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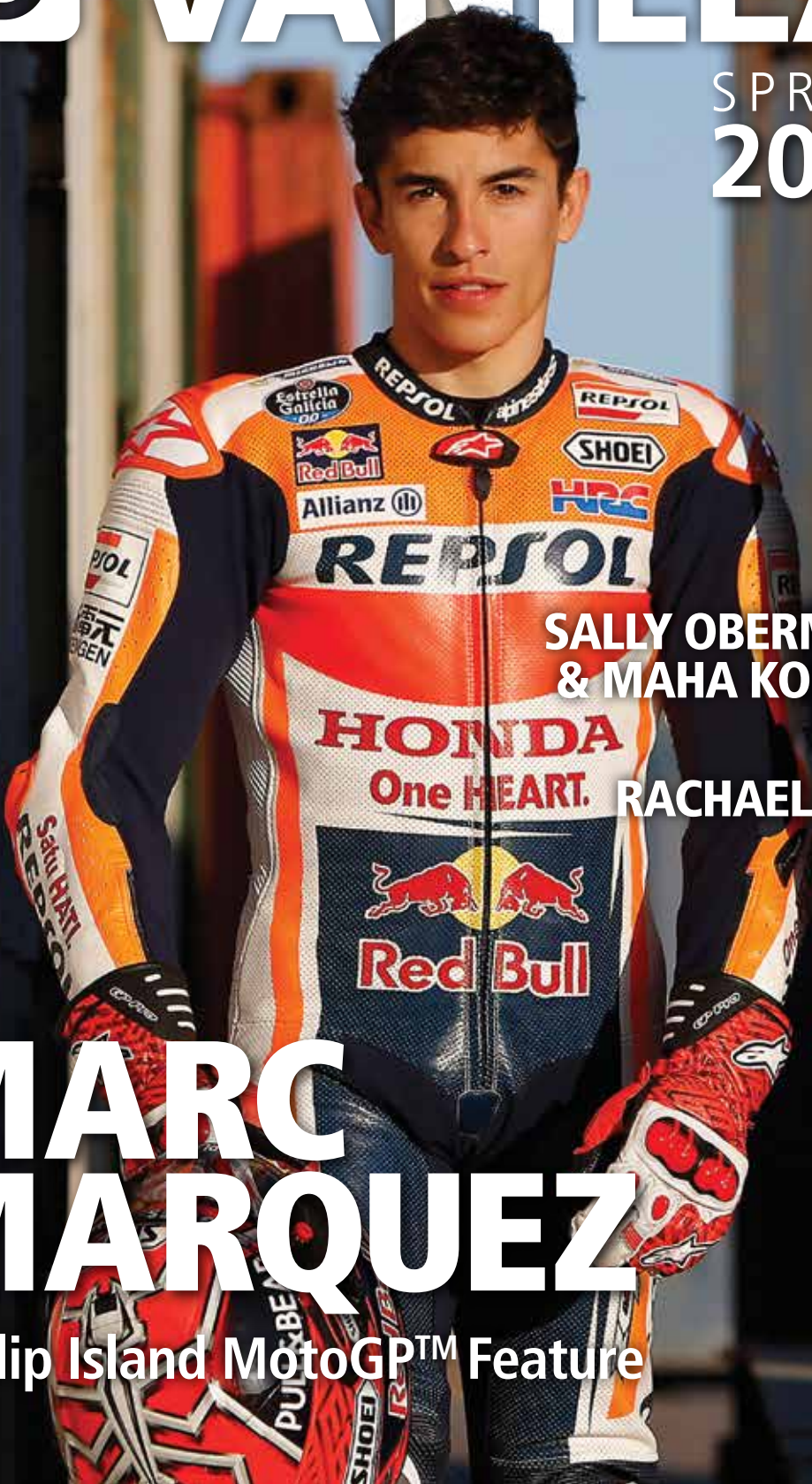
SPRING
2017

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& MAHA KORAIEM

RACHAEL FINCH

MARC MARQUEZ

Phillip Island MotoGP™ Feature





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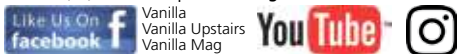
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Editor – Nikita Ballas nikita@vanillamagazine.com.au

Assistant Editor – Raquel Neofit raquel@vanillamagazine.com.au

Graphic Design & Typesetting – Adele Vrantases adelevrantases@hotmail.com

Photography – Con Milonas Photography, Chief Photographer www.conmilonasphotography.com.au
– Petrosphotography Metaxopoulos petrosmy@mail@yahoo.com
– Peter Kakalias, Panos Marinakis, Zaharoula Harris

Contributors – Alexis McLaren, Joanna Psarakis, Dr Nat Kringoudis, Katie Maynes, Ivan Aristeguietas, Lily Alice, Thomas O'Quinn, Jordan Psomopoulos, Penny Lomas,

Mailing Address – Vanilla Magazine, 17-21 Eaton Mall, Oakleigh, VIC, 3166

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EDITOR'S LETTER

Welcome to Vanilla Magazine Issue 24!

The bustling spring calendar brings two of our favourite events, the Phillip Island MotoGP™ and the Delphi Greek Film Festival. And we've got the best inside look at each of these events so you can plan your days the easy way.



First up, reigning world champion Marc Marquez talks race strategy to Raquel Neofit, who then went on to chat to world champion motorcycle rider Troy Bayliss about his 13 year-old son Oli's debut at the main event in the Supersport 300, and she finds out what you should be doing track-side from the MotoGP™ Corporation.



And then we hit the big screen with those in the know at the Delphi Bank 24th Greek Film Festival. We chat to *Son of Sofia* director Elina Psykou, and take a closer look at films like the opening night sensation *Rosa of Smyrna*, *Mythopathy*, and *The Bachelor* – No! Not the Channel Ten version!

We've been saying for quite some time that Eaton Mall in Oakleigh is Melbourne's best kept secret. 3AW powerhouse presenter, Neil Mitchell, gave us a big shout out during his live broadcast from Vanilla praising the multicultural vibe in the air; 'We had a great morning down at Oakleigh. Characters, coffee, atmosphere, coffee, delicious food, coffee – our first Hidden Gem!'



Tina Minas and Connie Lellas with Neil Mitchell during live broadcast from Vanilla.

Talking to Neil Mitchell, local resident and Vanilla patron Tina Minas gave away the secret: 'I've been living in Oakleigh for 43 years. This is like a hometown to me, and the beauty with Oakleigh is that you can come here any time of the day and you will always see someone that you know and have a coffee. It feels like home. It feels like you are back in Greece.'



Tina, we agree!

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St John Ambulance

'St John is about saving lives through First Aid.'



St John's CEO
Gordon Botwright

With an aim 'to have one person educated, equipped and prepared to provide First Aid in every home, workplace and public gathering' St John are hoping to give people in our communities the confidence to help out in an emergency through life-saving first aid training. Currently, only around 23% of Victorians are trained and confident to respond in a First Aid emergency.

They've reached an impressive milestone of service in Victoria that spans 130 years, and interestingly they are a predominately self-funded charity.

'Our mission is to increase the level of life-saving First Aid skills throughout our community, and save lives throughout the state.'

'St John also has a history of successfully equipping businesses and public places with defibrillators. Through Project Heart Start, we have delivered more than 800 defibrillators and associated training to sporting clubs, community organisations and public places such as airports and shopping malls over the past eight years.'

Teams of St John's ambulance trainers will happily come into our local schools to educate students of any age what they should try to do in an emergency.

'Last year St John trained over 228,000 Victorians in First Aid. The First Aid in Schools program will allow St John to start this training earlier with the younger generation.'

'If an individual is in need of CPR, every minute that passes without CPR critically diminishes their chance of survival. St John Ambulance Victoria aims to instill confidence in the local community to respond and provide life-saving CPR in an emergency.'

Earlier this year St John Ambulance held a CPR Lab at Chadstone Shopping Centre with the aim of training 1000 people in life-saving CPR.

They blew this target out of the water and trained **1,386 people** at the Chadstone CPR Lab deployment.

Keep an eye out for St John CPR Labs in other shopping centres in our community and special events – they are worth every second of your time and will give you a quick refresher to boost your confidence in what to do in an emergency situation. Often, just having the confidence to act is what really saves lives.

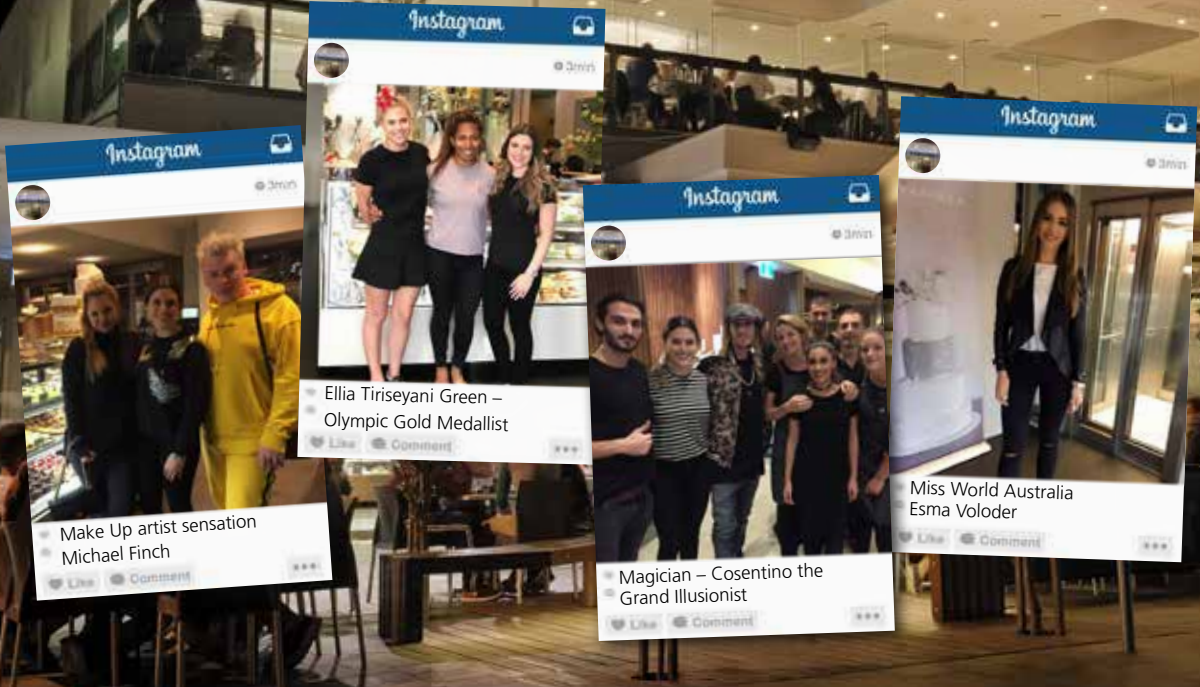
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Did you know that St John's also have a school program?



Chadstone Shopping Centre shoppers learn valuable first aid skills in St John's CRP Lab.

Look who dropped in...



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KICK-ASS KIDZ

TAKE TWO!

Meet CHANCE CHARLES

Following on from our Kick-Ass Kidz feature last spring, we caught up with Chance Charles from Network Ten's hit television show, *Offspring*, along with his mum Lace, his step-dad Billy, and his gorgeous sister, Sienna, at Vanilla Upstairs to discover what it's like working for one of Australia's most popular television shows.

With no experience up his sleeve, Chance's break in acting came from a Facebook advert – of all things! The advertisement simply called for a young, Aboriginal boy to be a part of an Australian television series.

'We had no idea what the series was at the time,' his mum Lace told us. 'We just sent his photo in. We weren't really expecting to hear anything back, but then we got a phone call two days later saying that they loved the look of him, and would he be able to come in for an audition.'

The script was sent to Chance the night before the audition. Chance read through it a few times and was able to remember it in record speed – so naturally his parents thought that he might have a bit of a knack for acting.

Chance was whipped away at the audition and within 20 minutes the casting director emerged with nothing but fantastic praise for Chance's ability.

And the rest, as they say, is history. He was cast as Ray Proudman, the son of Australian actress Deborah Mailman, who plays Cherie Butterfield.

When asked what it was like on set with such a famous Aussie cast – apart from a few first day nerves – Chance had nothing but praise for the cast and crew.

'The cast are really good to me. I talk to Rick (i.e. Richard Davies, who plays Jimmy) about the footy – we're both Carlton supporters, and so is one of the directors,' Chance tells us. 'And Deborah has been amazing to work with, she's lots of fun.'

He then goes on to discuss the fun he has while on set. 'In the last three episodes of the season it's my birthday and I get to play maître d' – so I cook all of the food and have a party.' Which, his family tells us – laughing – is really quite amusing, because he can't actually cook!

The last few episodes of the 2017 *Offspring* season is when Chance's character really starts to bloom, giving Chance and his character Ray Proudman more screen time.





Chance Charles with his mum Lace, step-dad Billy, and his sister Sienna

'Ray Proudman has a very similar character to Chance's own character,' his mum Lace tells us. 'I think that really helped Chance with the role – he was able to slide into the role nicely, it was a great introduction to acting for him.'

'The show has been a great experience for him,' Billy's stepdad says. 'It's really brought him out of his shell.'

It's even helped to increase his attention span, not to mention he's a totally different kid on set – he takes it really seriously.'

It seems that Chance is a born entertainer. Not only does he have talents in acting, but he also has an aptitude for music. His instrument of choice? The didgeridoo. And, as you can imagine, there is a lot of sitting around and waiting on set – so Chance has taken to entertaining the other kids on set by occasionally playing his didgeridoo. He's even played it for Deborah.

Chance is also quite active in his ancestor's Aboriginal community with his dad, Kane Charles. His grandparents are from the Mutti Mutti and Yorta Yorta tribes.

'My nan works at Lake Mungo in New South Wales. It's a huge national park, which is where my tribe are from. She does discovery tours there and sometimes I go with her,' Chance explains. 'Lake Mungo is home to the oldest discovered aboriginal bones in history – it's a desert lake now – and this year we did NAIDOC week celebrations up there.'

Head over to vanilla-magazine.com.au for more on Chance Charles and our interview with his parents on what it's like to have a child in a major Australian television production.



Courtesy of Chanel Ten

Halo Breen



CULTURAL SHOWCASE OF **COLOUR** AND THE *Divine Feminine*

Halo, or **HAYLIE BREEN** as she is known to her friends, is a local artist who celebrates culture and all things feminine through paint and colour.

Drawing her inspiration from the likes of *National Geographic*, *Vogue* and trashy gossip magazines, her creative artwork lives in a world of fantasy, imagination and vibrancy – with exotic cultures at its core.

Haylie's artistic style was born through her travels through Southeast Asia, Europe and the Middle East, where she was exposed to the many different ways women were treated because of their appearance, and the way they dressed.

She now shares her views of these cultures and women in a vivid explosion of vibrant watercolours, ornamental dress, jewellery and symbolism.

Through the mirror of her art, Haylie says we are poised to 'reflect on the concepts such as identity, culture, mystery, and the strength and fragility of woman.'

When asked about her style Haylie says her work 'flirts with the relationship of flesh and fabric, modesty and identity, and the stark contrast between nature and

hyper-stylised beauty.

Haylie, how long has painting been in your life? Were you a creative child?

I've always been creative. In primary school I felt like a lost sheep, I never fit in academically. I watched as my friends progressed and I wasn't keeping up. It was a great embarrassment to me, but in art class I was killing it – well, as much as you can in finger-painting and macaroni art!

Mrs Baily was the art teacher – she looked like Glinda the good witch from *The Wizard of Oz* (but older), and she loved her job. Going to class with her was the only thing that got me through.

It wasn't until the later years in high school, when I discovered I had dyslexia, that everything made sense – images were how I read and communicated with the world.

When did you realise that becoming an artist was a profession you wanted to follow?

Painting has always been my outlet, and so after high school I studied visual arts at R.M.I.T. It's taken some time to put a monetary value on my work, but making a living from something you love is everyone's dream, so I'm making a go of it now.

You mention some of your initial inspiration came from travelling through Asia and the Middle East and seeing how women were treated – can you tell us a little more about that?

I've always loved tradition and ritual expressed through dress: belly dancers, geisha, crowns and headdresses. The power and significance that a piece of cloth can hold really excites me.

I was definitely treated differently due to my dress in places. I was hissed and spat at, asked for photos, and even harassed and touched inappropriately – but all of this is part of travel and learning.

Find Haylie on social media

[!\[\]\(291e070cef6c4d5e78fefe4696ef53be_img.jpg\)](#) [!\[\]\(5a6551557c623b42379c503783a5133a_img.jpg\)](#) @haylie_breen_art



Troy Argyros

Aiming for Florence



Local artist and realist painter, Troy Argyros grew up in the family home with his mother, uncle, pappou and yiayia.

In 2012 he graduated with a Bachelor of Fine Art from Monash University and then, only two years later, he was awarded a scholarship from The Florence Academy of Art, along with eight other talented artists from around the world, to complete a summer figure-painting workshop.

Inspired by that one month of study and training, Troy has since presented an exhibition at the Sofitel Melbourne on Collins, painted Greek-Australian actress and singer Maria Mercedes, and most recently landed a job teaching beginners the classical methods of drawing and painting at Melbourne Studio of Art in Elsternwick.

Troy is not only inspired by Grecian themes, but he also draws from the imagery of his upbringing to tell the story of his contemporary Greek-Australian generation and share his personal experiences through the beauty of art.

Together with filmmaker and musician Sophie Kesoglidis, he's produced a short film sharing his inspiration in an endeavour to fund a full year at The Florence Academy of Art.

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Why face-to-face relationships matter

There's more to the humble coffee catch-up than meets the eye. Around Australia, small businesses are conducting meetings in local cafés – **SARAH CROSS** is one entrepreneur who appreciates their value.

Eighteen years ago, in her first six months of business, a coffee with a prospective client quickly escalated into a \$30k order. Sarah has now started her second business and she says it's these face-to-face interactions that lead to better client relationships, referrals and positive word of mouth. This is her story.

Sarah Cross exudes energy and charm. She is bubbly, outgoing and a wonderful listener. An award-winning businesswoman, ambitious and astute, she sold her million-dollar hamper business for \$500k several years ago and today mentors entrepreneurs to grow their own giftware businesses. Her clients are enthusiastically complimentary, praising both her knowledge and impact on their profitability.

It's no secret that Sarah is a staunch advocate of face-to-face relationship building. She strongly believes that there is more to the humble coffee catch-up than meets the eye. "It's where deals are done, relationships are forged and serendipity and creativity emerge."

Sarah started her first business Hampering Around when she was 24.



A coffee meeting turned into a warm lead and this is how she secured her first sizeable client, a Melbourne law firm who placed a \$30k Christmas hamper order when her business was barely six months old. Sarah found that the relationships she built and maintained face-to-face were particularly profitable for her business. It was before social media channels, such as LinkedIn, and most of her contacts and leads came from networking events. Later she would meet these warm leads for a conversation over coffee to build rapport, understand their needs and secure new orders and referrals.

