple over the base of a roasting tin.

Drizzle with a little olive oil and season with salt, then toss well to coat.

PLACE the seared pork on the apple and fennel and pour over any juices from the frying pan. Roast for 30–40 minutes until cooked through.

SERVE simply with some leafy greens.



Sumo Breakfast Bowl

A great way to break unhealthy eating habits, especially sugar-laden ones, is to surprise your tastebuds with new flavours; this veggie-rich bowl will do just that. And as the name suggests, this makes for a substantial breakfast.

SERVES 2

- ½ cup quinoa
- ½ cup frozen edamame
- 2 free-range eggs
- ½ head broccoli, cut into very small florets
- 6 kale stalks, trimmed, leaves roughly torn
- 2 large handfuls of baby spinach
- 8 cherry tomatoes, halved
- 1 avocado, halved
- ¼ cup slivered almonds
- black and white sesame seeds, to garnish
- mint or coriander leaves, to garnish (optional)
- sea salt and freshly ground black pepper
- lemon wedges, to serve

Dressing

- 1 tablespoon tahini
- 1 tablespoon Greek-style yoghurt
- juice of ½ lemon
- pinch of ground cumin

COOK the quinoa according to the packet instructions.

BRING a small saucepan of water to the boil, add the edamame and simmer for 5 minutes or until cooked. Drain and set aside.

REFILL the pan with water and bring it to the boil again. Add the eggs and cook for 4 minutes for a soft centre or until cooked to your liking.

Peel and cut lengthways into quarters.

BLANCH the broccoli in a separate saucepan for 3 minutes or until cooked but still crunchy and a vibrant green. Drain and toss through the kale and spinach. Cover while you prepare the remaining ingredients.

TO make the dressing, combine all the ingredients and 2 tablespoons water in a small bowl.

PLATE up the cooked quinoa, tomato, avocado, greens, edamame and eggs. Scatter over the almonds, sesame seeds and herbs, if using, and season with salt and pepper. Drizzle with the dressing and serve with lemon wedges.



Text and recipes have been extracted from *The 7:2:1 Plan* by Tim Robards, published by Macmillan Australia, available now.

Photographer: Steve Brown Photography 2017



6 **SIX** REASONS TO TRY *Weight Training This Winter*

For a lot of people, no part of the gym is as confusing, bewildering or downright terrifying as the weights room. What on earth are you supposed to do with all those funny shaped bells and bars? How many times do you need to lift them? And what if you drop one on your foot?

The thing is, weight training (also called strength training) forms an important part of any workout regimen, and the benefits go way beyond crafting Michelle Obama-style biceps. Lifting weights not only tones muscles and builds strength, but it also helps to shed fat, prevent injury, relieve stress, stay healthy into your older years, and improve performance in other sports and activities.

Read on for all the reasons you should try weight training this winter...





Build Muscle

Fact: building muscle does not mean bulking up. Many exercisers, especially women, assume that lifting weights equals an Arnie physique, but it's simply not true. Women naturally have higher levels of estrogen and lower levels of testosterone than men, so it's almost impossible to morph into the Terminator from moderate or even frequent weight training. In fact, increased muscle mass will help you get leaner – not to mention give you added strength in your everyday life. Studies show that moderate weight training can increase a woman's strength by 30 to 50 per cent, which means carrying the shopping in from the car, lifting your kids up and doing housework is going to be much, much easier.

Shed Fat

Another common exercise myth is that cardio is the only way to lose weight. While some treadmill time will certainly burn kilojoules, weight training actually helps you to keep burning them long after you've finished working out – yep, even if you're just recovering on the couch afterwards! That's because weight training increases muscle mass, which helps fire up your metabolism and torch kilojoules. If you're not sure how to kick your love affair with the treadmill or cross trainer, book an appointment with a PT at your local gym to get started on a strength program for weight loss.



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Prevent Injury

Strength and stability starts with a strong core. Not only does it build better balance, which is important for preventing falls and tumbles, but core strength also ensures your pelvis, lower back, hips and abs are functioning correctly. A weakened core can mean that other muscles have to compensate, leading to lower back pain. Add core strengthening exercises to your workout regimen to relieve pain and develop better posture – which will also help you appear taller, leaner and will protect your spine.

Relieve Stress

Whether it's a frustrating meeting at work, getting stuck in traffic, or kids who just won't listen, we all have those moments where it feels like steam is going to start coming out of our ears. A quick walk around the block can do wonders for calming our minds when we're worked up about something, but weight training has a similarly soothing effect. It's been shown to decrease blood pressure, and improve blood flow and circulation throughout the entire body. So instead of reaching for a glass of wine or packet of Tim Tams at the end of a rough day, pick up a couple of dumbbells!



Stay Healthy Into your Older Years

Think the weights room is just for 20-something gym junkies? Think again. Weight training is important for older gym-goers too. Research has shown that strength training slows down muscle loss as we get older and helps protect against weight gain. It's also great for our bones – a study published in *The Journal of American Medical Association* found that regular strength training prevented bone density loss and in fact produced bone density gain. Two to three times a week is enough to feel these benefits.



Improve Performance in Other Sports

Winter is prime time for fun runs and endurance events – in Melbourne alone there's the MS Walk + Fun Run on June 4, Run Melbourne on July 30 and the Sandy Point Half Marathon on August 27, amongst others. You might think this means endless hours of training on the treadmill, but research has shown that strength training is just as vital for improving overall fitness and building endurance. As well as clocking up the kilometres, add in a couple of weight training sessions each week, incorporating compound movements like squats, lunges and deadlifts. Not only will this help improve your speed (hello, new PB!) but it will also ensure you get to the finish line injury-free.



