

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 25

# VANILLA

Luke Nguyen

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The Wizard  
of Oz

Eurovision 2018

# JESSICA MAUBOY





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## VANILLA MAGAZINE

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## EDITOR'S LETTER

Welcome to the 25th issue of Vanilla Magazine!



Parenthood is one of the big challenges in life. Every successive generation claims that the challenge gets harder, but the current generation of parents takes the cake. Rapid social changes and technological advancements seem to be shifting the goalposts with every new fad and gadget that comes along.

It is no surprise that many parents are re-examining the importance of discipline in child rearing. Child experts Elly Robertson and Dr Michael Carr-Gregg, authors of *The Prince Boofhead Syndrome* – a guide on surviving adolescent boys, and a companion guide to *Princess Bitchface Syndrome* - spoke to Alexis McLaren about authoritative versus authoritarian parenting and how a 'firm but fair' approach can help teenagers grow into healthy, well-adjusted adults.

And if you're worried about the amount of time your kids are spending within the world of online gaming, take heart, GameAware founder, Andrew Kinch, shines the spotlight on the elephant in every kid's room.

*Australian Isaiah Firebrace at the Grand Final rehearsal during Eurovision Song Contest in Kyiv Ukraine (2017). Isaiah recently visited Vanilla and made Helen's day ☺*



Eurovision, the world's largest television song competition, is not to be missed this May with Australia aiming high with Jessica Mauboy, who promises to sing her heart out. Alexis McLaren has all your Eurovision questions answered in our special feature.

While we're talking great performances, we can't wait for *The Wizard of Oz* to hit Melbourne. Read Raquel Neofit's exclusive interviews with the stars of the yellow brick road, Samantha Dodemaide, Jemma Rix and Lucy Durack.

And lastly, we're excited to share our collaboration with Swiish by Sally Obermeader and her sister, Maha Koraiem.

These amazing women share similar ideals to us at Vanilla magazine. We all believe that, if you are true to yourself, work hard, and always make the best of every situation and opportunity, while taking the time to smile every day, life will be good... It may not always be easy but it will be a life worth living.

*Enjoy the read!*

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# OAKLEIGH VILLAGE TRADERS ASSOCIATION

Oakleigh Village Traders Association – OVTA is gearing up for a busy year as traders from Melbourne’s favourite multicultural district join forces to boost its presence in the marketplace. Joining the effort is Jim Pontihos with extensive experience as former President of the Chapel Street Precinct Association for 15 years.

### How did this development come about?

I was approached by several members to join the OVTA effort. It was the desire of Eaton Mall traders to form a special committee that gave them representation with Monash City Council, State and Federal Parliament. However, it was decided instead to rekindle the old OVTA and re-organise it to achieve its goals more efficiently by expanding its vision, by being more proactive and efficient, and by cutting through red tape with regulatory bodies.

### What are the main goals?

It is the aim to make the Oakleigh Village Brand further known nationally and internationally. To achieve this the committee will use marketing and events of importance, and through co-operation between traders we will aim to achieve a stronger voice in community issues and consultations.

### How did you help re-organise OVTA?

First of all we updated the data of OVTA. With the assistance of Colin Bostock from the City of Monash Community Development team, we notified approximately 360 businesses about the Annual General Meeting and Elections. They were held in November last year and the outcome was both positive and productive. All executive and ordinary positions on the committee were filled unopposed.

### What else has been achieved so far?

We have been very busy! Here is a small list:

Planning special events for Eaton Mall, some are soon to be announced; Approached VICPOL to provide extra patrols in the Village. Optimised lines of communication with Monash City Council with the support of Mayor Paul Klisaric;

Lobbying Council for safety features on the intersecting Streets with Eaton Mall. We were successfully granted \$320,000 for the installation of Bollards. Consultative meeting with Monash City Engineer James Paterson regarding a \$20m upgrade to Atherton Road.

Press releases in local papers.

This, of course, is just the beginning of our plan to further establish an already booming precinct.

For more information on OVTA and for all inquiries, visit: [oakleighvillage.com.au](http://oakleighvillage.com.au)

## #INSTA-STARS

We’ve searched Instagram to find some of our fav #instapics



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## New WW2 Memorials for Pylos and Methone Unveiled in Oakleigh

BY JIM CLAVEN



75 years ago a young digger from Essendon made his way ashore at Pylos harbour on the south-western coast of the Peloponnese. While hundreds of Allied soldiers had died, young Bill Rudd had just survived one of the tragedies of WW2 – the torpedo attack on the Italian transport ship Nino Bixio.

This week Bill was joined by members of Melbourne's Panpylian and Pammessinian communities and others to celebrate his 100th birthday and the unveiling of two new bronze plaques commemorating the Nino Bixio tragedy of 1942 and that of the Sebastiano Veniero-Jason off Cape Methone of 1941. The event was hosted by Oakleigh's Vanilla Restaurant and attended by many members of Melbourne's Hellenic community.