In 2015 Sarah started her second business as a Business Growth Coach. Advances in technology and ways to communicate with clients had expanded exponentially by then to include social media, instant messaging, video calling and email.

"I find today that despite utilising many new ways to promote and grow my business, there is still a no more effective way than engaging face-to-face with clients and leads. It sounds cliché, but this is where the magic happens."

Sarah thinks that perhaps our reliance on technology has made us a little lazy and that avoiding face-to-face contact is a failure to invest fully in business growth.

Sarah believes the best and most effective coffee meetings happen with good preparation and an open mind.

“By using LinkedIn and taking a look at your lead’s webpage, you can see their backgrounds and history, any mutual connections and possibly others you would like an introduction to.”


She adds that being generous and flexible with your agenda can allow you to explore new directions, which may yield unexpected outcomes and collaborations.


For small business owners and solopreneurs Sarah also encourages working out of different places, like cafés and co-working spaces to help with creativity and energy. Sarah’s first business was founded from the kitchen table in a two-bedroom apartment in Melbourne and she found that working from home could at times be lonely.

Effective coffee meetings happen with good preparation and an open mind.

If you have the opportunity to meet Sarah for a coffee, like me you’ll find her refreshingly humble. She’s quick to credit her business success to her wonderful staff, suppliers and clients. For me, I was most taken by how she meaningfully engages in real-time. There are no airs and graces. Well, except perhaps her order: an extra-hot, soy latte. Even then, she’s quick to laugh at herself and I realise Sarah’s right, there is genuinely more to the humble coffee catch-up than meets the eye.

Sarah Cross is a Business Growth Mentor, Coach and Speaker who helps creative women in the giftware, wholesale and homeware industry accelerate sales and have their own financially successful businesses. Connect with Sarah at www.sarahjcross.com

 SarahJCrossCoach

 @sarahjcross_official.



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.

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Fascinators, Frocks & Fillers!



To kick-start the Spring Carnival season, Australian Laser & Skin Clinics – Oakleigh (ALSC) is giving the readers of Vanilla Magazine the inside scoop when it comes to Dermal Fillers! ALSC's Expert Cosmetic Nurse, **FAZLIN DOUTIE**, breaks down the do's and don'ts!

DERMAL FILLER DO'S:

Target and Treat: Having an understanding of what you want to target is essential when considering fillers. There is a big misconception that fillers are simply for plumping-up lips, when in reality fillers can target a number of cosmetic concerns including:

- Sunken cheekbones
- Tear troughs (under-eye bags)
- Deep nasolabial folds (lines from the nose to the mouth)
- Marionette lines (lines from the mouth to the chin)
- Facial lines (deep wrinkles)
- Deep scars
- Loss of skin and facial volume
- Sagging contours

Mother Nature Knows Best:

Work with what Mother Nature has given you. We believe that cosmetic dermal fillers should enhance your natural appearance and features. The more you manipulate your appearance with farfetched 'filler ideals' the more likely you are to look cartoonish and plastic.

DERMAL FILLER DON'TS:

Boot the Duck Face/Trout Pout: There is a difference between full, luscious lips and oversized fish lips! At Australian Laser & Skin Clinics we apply a simple three-point rule when crafting the perfect lips:

- 1) The cupid's bow: We want to define and create an attractive dip and point to the upper lip to create a feminine and flirty look.
- 2) The almond shape: Similar to the shape of an almond, we want the lips to be fuller towards the centre and thin out towards the corner of the lips.
- 3) Bottom heavy: Your lower lip needs to be larger than your top lip to achieve a natural look.

Sit Back, Relax and Swell Down: In some cases clients will experience mild swelling after their dermal filler treatment. If you are getting fillers to look flawless for an event we suggest getting the treatment 3-4 weeks before hand – this will allow plenty of time for your lips to settle down and form their ideal shape.

For a more in-depth break down of dermal fillers and how they can work for you, contact Australian Laser & Skin clinics – Oakleigh for a comprehensive consultation with one of our experienced nurses!





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A close-up portrait of a woman with long, wavy, dark brown hair. She is wearing a black leather jacket over a black top with a textured, possibly beaded or sequined, pattern. She is smiling slightly and looking towards the camera. The background is softly blurred, showing some indistinct shapes and colors.

Vicky Papas-Vergara

Meet Vicky Papas-Vergara, an international award-winning, Greek-Australian fine-art portrait photographer with a unique vision and a flair for the extraordinary.

But fine-art photography came later in life for Vicky...



As a teen, she was encouraged by her parents to enter the world of hairdressing with her sister. So, suppressing her internal desire for sketching fabric designs, painting and drawing, she put her dreams of an artist's life on hold and chose a life of styling people through their hair and makeup rather than on paper and fabric.

After a fast-tracked apprenticeship, at just 18-years-old Vicky purchased a salon in Richmond with her sister and it was here her talents for hairdressing matured. Over the years Vicky worked in other high-end salons mastering her craft to become a styling specialist and colourist while honing her talents in makeup artistry as she went.

These are skills she now uses to create her alluring, bespoke portraits. When she's not collaborating with some of the best in the business, Vicky conceptualises and creates entire projects on her own: from creating the gowns, jewellery, makeup and hair styling, through to the photography and editing. She's a one-woman show and loves every step of each process.

Before Vicky found her groove in fine-art photography, she also expressed her creativity through food – feeding the people she loved with stylish and extravagant meals.

Now, at 48 and with the support and encouragement of her husband and teenage children, she's not only found the confidence to allow her artistic nature to bloom but also a passion beyond all else in the works of the art you see within our pages today.

So it just goes to show, if you truly have a creative soul it can't be suppressed, it will always find a means of expressing itself and as Vicky passionately says: you owe it to yourself to embrace your creativity and allow it to bloom.

So you began this journey roughly five years ago, was your plan always to create fine-art portraits?

No, I really thought I was going to be a children's photographer – I got my hands on a camera when my kids were little and I loved taking photos of them! From there my friends told me I really had an eye for photography and asked if I'd take photos of their children because I could capture all of these cool, candid family moments.





Then one day a client came into the salon and I said to her 'I want to photograph you!'

So I draped her in fabric, and did her hair and makeup. I liked doing it so much that I went in a completely different direction than I thought I would.

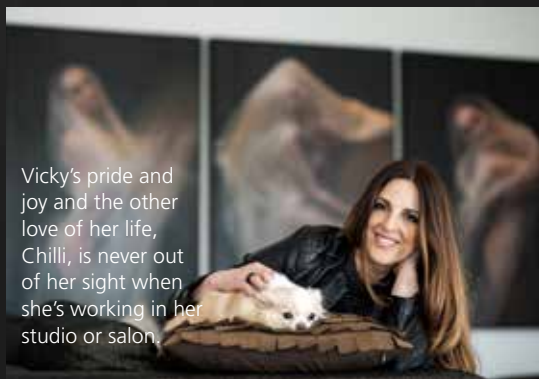
And now all of that natural talent has emerged and had a chance to shine?

Yes, now at 48 I'm confident to come out and say, 'hey, guess what? I can create these pieces and have 100% freedom with how I do them, because I don't have to follow a particular fashion or trend.' I know exactly how I want my images to look. I see the concept in my mind and, because I don't have to translate that concept to anyone else, the project comes together naturally.

Talk to us about your photography.

I create bespoke, fine-art portraits, which are like high-end artworks.

The portraits are very painterly because of the way I edit them, and I make sure the styling has that old-world feel about them. For example, I might make a mother look like the queen or matriarch of the family, and if there is a baby involved then I would show more skin – because in those days it was like that: the naked, cherubic baby era combined with the old world painted portraits era.



Vicky's pride and joy and the other love of her life, Chilli, is never out of her sight when she's working in her studio or salon.

And if I'm working with a fine-art model for my personal work, then I might transform her into a goddess – I create works of art.

I'm an artist! And it has taken me a long time to be able to say that. I used to tell people I was artistic.

Walk us through a Vergara portrait sitting.

Ah, this is bespoke, stylised, fine-art portraiture. It's a little bit different to when someone comes into a studio and has their 1-2 hour session.

They come in and I have strawberries, chocolate and champagne for them. We sit and relax, have a chat, get comfortable with each other, and then we go and look at the costumes for me to start styling them.

I'll already have an idea of the style they want because I've already asked them to show me 5-6 images from my portfolio that they love. Then I complete their hair and makeup and we basically play dress ups the whole time they are here and have fun with my camera – which is around 6 hours.

I make the day all about the client so they can totally enjoy it and have a fun time.

Have you spent a lot of time looking back at old world art?

Maybe subliminally, but I really try not to look at too much.

I try to keep everything that I do organic – which is why I don't look at too many fashion trends. Instead I go out into nature and look for things that I can transform.



Tell me about the gold outfit with the bark features, what was that inspired by?

I created that one for video cinematographers who wanted to do a little story on me to showcase at the AIPP Photography Awards in 2016.

They wanted to videograph my process; the way I think and the way the whole process works from start to finish.

They took me to the beach, and had drones flying overhead. This gown came together so organically and so last minute – the day before shooting the video I was out looking for fabric!

I built the entire costume from scratch, like I do with all of my gowns, and it was worn by Sina King – an amazing burlesque dancer.

You've worked with Sina King quite a bit! You photographed her for the book *The March of the Foxgloves* by Karen Hay...

Yes, she's a friend. I do like to work with Sina King because I absolutely adore working with artists for my personal work: burlesque dancers, fine-art nude models, actresses etc. because they are already an art form in themselves.

How do you feel about this journey of discovering your talent?

I am so blessed – but I am a little bit surprised by how things have happened because it has all happened so quickly.



Vicky may be the creative genius behind every Vergara portrait, but her husband Kerry takes care of the business side of things for her including booking the talks she now gives to aspiring artists.



I've entered and won a few awards, and winning these awards tells me that I'm at a certain level creatively, that everything is fitting in and I'm challenging myself.

While I don't enter every award, the awards I do enter challenge me to create a certain level of work.

Creating these fine-art portraits incorporates all the stuff I was doing when I was young: fashion, art and being creative, and now that I know I'm following my dreams, it feels good.

It's rewarding and satisfying, especially when I'm celebrating women and making them feel amazing – showing them at their most beautiful. I really do feel blessed that this is happening for me.

Do you have some advice for other women who have a dream niggling in the back of their mind?

You have one life, and if you don't have a go at whatever is lying dormant inside you, you may regret it. If you don't at least give it a go then you may one day ask yourself why you didn't take that chance.



This year, Anna Baltas opened the doors to her gorgeous new Gregio concept jewellery store right here in the heart of our community.

So this issue, we decided to catch up with Anna to discover what's in store for us for spring.

Anna, how long have you been importing Gregio for, and what first drew you to them as a company?

I've been importing and distributing the brand in Australia and New Zealand for just over five years now.

I was drawn to the brand after a trip to Greece one summer. I was extremely impressed with the quality and design. They are a brand that is now available in over 20 countries and have gained interest from all around the globe.

And you've just opened your first concept store in our very own Oakleigh. What was the inspiration and motivation for opening here?

Over in Greece, Gregio have heard that Oakleigh is the Greek hub of Melbourne and – being a Greek product – they wanted their first Australian concept store to be located here, alongside so many other Greek products available in the area.





What can we expect to see in the spring collection? What's trending in terms of colours and metals?

We can expect to see a lot of turquoise heading in to spring/summer.... The colour of Greece! Rose gold also has a huge presence in the Greggio range and generally in the jewellery industry at the moment.

What are some of your favourite pieces in the shop for spring?

I'm particularly in love with our Simply Rose collection of watches; a collection of rose gold watches, available in leather and stainless-steel mesh bands, and in a variety of colours. My favourite jewellery collection consists of simple charms on fine chains that can be layered to create your own look.

Where are some of the Greggio designers drawing their inspiration from for spring/summer?

Our Greggio designers are always looking for new ideas and inspiration. They look closely at nature, hence their motto 'Nature's spirit by Greek designers.' The colours of summer in Greece also play a vital role in the stone colours and cord colours that they use for each new collection.

And how can we incorporate these beautiful Greek inspired pieces into our Aussie wardrobes?

In Australia, we are starting to move into the more fine and delicate collections of jewellery, and are starting to see a lot more 'layering' these days. Our collections are designed to be worn together so we can easily add pieces to what we already have.

Greggio pieces are great for layering; can you give us any tips on how to achieve the best look when layering jewellery?

The more the better!

We love the mix of silver and rose gold, and stone colours that go so well together look amazing, for example pastel colours, or black stones set in rose gold.

Greggio Store: 51 Portman St, Oakleigh



SALLY OBERMEYER

Smoothie Sisters are doin' it for themselves...

By RAQUEL NEOFIT

Spring is the time of year when we start to think about spaghetti straps and summer dresses – and with the weather becoming warmer and the days getting longer, our bodies also start to crave a lighter, healthier lifestyle.

So, to help you on your way to a leaner and happier body, Raquel Neofit caught up with Sally Obermeder and Maha Koraiem from the smash-hit, online platform, SWIISH and their new book, *Super Green Simple and Lean*.

With Sally's eight-month-old baby in tow, these vivacious sisters were more than happy to share with *Vanilla Magazine* what it's like working together day in, day out, and a little about what it was like growing up together...

There are so many health books out there at the moment, but yours is fantastic! It's easy to read, easy to implement and I love your shortcut tips such as, it's okay to buy a pre-washed bag of spinach.

Sally – There are a lot of health books out there at the moment, but I think you've pretty much nailed our absolute ethos on the head. We're all about making life easy. It's about looking good, feeling good and making it accessible, easy and affordable.

And this goes for everything, be it our cooking philosophy or the products we buy for our online store that we want to sell to our customers.

Maha – We know how time poor everyone is – because we're time poor! We're stretched for time and we're stretched for money, so we ask ourselves: how can I look as good as I want to, feel as good as I want to feel, get the kind of energy levels that I want, and get that great food into me without it being an expensive process, involving hundreds of ingredients that I'll never use again, and without it being a ten-hour mission in the kitchen?

Sally – It also has to taste good because if it doesn't taste good then it's not going to be something that you want to keep going with.

IF IT'S NOT DELICIOUS THEN YOU'RE NOT GOING TO DO IT AGAIN AND AGAIN.

You especially struck a cord with me when you mentioned in your book that, if you were to put all of those green vegetables on a plate, every day, you'd have a mountain of food to get through.

Maha – Exactly, you would. That's why we're big on smoothies and not juices because we're getting all of the vegetable, all of the fruit, all of the fibre – instead of extracting the liquid from them. It is exactly the same as eating it, but instead, you're drinking it.

Sally – That's what I mean when I talk about fast, easy things. Of course you could put all of that broccoli, spinach and kale on a plate but man, you're never going to get through all of that. However, if combined with the right kind of fruits it tastes good, not to mention by adding in super-foods you're really getting a massive boost!

Super Green Simple and Lean
by Sally Obermeder and Maha Koraiem

Filled with over 140 deliciously inspiring recipes that are super easy, super fast, and so bright and colourful you'll be cooking from this book all of the time!

Published by Allen & Unwin
RRP \$24.99

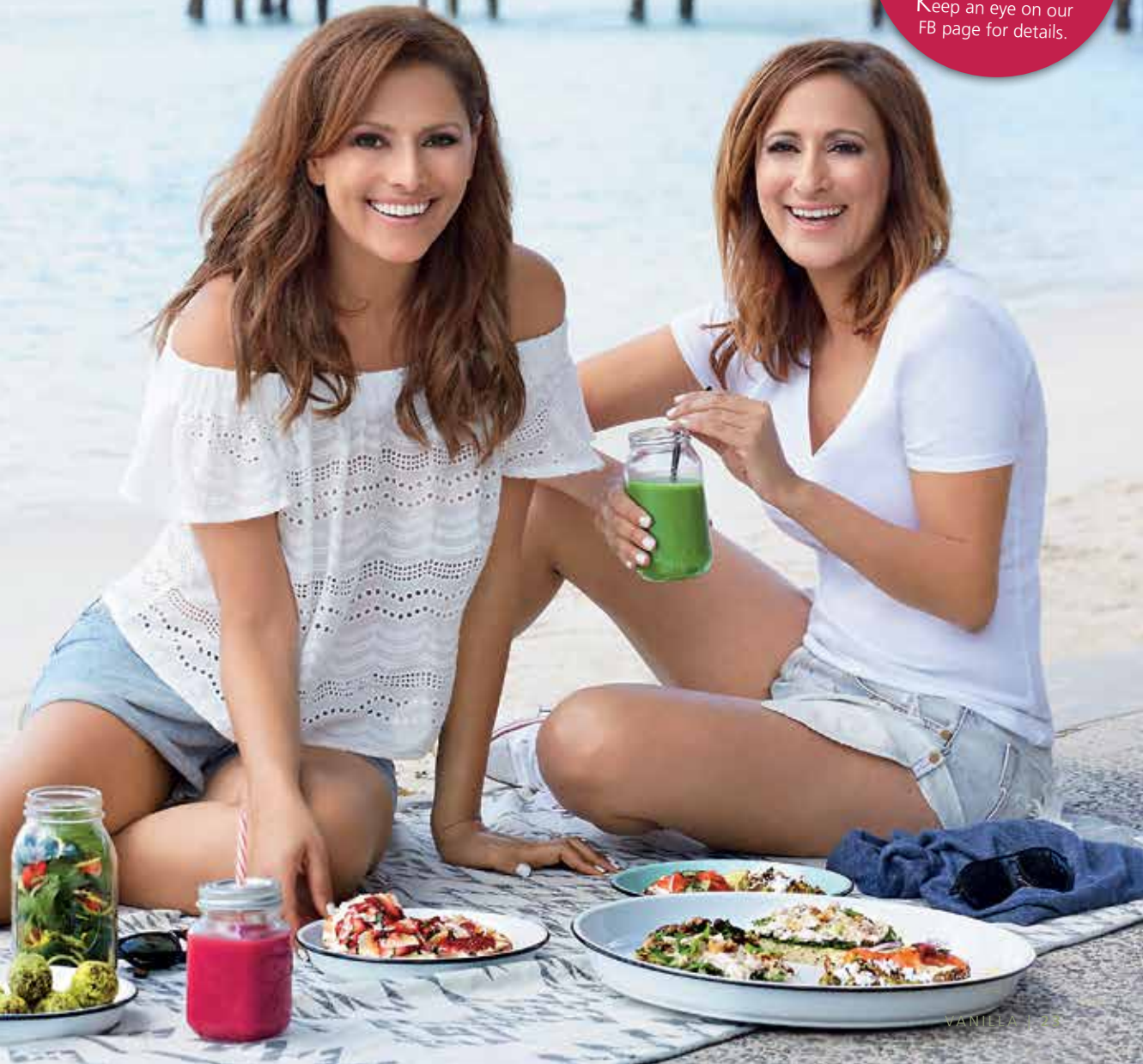



3 MAHA KORAIEM

WE'RE ALL ABOUT MAKING LIFE EASY. IT'S ABOUT
LOOKING GOOD, FEELING GOOD AND MAKING IT
ACCESSIBLE, EASY AND AFFORDABLE.