Keen to give weight training a try? Head to fernwoodfitness.com.au to find out more and register with your local club!



Damage Repair with the Experts!

With summer well behind us and the extremes of winter creeping in, we turn our attention to repair and protection.

The most obvious start to repairing damaged hair is to lay off the straightening irons, and turn your attention to brushing. Be gentle, and use a leave-in, de-tangling spray before you brush if you have unruly curls or tangles to take the pressure off your hair. Then find yourself a multi-tasking repair treatment.

Minimise Breakage with KEVIN MURPHY

It all starts with your wash and rinse – you need to add in lost-moisture, as your hair is usually very dehydrated after summer.

KEVIN.MURPHY REPAIR.WASH and REPAIR.RINSE are the best way to add in lost-moisture and proteins to nourish hair, and strengthen elasticity, which can be damaged after a harsh summer of sun, sea and a dry climate.

Add in a treatment to your regime at least once or twice a week for added hydration. KEVIN.MURPHY ANGEL.MASQUE is perfect for fine hair that needs some TLC and HYDRATE-ME.MASQUE is perfect for thicker hair that is depleted of moisture. They act like intense therapy for your hair and penetrate the surface, rebuilding from the inside out.

Never tie your hair up when it is wet! Your hair is at its most fragile when it is wet – wrapping it in a hair tie puts pressure on every strand, which can damage the elasticity and cause hair to break and become frizzy. Apply YOUNG.AGAIN to damp hair to add hydration and heat protection, and blast hair dry to at least 80% before tying it up.



Kevin.Murphy Leave-in.Repair (RRP \$49.99) Smells like a party in a bottle and is ultra-nourishing. It leaves your hair manageable and silky.



Roll.Brush
(RRP\$59.99)

Kevin.Murphy Smooth.Again.Wash (RRP \$39.99) and **Smooth.Again.Rinse** (RRP \$38.99) Apart from the awesome packaging of Kevin Murphy's range, this combo of smoothing shampoo and conditioner transports you into holiday mode as the scents waft around you.

Winter Must-Have Treatments and Protectors.

Schwarzkopf Professional BC BONACURE Fibre Force Fortifying Shampoo (RRP \$29.95) and **Fortifying Mask** (RRP \$29.95) This gorgeous duo rejuvenates broken hair fibres and leaves your hair feeling strong and nourished. It strengthens hair from the inside and seals the cuticle with what they call a laminating effect, and locks the active ingredients inside.



Intense muk Repair Shampoo (RRP \$24.95), **Repair Conditioner** (RRP \$24.95) and **Repair Treatment** (RRP \$25.95) Intense muk Repair has just the right amount of protein that leaves your hair feeling soft and manageable without that brittle and dry feeling that some proteins can cause.



JOEY SCANDIZZO, ELEVEN Australia's Co-Creative Director and three-time Hairdresser of the Year.

Cut your hair!

It's not a myth. Getting your hair trimmed regularly is the best way to keep your hair healthy. It is always better to get half an inch taken off every six to eight weeks, rather than getting five inches cut off every six months.

Using a treatment once a week, or every third or fourth wash, really helps maintain the strength of your hair, which helps prevent breakage. 3 Minute Repair from ELEVEN Australia is the perfect mix of protein and moisture to help prevent breakage and keep hair hydrated.



Brush It Out!

Joey Scandizzo's Ultimate Blow Dry Advice!

Lay off the irons and get your hands on a good quality hairbrush!

To make sure you get the best result when drying your hair straight, make sure you squeeze any excess water out with a towel – the trick is to not rough it up too much as this can make your hair more 'fluffy'.

Apply ELEVEN Australia Miracle Hair Treatment from roots through to ends and use a flat brush to keep your hair smooth and flat as you dry it. Always work with a nozzle on the end of your dryer – this helps direct your hair where to go. Brush hair from side to side so both the top and underneath layers are dry. When hair is completely dry, blast with cold air to set your style in place.

ELEVEN Australia Professional Medium Round Brush (RRP \$29.99) With a magnesium barrel and anti-static coating, this brush grips hair perfectly for the ultimate straight blow-dry.



THE ULTIMATE ELEVEN AUSTRALIA HAIR CARE GIVEAWAY!

This winter, our friends at ELEVEN Australia are giving you the opportunity to win the following products:

- ELEVEN Australia Smooth Me Now Shampoo and Conditioner
- A three-minute treatment
- A Miracle Hair Treatment
- An ELEVEN Australia Paddle Brush

Keep an eye on our social media for details.



Shu Uemura Urban Moisture Hydro-Nourishing Double Serum (RRP \$58.00) Hydrate and protect in one fell swoop with this divinely scented serum. Super luxe and scented with camellia it also regenerates cells and tames those fly-aways while adding finesse.



Shu Uemura Hydro-Nourishing Treatment Masque (RRP \$68.00) Is the rinse-out treatment in this luxe range of repairing, hydrating, and moisturising gods!



Pureology Colour Fanatic Hair Beautifier (RRP \$42.95)

This multi-tasking, leave-in treatment provides 21 essential benefits to prime, protect and perfect colour-treated locks!



Li'Tya Quandong Hair Mask (RRP \$82.00)

This divine mask adds just the right amount of moisture with all natural ingredients. Not only does your hair smell amazing, it actually feels strong and more manageable from the first use.