In attendance were Mr. George Saratsiotis and Mrs. Rita Lambros, President and Vice-President of the Panpyliaki Brotherhood Navarino, and Mr. Ioannis Mitsakos, President of the Pammessinian Brotherhood Papaflessas. Other organisations represented included: Ms. Christina Despoteris, Vice-President of the Lemnos Gallipoli Commemorative Committee; Mr. Ange Kenos, President of the RSL Essendon Sub-Branch; Mr. Paul Mavroudis, President of the Thessaloniki Association The White Tower, and Mr. Nikolaos Kydas, Vice-President of the Lemnian Community of Melbourne and Victoria.

Among the others present were: Mr. Tony Patidis; Ms. Deb Stewart, grand-daughter of Australian nurse Evelyn Hutt who served in Lemnos in 1915; Mr. Dimitrios Saratsiotis, a Greek veteran of the Korean War; and Mr. Angelo Kalomiris and Mr. John Salpigtidis who, as young boys, both witnessed the German occupation of Greece in WW2.

### SAPPER BILL RUDD AND THE NINO BIXIO TRAGEDY

Essendon-born Bill was a young sapper with the Australian engineers and had been captured during one of the fierce engagements that formed the great battle of El Alamein.

In August 1942 Bill was one of 2,000 Allied prisoners aboard the Nino Bixio, sailing from Libya to an internment camp in Italy. Bill found a spot on the steel mezzanine deck that ran around the forward hold of the ship and remembers it as "incredibly hot and stuffy."

In waters south-west of Greece, 12 nautical miles south-west of Pylos, at 4:33pm on the 17th August 1942, the Nino Bixio was torpedoed by an Allied submarine. Only days before this same submarine had been taking on and dropping off Allied SOE agents and Greek resistance fighters on Crete and the mainland. Bill remembers "a sudden tremendous thud and the whoompf of the torpedo bursting into the hold." As he made his way to the decks with the rest of the survivors, Bill witnessed more destruction and the bodies of the dead.

Over 300 of Bill's comrades were killed in the ensuing tragedy – Australians, New Zealanders and other Allied troops. Many were killed or died in the holds of the ship, as water gushed in and debris crashed on top of them. Some – like the Scottish-born Anzac Private James Paterson of the 2/28th Battalion – jumped from the ship and tried to make their way to safety on makeshift rafts. Tragically, James died of exhaustion after days adrift in the Mediterranean.

Yet the ship did not sink and was eventually towed into Pylos harbour by an Italian warship. Here Bill came ashore with the other survivors. The dead were buried in the local Greek Orthodox Cemetery, and re-buried after the war at Phaleron Cemetery near Athens. The sole Australian amongst the dead re-buried at Phaleron was Sydney-born Sergeant Robert John Patterson of the 2/32nd Battalion. Those missing would be commemorated at the El Alamein Memorial in Egypt.



Veteran Bill Rudd and the Pylos and Methone Memorials.  
Photo Kostas Deves



Bill is toasted with an Ouzo! Photo Paul Sougleris 2017

A similar story of death and survival occurred with the Sebastiano Veniero-Jason off Cape Methone on the 9th December 1941, where over 500 were killed out of a total 2,100 Allied prisoners aboard the ship. Locals at Methone also assisted in the collection and temporary burial of the bodies of Allied soldiers washed ashore.

Bill would escape Italian captivity and make his way to freedom across the border into Switzerland. After the war he worked in Europe with the United Nations Relief and Rehabilitation Administration. For many years now, Bill has worked tirelessly to document the history of the many Allied service personnel on the run in Europe – the free-men – creating and maintaining a website that is an invaluable resource to veterans, descendants and researchers.

## A TIME TO REMEMBER

Over the years Bill has looked forward to the day when these tragedies would be commemorated at Pylos and Methone.

And so Melbourne's Panpyliaki and Pammessinian Brotherhoods have come together to create these two new commemorative plaques to be erected at the locations where the survivors and the dead were brought ashore. The plaques honour the dead, the survivors and the locals who helped them as they came ashore.

Mr. George Saratsiotis and Mrs. Rita Lambros said that it was a great day for their association, adding that the association is "glad to have played a part in honouring the service of soldiers like Bill Rudd who came to our native Pylos in a moment of tragedy and were welcomed by the locals."

Mr. Ioannis Mitsakos added that his association was proud to help bring the story of these tragedies back to Methone and Pylos. "We should never forget those who served and those who gave their lives in the cause of freedom," he added.

Mr. Ange Kenos said that as President of the Essendon RSL he was honoured to attend the event, recognising the service of Bill Rudd and the other Allied soldiers who suffered in these tragedies during WW2.