We have 3
copies of *Super
Green Simple and
Lean* to give away.

Keep an eye on our
FB page for details.





WE BALANCE EACH OTHER OUT AND WE HAVE VERY HIGH RESPECT FOR EACH OTHER.

And so how long have you been working together?

Sally – SWIISH was our first business venture – and in October it will be five years since we started it. We have had the online store for about two and a half years and we've been doing books together for three years. We started the product side of our business – the super-food powder – about three years ago because we wanted to keep expanding and to help people boost their health.

Let's talk about the dynamics you have working together as sisters...

Sally – Well, I'll tell you, it's fun above all else! But I think the good thing is that we have arguments. We have plenty of disagreements about what to do and what not to do because we come from different professional backgrounds and we both have different points of view.

Before I was in TV I was working in finance and Maha spent 15 years in a corporate HR role in banking, so when it comes to business we really look at things from different perspectives.

And we're also different kinds of consumers. For example, when it comes to the online store; if I want to stock something Maha will disagree saying that the product wouldn't be realistic for someone with big boobs or someone with a little weight, or that it isn't suitable for work. We really have a different point of view.

Which is good, right?

Sally – Yeah, it is really good because it forces us to really have to push for what we want rather than going in and just implementing any old thing. We have to really fight for it and convince the other person why we think it's good.

AND I THINK SOMETIMES THAT AS YOU FIGHT, IT ALLOWS YOU TO GET A CLEAR PICTURE ON WHAT YOU REALLY WANT, WHICH HAS BEEN REALLY BENEFICIAL.

Maha – I think we have very complementary skills as well – our personality types are quite different too. Sally is much more open to taking risks whereas I will look at something ten times and think of all the reasons why it won't work. Then she'll say to me, 'well, yeah, that's true but why don't we give it a go anyway?'

We balance each other out and we have very high respect for each other.

We also have an awareness that it is not always easy to be in business with someone, whether it's family, friends or anyone for that matter. But what is at the core of it for us, first and foremost, is our relationship. We care about our relationship with each other and we make sure that the business is separate to that.

www.swiish.com

SWIISH is a brilliant, one-stop, online lifestyle shop run by Sally and Maha, featuring all of their best beauty, health, food and fashion advice. It is a brilliant online shop with the latest fashions from all over the world. You can also join their 30-day smoothie challenge and purchase their superfood powder.



And being so close, you both live in Bondi, right?

Sally – Maha's still in Bondi, but I've just moved two suburbs away. I had a baby at the end of last year and so I needed to go to an apartment with an extra room for the baby – this is the furthest we've been away from each other, two entire suburbs! Haha!

We're really finding it a bit of a distance; we're calling our relationship long distance now.

Were you two close growing up, even with such a large age difference?

Sally – We definitely had a period where there was that really weird age gap. Maha was around nine and I was 14. I remember thinking 'AHHH, you're just a baby, and I'm into cool bands and I wanna talk about boys and things that you just don't know anything about.' And she would look at me like, 'Ohhh I just want to be like you, let's talk about Barbies!'

DURING THIS TIME PEOPLE WOULD ASK ME IF I HAD A SISTER AND I WOULD SAY 'NO!' I WAS SO MEAN.

But that period only lasted for a few years. Once Maha got into her teens it didn't matter as much then.

Now when people ask if there is much of an age gap, I'm really quick to say no because I'm the oldest one!

Maha – And I'm quick to say yes, there is a huge gap, she is much older than me – I'm so much younger!

So what were you like as kids? Did you have really different personalities? I know you say that you're different now, but what about as kids and teens?

Maha – I don't think so...



Sally – I would probably say Maha was more naturally intelligent. In fact, I still think that to this day. I think that because I'm probably not naturally as smart as Maha I always had an extremely disciplined work ethic.

I'm a super, super, super ridiculously hard worker and I always have been. There is one thing I know I can do and that's work really, really hard, and there's no limit to that. So I've been extremely persistent. My persistence knows no bounds, and I have a lot of perseverance and I'm ultra patient. I'm in it for the long haul and I will outlast most people just on patience.

And you both sound like you have such a positive outlook in life. I think that is such a big thing when it comes to relationship dynamics.

Maha – Yeah. And you know, we've been through plenty of ups and downs in our lives, and we know that things are not always smooth sailing – life can throw curve balls at you. But you just have to give it your all, and try and get through it. You also need to try and remember to be kind and give back, because everyone's going through something.

GREEN SUPREME LAYERED SMOOTHIE

SERVES 3

You will need

- 270 g (6 cups) frozen baby spinach leaves
- 3 frozen bananas
- 945 g (3 cups) frozen mango pieces
- 750 ml (3 cups) unsweetened vanilla almond milk, plus 250 ml (1 cup) unsweetened vanilla almond milk extra

Method

Place the spinach, banana, mango and 3 cups of almond milk in a blender and blend until smooth. Divide the mixture into three portions. Divide portion 1 across three jars and freeze for 2 hours. While portion 1 freezes, take portion 2 and add ¼ cup vanilla almond milk. Pour portion 2 on top of portion 1 in each jar and return it to the freezer. Take portion 3 and add the remaining ¾ cup of vanilla almond milk. Pour portion 3 on top of portion 2 in each jar and freeze until firm.

Top as desired.

We've used:

- paleo granola
- blackberries
- pumpkin seeds (pepitas)
- starfruit honey
- goji berries



Photo: Ben Dearnley

REECE CARTER AND HIS GARDEN APOTHECARY

NATURE'S MEDICINE CABINET

Meet naturopath Reece Carter: a self-proclaimed herb nerd (well, actually his friends started it!) who is on a mission to inspire us to reassess our attitudes towards medicine and how we care for our health. Reece believes that when we reach inside our medicine cabinets to treat minor ailments, we should be reaching for more natural remedies in order to avoid synthetic drugs and medicines where we can.

Naturally grown ingredients are high on Reece's radar and in his new book, *The Garden Apothecary*, he shares clever, but easy recipes for natural remedies that we can use every day to boost our immunity, fight colds and flu, improve digestion and gut health, relieve stress, aid with sleeping issues, increase vitality and libido, and even help to relieve many of our skin conditions and beauty problems.

Reece grew up spending countless hours in his grandfather's garden in Northern NSW, helping him tend to his herbs and vegetables – and developing a love of gardening and the plants around him in the process. He says he was a kid with a green thumb, and has fond memories of picking gooseberries from the bush while running around his pop's garden. He would then go home to his family farm and try and replicate his pop's much-loved veggie garden – doing so without the impressive results he longed for.

As a teen, Reece discovered a great passion for the gym and this interest in fitness turned his attention to nutrition – he spent countless hours researching health, wellness and nutrition through ancient natural practices.

Once Reece discovered the philosophies that underpin natural health remedies, there was no turning back; he set out on a journey of higher education and gained many qualifications along the way, including a degree in health science.

Soon his small herb and veggie garden expanded to include all of the ingredients required to treat and nurture almost any ailment and equip his body for ultimate health and nutrition.

Now, he lives to help the world at large embark on their own natural journeys – all through his website, clients and his new book.

Although Reece lives by his word and uses natural remedies where he can, he also understands that there is still a need for modern medicines. 'Modern medical treatments save lives, there's no doubt about that. Home remedies are not meant to replace your existing medicine – instead they are there to complement them,' he says.

'But before pharmacies, there were apothecaries,' Reece says. 'People who knew the ancient remedies and turned plant life into medicine – they were the healers of the time.'

'Rather than suppressing the body's natural processes, herbal medicine works alongside your body's natural processes to correct imbalances from the ground up, rather than just covering up the symptoms.'

So, where does one start if they want to create their own garden apothecary? Reece thinks you should start with herbs! You can grow them pretty much anywhere; even if you live in an apartment you can still have a windowsill or a small herb-pod-style growing system.

'Herbs really shine because they work in harmony with your body's own processes, rather than interrupting them.'

Buying his book is a good start to a crash course in creating your own natural medicines at home. It contains in-depth information on: which herbs benefits which ailments, combining herbs to combat other ailments, the best way to grow them, and preparing for when the time comes to use them. There are recipes ranging from tinctures (that's a fluid extract) and infused oils, through to creams, lotions and ointments.

His collection of recipes is impressive too. 'I use most of the remedies in this book to manage my wellness on a day-to-day basis. From headaches to hangovers, there's an answer in these pages.'

Images and recipes from *The Garden Apothecary* by Reece Carter published by Harlequin RRP \$39.99



MACA-MACADAMIA CHOCOLATE BARK

— TO BUST A BAD MOOD



You will need

- 1 vanilla bean pod
- 155g (1 cup) macadamia nuts
- 1/2 cup coconut oil
- 125g (1/2 cup) coconut cream
- 1/4 cup raw cacao powder
- 9 teaspoons dried maca root powder
- 9 teaspoons rice malt syrup
- Pinch of sea salt
- 1/4 teaspoon dried chilli powder
- 1/4 cup shredded coconut

SERVES 4

How to

Slice the vanilla pod lengthways, then scrape out the seeds using the back of a knife. Discard the pod and keep the seeds.

Roughly chop the macadamias in half, and place to one side for later.

Melt the coconut oil in a large mixing bowl over a water bath.

Remove bowl from heat and stir through the coconut cream, cacao, vanilla seeds, maca, rice malt syrup, sea salt and chilli powder. Whisk until smooth.

Add half the macadamias and half the coconut. Stir through with a wooden spoon or spatula.

Line a baking tray with baking paper, then spread the mixture over evenly.

Top with the remaining macadamias and coconut.

Refrigerate until set, then break into twelve pieces roughly the same size. To store, layer the pieces in an airtight container, separated by baking paper. Keep refrigerated or—if like me you prefer it with a little more snap to it—in the freezer.

SKIN REPAIR BODY CREAM

— FOR ECZEMA, CUTS AND ABRASIONS

You will need

- 3 teaspoons emulsifying wax
- 50 millilitres calendula infused oil (see page 60 for instructions)
- 90 millilitres water
- 10 millilitres calendula tincture (see page 57 for instructions)
- 10–20 drops lavender essential oil

How to

Create a double boiler by placing a pyrex bowl over a saucepan with a little water in it. Be careful to make sure that the water doesn't reach the base of the bowl.

Add the emulsifying wax and infused oil to the bowl and bring to a simmer over a low heat. Stir well until all the wax has melted and the two are well combined.

In a second double boiler, combine the water and tincture. Heat the mixture to the same temperature as the wax and infused oil—you'll need a kitchen thermometer to do this!

Slowly (very slowly) add the water/tincture mix to the wax/oil, whisking as it cools to maintain the emulsion. If this step is rushed, or if the two components weren't the same temperature to begin with, your cream may split and be ruined.

Transfer to an amber glass jar, and give it an occasional stir until it has cooled and thickened.

Stir through the lavender essential oil.

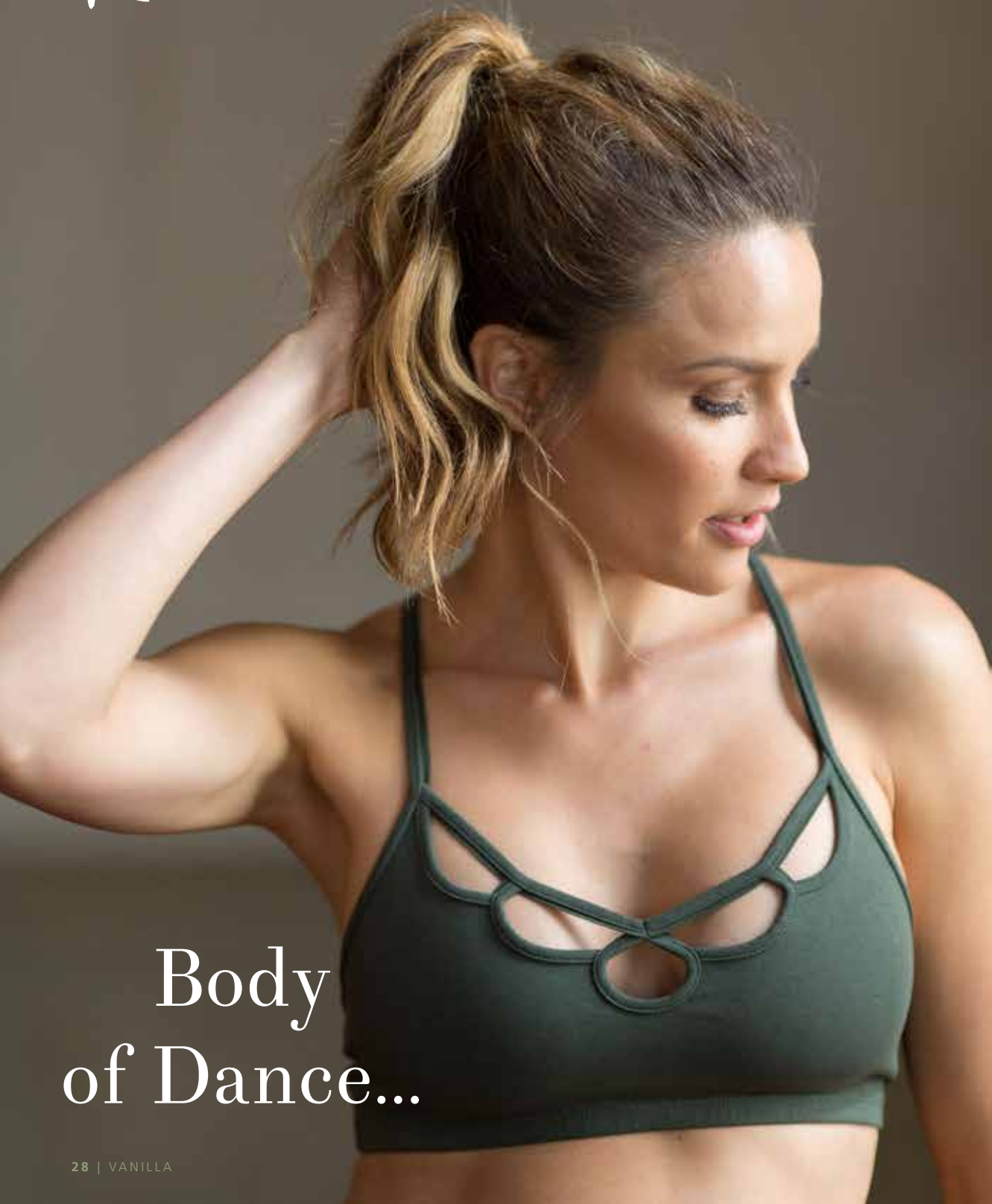
Seal the jar and transfer to the fridge, to be used within two months.



HERB NERD HACK

I also make a chamomile and jasmine version of this cream, which is a much gentler anti-inflammatory and great for those with sensitive skin. Replace the calendula tincture and infused oil with those made from chamomile flowers, and substitute 5–10 drops of jasmine essential oil for the lavender oil.

Rachael Finch



Body
of Dance...



Seven years ago, after a very successful debut in the Miss Universe pageant, **RACHAEL FINCH** entered the world of television, signing on as a weather girl for the Seven Network here in Australia and accepting a place on *Dancing with the Stars* – where she met her husband Michael Miziner.

The last five years has seen Rachael presenting an array of shows on Channel Seven across their sport and lifestyle programming, including the Brownlows, tennis, horseracing, AFL and various travel shows.

Now, as well as presenting on our screens, Rachael and her *Dancing with the Stars* husband Misha (as she loves to call him) are hands-on with their online dance program, B.O.D by Finch.

Raquel Neofit caught up with Rachael while she was taking some time out on the Gold Coast with her family to talk all things B.O.D, life balance, and if she actually had a natural ability when it comes to dancing...

Were you a dancer as a child?

No, I wasn't, I was all about outdoor sports – athletics, touch football, netball, soccer, cross country, all that kind of stuff.

So how did you end up creating a dance program?

After the Miss Universe competition I came back to Australia, and just before I signed with the Seven Network I got a call from my manager saying she had just received a request from Channel Seven to see if I'd be interested in going on *Dancing with the Stars*.

I was thinking, 'oh my God, okay, I love challenges, I love competitions, I love doing something new and different.' So I took on the opportunity and that's when it all started.

And did you just find you had a natural ability for dancing?

No! No, definitely not, I had two left feet!


I remember in the very first rehearsal – I had my Latin heels on – and my husband said to me, 'okay, I need you to walk in this straight line while holding this pole to balance yourself,' and even that was a struggle!

I have to say, I love the program, but I struggled a bit with nailing some of the moves.

At the end of the day, all dancing comes down to one thing, and that is just purely listening to the music and being in time with the music. The biggest thing is really feeling it, as opposed to overthinking it.

We keep evolving the styles because we want the teaching and the format and the flow to be as easy as possible, but we also want you to be able to get the best workout possible. So, in July, we took it back to a pyramid style format where you do six dances over the month, but the way we've structured it is: you learn a step, you dance it to music, you learn step two, you dance it together. It's much easier for people to learn that way.





I found the stretch and tone sessions so hard – holding some of those poses for that long, OMG! It makes you realise how important stretching is!

It's more so about the steadiness in your mind. Obviously there are some pretty intense balancing poses, and the strength comes into it, but if you start slow, hold it, and have the stillness in your mind, then your mind will connect with your body.

They are hard, but it's good to know that you did it.

Yeah that does sound good. I did struggle to remember all of the steps at the beginning. And when you're new you're so conscious of getting it right...

Yes! But the other thing that people tend to forget – and it is hard to tell someone this when they're learning something – when you are in that phase of remembering and trying to comprehend different steps, you're actually doing a hell of a lot for your brain. It's only when the workouts finish or at the end of the month that you go, 'man I've really put my brain to the test this month!' It's great for memory improvement – the focus, the clarity, the shift in having to think of the steps.

They're using dance now for patients of Alzheimer's, Parkinson's, and a lot of other neurological diseases. They're able to see all these great improvements through dancing, just purely because it's about remembering movements and steps to music – with timing, connection and musicality. All of these research stats that are coming out are really fascinating.

I'm really proud to have a program that includes that aspect within a cardio workout. And then of course we've got our strength and circuits, and my tone sessions as well.

That's something I've really learnt from your program. It's not just about the exercise. You really need the stretching, the yoga, the healthy outlook.

And I think it follows exactly what I believe; you could be the most bendy yogi in the world and you still won't be healthy. You can eat the most healthy food in the world and you still won't be mentally sound. You can't just omit one thing or include one more than the other, it's a balance of everything.

Your recipes are fantastic – they're quick and easy and of course healthy. Do you enjoy the recipe developing side of it?

Yes I love, love, LOVE food. Food is my passion. I love it all: the creating, the preparing and sharing with people, the *mise en place* – which is the French saying for preparation in the kitchen – that is me in my element. I'm very much a home bunny, I'm a true Cancerian, I love being in the kitchen.

I'm always interested to know about interesting food and recipes. But the biggest thing for me when it comes to food is, what is going to make me feel good.