Combine with **Li'tya's Organic Quandong and Camilla Hair Cleanser** (RRP \$40.00) and **Hair Hydrator** (RRP \$40.00) for an ultimate result in natural hair repair. www.litya.com

The eyes are the windows to the soul...

so this issue we asked the experts at **INGLOT** for a few tips and tricks.



INGLOT Brow Shaping Mascara is a mini tube of great control when it comes to keeping those brows in place. (RRP \$26)

BEAUTIFULLY KEPT BROWS

Keeping your brows in check doesn't have to be hard, especially if you're new to the brow game. Brow mascaras make shaping easy by working with what you've got, and are a great starting point. Once you're feeling good with a slick of brow mascara, you can move on to using shaping and liner tools too.



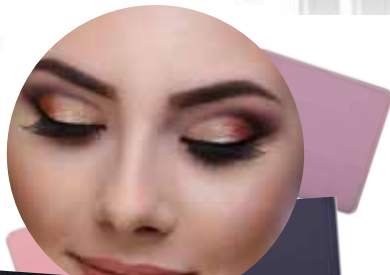
NP PRO TIP:
The firmer you stroke, the stronger the brow!

Napoleon Perdis Wand-er-Brow (RRP \$32) is a brilliant, thin wand for defining and finishing your brows while the **Napoleon Perdis Eyebrow Pencil** (RRP \$32) makes it easy to shape and define.



CUT CREASE

This make up technique is starting to take over, so get in quick and lead the beauty pack. A cut crease is used to define the crease of your eye by 'cutting' it across with a contrasting eyeshadow colour. If you're just beginning, use colours that are easy to blend and focus on intensifying the outer ends of your eye. Make sure you use eyeshadow with a strong pigment too, so you don't have to use tonnes of shadow to get the look. This technique will open your eyes and give you an effortlessly glam look, especially when you use darker colours to make it more dramatic.



While we're here, let's talk *liners* and *mascara*!
Read on for some winter must haves.

Hourglass – 1.5mm Mechanical Gel Liner (RRP \$26) is super easy to apply! It glides on precisely and is smudge-proof all day. mecca.com.au

Smashbox – X-Rated Mascara (RRP \$31) This mascara is like instant falsies! It thickens and lengthens to the point of almost not believing it's just a mascara! A must-have for bold, noticeable lashes! mecca.com.au

Smashbox – Always on Gel Liner in Bouncer (RRP \$26) A brilliant blast of bold colour with easy glide application that won't smudge – it's a dream! mecca.com.au

Colorescience Mascara (RRP \$35) A dream to apply, and it layers brilliantly. It's also full of pro-vitamins to condition and protect your lashes.

INGLOT Lash Enhancer Mascara (RRP \$30) lengthens and gives a hit of boldness in a single sweep!

INGLOT Volume & Waterproof Mascara (RRP \$28) This brilliant waterproof mascara layers easily, adds loads of volume and separates lashes perfectly.

Napoleon Perdis Peep Show Madame Curl Curl Black Mascara (RRP \$39) is our pick of the season. Not only does it curl, it lengthens, thickens, and makes your lashes the star of the show!



NP PRO TIP:
For further intensity and to maximise length, paint black mascara onto the roots of the lashes with an angled brush.

Winter Hydration & Protection

The extremes of winter play havoc on our exposed skin. So we've found a few winter must-haves to get you through winter nourished and glowing!



Aspect Gold SMC (Super Moisturising Complex) 50g (RRP \$93) This super-rich, fast absorbing light, cell-regenerating moisturiser offers instant hydration and repairs damaged skin, revitalising skin super-fast. For stockists telephone 1800 648 851. www.aspectskin.com.au



Aspect Gold Hydrating Lip Balm (RRP \$16) Light and non-greasy this brilliant little balm protects and heals dried and chapped lips with a scent that's good enough to eat! For stockists telephone 1800 648 851 www.aspectskin.com.au



Societe Deep Thermal Cleanser (RRP \$64) I can't get enough of a thermal cleanser in winter and this cleanser is formulated with self-heating clay that remove dead skin cells. It's thick and luxurious and makes you feel like you're having a spa treatment. You can even use it in place of an enzyme mask! For stockists telephone 1800 648 851.



Cosmedix Hydrate + SPF 15 (RRP \$73) A light, daily antioxidant moisturiser that hydrates the skin and helps protect from UV rays, something we often forget about in winter! Hydrate + is light and refreshing and leaves your skin feeling refreshed. Use it morning and night! For stockists telephone 1800 648 851.

Aspect Gold Hydrating Mask (RRP \$60) Full of fragrant natural botanical extracts, green tea and Echinacea this mask is a godsend. It leaves you feeling hydrated and your senses invigorated from the gorgeous scent! For stockists telephone 1800 648 851. www.aspectskin.com.au



LOVE A LOCAL

We love a company that gives back and that's just what Good & Clean do! Apart from producing high quality, natural, and environmentally friendly products, they also give a portion of every sale to the Great Barrier Reef, the Daintree Rainforest, or Marine Turtles! You choose who to protect!

Their body scrubs (RRP \$16.95) are a must try – the coconut and lime smells good enough to eat – while their moisturiser (RRP \$29.95) and lip balm (RRP \$9.95) are super moisturising with a gentle, inviting scent.

www.goodandclean.com.au

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VANILLA10

Napoleon Perdis Skin Elixir Broad Spectrum SPF15 (RRP \$59) This light, white serum targets premature aging and sun damage in a gentle, sweetly scented, and easily absorbed serum. Your skin feels instantly soft and subtle – and as Napoleon says, 'your complexion will appear kissed by the skin gods.'