I have treat days every now and then, but to be honest I try and incorporate a balance of so much goodness that I don't tend to crave crap food. I have a very high-fat, rich diet, with lots of colour and lots of different varieties of fruits, vegetables, protein, and low GI carbs.

I try to get a variety of everything so that I'm not craving any one thing in particular.

And that's the thing isn't it, when you balance everything you eat, you don't crave as much.

Absolutely. And then I think about it in the long term. Am I going to have to restrict myself my whole life? Yeah right! I don't want to go through those hormonal ups and downs, I don't want to go through my life thinking about diets, I want a steady, awesome flow of high energy throughout my day. I don't want to continue to yawn when it's lunchtime, I want to feel awesome, I want to thrive.

So what am I going to do to achieve that? I'm going to do a multitude of things, and it's not just food. It's also about getting the right sleep, getting some sunshine in my day, stretching and meditating. I've got to laugh at some point, I've got to spend time with my loved ones, I've got to have creative juices through my workflow. It's like this circle of life that we're trying to balance all the time – and I love trying to keep everything level.

Yeah... And it's being positive too – and by doing all of those things, not becoming overwhelmed, because that can throw the balance out even more.

Yes, it's being okay with the mundane. So as much as we try to tick all these things off, at the end of the day when it is my time to meditate, my time to switch off – boom. I flick the switch and I go into the world of 'I am totally fine with being exactly here in this point of time and I don't need to be anywhere else.'

I think if you can switch your body and your mind in and out of stillness and craziness, and still be in control, I think that is the winning formula – allowing time for both.

It's hard to do because we've got technology, toxins, traffic, schedules, appointments, family – it is just non-stop.

And you've had a new baby this year in March, and Violet is almost 4! How are you going, integrating everything together? Is it flowing well?

Yeah, we're a team. We plan everything. We're very proactive with time management and we talk about everything, every single day, so we are very in tune with what we need to do. We work together as well – we don't get up and go our separate ways, which is a beautiful thing.

I think we're very lucky.

Do you find life is a lot different between having one and two children?

No, I find we are more relaxed with Dominic because we know what we're doing. I find the time management is a



little more full on. With Violet, we would just put her in the pram and go out and do our shopping, but now we have to think about who we would give each child to if we want to go out for a dinner. We still haven't gone out for a dinner yet. It's a little bit more full on, but I wouldn't have it any other way.

You change their nappy, or you see them laugh and it's like, 'ah, this is the meaning of life.'

PAPRIKA CHICKEN WITH CORN, BLACK BEANS, AVO & LIME



SERVES 2

PREP 5 min

COOK 10 min

Ingredients

- 300g chicken thighs
- 1 tsp smoked paprika
- 4 sprigs fresh thyme
- Salt & pepper, to taste
- 1 corn cob
- 1/4 400g tin black beans, drained & rinsed
- 1/4 avocado, chopped
- 1 tsp olive oil
- juice of 1/2 a lime
- 1 clove garlic, minced
- 1/4 bunch fresh coriander, chopped
- 1 spring onion, thinly sliced

Method

Combine paprika, thyme, salt and pepper in a bowl, add chicken and rub spice mix into chicken.

Bring a medium saucepan of salted water to the boil, add corn and cook for 5-6 minutes, until tender. Drain, and cut kernels from cob when cool.

Heat oil in a frypan over medium-high heat, add chicken and cook for 4 minutes each side, until cooked through.

Toss corn, beans, avocado, lime juice, garlic, spring onion and coriander together in a large bowl, season to your liking.

Divide chicken between two plates and serve with bean, avocado and lime salad.

THE Paulini BODYGUARD THE MUSICAL



We caught up with **PAULINI CURUENAVULI** a few weeks into the Queensland season of the iconic Whitney Houston movie theatre production, *The Bodyguard*, to chat about this role of a lifetime and how she transitioned into the world of musical theatre.

The Bodyguard, that's really exciting! It has to be the role of a lifetime for you?

Oh yes, it definitely is! I was actually in the West End four years ago and I watched it over there. I was in my element, and I said to my agent 'once we get back to Sydney you're emailing and letting John Frost know that I want that part!'

So it was planned that long ago, that it was going to come to Aus?

Yeah, we had heard that they were thinking of bringing it over here – it had played in the West End for seven or eight years and we knew that John Frost was thinking of bringing it over – so we thought we'd put our feelers out early.

And it's your first foray into musical theatre?

Absolutely! My first debut into musical theatre and it is my dream role. It's definitely a role that I've always wanted to play and I think, with what I do already, it fits in well – it wasn't too far from what I've started in terms of the music.

You would have done plenty of Whitney covers over the years I imagine; she's a great fit for you.

Thank you. In all of my sets there's two songs that I always do and that's *I Wanna Dance with Somebody* and *I Will Always Love You*.

I've grown up listening to those songs. She was a huge inspiration in my life growing up and influenced me a lot musically.

Growing up my sisters were massive fans of hers – they had her posters up in their bedrooms and I have pretty much been listening to Whitney since I was ten.

Do you find that being such an iconic story, and singer, there's a lot of expectation surrounding it all? Do you find there's a lot of pressure? Did you get a bit nervous?

Absolutely! And you're right, there was an expectation and I've also put my own expectations on myself too. I've watched the movie a few times and I thought, 'okay, I should do it exactly like that.' But it's not me to do that! In other words, I'm not trying to play Whitney playing the character Rachel Marron, I'm actually trying to play Rachel Marron as Paulini.

But in my head I'm always thinking that I have to be at the same standard as Whitney. In the end, I looked at the character and tried to make it as truthful as possible to who I was. And I can connect with a few of the things with the character in *The Bodyguard* movie.





I worked with an amazing director, Frank Thompson from the UK, and he really helped me fine-tune it all because I'm pretty sure I will never be happy if I try to play Whitney playing Rachel! No one can top her anyway!

Some parts of the story have changed slightly – what's the story there?

The storyline is quite true to the story of the movie, but because we've added more of Whitney's repertoire, they've had to make the story fit in with those songs – and there are kids coming along too, so you can't have it exactly like the movie.

I think if you tried to do it exactly like the movie on stage it just wouldn't work, so they've made a few clever changes – including making it a little funny.

We've got amazing pyrotechnics, and the sets are amazing. It's almost like you're getting the storyline from the movie with a Whitney concert, her beautiful repertoire, and who she was as an artist.

You've got some amazing people behind this production in the likes of John Frost and his team. What have you learnt from them?

Being my debut into musical theatre, it is almost as if I was at 50 and now I'm at 100 – the amount of things that I have learnt during this short period of time is insane.

As a performer I have grown so much. Just being around people like John Frost, Trent Thompson and the team that came across from the UK has been such a massive learning curve. Not only for myself but for my co-stars Kip Gamble and Prinnie Stevens too. We have soaked up as much as we can. We're still learning – not only about our roles but also about musical theatre. It's a very different world from the commercial world I'm used to, and quite demanding too.

For me it really is a new door opening and I feel really lucky.

It's great to have people like that on this journey; I've never done anything like this before. I've never acted before, or really danced, and I've never had to follow choreography on stage before like I am now.



Throughout the rehearsal period I had quite a hard time with all of this because I've never really been taught how to dance or act. I was exhausted by the end of the first half in the first few previews that we did because I'm not only using energy to perform, but I'm also using energy while saying my lines, or off-stage changing, etc. I had to get used to that. This is so different – so to have these amazingly talented people supporting me through it is wonderful, and I'm just so lucky. It's taught me so much.

I really had to get show-fit, as they say! It was hours of training but it has been so worth it! I'm so grateful. Everyday I'm learning new things.

Playing at the Regent Theatre Now
Tickets through Ticketmaster

Luck strikes the heart of Oakleigh

Delphi Bank's 2017 Foreign Exchange Competition Winner is one of Oakleigh's own.



Delphi Bank announces its 2017 Foreign Exchange Competition Winner!

On Friday 1 September, Ms A. Nicolaou was given an opportunity of a lifetime made possible by Delphi Bank.

The young professional, who works in Oakleigh, had visited the Bank's flagship branch on Atherton Road various times throughout the campaign period exchanging Euros for herself and her family.

At first, thinking the news of winning two return airfares to Greece was *too good to be true*, Ms Nicolaou was overjoyed stating 'I would like to thank you all for this wonderful opportunity and experience'.

The lucky winner of the 2017 Delphi Bank Foreign Exchange Competition plans on taking her mum to Greece with her - showing that family, business and community remain at the heart of Delphi Bank's and its customer's values.

'I personally had intentions on travelling to Greece and various other countries next year, however with the generosity of the team at Delphi Bank, it has

given both mum and I the opportunity to do this amazing mother-daughter trip together - something that probably wouldn't have occurred without the help of Delphi Bank' Ms Nicolaou tells of her plans.

Together, the mother-daughter duo plan on visiting some of the Ionian Islands of which they have never previously travelled to; whilst also visiting family in Cyprus before exploring some of Greece's neighbouring countries.

The team at Delphi Bank thank everyone who participated in the 2017 Foreign Exchange Competition, making it a huge success, and wish Ms Nicolaou and her mum safe and happy travels in 2018.

Pictured on opposite page: Delphi Bank's 2017 Foreign Exchange Competition Winner, Ms A. Nicolaou together with Head of Delphi Bank, Jim Sarris.

The logo for Delphi Bank, featuring the word "Delphi" in a dark blue serif font and "Bank" in an orange sans-serif font, with a small orange and blue circular icon to the right.

Call 1300 660 550 or visit delphibank.com.au

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MARC MARQUEZ



With the Phillip Island round of the MotoGP™ heading into Victoria this spring, Raquel Neofit caught up with the reigning MotoGP™ world champion, Marc Márquez. On the eve of round 12 of the Grand Prix at Britain's Silverstone Circuit, they discuss the mindset needed to survive in the high-octane world of racing.

Marquez's debut in the MotoGP™ World Championship in 2013 saw him join the Repsol Honda bike team and he's been loyal to them ever since, winning three titles in only four seasons of racing with the best riders in the world.

He was, however, no stranger to the thrills and competitive nature of racing in world championships, taking out top honours in his rise to fame in the 125cc and Moto2 classes – his first taste of a Grand Prix win being back in 2008 in the Portugal Grand Prix on a 125cc.

Now, with the 2017 World Championship Series at a nail biting close call, Spanish born 24 year-old Marquez may well hold onto his championship status at the end of this series, and round 16 at the Phillip Island Grand Prix Circuit may well reveal who will land the 2017 World Championship title.

As the current MotoGP™ World Champion, and currently leading this year's MotoGP™ World Championship series, what are the main things you focus on going into the next race? What mindset do you implement?

I try to prepare for the next race in the same way every time – no matter what my situation in the championship is. Of course, leading the championship always gives you more confidence – but I think that the most important thing is to stay focused on the work, and to do that you need to stay calm. So this is mainly what I try to do in every session of every Grand Prix: stay calm and focused.

It's been 5 years since you joined the Honda Repsol MotoGP™ team alongside Dani Pedrosa, can you remember what the feeling was like when you were told the news? How did you prepare for the ride?

It was a very special moment for me because to be a MotoGP™ rider was one of my biggest dreams – **so it felt amazing.**

The 2015 Australian Motorcycle Grand Prix was declared one of the best MotoGP™ races of the modern era by race winner Marc Márquez, who clinched the win 0.249 seconds ahead of eventual season champion Jorge Lorenzo on the last lap.







Also, doing it with the best team of the grid was such a privilege. Seeing Dani, one of my favourite riders when I was a kid, at the other side of the box, and riding together with Valentino and Lorenzo was overwhelming at the beginning – but I got used to it. For the preparation, my closest people helped me a lot to stay focused and to adapt as fast as possible to the new bike.

They say that it's harder to stay on top than to reach the top. There's so much pressure on the track and off the track, you have to have steadfast discipline along with a natural talent. What propels you to continue forging these internal strengths, and how do you adapt to the pressure and develop your mental stamina?

Bikes are my life and my passion, so for me it is not a problem to train hard and prepare myself for the races because this is what I like the most. Maybe if you ask me the same question in a few years I won't think the same way – but I'm just 24-years-old and I feel that I have the same energy now as I did from my first season in MotoGP™.

When I've won a title I do celebrate, but after a few days I'm already thinking about the next season because I still have a lot of **goals to achieve**.

What's your training regime like? What kind of things do you incorporate into a general week or fortnight? It must be intense leading into each new season, but how do you stay focused and prepared throughout the season?

I do two training sessions every day. Usually I do cardio in the morning, running or going out with the mountain bike, then I have lunch and rest (which is very important too) and during the afternoon I work on my strength in the gym. Also, I practice motocross, supermotard or dirt track a couple times a week, depending on the time of the year. My physical trainer and my sparring help me prepare so that I arrive at the race weekend in the best shape possible.





'Marc and Pedrosa are both great. Marc in particular came onto the scene a few years ago and has won world championships, he's really maturing now. Like all of them, in the early days they crash a lot, but he's getting a lot more mature in his riding now and rather than bridge-capping and crashing to get a result in a race, they start to strategically look ahead and they start to think, 'well, I need these points even if it's points for second instead of first.' They realise as they mature that it's a long season and a long championship. But Honda's, Marquez and Pedrosa are fantastic for the sport.' Craig Fletcher, Australian Grand Prix Corporation.



How important is mental discipline and the perception you give to other riders out on the track? Crutchlow says you are a hard person to play mind games with on the track – that you're not afraid to play mind games back. How did you develop that state of mind and how do you take (and respond to) other riders playing mind games with you?

Of course, it is very important to be mentally strong in our sport. Riding carries risks and if your opponents think that you are taking some risks that they can't take, you have a point there. But I don't think about playing mind games, I'm just focused on giving my best in every situation to try to win.



How do you feel after a race? What are the emotions and energy you feel and how do you channel them into a champion mindset?

The way you feel after a race depends a lot on the results you get and the certain goal we had with the team before the race. Right after the race we have a lot of media interviews, especially if we finish in the podium.

After all of that, I like to talk with my team about the race because they help me to see the **big picture**.

The Michelin® Australian Motorcycle Grand Prix 2017. Phillip Island. 20-22 October, 2017

For bookings and more information visit www.motogp.com.au

OLI & TROY BAYLISS

Superbike 300 – New Kids on the Block



This year marks the first year of Superbike 300 in Australia, allowing a younger group of riders to enter the fast-paced world of road racing – but while they may be smaller engines and younger riders, they can still reach a track speed of 200 kilometres.

One rider set to race in this inaugural event is 13-year-old Oli Bayliss – son of three-time world champion superbike rider, Troy Bayliss, who says that while he has always loved racing, he loves it even more now because it's bringing his family together on the track.

For Oli – who first started on a three-wheeler bike at two years-old and has been riding dirt bikes since he could walk – road racing was a natural progression for him. And while it did take a little nudge from Troy, there is now no turning back as he pushes his bike to the limits with enthusiasm.

“Oli’s always been around wheels. When he was younger he did go-kart racing. When he decided he wanted to ride bikes – that really put a smile on my face,” says Troy.

As for Troy, he entered the sport simply wanting to make a living, with no thoughts of becoming a world champion – and yet, he went on to become a Phillip Island legend, winning six World Superbike Races (WorldSBK). And now that Troy has retired from racing, he is spending more time teaching Oli the tricks of his trade.

ON TRACK WITH TRACEY DAVIES



Immersed in a man’s world where testosterone often wins out, not many female riders have managed to run the course. Tracey Davies however, is one woman who not only has staying power but has proven she has what it takes to hold her own with almost 15 years of racing under her leathers.



When I asked Troy what it was like coaching Oli he replied, "I don't think I'm a good coach, I have just ridden with Oli since he was so young and when we rode together he would always try to keep up with me. That's basically how he has learnt – by wanting to beat me!"

And it looks like Troy's antics have paid off, with Oli being a forerunner in this new class. "I think I'm coming 4th in the championship now, but I'm a fair few points behind," says Oli.

"It's certainly early days for Oli at the moment, but he's fast and mad for it," Troy says. "Oli used to be fearless on the bike

when he was 5-years-old. He was so wild but now he seems to have a really good head on his shoulders – he doesn't seem to do crazy stuff anymore, he thinks about it now."

And the strategy for the rest of the round? Well, it seems like Oli is pretty laid back about it all. Although he's excited to race at the Michelin® Australian Motorcycle Grand Prix 2017, he knows things can get a little sketchy on track with the adrenaline of the international teams around... "I just want to have a few wins, and try not to crash."

In 2012 Tracey was in a major accident where she lost a couple of years of track time recovering from a head injury. After 14 months in rehab, and a few false starts throughout that time, she's now riding faster than ever before.

After her major accident, Tracey learnt a lot about changing thought patterns – and now she uses this knowledge in the capacity of a mentor to help other riders – from newbies through to women who are after a new perspective on their riding.

"Girls are finally breaking into motorsport but I think it will always be a man's game," she says. "The boys will test you so they can figure out if you're in it for the long-haul – if you're in it for real or if you're just in it for a 'handbag accessory'."

Tracey even takes care of much of her own mechanics, alongside her partner Jason, with most of what she knows being self-taught.

August this year saw Tracey race in the Victorian Titles at the Phillip Island Grand Prix Circuit, and even though she came a successful third for the weekend – and ended up sitting third overall in the championship – it wasn't all smooth sailing.

"It was just carnage! I was riding and I crashed at turn four – I was pretty sore coming off," Tracey says. "And then on Sunday it was a massive crash fest! Bikes were coming in and you couldn't recognise them. I was glad I wasn't out in the superbikes for that race!"



And this year, the MotoGP at Phillip Island will see Tracey riding her Ducati Pentagali – which has been provided by her sponsor Villa Verde Free-Range Eggs.

"We'll take the Honda as a backup, in case the weather turns really shonky. Being Phillip Island it could be pouring with rain and I don't want to risk damaging the Pentagali," she explains. "The Honda's the wet bike. If I'm going to throw a bike down the road, I'd rather throw the Honda!"

And when asked what she loved most about the Island? "What's not to love about the Island – especially the GP! There's a massive crowd and you're mixing it with the big boys."

ON-TRACK AND OFF-TRACK ENTERTAINMENT

CRAIG FLETCHER

Talking on-track and off-track entertainment – and the hype of the Supersport 300!



The Australian Motorcycle Grand Prix at Phillip Island is one classic event not to be missed. It sees around 83,000 people at the Phillip Island Grand Prix Circuit every year, with an estimated 55% of them coming from interstate, offering the local Bass Coast Shire economy a major cash injection.

So, we've taken it upon ourselves to get some inside information on what we can look forward to with this exciting, high-octane, adrenaline pumping event. And who better to talk to than the Manager of Motorsport, Entertainment and Industry at The Australian Grand Prix Corporation: Craig Fletcher.

Here's the inside scoop from the man himself.

So Craig, tell us, what's in store for this year's Phillip Island MotoGP™?

We've got a great line-up. Obviously the main draw is all of the track activity: we've got the international categories of MotoGP™, Moto2 and Moto3 which are pretty exciting at the moment – especially MotoGP™, where there are four riders who are very close on points.

We've also got some good on-track domestic and national classes as well which is the Superbikes and the Supersport 300.


The Supersport 300 is new for us this year – it's a smaller engine capacity class, which is proving to be a good breeding ground for younger riders coming through. We've received entries of around 43 riders for that event which is amazing.

And what about the off-track action?

Off-track we've got an amazing MotoGP expo, which is a large hall filled with manufactured motorcycle displays, accessories and gadgets.

It's primarily contemporary motorcycles, but we do have other displays that have some of the older, historic bikes – all housed in the Urban Garage. There's also a number of bikes on display on a platform, which makes them look pretty urban and edgy.

Also around that precinct this year there will be an Urban Chop Shop – which is a cool name for a barber. So you'll be



'There's a great camaraderie and mateship around the whole event and it's just a really good vibe. So if you haven't been down there for a while you should come down.'

able to go there and get your hair attended to while you're having refreshments and seeing some great entertainment.

In that same precinct we'll have street artists who will be creating some live street art so everyone can see how their talents have come about.

We also have amazing support from the Royal Australian Air Force: there will be aircraft displays each day, along with the Roulettes, the FA18 fast jets and all sorts of other enjoyable sky entertainment.

And is there anything exciting for the kids this year?

Kids under 14 are free and we look after everyone!

We will be running 'Learn Curbside' – where we invite the majority of schools from around Victoria to come along and listen to talks from some race engineers and riders. This is great for kids studying STEM subjects: science, technology, engineering and maths, so they can hear about where this career path can take them in the future.

Kids can also have a go on the back of a MotoGP™ bike with Randy Mamola, who's an ex-GP racer, so that's pretty exciting and we also have Honda mini bikes down there for them to jump on and have a ride.

Tell us a little about the Supersport 300 – you've got 43 rider entries and it's attracting younger riders, right?

So this is the first time we've had this class at the event and we're really looking forward to it. If there's any way we can help find the next Casey Stoner, Mick Doohan or Jack Miller then we'll certainly try, and this is a great place to find them.

They can race from 16-years-old here in Australia, but they can race with special exemptions from about 14-years-old. This means that if they already have history on dirt tracks, and if they've got the support from their parents, then they can be racing at 14 or 15 – which is still older than what it is

in some European counties, where they're road racing from 12-years-old onwards.

And are you getting a good response from everyone involved around the smaller engine and younger kids? Is there lots of hype?

Yes very much so. Motorcycling Australia, who are in control of motorcycle racing within Australia, are very supportive of it.

A lot of young motorcyclists start off-road, on farms and country properties, so they are able to get on a motorcycle quite young and do it in the safety of an off-road environment. In the paddock they can develop their skills at quite a young age so it comes down to transitioning them across to road racing, and hopefully becoming future world champions for Australia.

We'll be going out with guys like Troy Bayliss – who's three-time World Superbike Champion in Australia – and his son Oli, who is riding in the Supersport 300, along with Jason Crump's son; Jason was three-time world speedway champion in Australia. We're seeing a new dynasty coming through.

What are you looking forward to most at this year's event Craig?

I think the 300s but also the way the championship is going. There are only two rounds left after our event in the championship and the way the series is going at the moment the championship could potentially be decided at Phillip Island.

So with Marc Marquez, Dani Pedrosa, Maverick Viñales, Andrea Dovizioso and Valentino Rossi all right up there, and the fast nature of the Phillip Island circuit, it is going to be super exciting, especially if the championship is decided there.

Spring



#anywhereanytime

Escape



NK: A KAZANTZAKIAN MONTAGE



2017 marks the 60th anniversary of the death of the great Greek Writer, *Nikos Kazantzakis*. As part of these celebrations, not-for-profit theatre company, Q44 Theatre, will be performing the world and Australian premiere of a new Australian play, *NK: A Kazantzakian Montage*, by author Howard Dossor.

Melbourne based Dossor is considered to be an international expert on Kazantzakis and he has brought his depth of knowledge and his passion for Kazantzakis' writing to the material. In a series of public lectures, and in a published set of essays under the title *Nikos*, Dossor has sought to share his understanding of Kazantzakis' vision. Commenting on the play, he says that it is offered as a Kazantzakian celebration of life.

It depicts some of the defining experiences of Kazantzakis' life and seeks to illustrate the key ideas these experiences created in the writer's mind. It points to the most central of these ideas – the notion of life as it struggles to ascend through chaos – and observes the individual as he or she participates in that ascent through an alternating range of tragic failures and resounding successes.

Although the play might be described as a play of ideas, Dossor is pleased with the manner in which Director Suzanne Heywood has staged it to offer the audience an enthralling glimpse into a human life that was lived to the full and that was elevated well above the ordinary.

"She recognised in this celebrated Cretan writer, a major figure struggling to give meaning to his life and giving expression to an intimately personal world view that has an intrinsic appeal."

The original script has been developed by actors from the Q44 ensemble under the direction of Suzanne Heywood. This development process has led Suzanne to envision a new work which captures a sense of Kazantzakis as both the man and the poet. His story is epic in nature and so the device of the Greek Chorus is employed to capture this sense of the epic. As she points out, "the chorus functions just as it does in ancient Greek theatre, it informs, it interrogates, it challenges as it guides the audience through a journey of his life and work. Kazantzakis as a writer was prolific. As a man he was incredibly complex as opposing forces battled within him. We are not attempting to provide the definitive portrait of Kazantzakis but rather, as the title suggests, a montage. It is our hope that this montage will pique the curiosity of the audience and encourage them to go on their own journey of discovery by reading his work."



Alex Tsitsopoulos during rehearsals



Director Suzanne Heywood



Howard Dossor - Photo by Peter Kakalias



Suzanne Heywood

Heywood says that the poetry in the language drew her to the text, "...the poetry in the language and the ideas.... and I really wanted to explore theatrical forms which could capture this.

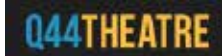
The challenge was in keeping the integrity of the ideas but at the same time finding a theatrical form, which give the piece a more dynamic engagement with an audience."



Lead actor Alex Tsitopoulos – Photo by Con Milonas

She was also fascinated with the character of Kazantzakis himself, "Who was he? This man of many seeming contradictions and inner conflicts... I have found that the more an audience engages with a character the more they empathise with the character's struggles and so building a picture of this man, not just his work, was very important to me. When I began this project, I knew very little about Kazantzakis and the more I have explored the more fascinating he becomes. It is almost as if in finding the answer to one question another question is generated. We cannot provide the definitive Kazantzakis we can only provide this particular montage ...pieces of the puzzle which we hope will stimulate audiences and inspire them to read his work and go on their own journeys of discovery!"

ABOUT Q44 THEATRE



Q44 Theatre was founded in 2014 by Artistic Director Gabriella Rose-Carter, who brings over 20 years of experience as an actor and acting coach, including over 10 years of experience training and working in New York and Europe. Q44 has already successfully produced three full seasons of plays to critical acclaim, all cast from actors who have and continue to train with Gabriella at Q44.

Gabriella Rose-Carter says that Q44 stands out as an independent theatre company by "its unique combination of an artist-driven environment where actors can learn

and grow through a dedication to career-long training and development, while also producing stimulating, thought-provoking and accessible theatre." She adds, "Regarding our productions, our mission is to tell stories about the human condition. We want these stories to be accessible and resonate with a wide audience. It is our goal to produce plays of artistic integrity and to present them with skill, artistry and humanity."

For more information about the upcoming play *NK: A Kazantzakian Montage* visit: www.q44.com.au

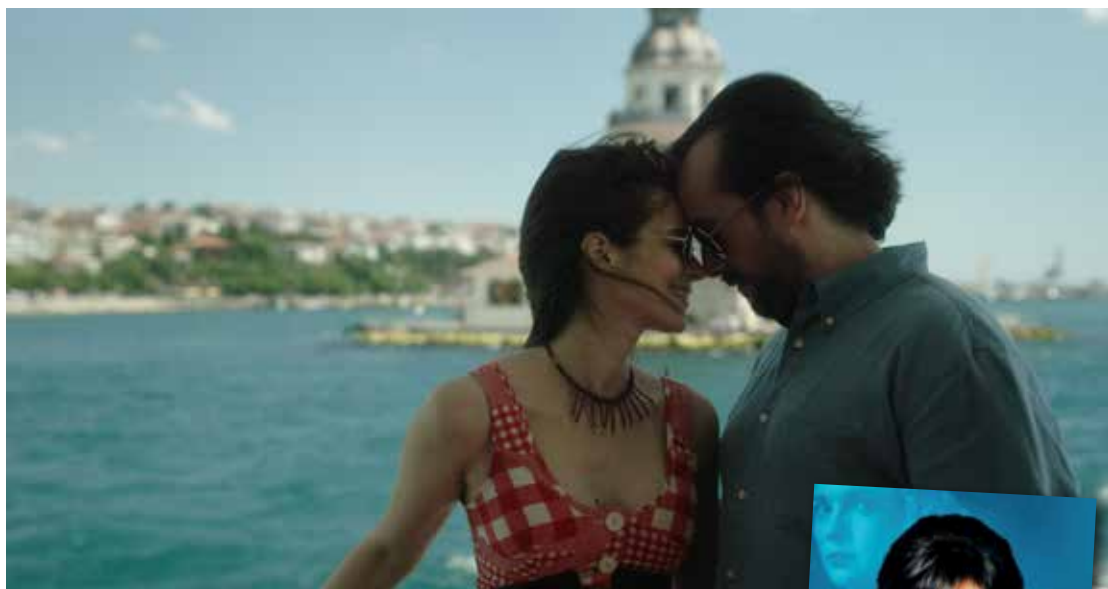


DelphiBank

24TH GREEK FILM FESTIVAL

Presented by the Greek Community of Melbourne, the **Delphi Bank 24th Greek Film Festival** will open at The Astor Theatre with George Kordellas' remarkable debut feature, *Roza of Smyrna*, a romance set against the turbulence of Greco-Turkish relations in the 20th century. Always a sell-out event, this year's Opening Night Gala will once again deliver a big night for all to enjoy, with an after-party to follow the screening.

The Festival will showcase the best that Greek cinema has to offer with an extensive program highlighting local and international dramas, comedies, documentaries and the 8th Greek-Australian Short Film Festival. The Delphi Bank 24th Greek Film Festival presents a diverse range of Greek stories told by much-loved auteurs as well as first-time feature filmmakers.



ROZA OF SMYRNA

Dir. George Kordellas

Wherever she hides, her secrets follow...





Mysteries are uncovered and dirty laundry aired as one family's closet is raided for skeletons in *Roza of Smyrna*, George Kordellas' "Greco-Turkish Romeo and Juliet" -Ekathimerini.

Tasos Nousias (*Lines* GFF'17, *Tungsten* GFF'12) plays Dimitris, a collector from a renowned Athenian museum who uncovers a story of star-crossed lovers while searching for artefacts in the lost city of Smyrna. During a research trip to the Turkish city of Izmir – formerly known as Smyrna before the Greco-Turkish War of 1919-1922 – Dimitris stumbles upon three historic curiosities buried in the depths of a small antique shop: an old photograph, a wedding dress stained with blood and a letter. The items lead Dimitris and his girlfriend Rita (Youlika Skafida, *Apnea* GFF'11) to the enigmatic Roza (esteemed theatre actress Leda Protopsalti) and her granddaughter Marianna (Evgenia Dimitropoulou, *The Two Faces of January*, *The Island*).

Roza is the matriarch of a once powerful lineage and has been keeping a secret from her family for decades. With his accidental find, Dimitris unearths a passionate love story dating back to 1921, before the expulsion of the Greeks from Anatolia, now known as Turkey. Greek newspaper, *Kathimerini*, has described Kordellas' film as the "Greco-Turkish Romeo and Juliet" in the way it follows a romance set against the turbulence of Greco-Turkish relations in the 20th century. With stunning cinematography across Istanbul, Izmir, Lesvos and Athens, and based on the novel *Ismael and Roza* by Giannis Giannellis, *Roza of Smyrna* features two original songs by Greek icon Haris Alexiou. *Roza of Smyrna* was nominated for the Orpheus Award for Best Feature Film at the 2017 Los Angeles Greek Film Festival.



MYTHOPATHY

Dir. Tassos Boulmetis

“If your son is careful in what he says, a beautiful life is ahead of him.”



Celebrated filmmaker Tassos Boulmetis (*A Touch of Spice*, GFF 2004) returns from a 12-year hiatus with a long-awaited story of ‘sarcastic nostalgia’ that revisits a picturesque yet politically turbulent Athens during the ‘70s and ‘80s.

When the south wind blows, Stavros (Giannis Niaros, *One Breath*, GFF 2016) invents stories that fly in the face of classical Greek myths, bending and twisting legends to fit his mixed-up view of the world. Upsetting his straight-laced parents and baffling specialist after specialist, a local fortune-teller diagnoses him with ‘mythopathy’ – a rare condition

that allows him to reshape reality whenever he suffers a broken heart.

Funny, wistful and somewhat autobiographical, *Mythopathy* shows that – even when the world changes – love, heartbreak and politics still stay the same.

Winner of Best Feature Film at the Hellas Filmbox Berlin Festival 2017.



THE BACHELOR

Dir. Antonis Sotiropoulos

A Hellenic *The Hangover* that trades Vegas for Thessaloniki with four friends, a hearse and one explosive bachelor party.



Daughter of Greece’s most renowned cardiac surgeon, the gorgeous Katerina (Katerina Geronikolou), is set to marry the love of her life, Antonis (Yannis Tsimitselis). The only problem: Antonis is a lowly undertaker and Katerina’s elitist father, Aristidis (Yannis Zouganelis), is hell-bent on the couple not making it to the altar.

night on the streets of Thessaloniki before the wedding. Antonis waking up in the back of a hearse with his friends and an enraged future father-in-law is just the start of a series of misadventures that feature old flames, petty rivalries and hilarious misfortunes.

A surprise reunion between the groom and his childhood friends leads to a disastrous

Filmmaker Antonis Sotiropoulos assembles an all-star Greek cast for the bachelor party from hell.



SON OF SOFIA

Dir. Elina Psykou

“Contrasting an unsettling childhood reality with the comforting refuge of fantasy.”

Screen Daily



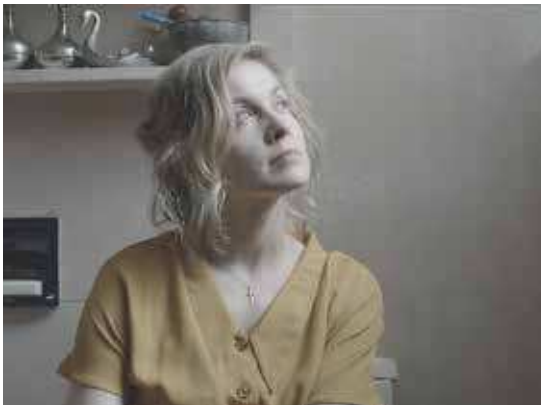
Transforming stark realities into the stuff of fairytales, filmmaker Elina Psykou populates this dark world of abandonment, deceit and coming-of-age with bears, beanstalks and all the trappings of classic Brothers Grimm.

Following the death of his father, 11-yr-old Misha (Victor Khomut) arrives in Greece from Russia during the 2004 Athens Olympics to be reunited with his mother, Sofia (Valery Tschepplanowa) after two years apart. But his new life is not what he expected. Sofia is living with Mr Nikos (Thanasis Papageorgiou, *My Life in Ruins*, GFF 2009), an ex-children’s TV presenter who rules his quirky roost with an iron fist and wants to fill the shoes of Misha’s father.

Escaping through flights of fancy, Misha transforms into his namesake – the Russian Olympic mascot of 1980 – and befriends a Ukrainian teenage gigolo as the real world closes in on him.

Winner of Best International Narrative Feature at the Tribeca Film Festival 2017 and a Special Jury Award at the Los Angeles Greek Film Festival 2017.

“Immerses itself in its protagonist’s unreal headspace, where fantasies about animals, murder and his mother portentously commingle.” *Variety*



DelphiBank

24TH GREEK FILM FESTIVAL

11–22 October 2017
THE ASTOR THEATRE + PALACE CINEMA COMO

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Photo Panos Marinakis

ELINA PSYKOU

The Delphi Bank 24th Greek Film Festival is one of the highlights this spring and Elina Psykou's coming-of-age drama *Son of Sofia* is one of the must see movies in the program. Vanilla Magazine caught up in Athens with the award winning Greek director, who talks about her film-making journey.

Please share with us some highlights from your experience at Tribeca.

After so many years of working on the film, when the time came to present it to the world I was nervous but enthusiastic at the same time. The screenings and the audience were really warm.

The highlights were the closing ceremony, where the film was awarded as the best international narrative by a jury with Willem Dafoe as president and of course, the short meeting with Robert De Niro at the directors' brunch.

How was the idea born for *Son of Sofia*?

It was born by a woman from Albania, whom I met some years ago. She was working in a restaurant in Athens and she had left her child back in her country. Very soon I discovered that the concept of identity and self-determination were the ones that I liked to explore via her story.

Why did you place the story at the time of Athens Olympics? Have you purposely cast a retrospective light into those pre-crisis years?

I found the Olympic Games context a very interesting background to set the story in. The 2004 era was as innocent as the young protagonist (Misha). Both Greece and Misha lived in an illusion – an illusion that very soon would come to its end. Setting the story during the Olympic Games is just a metaphor for the end of illusions, the end of childhood and fairytales, and for their replacement with a coming of age, whatever good and bad this brings.

How do you describe the movie?

A boy who doesn't know yet what life can be, a woman who tries to find her way being a mother, an old man who regrets not being a father and two countries who have to restart. It's a difficult coming of age for all of them, a kind of a magic realism story...





What does Misha's journey tell us about the current young generation in Greece?

The young generation, as represented in the film by Misha and his friends' gang, is a different aspect of Greece. This is a confused generation, not knowing where to go and whom to listen to... What interests me is that these boys are lost in the city, without hope, relatives, expectations and a home.

And of course, their presence works as a statement for their generation generally, but also for the city itself, an abandoned and isolated city.

How did you achieve funding for the project?

The film is a European coproduction between Greece, France and Bulgaria, supported by (respectively) Film Centres, Eurimages and Creative Europe and also by the Greek Public Broadcaster.

Apparently, you started filming during capital controls in Greece, how did you get around the problem?

Three weeks before the starting date of our shoot, capital controls were introduced in Greece. As you can imagine, we had to handle a situation that was very difficult, unexpected and unpredictable. At the same time, we hadn't yet received the official approval from either the Greek Film Centre or the Public Broadcaster, so the challenge was really big.

We were ready to shoot in terms of casting and locations, but not ready in terms of financing and that wasn't our fault. At the same time, we couldn't postpone filming as we would lose the cast so we were forced to split them into two parts in order to gain some time to get the official approval from the GFC and the Public Broadcaster.

When we finished the first part, we didn't know exactly when we would shoot the second. Finally, after almost four months, the time to restart came. Colleagues and vans with camera equipment from Bulgaria came to Athens for a second time and the young protagonist really had grown up in the meantime. Moreover, the winter had come and the film was supposed to be taking place during summer, so the actors had to wear summer clothes.