Napoleon Perdis Multi-Hydration Gel Cream (RRP \$59) Light, refreshing and cooling on your skin. This ultra-hydrator absorbs quickly and leaves skin feeling sweetly soft and hydrated. It's a great product for morning and night!



www.napoleonperdis.com.au





Winter Fashion

There's no doubt that winter is upon us, and with the change in season comes the required change in wardrobe. But far from matching the drab weather and covering up with boring overcoats, winter fashion is moving beyond traditional dark colours, adding pops of brightness to

warm chilly days.

- 1-3. Avila.
- 4. Humidity.
- 5. St James.
- 6. Humidity.
- 7. Birdie.
- 8. Scoops.
- 9. Sticks & Sparrow.
- 10. Scoops.
- 11. Made in Mada.
- 12. Will & Bear.
- 13. Scoops.
- 14. Murkani.
- 15. French Quay.
- 16. Sticks & Sparrow.
- 17. Martha Jean.
- 18. Brigid McLaughlin.
- 19. Humidity.





Make no mistake, black is always in style – especially so during colder months, but a spectrum of softer and lighter grey, navy, and even pink hues are making their way onto the winter colour palette. Greens and reds are also featuring, and are particularly evident through bold accessories and statement jewellery launching in time for the winter months.

Instantly changing up an outfit without an expensive commitment, on-trend winter accessories are ranging from statement boho earrings to ethically produced fur beanies and, of course, scarves. Scarves add not only another layer and instant personality to an outfit, but are also an easy way to introduce a splash of colour to an otherwise dark ensemble. Bright accessories are also a great way for those who are unsure about how to incorporate on-trend colours into their existing wardrobes.

When it comes to winter fashion, this is the perfect season for layering and linen, wool, and cashmere are cold weather staples for a reason. Layering a cashmere jumper over a shirt oozes casual style, and a long linen coat over a dress and boots will take you from day to night.

Leather jackets and oversized jackets also remain fashion staples, and there is a definite shift towards ethically produced, slow fashion as designers commit to supporting artisan skills and fashion lovers become increasingly concerned about product origins. This extends to the perfect pair of winter sunglasses to complete your look – it may be cold, but the sun still shines! And for those who also want to shine through the winter nights, the new concept of skin jewels out of France may just prove to be the perfect accessory for when the external layers are shed!

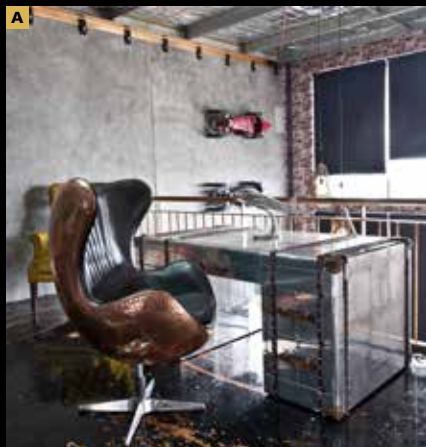
Winter must haves:

- Statement earrings
- Wrap scarves
- Layers of linen
- Skin jewels
- Great jacket or coat
- Mix of textures and materials
- Great pair of shades

ABOUT LIFE INSTYLE MELBOURNE

All the products featured will appear at Life Instyle Melbourne in August, Australia's only boutique trade event showcasing emerging trends, brands and products that are on the cooler side of style and design. With a strong commitment to creativity and originality, Life Instyle's strong focus on creative excellence and innovative design guarantees a showcase of emerging trends, brands and products that are stylish and original, many of which are locally made. Operating with a strong commitment to creativity, Life Instyle has become a destination for design-focused buyers and an invaluable business opportunity for designers, makers, sellers, and importers across a range of categories. www.lifeinstyle.com.au

INTERIORS





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A Turbojet Aluminium and Wood Desk \$3295. Admiral Black Leather and Polished Copper Egg Chair \$2300. Aviator Model Plane \$265. Chesti Mustard Chesterfield Leather Armchair \$1885. Vintage Automobiles MG \$1034 & Bugatti Models \$825. **B** Propeller Large \$1795. Aviator Copper Tallboy/Cabinet \$2620. Piper Aztec Polished Copper and Black Leather Bookshelf \$3145. Regal Aviator Polished Brass and White Leather Chesterfield Lounge (3 seat) \$3995. Aviator Aluminium Coffee Trunk Table \$2095. Gauntlet Polished Brass and White Leather Swan Chair \$1195. Raiders Riveted Aluminium Coffee/side Table with glass top \$880. **C** Aviator Copper Accent / Bedside Table \$1535. Admiral White Leather and Polished Brass Egg Chair \$2200. Pictured X3 Gauntlet Polished Brass White Leather Swan Chair \$1195. Roundback White Vintage Leather Cured Chesterfield Lounge (3 seat) \$4825. **D** Aviator Vintage Leather Chesterfield King Size Bed \$4995. **E** Scabrous Distressed Brown Leather Lounge (2 seat) \$2570. Avanti Polished Brass Trunk Table \$670. **F** Pictured X2 in centre Wright Flyer Copper and Black Leather Large Cocoon Stool \$1200 each. Pictured X2 in rear centre Regal Aviator Chesterfield Brown Leather Lounge (2 seater) \$2500. Pictured 2X to the right and left Aviator Copper Accent / Bedside Table \$1535 each. **G** The Baron X2 Polished Brass and White Leather Bar Stool \$735. **H** Scabrous Distressed Brown Leather Lounge (3 seat) \$3570. **I** Round Stag Horn Mirror \$699.