I can write many pages about how difficult it was to (co) produce the film, but at the end of the day this is a typical production process for a Greek film and not a unique case. From the moment I remember myself getting involved in the cinema world, the situation of the Greek film industry has been unstable and unpredictable. Greek cinema had been in financial crisis for many years before the country entered the crisis but when the films are finished all these things are just a bittersweet memories – and this is the same for me and my film.

How do you see Greek cinema today?

There are many talented people who make and will continue to make movies in the future, set in Greece. We love cinema, we all have our eyes open and our movies are the only weapon we have against all this mess we live in. However, we don't want to let sleeping dogs lie. There are a lot of people out there making films without money or support but this should not go on for too long as it'll work against us in the end.

We can't continue to make films without the proper funding and we don't want to give the state an alibi, letting it rest easy and thinking we're doing just fine without its funding and support. So I hope that Greek cinema will continue its international success, win the interest of audiences and have great support from the state. I also hope that there will soon be a regular cinematic education in schools, which is very important for building a more robust interest in cinema in our country.

So what's in the pipeline?

My new project is a documentary called *Europe, oh Europe*. This is about five Europeans who, due to an irrational variation of national laws, seek to cross European borders to accomplish their dreams of gay marriage or fertility, or find solutions to their life struggles through abortion, euthanasia and cremation.

Son of Sofia will be screening at the 24th GFF this October. For screening sessions visit: greekfilmfestival.com.au

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Spring Books

BOOKS FOR COOKS, TRAVELLERS

HARDCORE CARNIVORE

JESS PRYLES

Murdoch Books | RRP \$39.99

I love a woman who's not afraid of the BBQ! Jess' book will become your bible for all things meat, and since it's such an expensive commodity in Aus, it's a good idea to know which cut is the right cut, and the best way to cook it to make the most of our dollars and please our senses at the same time.

No cut is left de-boned!



NEW PIZZA

STEFANO MANFREDI

Murdoch Books | RRP \$39.99

It's no secret that I'm a huge Manfredi fan and I'll snap up any literature he sees fit to put his name to. I'm also a big fan of an excellent pizza so this book is a winner in my eyes. Discover Stefano's take on the new evolution of today's pizza – lighter, healthier, and distinctive in flavour, these pizzas will feature heavily in your weekly dinner plans! I'm off to build a pizza oven!



THE MAGIC FRIDGE

ALEX MACKAY

Bloomsbury | RRP \$35.00

This is a brilliant collection of fridge-ready staples you can turn to for everyday delicious basics. It features 20 make-ahead recipes that you can then whip into something magical. Think cheese sauce, relish, salsa verde, lemon curd and lemon butter. With these homemade basics Alex then gives you a selection of brilliant recipes to transform these basics into.



HONG KONG DINER

JEREMY PANG

Quadrille | RRP \$29.99

I can't get enough of this little book that packs a big punch. Jeremy shares his history, culture and what you need to know to eat like a 'Hong Konger'! The food and the stories are enticing and colourful.



KAWAII CAKES

JULIET SEAR

Hardie Grant | RRP \$19.99

This is a little book packed with little edible pieces of art in the form of Japanese-inspired cakes and treats that are super cute – adults and children alike will fall in love them and you! And Juliet makes things incredibly simple by including templates for them too. From clouds and ghosts, to avocado cookies and mini Christmas pudding characters, it's all just too much fun!



SWEET

YOTAM OTTOLENGHI AND HELEN GOH

Penguin / Ebury Press
RRP \$55.00

Sweet has quickly become one of my all time favourite dessert books! In fact, I couldn't put it down. Yotam's words are delicious to read and, with his sidekick Helen with him, the recipes are to die for. Fluffy giant meringue and divinely decadent chocolate cakes, rosemary and orange chocolate tarts, and chai brulee tarts, I'm in sweet heaven... Everything in balance, right? At Vanilla Magazine, we just can't say no to a quality dessert! Your bookshelf needs this book!



AND LIFESTYLE LOVERS...

THE GOOD CARBS COOKBOOK

DR ALAN BARCLAY, KATE MCGHIE, & PHILIPPA SANDALL

Murdoch Books | RRP \$39.99

Thankfully, not all carbs are bad and this trio have come together in a whirlwind of what is what, what goes with what, and why and when we should be devouring them! When a dietician, a writer and a chef come together you know you're in for an interesting ride. Full of family-friendly recipes, tips, advice and nutritional knowledge, you'll find great everyday recipes to please everyone.



GENNARO'S PASSIONE

GENNARO CONTALDO

Penguin | RRP \$39.99

He's back! Not that Gennaro ever really goes away. And I'm happier for it. *Gennaro's Passione* is, as he calls it, a classic Italian cookery book, in look and personality from the cover to the recipes. He walks us through his 'free-range childhood' with lovely stories from his motherland and his parents. It's a micro lesson in Italian too and a great way to learn the names of many classic Italian recipes for when you order on your next trip the Amalfi Coast!



5 INGREDIENTS QUICK & EASY FOOD

JAMIE OLIVER

Michael Joseph | RRP \$49.99

Jamie's back again with his fast, easy, healthy and most importantly, bang-on-in-the-flavour-department, new collection of recipes.

This time, rather time blocks, he's gone down the five-ingredient line and based these recipes around five key ingredients. As Jamie says, these recipes 'deliver utterly delicious results, giving maximum flavour, with minimal fuss.'



THE WORLD IS YOUR BURGER: A CULTURAL HISTORY

DAVID MICHAELS

Phaidon | RRP \$49.95

Full of stories on the origins of the hamburger, the culture of burgers, the eating of burgers and also their modernity, this book is a burger-lovers must-have! With interviews with culinary icons, photos from bygone eras, menus, expert guides and tasting notes, if you're a history buff and burger devotee then this book is for you! David has spent 10 years sourcing never-seen-before images, a small selection of the very best recipes and more history than you can read in a month of Sundays!



ON THE SIDE

ED SMITH

Bloomsbury | RRP \$39.99

It's easy to get caught up in 'regularity' when it comes to side dishes, serving up the same-old same-old, and that can get pretty boring. What we need is a little easy inspiration, on the side... And here it is! From leaves and root veg to fruit, flowers and everything else found in nature, you can turn to *On The Side* for all of the inspiration you will ever need!



THE FLEXIBLE VEGETARIAN

JO PRATT

Frances Lincoln | RRP \$39.99

This book is not only for vegetarians, it's a great addition to any bookshelf with many of these recipes not only perfect for a meatless-Monday but also for its recipes for side dishes or those occasional vegetarians. I'm off for some brussels, quinoa, and sweet potato cakes, pasta ribbons with sticky-wine figs, dolcelatte and pecans, and some maple butter cornbread!



This is an edited extract from *Australian Bush Superfoods* by Lily Alice & Thomas O'Quinn published by Explore Australia RRP **\$29.99** and is available in stores nationally.

Photographer: © Lily Alice & Thomas O'Quinn



AUSTRALIAN BUSH SUPERFOODS

Edible Indigenous Flora

For at least 50,000 years, Aboriginal and Torres Strait Islander people have lived on this ancient land, many of these communities in its vast arid interior. Yet this seemingly inhospitable continent is home to some of the world's most diverse edible flora, found across the regions, from desert to rainforest. Many of those unique species boast nutritional and medicinal properties not found anywhere else on the planet.

The Kakadu plum, native to the tropical woodlands of the Northern Territory and Western Australia, has unmatched vitamin C content. Bush tomatoes or kutjera, found in the deserts of central Australia, are antioxidant rich and a plentiful, portable high-energy hit. Knowledge of these superfoods and others, their astounding health benefits and their many uses, has been passed down in Aboriginal culture for thousands of years.

By definition, superfoods are nutrient-rich foods considered to be especially beneficial for health and well-being. Many of Australia's native bushfoods contain nutritional qualities that not only qualify them as superfoods, but in some cases outshine the more commonly known forms. As people become more interested in healthy eating, many of Australia's bushfoods are finding their way onto the pages of cookbooks, food and health blogs, and into the kitchens of top restaurants all over the world.

Our intention, with this humble little cookbook, is to properly introduce you to the edible natural wonders this country has to offer and provide recipes and inspiration on

how to use these exciting new ingredients in your kitchen. Fresh warrigal greens bought at the farmers market, macadamia nuts from your local grocery store, the lemon myrtle bush growing in your very own backyard – the foods that nourished and sustained the first peoples of this land continue to grow and thrive all around us.

This book includes 40 of Australia's most interesting and beneficial bush superfoods, with information on their natural habitat and distribution, traditional uses, nutritional qualities and the best ways to use them, followed by a signature plant-based recipe utilising each ingredient.

In showing you how easy it can be to assimilate these superfoods and the health-giving properties attached to them into your daily life in simple, plant-based forms, it is our hope that we may all gain a better understanding of, and connection to, this country that we share.

SOURCING BUSH SUPERFOODS

The best way to get familiar with cooking with bushfoods is to build up a bushfoods pantry. You might start with just a few bushfood ingredients – perhaps dried seeds and herbs – before sourcing fresh and frozen bushfood, and adding them to your kitchen.

Although bushfood ingredients can be a little hard to find, once you've got a variety of native ingredients on hand you will soon see just how easy it is to incorporate the unique and varied flavours of Australia's bushfoods into your everyday cooking.

FRESH

These bush foods are great to use in recipes when picked straight from the garden or sourced fresh from a supplier.

- native basil
- bower spinach
- native currant
- finger lime
- native ginger
- ice plant
- karkalla
- lemon aspen
- lemon myrtle
- lilly pilly
- mountain pepper leaf
- muntry
- munyeroo
- river mint
- saltbush
- samphire
- sea parsley
- seablite
- native thyme
- warrigal greens

These fresh greens and herbs can be frozen, but this is only recommended if you plan to use them in cooked meals:

- native basil
- native ginger
- river mint
- saltbush
- sea parsley
- native thyme
- warrigal greens

Finger limes and muntries can be frozen and defrosted before use without compromising form or flavour.

These fresh herbs can be dried in the sun or using a dehydrator:

- native basil
- native ginger
- river mint
- saltbush
- sea parsley
- native thyme



FROZEN

In frozen form, these bush foods will keep for a long time, and can be pulled out of the freezer any time for an easy addition to a meal.

- bunya nut
- native currant
- Davidson plum
- desert lime
- finger lime
- Illawarra plum
- Kakadu plum
- lemon aspen
- lilly pilly
- muntry
- passionberry
- quandong
- riberry
- rosella
- native tamarind



DRIED

These bush foods are often found in dried form, which is a popular way of preserving their unique flavours for use in dishes all year-round.

- anise myrtle
- native basil
- cinnamon myrtle
- gumbi gumbi
- kakadu plum
- kutjera
- lemon myrtle
- macadamia nut
- mountain pepper
- berry & leaf
- muntry
- passionberry
- peppermint gum
- quandong
- rosella
- saltbush
- sandalwood nut
- strawberry gum
- native thyme
- wattleseed



QUANDONG

Considered a godsend by many a weary outback traveller, the fruit of the quandong tree – also known as the desert peach – is an attractive, bright scarlet fruit with many beneficial uses.

Traditionally used to ward off sickness due to the fruit's high concentration of vitamin C, Aboriginal people also utilised the kernel and leaves of the quandong, crushing them and mixing them with saliva to use as a topical treatment for skin ailments. The root was also ground and boiled into a tea that was drunk to treat inflammation and soothe joint pain. No part of the quandong was wasted: the juicy flesh of the fruit was considered a suitable substitute for meat and the decorative round seed was used to make necklaces and game pieces.

Sweet and slightly sour, quandongs are often compared to an apricot. The fruit flesh makes a fantastic jam, relish or dessert sauce. Quandongs are most commonly sourced frozen or dried, with the seed already removed.

In dried form they have an exceptionally long shelf life. The commercial marketability of the edible and nutrient-dense kernel, however, has yet to be realised.



DAVIDSON PLUM

Affectionately referred to as the queen of Australian rainforest 'plums', the fleshy, purple-blue fruit of the Davidson plum tree, or ooray, is fast becoming one of Australia's most sought-after native superfoods, with an estimated 12–15 tonnes of this vibrant, tangy fruit produced in commercial cultivation annually.

Rich in anthocyanins that give Davidson plums their deep purple colour and bright crimson flesh, they're loaded with naturally occurring antioxidants, that aid in protecting the body from the harmful effects of free radicals, boasting a higher antioxidant content than blueberries. This versatile fruit is also high in folate, zinc, magnesium, calcium, phosphorus, potassium, manganese, copper and lutein, a carotenoid vitamin proven to help prevent macular degeneration and cataracts.

Davidson plums have a tart flavour similar to a satsuma, with a fruity, earthy aroma reminiscent of beetroot. Due to the low sugar content of Davidson plums, they are best utilised in jams and dessert sauces. Their fruity tang also works fantastically in savoury dishes as a marinade or alongside as a chutney. Davidson plums may be difficult to source fresh; however, they are available in frozen form year-round.





DESERT LIME

This remarkably adaptive native citrus is undoubtedly one of Australia's hardiest bushfoods, with the ability to thrive in some of the country's most extreme temperatures. Bearing fruit resembling tiny lemons – but with an intense lime flavour – it has served as a zesty and delicious thirst-quencher for many a parched wanderer for thousands of years.

With its very thin skin, the desert lime does not require peeling and can be eaten straight from the tree, a fact widely known by Indigenous Australians, who would eat the tangy, bitter fruits raw as a source of immune-boosting vitamins and to quench their thirst on hot days.

Desert limes have a piquant flavour and a true citrus aroma. The flesh and juice can be used in much the same way as regular limes or lemons, lending themselves to tangy preserves, chutneys, desserts and drinks. Desert limes are available year-round in frozen, dried, and powdered form, and if sourced fresh, can be frozen for later use without losing flavour or form.

KAKADU PLUM & LILLY PILLY SMOOTHIE BOWL

The lilly pillies add a citrusy note to this sweet smoothie bowl while the Kakadu plum provides a boost of vitamin C. Topped with fresh fruit and some granola for crunch, this is a tasty and nutritious way to start your day.

Ingredients

- 3 frozen bananas
- ½ cup lilly pillies, fresh or frozen
- 1 tablespoon Kakadu plum powder
- 2 tablespoons chia seeds
- 2 handfuls baby spinach
- ½ avocado
- ½ cup almond milk
- fresh fruit, nuts or seeds, to sprinkle (optional)

Alternatively

Use your milk preference instead of almond milk.

Method

Put all the ingredients in a blender and blend until smooth. Pour into two bowls and scatter with fresh fruit, nuts or seeds of your choice, if using. Or serve topped with our Passionberry Granola



Lily and her partner Thomas work together as dreams&bones design. Both are avid animal lovers and supporters of animal rights, Thomas and Lily made the switch to a vegan lifestyle several years ago. They found that rather than create limitations, it opened up a whole new world of interesting and nutrient-rich ingredients and has had a profound impact on their health and well-being. They both share a passion for cooking and nutrition, which often finds them clanging around in the kitchen at all hours and serving up experimental concoctions to their friends and family. www.dreamsandbones.com.au

Flower Power

“Waters are distilled out of Herbs, Flowers, Fruits and Roots.” – Nicholas Culpeper



A flower is sometimes known as a bloom or blossom and is the seed-bearing part of a plant or tree that provides beauty, fragrance and amazing colour. They play a key role in food production and medicine, making them critical to all life on earth.

Our ancient ancestors discovered they could use flowers and herbs to make flower water or floral water through flower water distilling. Flower water distilling involves extracting the essence of flowers, herbs and fruits through steam distillation (evaporation and condensation).

Flower water distilling is an art that was said to be invented by ancient alchemists.

Floral water has been used as a natural perfume, or applied to wounds to support the body's natural healing process. Royalty would bathe in it and use it as a skin tonic, and some cultures used it to add fragrance in cooking.

I simply adore floral waters and use them in my home as air fresheners. They are also a key part of my skin care regime and as a first aid go-to.

FLORAL WATER FOR BEAUTY

“Bloom like a flower; unfold your own beauty.” – Debasish Mridha

Floral waters are some of the best natural beauty products in existence. They are becoming a common ingredient in many beauty products and perfumes and are commonly used as a toner after cleansing to help refine pores, minimise oiliness and complete the cleansing process, preparing the skin for moisturising. They can be used under or over makeup and provide great hydration throughout the day. Plus, they're a great go-to when you need a pick me up.

I thoroughly enjoy using floral water as a skin tonic. Rose water is by far my absolute favourite. After cleansing, I simply spritz it on my face then apply my favourite moisturiser. Sometimes I add floral water to my moisturiser and then apply together. Its beautiful, delicate scent lifts my mood and makes my skin feel clean and refreshed.

Beauty Tip – Chill your floral water in the fridge and then mist over your face and body to cool and hydrate yourself on a hot day.

Floral waters also make excellent linen and room fresheners. Simply spray them onto your clothes, sheets, carpet, pillows, bed sheets and wardrobe to refresh.

Beauty Tip – Spray roman chamomile onto makeup wipes and place over eyes for about 10 minutes to help reduce puffiness and dark circles.



FLORAL WATER FOR HEALTH

“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine to the mind.” – Luther Burbank

Floral waters also contain antibacterial and calmatve properties which makes them beneficial for health. They may assist in preventing bacterial infection when sprayed over minor wounds, scrapes and burns, or soothe skin irritations, eczema and psoriasis. Flower power at its best!

If you have trouble sleeping or relaxing, or simply want an easy and convenient way to relax after a long day, be sure to try the roman chamomile or lavender hydrosols. You can spray them on your face, in the room and on your pillow.



There are also a great range of ready-made floral waters on the market.



Nature's Intentions Floral Water Spray
Mist – Lavender and Chamomile RRP\$16.95
Bulgarian Rose RRP \$18.95
www.facebook.com/naturesintentionsest2015



Jar Body
Roma Spritz
RRP\$25.95
www.jarbody.com.au



L'ITYA Wild Rosella Hydrating Mist
and Desert Lime Hydrating Mist
RRP \$61.00 www.litya.com

WITCH HAZEL WATER

Witch hazel is produced from the distillation of the leaves and bark of the witch hazel shrub. It is considered to be a strong antioxidant and astringent, making it useful for skin healing and treatment to help with problems from acne to sunburn. Witch hazel is an essential natural first aid.



ROSE WATER

Rose water is probably the best known of all the floral waters. It is considered to be an elegant hydrolat dating back to the early Romans who enjoyed bathing in it. You cannot go past the superior quality and fragrance of the Bulgarian rose water which is highly concentrated.



Rose water is hydrating, refreshing and soothing, making it fabulous as a skin tonic for mature and sensitive skin. It can also help to refine pores and minimise oiliness which is ideal for combination skin. Because it is alcohol free it firms your skin without leaving it feeling dry afterwards.

Skin Tip Spray rose water on to reddened or inflamed skin to help calm and soothe.

BENEFITS OF FLORAL WATER:

- Delicate scents uplifts your senses and mood
- Refreshes and hydrates face, body and hair
- Refines pores
- Enhances skin tone
- Calms and soothes irritated or sensitive skin
- Promotes healing of minor wounds and burns
- Adds extra dimension and flavour into your cooking

Floral waters are so versatile. They are wonderful tonics that nourish all the senses. Their gentle nature and effective health properties makes them a wonderful addition to any beauty regime that will leave your skin feeling hydrated and moisturised. Not only will your skin feel refreshed and amazing, the beautiful scent will uplift your mood and calm your mind.

It's time to stop and smell the roses –
try them for yourself.



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.



SPRING CLEANSING

Spring is here, and there are so many beautiful elements that come with it. Flowers begin to bloom, the weather gets warmer, the sun shines brighter, and our spirits get a good lift on the tail of the colder months; where we curled up in front of the heater, having preferred to stay indoors.

Spring also brings with it a time of rebirth and renewal. For the same reason we might spring clean our homes, it's a good idea to give the body a little extra TLC to take us towards our best for the warmer and more social months ahead.



SPRING IS THE PERFECT TIME
TO CLEANSE YOUR BODY.

There are so many reasons why a cleanse is a great idea for your insides – and it isn't just limited to happy bowels, less bloating, weight loss and clearer skin. Pretty much every corner of your wellbeing will love you for it.

For my patients, cleansing isn't just to help the digestive system work a little more seamlessly, or to shed those few extra kilos that protected you in winter. The truth is, your liver equally loves you for cleansing because it influences your hormones.

When you have too much oestrogen in your body, your liver has a darn hard time of metabolising it. You're making it work overtime. The end result – your liver ends up exhausted and backed up, like a clogged-up sewerage pipe. Nobody wants a dirty liver!



LET'S DIG DEEP BUT KEEP IT SIMPLE.

Oestrogen dominance is a result of your own body's sex hormones being out of kilter. Too much oestrogen (think weight gain that is impossible to shift, irregular periods, anxiety, depression, ovulation pain and fertility issues) is often a result of other hormones in your body also finding themselves in the same kind of situation – everything is out of kilter.

Quite simply, your body needs to metabolise oestrogen otherwise it will end up in your blood stream, resulting in too many freely-commanding weird things in your body. Let's face it, no woman wants facial hair (which is just one symptom of many)!

Factors that lead to excess oestrogen in your body include: stress, conventional (non-organic/unnatural) body products and household cleaning products (xenoestrogens), excess alcohol consumption and, of course, environmental influences such as unfiltered water or poor-quality foods. They all contain chemicals that mimic your body's own oestrogen. When we continue to top up our bodies with these external oestrogen-like influences, our bodies' own oestrogen levels continue to rise.

To adequately deal with this abundance of oestrogen, our liver needs to work through a few stages to fully eliminate it.

The first stage is called hydroxylation, which is the chemical process performed by your clever liver.

The second phase of this process is called conjugation, another chemical process that ships oestrogen out via the bowels and urine.

If hydroxylation can't be carried out, it will lead to excess oestrogen roaming around in your blood, which over time can become carcinogenic – this may be the trigger to various cancers including breast, cervical and prostate cancer.

The same goes for phase two, conjugation. Again, if oestrogen can't be marched out, it will continue to recirculate and build. This is known as dyestrogenism – the name given to the condition when you have issues regulating your oestrogen.

So, you see, if your liver can't process properly, your hormones simply can't be happy – and that's not even including the load that the pill and other medications place on your liver too. Our poor livers end up like a punching bag, sitting there doing their very best to fulfil their job but continually being hounded.

I see the importance of a happy liver and let me say, you will feel the difference rapidly. Cleansing is something almost anybody can do in a **FEW EASY STEPS:**

✦ For **one week** only, eliminate all meat and dairy (much like we do at Easter). This will give the digestive system a rest and allows the liver to bunker down to flush things through.

✦ **Increase fibre.** The liver LOVES fibre – excess hormones can bind to it, allowing our bodies to ship out unwanted hormones.

✦ Commit to **two litres** of water a day, and avoid tea and coffee for the week also. This allows the liver to eliminate anything that might be building and flushes the system.



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

HEALTHY BODY, *healthy mind...*

We know that exercise and nutrition are crucial for our bodies – but a mounting body of research is proving that they're just as important for our minds too.



When it comes to our physical health, we all have an arsenal of tried and tested remedies and solutions. Struck down by the office flu? Vitamin C, chicken soup and bed rest. Out of breath on the stairs? Time to dust off the gym membership and hit the treadmill. Can't quite touch your toes like you used to? Book that yoga class, stat.

We have plenty of fixes for our physical ailments, but it's not quite as easy to know what to do where our mental health is concerned – and it's a conundrum that's becoming more and more common.

Almost half of us will experience a mental disorder at some point in our lives, with one in five Australian adults having been affected by a mental disorder in the last 12 months. And for many disorders, such as depression and anxiety, women are more likely to be affected than men.

While more severe mental disorders may require medication or psychotherapy, for many others the solution could be as simple as how we move and eat.

Make a Move

From the endorphin rush of 'runner's high' to that feeling of satisfaction we get after nailing a particularly tough yoga pose, exercise makes us feel good in lots of different ways. As well as improving our mood, it also means better sleep, more energy and helps us switch off from day-to-day worries and concerns.

Studies have even found that exercise can help to treat mild to moderate depression in adults – and you don't have to slog it out for hours to feel the effects. Simple aerobic exercise such as running or walking for at least 30 minutes, three times a week, can be beneficial.

Exercise also provides important social benefits, which can be a big contributing factor to mental health in combating feelings of loneliness and isolation. Joining a gym or a social sports team enables you to meet like-minded people and work out in a fun, supportive environment.

"For many of our members, coming to the gym is a can't-miss event on their social calendar," says Lisa O'Brien from Fernwood Fitness. "They meet up with other members for a group fitness class and then stay for a coffee afterwards to catch-up with each other."

Food for Thought

Another effective treatment for mental illness could be even closer than the local gym. According to a team of Melbourne researchers, it's literally right in front of us – on our plates.

Deakin University's Food and Mood Centre is pioneering research into nutritional psychiatry – an entirely new field of research that examines how diet and nutrition can contribute to the prevention and treatment of mental illness.

"We've known for some time that there is a clear association between the quality of people's diets and their risk for depression," says Professor Felice Jacka, Director of the Food and Mood Centre. "This is the case across countries,

cultures and age groups; healthy diets are being associated with reduced risk for depression, and unhealthy diets are being associated with increased risk for depression. However, this is the first randomised, controlled trial to directly test whether improving diet quality can actually treat clinical depression.”

Their world-first research, conducted around the globe, proves that an unhealthy diet and mental illness are linked in a number of ways – and it starts from our earliest years. Unhealthy eating during pregnancy and early life is strongly related to poorer emotional health in children, which can then contribute to a broad range of mental disorders as children grow.

In adults, too much junk food or not enough nutritious food are risk factors for depression and anxiety – the most common mental disorders.

As we age, an unhealthy diet can also lead to significant changes in our brain that affect not only our mental health but also learning and memory – which then has implications for ageing and dementia.

At the end of the trial, the Deakin team found that improving eating habits can indeed treat depression. In particular, a Mediterranean-style diet is especially beneficial for mental health.

The Mediterranean Way

You might not be able to make it to the sandy shores of Mykonos or Sicily any time soon, but you can still tap into the healthy habits of the Greeks and Italians in the kitchen.

The Mediterranean diet has long been recognised for its disease-fighting capabilities – it’s been shown to lower the risk of cardiovascular disease, diabetes and cancer – and it could now play a part in preventing mental illness as well.

In a world where a new fad diet hits the market each week, the Mediterranean diet is refreshingly simple – think lots of olive oil, vegetables, fresh fruit, wholegrains, nuts and legumes, with a moderate amount of fish, poultry and dairy products and a low intake of pasta, red meat and sugar.

And yes, you can even have a glass of red wine or two!

Look after your body and mind at Fernwood Fitness. Head to fernwoodfitness.com.au to find out more and register with your local club.



14 DAY FREE PASS

CHECK OUT OUR NEWLY RENOVATED CLUB!



Bring this ad in to redeem your FREE 14 DAY PASS and experience the Fernwood difference

Fernwood Clayton, call 9544 5779
Wareca Complex, 7/1866 Princes Highway

fernwoodfitness.com.au

*Valid at Fernwood Clayton until 31/12/2017 only. Valid for first time users only. Some conditions apply. See in club for a full set of terms.

FITNESS
fernwood

Eye Spy an Eye Spa



The eyes may be the windows to the soul, but what about that delicate little half-moon of skin underneath them? Dark circles, lack of sleep, and dullness can cause us to look older and tired.

We've compiled some of our favourite eye creams, serums and masks that work overtime to lighten, brighten and reduce the appearance of fine lines and tiredness.

INGREDIENT BREAKDOWN!

What do all of these crazy ingredients do and why should they be in an eye cream?

Here are a few of the common ones hiding inside that little bottle.

- Vitamin C – Can produce collagen
- Vitamin E – Nourishes
- Retinol – Promotes new cell growth
- Ceramides – Moisture retention
- Hyaluronic Acid – Hydrates
- Neuropeptides – Elastin and collagen production

All of these ingredients in varying concoctions give our skin's own ability to regenerate a little helping hand. Plus, they generally feel pretty good too!



BLAQ Eye Mask RRP \$29.00

This is the ultimate eye revival mask that instantly diminishes dark shadows and lightens and brightens. The sell line on this beauty is 'leave the evidence of last night behind, and pop on this activated charcoal hydrogel eye mask to de-puff, detox and get back to your shiny, gorgeous self!' And I cannot dispute it! You must try it!blaq.co

Paula's Choice Resist – Anti-ageing Eye Cream

RRP \$55.00

A brilliant peptide treatment that reduces the appearance of fine lines and is super hydrating.
paulaschoice.com



Charlotte Tilbury Magic Eye Rescue RRP \$90.00

Revitalises, reinvigorates and protects against ageing – it even diminishes dark shadows too.

Charlotte Tilbury Mini Miracle Eye Wand – dynamic duo lift and light reflector RRP \$58.00

This brilliant and fun little wand brightens and lightens, kicking those dark circles and bags in the butt!
charlottetilbury.com



The Body Shop Precision Eye Massager RRP \$39.00

Grab your favourite eye cream and massage your under-eye area with this brilliant little massage tool from The Body Shop. It helps with lymphatic drainage to keep eyes looking young, healthy and rested. The stainless steel ball has a cooling effect that reduces puffiness.
thebodyshop.com.au

All Natural

LI'TYA Boronia Absolute Eye Serum
RRP \$101.00
Cools, brightens and nourishes.
litya.com



Lash Love

INGLOT Eyelash Serum RRP \$45.00
Show your lashes some love with INGLOT's Eyelash Serum, which is packed with peptides that work hard in the quest for lush looking eyelashes. inglotcosmetics.com.au



The Brilliant All-Rounders

Philosophy Renewed Hope Eye Cream
RRP \$60.00
This is a brilliant, hard-working cream that's super hydrating and smoothing.
mecca.com.au



Aspect Eye Cream
RRP \$129.00
Lightweight and nourishing, this cream not only protects your skin from further damage, but it also helps to reduce the appearance of fine lines and feels divine.
aspectskincare.com.au



Napoleon Perdis Supreme Eye Cream
RRP \$55.00
My go-to for smoothing and nourishing perfection.
napoleonperdis.com.au



Must Haves for Luscious Lips

Spring brings a gorgeous collection of inspiring and flirty colours, but don't forget the prep! Even the sexiest colour loses its appeal on dry cracked lips...

Scrub, Scrub, Scrub! Exfoliation is key to removing dry skin, add hydration and create the perfect base!

Mecca Cosmetica Kissable Lips Smoothing Lip Exfoliant (RRP \$27.00) **Jar Body La Jolla Candy Shop Lip Scrub** (RRP \$16.95)

Balmy Nights! Invest in an awesome balm for hydration, moisture and protection from the elements.

Aspect Hydrating Lip Balm (RRP \$16.00) **Jar Body La Jolla Candy Shop Lip Balm** RRP (\$16.95) **Mecca Cosmetica Lip De Lovely** (RRP \$22.00) **Go-To Lips Super Balm** (RRP \$15.00)



Love a Local – Save Our Skin – Skin Crusaders

Melbournian mum and eczema sufferer, Anastasia Lambadaridis is passionate about producing natural skin care that really cares for our skin and the planet.

After discovering that some of the ingredients the big beauty players praised were actually not that great for our skin, she embarked on a journey into the methods used by Ancient Greeks and Egyptians in bygone days and has developed a line of products that are not only 100% natural, but feel amazing on your skin, aren't killing our planet, and really work!

I can't go past Mystify Me, a face refresh and toning spray to lift and enliven – it smells like an island holiday. savourskin.com.au



With a base of Australian native olive leaf in her creams, everything smells divine and works wonders.

Blonde Beautifiers



Sunshine and warm weather does great things for lifting our spirits, but it's not so good for that gorgeous blonde shimmer. As spring and summer dawns you may find your blonde has a brassy tinge to it.

Three-time hairdresser of the year, co-creative director of ELEVEN Australia, and our go-to on all things hair-know-how, **Joey Scandizzo** gives us his best tips for beautifying your blonde...



What are your top tips on caring for blonde hair?

Blondes – natural or not – can become brassy especially in spring and summer. Using shampoo or treatment with a blue base will keep your cool tones in-between salon visits.

Try ELEVEN Australia's Keep My Colour range to boost blonde tones while adding strength and hydration.

It's not just blondes who have to keep an eye on the shade of their hair, if you've gone to the trouble of colouring take the time to care for it afterwards to prevent unnecessary fading.

What are your top tips on colour care and how to prolong your colour – including the best way to care for your hair after it's been coloured?

Always make sure your shampoo and conditioner are colour-safe after your hair has been coloured. This will make sure your colour lasts as long as possible in-between salon visits.

To restore the health of your hair, I always recommend using a treatment weekly. When colouring hair the cuticle opens up, which affects the hair shaft protein levels. A protein and moisture packed treatment like ELEVEN Australia's 3 Minute Repair Rinse Out Treatment will replenish your hair and prevent split ends.



ELEVEN Australia 3 Minute Repair – RRP \$26.95

ELEVEN Australia Keep My Colour Blonde Shampoo – RRP \$25.95. A toning shampoo for coloured and natural blondes, Keep My Colour Blonde Shampoo fights brassiness while strengthening hair and boosting volume.

ELEVEN Australia Keep My Colour Blonde Treatment – RRP \$26.95. Boosting tones to combat brassiness, Keep My Colour Blonde Treatment hydrates the hair and adds shine.



Matrix Total Results Brass Off Shampoo and Conditioner – neutralises unwanted brassy tones and conditions with a vitamin enriched oil RRP \$19.95

KEVIN.MURPHY SHIMMER.ME BLONDE, RRP \$42.95 – enhances colour and creates luminosity by counteracting yellow tones in blonde or grey hair – allowing hair to shimmer all day.



Schwarzkopf Professional BlondMe – Keratin Restore Bonding Shampoo and Conditioners RRP \$29.95 – strengthen, colour adjust, and protect. Shine Elixir for luxurious shine and manageability RRP \$29.95

Must Have:

L'Oréal Professionnel SteamPod uses breakthrough technology found in the power of steam to instantly hydrate and smooth hair.

A smaller, more compact and lighter version from its predecessor, the new L'Oréal Professionnel SteamPod, now in its new sleek white packaging, offers improved benefits and performance advantages RRP \$330.00



Colour Carousel

Caterina Di Biase, Schwarzkopf Professional's International Ambassador, is definitely not shy when it comes to flaunting a bold and dramatic new hair colour. She also knows how important it is to protect against colour fade if you want a long lasting look. We asked for top tips when it comes to...



PROTECTING YOUR COLOUR

I suggest to my clients not to wash their hair straight after colouring and to try to go as long as you can, ideally 24-72 hours and to opt for a gentle silicone-free shampoo and conditioner such as the Colour Freeze Shampoo and Conditioner range from Schwarzkopf Professional.

Staying away from your hot tools for the first week after colouring your hair will also help prevent the colour from fading.

Hot tools such as blow dryers and straighteners actually speed up the process of colour fading. While these tools are sometimes necessary, it is best to avoid them for the first week or so after having your colour done.

Thermal protectants will help reduce fade by keeping the integrity of the hair in good condition. I suggest a non-static foundation for your hair – a prime prep spray such as OSIS+ Soft Glam will not only protect your colour from the damage of heat, brushing and UV light, but it will also give your colour a nice shine.



Schwarzkopf Professional BC Bonacure Hair Therapy Oil **Miracle Oil Mist** – for extraordinary shine that absorbs fast RRP \$29.99 **Liquid Conditioning Oil** – nourishing leave-in conditioning spray RRP \$29.99 **Light Shampoo** – for a deep, but gentle clean RRP \$29.99



Schwarzkopf Professional BC Bonacure Hair Therapy Color Freeze Shampoo and Conditioner RRP \$29.99. **CC Cream Control** – nourishes and protects from heat while preventing colour fade RRP \$29.99.



REDKEN Color Extend Magnetics Mega Mask – created specifically for colour-treated hair, this dual chamber Mega Mask combines a treatment and a care extender to promote colour endurance with vibrancy and shine RRP \$38.95.

What's New!

Prep the hair with our star product for shining hair, **REDKEN Glow Dry Gloss Scrub**, which gently eliminates build up and removes impurities from the scalp to enhance shine. RRP \$31.50

Matrix Bond Ultim8 Weekly Sealing Treatment – a pre-wash sealing treatment to protect and strengthen after all colour transformations RRP \$30.00

Shu Uemura Blow Dry Beautifier (BB Cream) – a hydrating and smoothing blow dry primer that provides heat protection RRP \$58.00

De Lorenzo Thermal Argan Oil – controls frizz and protects from heat RRP \$29.95

Physicians Formula Argan Wear Multi-tasking Miracle RRP \$25.95



Spring Fashion

What to wear and how to wear it well

BY PENNY LOMAS

If there was ever a season where colours combined and textures ran riot, this is it. This spring think bright. Pinks featured heavily at the Paris Fashion Week schedule for S/S17, so this is indeed the season to be bold, beautiful and brave with your colour palette. Combine vibrant block pieces without a care in the world, just leave the frills and feminine detailing to summer. You don't need a hefty bank balance to look like a Parisian fashion fox though; your goal is to invest in statement pieces that can go from midweek to weekend with ease.

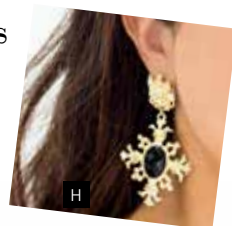
Eighties glam never truly goes away and so high shine fabric, draped volume and a cheeky dabble in shoulder pads are back. This 80s lux is likely to make a heavy appearance in your party wear and not so much in the daytime. Think sleek, nipped waistlines brought in with giant belts, flirty hemlines balanced with eccentric shoulders, and sky-high stilettos or platforms that allow you to channel your inner, iconic 80s heroine. Metallic heels are also featuring and oversized costume jewellery is the perfect, on-point accessory for this decade of decadence. Street chic is an underdog this spring with slogan tees and skinny jeans – a coincidence that we can pair this with 80s glam effortlessly? I think not.