Melbourne & Victoria

Photo: Zaharoula Harris



Recent population projections released by the Australian Bureau of Statistics offer exciting news to property owners and astute investors who are planning their investment strategies.

The ABS are now predicting that by 2056 Melbourne will have overtaken Sydney as Australia's largest capital city. Their conservative estimate suggests that Melbournians will total 8.2 million people, up from 4.6 million currently.

Right now, Jellis Craig Mount Waverley Directors, Paul Polychroniadis and Jared Wei, are witnessing how this sustained population growth is underpinning an overwhelming tide of belief in long-term property ownership and investment.

Strong property development activity in the family home sector, boutique townhouse and apartment sectors point to the ongoing vigour of the property market.

Demand for vacant land, development sites, owner-occupied purchases and investments have been consistently strong over the last few years, and this trend is expected to continue.

Why are people moving to Victoria?

Currently there is an influx of people who are choosing to live in Victoria. A portion are overseas immigrants who want to make Australia their home. A separate group are Australian residents who have decided to move from another state.

In the last 12 months 82,800 Australians have moved to Victoria. Overall, Victoria has experienced population growth of 157,500 in the year to September 2016, with the state now containing 6.1 million residents. Victoria now boasts 25.2 per cent of Australia's total population.

This migration has been brought about by a variety of social and economic factors, as well as the constraints on residential development in other states. The end of West Australia's mining boom has been a crucial factor in their flagging local economy. Fewer job opportunities are now translating into falling property prices.

Sydneysiders have reaped the benefits of a growing economy and rising property prices but they are suffering from a lack of new housing stock. This is due to their land-locked location surrounded by mountain ranges and the ocean.



*a great place to
live and invest!*

Is there a property bubble?

Defined as a rapid surge in the market caused by rampant speculation, a property bubble sees housing prices become over-inflated.

Economic experts consider several key factors when evaluating if there is a bubble and whether it is about to burst.

Supply and demand

Put simply, Australia's population is growing. People need houses to live in so the demand for Australian property is strong. Even if people can't afford to buy, they need to rent. Investors fill this gap by purchasing homes that tenants can then occupy.

Buyer intention

Are these purchases speculative or short-term investments, or are they part of a longer-term strategy? Australia's real estate market is diverse, but we are mainly seeing investment with a longer time frame in mind. For example, Chinese immigrants are often purchasing so they can secure quality schooling for their children. They are also looking to the Australian property market as a much safer place to invest their wealth. We offer a stable, democratically-elected government, conservative economic policies and a nation without conflict.

Economic management

Probably one of the most significant elements of a property bubble is the easy access to cheap credit. If lenders make it extremely simple for buyers to secure loans then they tend to make more risky investments.

National monetary authorities also control the state of the market. By setting base interest rates at low levels to combat the effects of a falling economy they are creating an opportunity for people to invest. If they leave these rates low when the economy recovers, then it could encourage the behaviour that creates a bubble.

The good news is that the Reserve Bank of Australia is known internationally for conservatively weighing up the economic pros and cons every month, and then deciding whether to increase, decrease or keep rates at the same level.

Jellis Craig



A



Street Art

with Ed Bartlett



Meet **Ed Bartlett**, who is, in the eyes of Lonely Planet, one of the world's greatest street art authorities.

Since Melbourne is adorned with some of the best street art we've seen the world over, we caught up with Ed to discover his ideas on the culture of street art, his thoughts on the Melbourne scene, and why some people still think of street art as graffiti...

Here in Melbourne, graffiti is still technically illegal. From your experience, does such a law have an effect on a city's street art?

To some extent, graffiti and street art is a barometer for a city – the more social, political and economic unrest, the more graffiti you will typically see. It is, after all, historically a counterculture activity. What we are seeing now, is a greater acceptance and understanding of both the artistic merits as well as the potential cultural benefits that graffiti and street art can bring, and so the more progressive cities are beginning to offer derestricted or legal locations in the hope that it will curtail the less desirable aspects of the scene such as tagging. It's telling that, despite being

technically painted illegally, the council in Melbourne tried to preserve Banksy's work when he visited!

If you've been to Melbourne, what are some of your favourite works in and around the city? And what is your favourite area for street art?

I've always been a huge Keith Haring fan, so the original mural in Collingwood is pretty special. I know it's been targeted in recent years and I also obviously understand and accept that street art by its nature is transient and ephemeral, but given the rarity of his existing street work and the history of the artist, I personally think it's a real shame for people to tag over it.



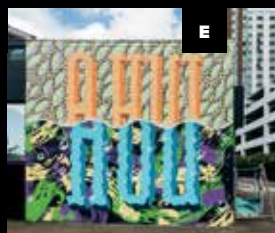
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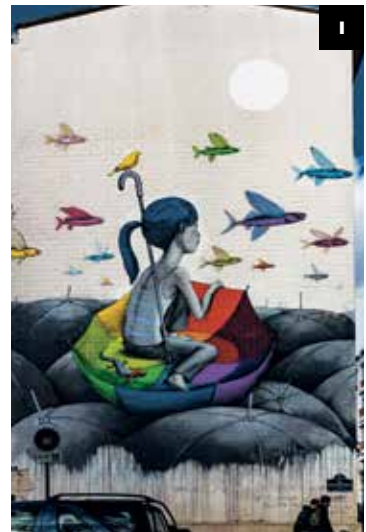
THERE IS
DEFINITELY A
RECOGNIZABLE
LOCAL SCENE IN
EACH CITY

Does street art vary from city to city/country to country?

Yes, there is definitely a recognisable local scene in each city, which is generally influenced by things like political status, socio-economic climate and even environmental elements like geography, weather and architecture. However it's increasingly common for artists to spend a significant portion of the year travelling the world to paint, and so there is a certain amount of homogenisation nowadays. I think this, plus the ongoing trend for larger, organised walls, means that we might lose a little of that local flavor – however the grassroots scenes will always exist.

Is street art influenced by trends?

It is, but a big part of that is simply because it's still a relatively young art form and so really it is still evolving day by day. From the beginning we've seen the evolution from the traditional freehand spray can art of graffiti, through to the sudden explosion of stencils and pre-prepared wheatpasters, and 3D sculptures, the transition into galleries, print releases, organised festivals, commercial work with brands – even the subject matter of some of the art created can frequently be tied to broader trends and events. It's a much more mainstream art form these days, which by its very nature makes it more susceptible to trends.

**G****H****I**



Can you tell us about the culture of street art?

In the early days of street art, many of the key people on the scene were traditional graffiti artists who either made a conscious decision to change the style or ideas behind their work to have broader appeal or to say something new or different, and some who just happened to be making work that other people categorised in that way. Banksy was a traditional graffiti artist before he discovered stencilling. Nowadays, a huge variety of artists simply view the streets as they would any other vehicle for their work, so you have graphic designers, conceptual artists, photographers – the delineation between graffiti and street art is much clearer now not only from an artist's standpoint but also a cultural one. Although history will always see the two things linked, the culture of street art is very different now.

What would you say to people who still consider street art simply graffiti? Do you think they just haven't taken the time to immerse themselves in the culture?

To a certain extent I think it's a generational thing. It would have been almost unimaginable for me as a child to see a ten-storey building completely covered in art, yet it's a standard scene in any major city of the world now. Traditional graffiti is still thriving, and I'd argue it always will. There was a time when the two scenes were almost uncomfortably linked, with a fair amount of competition and conflict behind the scenes, however, because of the scale and complexity of most street art these days, it is moving towards being a much more organised art form, whereas graffiti thrives on the very fact that it is illicit.

- A** Redpoint Climbing Centre, 40 Winterstoke Road, Bristol. Artist: Louis Masai/Photo: Neil James
- B** Little Rundle Street, Kent Town, Adelaide. Artist: Fin DAC/Photo: Colourourcity
- C** Via Recíproca 1800-142, Lisbon. Artist: Cyrclé/Photo: Cyrclé
- D** Väderilsgatan 44-56, Gothenburg. Artist: YASH/Photo: Linus Lundin
- E** 690 Pohukaina Street, Honolulu. Artist: Hauser/Photo: Brandon Shigeta
- F** Masonic Pub, 112 North Street, Bristol. Artist: PichiAvo/Photo: Neil James
- G** Bredfjällsgatan 46, Angered, Gothenburg. Artist: Animalitoland/Photo: Fredrik
- H** Rua Rodrigues Sampaio 6, Lisbon. Artist: Aryz/Photo: Jonathan Bullman
- I** Rue Emile Deslandres, Paris. Artist: Seth/Photo: Seth
- K** Underground Coffee Roasters, 190 Durham Street South, Christchurch. Artist: Buff Monster/Photo: Luke Shirlaw



SAN FRANCISCO

*Melbourne's home
away from home*

It's not just the tram-lined streets, the charming old architecture blended in with the new high-rise buildings, the morning fog, the organic Farmer's Markets, the bright colours of mardi-gras, the abundance of street art, or the sensational food movement that is sweeping the city...

There is a certain vibe, a certain energy - a certain something lingering in the air - that seems to put any visiting Melbournian at ease, making San Francisco the perfect sister city to the beautiful home we call Melbourne.

This issue, Vanilla Magazine's Alexis McLaren takes us through her visit to the Golden City and reveals the highlights of what we would consider to be a very familiar city.

ALCATRAZ

This is one of the two landmarks 'Frisco is renowned for – the other being that big red bridge. And it is famous for a reason – its rich history and its unique location makes it a point of interest that should not be missed. Alcatraz – also known as The Rock – is a prison that sits on an island just off the coast of the city of San Francisco. Now decommissioned, it once housed some of America's biggest names in crime including Al Capone (who was eventually captured for something as simple as tax evasion), Mickey Cohen and George "Machine Gun" Kelly. No prisoner has been known to have escaped alive, but after spending only 15 minutes in the haunting prison block, you may find yourself considering the two kilometre swim through the rough and rocky ocean back to the mainland.

Two tips to keep in mind: the audio tour of the prison is sensational and gives you a comprehensive and completely entertaining recount of the prison's history. And if you can, take the afternoon tour of the prison because you will be able to look back onto the city's skyline during sunset and it makes for some great photo opportunities.



FISHERMAN'S WHARF

Fisherman's Wharf is one of San Fran's most diverse attractions. Experience some amazing, fresh, local seafood at one of the many, many restaurants on the water, visit the Maritime Museum for some really interesting exhibits and seafaring activities, take a deep breath and go down into the depths of the USS Pampanito, an original WWII submarine, or get in some shopping, food and wine at the old chocolate factory – Ghirardelli Square.



PIER 39

Looking for some great family-friendly attractions in the city? Then look no further than Pier 39 at Fisherman's Wharf. Head straight to K-Dock where you can get up close and personal with some sea lions – most endearingly called the Sea Lebrities – who have been camping out at this dock ever since the 1989 earthquake. Scientists to this day do not know why they come, but who cares! The best time of year to see them is June.