Extra large totes, oversized holdalls and XXXXL bags are big in volume as well as attitude this spring making for a wardrobe staple, doubling as a long work day carrier and weekend away trip necessity.

Floral is yet another spring cliché that never leaves us, and this year it's returned bolder than ever – with prints on a large scale, fierce colouration, fabrication and mood; designers haven't held back this year. From jacquard floral with wild ruffles and raw hems to minimalistic and romantic bouquets, there is nothing plain about this spring's fashion flora.

Spring Must Haves

1. XXXXXL Bags
2. Over The Top Ear Candy
3. Navel Grazing Pendants
4. Lace Floral
5. Statement Slogan Tees
6. Flares
7. Platforms
8. Double Breasted Jackets



A SWIISH Take me to Florence dress \$119.95. **B** Seed Sequin novelty tee. \$49.95. **C** Seed J'adore tee \$39.95. **D** SWIISH Night fever luxe gold twin necklace \$59.95. **E** DIIDA Key to the city white double breasted jacket \$599.00. **F** SWIISH Can't live without it bamboo bag \$119.95. **G** Seed Chelsea crossover platform \$129.95 **H** SWIISH Blessed are we statement earrings \$49.95 **I** Seed Georgia d frame sunglasses \$39.95. **J** SWIISH My whole life tan tote bag \$89.95



Online Shopping Guide

The internet has changed the way we shop, forever, and getting our paws on wardrobe must-haves has never been so easy – one click and we don't have to even venture from our homes.

The benefits of online shopping are endless: it's convenient – it gives us the chance to shop 24/7 anywhere, anytime, from the comfort of our own lounges; it's environmentally friendly – it encourages a low pollution, shopping experience; it's better value – because products come to you directly from the manufacturer or seller, and many online shops offer discount coupons and rebates; and it allows for price comparisons – comparing and researching products is much easier online, and you have the added benefit of being able to share reviews with other shoppers.

The internet hosts an array of choices, styles, sizes and colours – all available in plentiful stock. Not only can you get several brands and products from different sellers from the one place, but you also get the latest international trends without spending the money on an airfare. Compulsive shopping can also be minimised through shopping online – you can store items in the cart and come back to them later, and avoid crowds and queues in the process. It's a wardrobe win-win!

Tips For Online Shopping

When buying from online stores, rules can vary so stick to these top tips for hassle-free, happy shopping.

Find an online shopper that you trust to help you. This one tip alone can be really important. Sally and Maha at SWIISH offer an individualised experience – they know all their customers, their sizing, likes and dislikes. They are really picky with what they source to make sure it's fashionable, affordable and top quality.

Sizing is one of the biggest drawbacks of online shopping, so make use of the size guide and measurements offered to ensure your items fit you perfectly.

Always enquire into the refund policy – we all change our minds sometimes, so if, for whatever reason you are unhappy with your purchase, learn the rules in place to allow you to return it. You should also check the cost of postage to return the item as this can sometimes be hidden.

Check that the online store has a way to contact them and that their privacy policy is available to read if you want to see it.

Find out how long the store has been in business and see if they're reputed in business with great feedback and reviews from customers.

If you follow these tips, online shopping can be not only rewarding but also fun!



Available from swiish.com **A** The Fearless Pursuit Pink Blazer \$139.95 **B** Paris Love Affair Statement Earrings \$39.95 **C** Peek A Blue Navy Tunic \$99.95 **D** Call Me Baby Grey Bucket Bag \$69.95 **E** Ice Maiden Faux Fur Jacket \$149.95 **F** Love Story Boho Earrings – Gold \$29.95 **G** Shine Bright Gold + Silver Bangle \$9.95 **H** Say You, Say Me Gold Bracelet \$39.95 **I** La Vacay Sunglasses \$49.95

Looking for a property this spring?

Here's what you need to know.

Spring has sprung. Along with more daylight and a bit of warmth, this is the time when we start searching for that perfect home to seamlessly fit into our lifestyle agenda.

Voted the most livable city in the world for the seventh year in a row, Melbourne is a desirable place for property investment and home ownership. Consistently strong capital growth and potential for profitable returns has buyers from many countries clamoring to invest in this thriving city.

Vanilla Magazine recently had the opportunity to sit down with Paul Polychroniadis and Jared Wei from Jellis Craig Mount Waverley. We posed the following questions to them – questions you have been asking about home ownership, investment strategies and finding the ideal rental property.

What's the smart way to buy property?

Before you start searching real estate websites and apps, make a list of 'must-haves' for your next home. Do you require separate living zones? Are you looking for extra-large alfresco areas for entertaining? Or are you seeking lifestyle extras such as a pool or tennis court? Being clear ensures that you don't get distracted by attractive homes

which may not fit your key criteria.

If you were buying a home, what would you do as a priority?

Once I have chosen a suburb to focus on, I make sure that I spend time there shopping, eating and utilising the amenities. By doing this, I can then make a clear decision to start looking for homes in the area, or change my mind and look elsewhere.

How do I make sure that I'm not making a bad buying decision?

If you find a property and are ready to make an offer or bid at auction, you should schedule a professional building inspection. They check for pest infestation and structural, plumbing and wiring issues, and then provide you with a comprehensive report. This will give you peace of mind as you prepare to commit to one of the biggest purchases of your life.

I am new to property investment, where do I begin?

Before you start looking, make sure that you seek professional financial and banking advice. Work out your ongoing costs to hold the property, ensure that you structure your purchase in the most efficient way for tax planning, and talk to a bank about securing a loan.

You should also write down your immediate property investing goals. Do you want a property with greater potential for capital gain or are you after higher income generation? This may define whether you buy a modern apartment or an older home on a large block.





How do I make sure that my investment will be successful?

Consider which suburb you are interested in and then approach local agents for advice. They can provide you with recent market news, the best streets to focus on, and which amenities tenants are looking for. First and foremost, make sure that you invest in an area where there is strong rental demand.

I already have an investment, how do I make sure that it is performing at its best?

Having an investment, your goal is for it to be profitable. To ensure continued profits you should consider the following:

- Are you getting the best deal on your loan? Shop around for better rates and consider releasing equity so that you can purchase another investment property.
- Are you maximising your deductions? To make sure that you are claiming every allowable deduction to reduce your tax and end up with more cash in your pocket, seek advice from your accountant.
- Is your rental income at market rates? Ask your agent to assess the current market and provide you with comparisons to ensure that you are priced correctly.

I am a tenant, how do I find the best property at the right price?

Undertake lots of research. Once you've decided what suburb you would like to live in, take time to search online and view all the available properties in the area. Figure out why some houses are more expensive and others less so. Is it the location? Is the property impacted by noise? Are certain styles of property more desirable than others?

This extra research will enable you to make swift decisions when you inspect a home in person. Then, if you like the property and the price is right, you can apply immediately.

I am looking to rent but there's so much competition and I keep missing out. How do I make sure I secure the next one?

If you haven't found a property yet or haven't even started searching, it's still a great idea to prepare your application. By organising your paperwork early, you can be confident that you will be the first person to apply for a property, and therefore the first one considered. Most agents now use online applications to make this process much easier.

The rental market is very competitive. Be prepared to offer a little more to secure a good property, especially if you really like it and believe that it suits your needs. By offering an extra \$10 per week, your application may be placed at the top of the pile and swiftly accepted.



Photo: Zaharoula Harris

You're welcome to call Paul on 0414 233 234 or Jared 0413 260 872 anytime for real estate advice...

Jellis Craig

TARA DENNIS *Spring Love*

This spring Vanilla Magazine hit the Reed Gift Fair in Melbourne to catch up with Australia's very own **Tara Dennis** from *Better Homes and Gardens*.

We discovered how she became such a staple in the interiors game and what she would do with a blank canvas this spring...

You're now considered a staple in the interiors game, what keeps you coming back to interior design?

It just feels really natural; it's something that I began doing as a kid – spending my days having fun and decorating my bedroom. My parents were also born decorators who were always renovating, so I think that's where my passion stemmed from. I still feel so lucky to be able to have made my passion my livelihood.

What drew you to interior design in the beginning?

I've been creative for as long as I can remember, so it was a very natural extension. My passion for making things started at a young age and the ability to be able to make an environment a better place is something I've always longed to do.

It was always normal to see mum and dad adding an extension to our house. I think our dining room wall went up and down around three times and if mum changed her mind about a certain room, she'd completely change its colour. My grandmother was also an avid decorator. I remember my grandfather would go down to the football and by the time he was back, grandma had completely changed the wallpaper across their entire home.

I guess it's in my blood and is something I find really fun – to be able to change and adapt your home to suit your lifestyle. I don't think it's much fun to have a room that stays consistent all of the time. Things change, so it's nice to go with it.

And you've enjoyed a great television career, how did you get into TV?

It's crazy to think that I've been working in the industry for 20 years now. I remember moving back to London after I finished school and starting a little business – funnily enough, in decorating. I didn't have a car, so I would ride my bike around London with a ladder attached to the side, doing special-effect paint finishes.

When I returned to Australia, I ended up working for a paint company. Part of my role was to promote the paint by coming up with concepts to promote certain products on TV shows. One day I remember being up my ladder and a producer pointed to me – he asked me to screen for a new television show. It was around the same time the industry began to cut actors and move towards those that could actually do the job itself and present on TV. It was also around the same time as my friends Scotty Cam and Jamie Durie, were discovered, for this exact reason.





I was and still am camera shy – so I guess I fell into TV by default and do feel really lucky to have been continuously employed in the industry for 20 years, doing something I love.

I still find so much *joy* in people coming up to me in public, to tell me that I helped them inspire a new room.

How should we go about choosing a statement piece to add to what we have in our homes already?

It's something that calls to you – whether it be an amazing chair, painting or lamp. It doesn't have to cost a fortune; it just needs to be something that you genuinely, really like.

I'm all about mixing and matching – meaning it's okay to have a traditional room and add in a modern chair. Or if you've inherited nan's sideboard and you're not sure what to do with it, try pairing it with a modern painting – you might just create the perfect statement piece for your home.

I think it's really important to make your home, you. Incorporate things that you love and not just that you've seen trending in a magazine. I could find a statement piece in an op-shop and, as long as I love it, it works.

If you had a blank canvas to work with, what style and colours would you introduce right now?

Darks are really on trend at the moment. I live in a very neutral house so I go about adding in colour and layering. I consider a lot of the dark colours as neutrals – so anything along the lines of charcoals and deep dusky blues and greys. No matter what colours I work with, I always start with a neutral palette and then go about introducing colour.

I take the same approach when walking the show floor at Reed Gift Fairs to source the latest products for my shop.

I work on the natural palette I've already created and then search for colours and products to work in with this.

And the future, what's happening in your world over the next year?

Better Homes & Gardens will no doubt keep me busy next year – we shoot 44 weeks out of the year. In the new-year I'll be doing a lot more storytelling and visiting regional towns – which is great. It will be all about how to get that authentic Australian lifestyle, which I'm so pleased to be able to do.

Of course, there will be lots in stall with Reed Gift Fairs, which I'm excited to be involved with. I love getting involved and being able to hit the show floor to source all of the latest products and trends for my very own store. The team will also be kicking off their first ever Retail Quarter in Sydney this September, so it will be great to see what the team has in stall for next year.

And of course, I'd love to try and spend as much time at home with my family as possible. My little boy is nine now, so it would be great to get a few more weekends hanging out with him –

That's my ultimate goal.

For more information about the Reed Gift Fairs Melbourne and how you can get involved in upcoming events, visit www.reedgiftfairs.com.au

DARWIN

Food, Family, Fitness and Fun

Are you looking for your next holiday in paradise? Then look no further than the Northern Territory's very own Darwin. A place filled with breathtaking scenery, beautiful balmy weather, entertaining water activities, terrifying marine life, tropical cocktails, and some of the freshest seafood you will ever eat.

This issue, Vanilla Magazine's very own Alexis McLaren took a trip up north to discover what this diverse city has to offer – and this is what she found...

FAMILY FUN AT THE WATERFRONT

We all know that it isn't really safe to swim in the ocean once you head north of Australia – it may not have as many great white sharks (that's not to say they aren't there!), but it certainly has some other terrifying creatures – from the jaws of a crocodile to the invisible yet deadly sting of the Irukandji jellyfish. All I can say is, you won't catch me in the ocean up north, that's for sure!

I know, I know, I hear you asking, 'why go to a hot, sunny destination if you can't swim at the beach?' Because Darwin, in all of its beautiful, tropical glory, has brought the beach – and all of its summer fun – straight to you!

If you head down to the waterfront in Darwin, not only will you be greeted with panoramic harbour views and a plethora of some amazing cafés, restaurants and family-friendly eateries that offer fresh seafood and some incredible Asian cuisine – as well as some tropical cocktails to wash it all down with – you will also find a whole host of water activities for all ages.

Firstly, let's start with the Wave Lagoon – a large pool right on the harbour with ten different wave patterns that are sure to excite no matter your age. And if you are in for a more relaxing time, head down to the Recreation Lagoon – a beautiful sandy beach with spectacular aquamarine water, that has been netted off to stop the marine stingers entering the lagoon (and is patrolled seven days a week). With banks of grass perfect for sunbaking or a picnic, this is the perfect spot to watch your kids as they play in Big Buoy Water Park – the Northern Territory's very own floating water park including a climbing cube, multiple slides, a launching pillow and so much more!



Images courtesy of the Darwin Waterfront Corporation

Images courtesy of NT News

Image Alexis McLaren



CROCODILES, CROCODILES AND MORE CROCODILES...

When you think of Darwin, what is the first thing that pops into your head? I bet it's those fearsome, prehistoric creatures that lurk on the river banks of the Northern Territory.

If you're in for a bit of a scare, and want to see these crocodiles at close range and in their natural environment, then take a drive down to the Adelaide River where you will find tour companies ferrying people out in boats onto the river for crocodile jumping tours.

My big tip? If you're wanting to get as close up as possible, then go with the company that operates the tour out of a small boat – it's an intimate occasion that is sure to make you feel alive. We saw a 6-metre crocodile jump out of the water within a metre of the side of the boat, and felt every vibration as its jaw slammed shut over the food!

CRUISING DARWIN AT SUNSET

When I heard that I would be going on a sunset cruise on Darwin's harbour, I was a little hesitant – I've done enough cruises to know that they are usually overpriced and don't usually provide the best food. However, after the experience I had, I am willing to eat my words.

Darwin is renowned for their bright and intense sunsets – and on a cruise on the harbour you will experience a sunset like never before, all with a glass of wine in your hand and some of the most fresh seafood you will ever experience – in fact, the food that they serve for dinner has only been caught that afternoon, straight from the ocean. And I have two very delicious words for you: white salmon.



LITCHFIELD NATIONAL PARK

Are you looking to set your eyes on some spectacular scenery? Located 130km outside of Darwin (1.5 hour drive) and covering around 1500km², Litchfield National Park features abundant waterfalls cascading from sandstone plateaus, monsoon rainforests, a range of historical destinations and captivating magnetic termite mounds. It's the perfect destination for a day trip out of the city, or even a three-day camping trip if you're game!

Best of all, there are plenty of designated waterholes with waterfalls that you can swim in without fear of being eaten alive by a croc (that didn't stop me from screaming every time my legs brushed past an underwater reed). But make sure you get as close up to the waterfall as you can and feel the pressure from the intense amounts of water falling from a height – it will completely take your breath away.

DARWIN TURF CLUB

It may be Spring Carnival time down here in Melbourne, but you can still get in on the action up in Darwin – it just comes with more of a country vibe than an urban one. But the energy in the air is great – and if you happen to be there on premium dining race days, not only will you find women frocked up in their finest, but you can also get your hands on some great grub – with your choice of a sit-down three course meal, tantalising canapés, or if you're wanting to keep things simple, some decadent antipasto platters.



Images courtesy Darwin Turf Club



ALEXIS MCLAREN – As a freelance writer and editor who once called Sydney home, she uses her natural curiosity for all things arts, culture, travel and lifestyle, to continually discover what Melbourne, and the rest of Australia, has to offer.





Going Back to Basics

How good is a long, hot shower, comfortable walking shoes and a prolonged sit down on the toilet while checking your Facebook feed on your phone? These things are not just good, they are the best! We've been through many years of technological evolution to master the immediacy of hot water, shoes with air-foam-bouncing-spring-cushion-anti-gravity soles and majestic throne-looking latrines, but according to doctors, we have taken comfort a bit too far.

The latest health research is telling us that most of our physiological problems are related to our excess of comfort and that we should go back to where we started: the era of the caveman.

Cold showers, barefoot running and squatting toilets are the "new" thing. On top of that, eating three meals a day is not a great idea at all – fasting is the answer because the hunter-gatherers didn't have food available 24/7. What's next? Candles instead of light bulbs?

Smacking your children instead of love and compassion?

I've read the scientific support for these new theories and to be honest they all make sense. Duh! Of course they make sense! It's nature and nature makes sense!

BUT... I cannot agree to do these things; I owe it to the people who live in third-world countries, and who wish on a daily basis that they could experience a life of comfort and plenty of food.

Imagine if you were an immigrant or refugee that risked his/her life to live in a first-world country and then you find out that these crazy first-world country people want to live the way you used to live back in your poor, miserable, home country? It would be very confusing.

"Don't buy the cheap and attractive-looking fruit! Get this one, it's more expensive, it's not pretty but it's organic, just chop off the ugly bits and eat the rest."

A big chunk of the world's population, probably the majority, hasn't even enjoyed the beauties of the modern world. Can we just wait for them to catch up before we change our ways? I would love to see every person in my beloved, but sadly miserable, home country Venezuela enjoying three meals a day, hot showers, a working toilet and shoes.

Everything is so confusing. Did we come this far, only to figure out that it wasn't the right road? Not only scientists but also hipsters are proposing we go back to the beginning. I went to a café recently in Melbourne where they churn their own cultured butter from unpasteurised, organic cow's milk. There have been so many years of industrialisation and improvement of productivity and quality standards so we are able to have butter available in the supermarkets, only to figure out that when it's freshly churned it tastes better and it's easier to digest? I can't lie, I tried that butter and it was delicious!

Trial and error, that's how humans learn.

We took the wrong turn and now we are going back to that original intersection to take the other road. I just hope that the other road shows us the right balance – a good mix of human comfort and natural ways – because I love long, hot showers and everybody in this world deserves to experience that!

Ivan Aristequieta



#lovespring

#vanilla



@vanillaoakleigh





VANILLA DAY AND NIGHT









A DJ with blonde hair, wearing a black jacket and headphones, is smiling and looking towards the camera. He is standing behind a DJ booth with a large black speaker and a laptop. In the background, other people are visible, suggesting a social event or club.

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