Other great family attractions include the Aquarium of the Bay, the Sea Lion Centre, the San Francisco Carousel, the Musical Stairs (which is, you guessed it, a staircase that is musical! Walk up and down the magical staircase like it's a keyboard and hear the melody of your feet!), Magowan's Infinite Mirror Maze, the bungee trampoline, not to mention the countless street performers, magicians and comedians who perform on the Alpine Spring Water Stage.

WINE COUNTRY

Just like in Melbourne, when in San Francisco you are a hop, skip and a jump away from Wine Country. Napa Valley is only just over 1 hour 30 minutes from the city and there are many tours you can take that transport you from the heart of the city right into the vineyards of some of the world's finest wines. Or make the most of your time and book an overnight tour from the city so you can spend a night in some sensational scenery.





WALK TO THE GOLDEN GATE BRIDGE

When people think of San Francisco, the first thing to come to their mind would most likely be the Golden Gate Bridge. And rightly so – its appearance is impressive. But I have found one of the best ways to see the bridge is to experience it both from a distance and then right up close. And what better way to do this than walk from Fisherman's Wharf, which is 6.5km away.

Starting at the wharf you will head west: get nautical as you head through the marina district, and then be amazed by the beauty on hand at the Maritime National Historic Park. Further along the walk you can choose to stroll along the sandy shores of Chrissy Fields East Beach, and of course, you can even stop off for a coffee at Warming Hut Café, which is right at the base of the bridge – you may need it, because you still have quite a walk ahead of you if you want to cross the bridge. This bridge is over double the length of Sydney Harbour Bridge, boasting an impressive 2.73km length, but it is worth every step you take and every blister you get as a result!



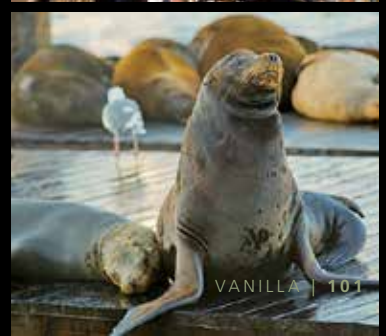
CHINATOWN

Are you having a craving for some eggrolls, dim sum or kung pow chicken? Then look no further than 'Frisco's Chinatown. It is the largest Chinatown outside of Asia, the oldest Chinatown in North America, and completely worth a visit! Get lost in its many alleyways, grab yourself some great Chinese herbs or just walk through the streets and immerse yourself in its rich culture. It is also home to the Sing Chong Building, a beautiful oriental building, which was one of the first places to be rebuilt after San Francisco's earthquake in 1906.



FOOD, FOOD AND MORE FOOD!

Are you like every other Melbournian and have an Instagram account filled with pictures of food porn? Then you are just going to love the Californian cuisine in this city, which has more restaurants per capita than any other North American city. And just like in Melbourne, they are very much into the paddock to plate movement – sustainability is key. The Ferry Building in Downtown San Fran is a mecca of amazing food, featuring Farmer's Markets each Saturday morning filled with locally roasted coffee, freshly baked goods and SF craft beer – it is also a spot where famous chefs are known to hang out. And don't forget to get your hands on some traditional San Francisco sourdough – you won't know what hit your tastebuds!





This issue, we welcome new comedy columnist, **Ivan Aristeguieta** to Vanilla's family of contributors!

If you haven't seen one of Ivan's live stand-up shows yet, we highly recommend you do so as soon as possible. His observations on how we live can be stomach-hurting hilarious, and oh-so-true!

So, follow along with Ivan here every issue as he reveals the trials and tribulations in the life of a comedic immigrant!

Are we all immigrants?...

Yes we are.

If you look up the word 'immigrant' on Oxford dictionary online its definition goes like this: "A person who comes to live permanently in a foreign country."

The word emigrant has the same definition but from the departing point of view: "A person who leaves their own country in order to settle permanently in another."

And those definitions are the correct literal definitions, there's nothing wrong with them. I'm not arrogant enough to question my second language – though I'm pretty fluent...

But I have an expanded definition. I don't think that you need to move to another country to be an immigrant. If you've had a life changing experience and you've had to re-adapt and re-learn how to do things to overcome that experience, you are an immigrant.

I am an immigrant as defined by Oxford. I moved from Venezuela to Australia five years ago. I've had to go through different stages: I've been afraid, I have accepted the changes, I've understood and learned why and how to do things the Australian way, I've learned how to speak English and also re-learned it again in order to speak Aussie English.

I've learned how to spread vegemite on a toast. I have adapted and have moved on because I didn't come to this country to "hang out" with spiders. But I still miss my country though and think a lot about my previous life in Venezuela. I have mourned but I haven't forgotten.

I've also been an immigrant in the expanded definition. A couple of years ago, my lifetime partner and I separated after 16 years together due to growing apart. It's hard to explain a separation by growing apart. Let's put it this way – she became gluten intolerant and I was all gluten. She liked me but I made her sick.

I can't help but find all the similarities between my break

up and my immigration journey. It feels exactly the same. I moved from the married world to the single world. Entering the 'single's world' was a major culture shock for me. Married people behave absolutely differently to single people. For example, when I was married I used to drink beer, wine and sometimes scotch – but now I live in the single world where people drink espresso martinis... what the hell is that? What an evil concoction! You get drunk, you can't fall asleep, then you are hungover and still haven't fallen asleep. Married people don't drink espresso martinis cause they have important stuff to do the next morning, like going to Ikea to buy coloured napkins and more cushions – because there are never enough cushions.

Single people also speak a different language. Things like Tinder, 'Let's Hang Out', 'Netflix and chill', are absolutely new to me.

The most important one is body language. If you are single you have to become an expert in body language. I've been told a couple of times that I've lost great opportunities to do some 'Netflix and chill' because I didn't understand the signs in her body language. I really wish someone would create a body language translation app.

Just like with my country I miss my married life. Sometimes I wish things never changed, and I feel a victim of my fate. But sometimes I feel very grateful for all the new experiences and things that I would have never lived or learned if I hadn't 'migrated'. A new language and new skills always come in handy in this world full of surprises. Especially being fluent in body language – you can save yourself from behaving like a complete douchebag.

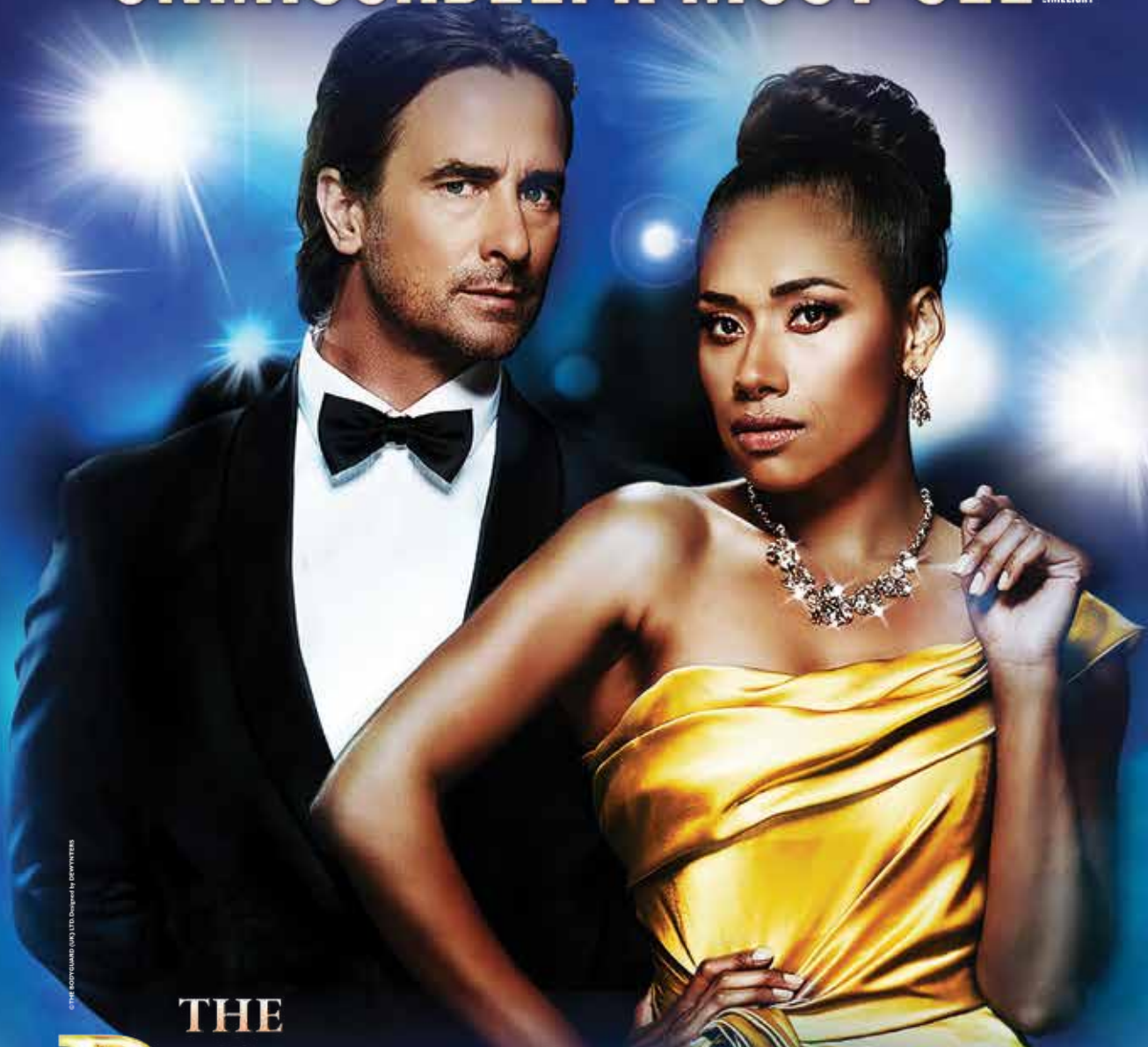
Immigration – it's basic survival. Your life changes, you re-adapt and keep living. You don't need to move to another country to be an immigrant. Maybe life forced you to change your 'status quo' or maybe you decided to step out of your comfort zone to improve your life. Once you hit the unknown and start surviving, you start to emigrate. If you've been there, you know exactly what it is to be an immigrant.

If you'd like to share your 'expanded immigration' story with me, message me on my Facebook fan page:

www.facebook.com/IvanComedy



'UNMISSABLE. A MUST-SEE' LIMELIGHT



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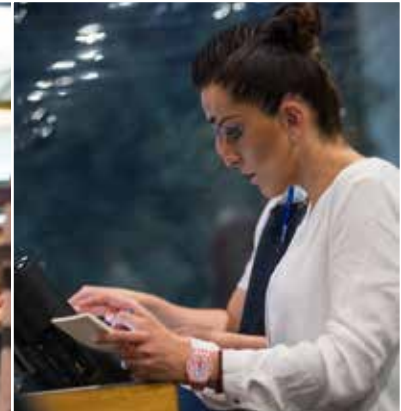
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