The assembled were privileged to hear Bill's story. One of Bill's memories of that tragic day in August 1942 was of the local Greek community helping the survivors by giving them food – figs and tomatoes – and in doing so, risking retribution on themselves by the Italian guards. They had also done so after that earlier tragedy, helping the survivors

of the Sebastiano Veniero as they were brought to Pylos from Methone. So it seemed only appropriate for Bill to again enjoy some excellent Greek hospitality on this special day. And what Hellenic celebration would be complete without a toast to Bill and his impending 100th birthday with Greece's finest Ouzo!

During the celebration Bill was joined in conversation with Dimitrios Saratsiotis and Angelo Kalomiris, exchanging stories of comrades passed and the human story of war. As a young boy Dimitrios had witnessed how local villagers of Koroni had helped Allied soldiers escape to Crete. Angelo spoke of the day the andartes ("guerillas") came to liberate Lemnos from the Germans, singing as they marched through his village of Kontias.

## GREECE'S NEW COMMEMORATIVE TRAIL EMERGING

The plaques will be sent to Greece in coming months for installation at Pylos and Methone. It is hoped that their installation will take place next year. They will form part of Greece's emerging commemorative trail, stretching from Lemnos and Thessaloniki, across northern and central Greece, the Peloponnese, Crete and the other islands of the Aegean. Discussions are currently underway to have new memorials erected on Lemnos at Corinth, Argos and Nafplio, as well as on Crete.

These will create a lasting legacy at many of the locations across Greece connected to the Anzacs – like the battle fought at Corinth Canal, the suffering of those held in the prisoner of war camps at Corinth, Nafplio and Thessaloniki, the villages of the Mani where locals hid and supported Allied soldiers on the run from the Germans and the village on Crete where Australia's sole Hellenic Anzac – Private James Zampelis – was killed.

It has been an honour of mine to meet Bill Rudd and to work with him and both Brotherhoods to create these new plaques, which will be a permanent legacy of remembrance, linking Australia and Greece. A big thank you to Eleni Spanos and Tia Tsonis at Vanilla Restaurant for extending their hospitality to all who attended.

Jim Claven is a trained historian and freelance writer who has been researching the Anzac trail in Greece across both World Wars for many years. He is Secretary of the Lemnos Gallipoli Commemorative Committee and a member of the Battle of Crete and Greece Commemorative Council. Anyone interested in helping create the Anzac Commemorative Trail in Greece can contact Jim at [jimclaven@yahoo.com.au](mailto:jimclaven@yahoo.com.au)

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# A Greek coffee goes a long way

Fronthitha Care's community support workers provide more than just assistance for our elderly clients. They are a vital part of their day – a chance for the elderly to chat and open up about their experiences.

**Lydia Kyropoulou** and **Fenia Fermanoglou** don't really talk about what they do, but rather, who they serve. It's the people they look after who get the spotlight.

"I have a client currently, she lives with dementia," Lydia says. "She tries to organise dates for me because I'm single. She's so determined, and she always makes me laugh."

As community support workers for Fronthitha Care, Lydia and Fenia help the elderly stay independent in their own homes and remain connected to their community.

They help with a variety of tasks, such as meal preparation, domestic assistance and escorted outings (i.e. going to doctors' appointments, the bank, the supermarket, church etc.)

More importantly, they are a willing audience to their clients' stories.

"Chatting to someone in their language and giving them some company is the most important part of my job and it's the most rewarding," Fenia says.

She was offered part-time work at Fronthitha Care while she was studying towards obtaining a Certificate of Aged Care.

Fenia then went on to help train Lydia and they have since become good friends. Both also received Fronthitha Care staff excellence awards for their service.

Fronthitha Care offers culturally specific care, consistent with the client's linguistic, cultural and spiritual needs. So a community support worker's language skills and cultural aptitude is important.

Due to increasing demand for support in the home, Fronthitha Care is recruiting new community support workers. For more information and to apply see the job advertisement on this page.



Lydia Kyropoulou



Fenia Fermanoglou

## Fronthitha Care is recruiting Community Support Workers

Fronthitha Care is an established not-for-profit provider of residential and community aged care services to Australian elders of culturally and linguistically diverse backgrounds in Victoria and regional NSW.

### Why work for Fronthitha Care?

Working for Fronthitha Care is a great opportunity for people who are passionate about working with the elderly. The organisation has a robust reward and remuneration program to ensure its employees are well cared for and there are many opportunities for advancement.

### Employee benefits:

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- Professional development and education programs
- Salary packaging
- Casual, part-time and full-time work available
- Flexible rostering

“It is a rewarding career, it keeps you open-minded and at the end of the day you know that you've helped someone”

**LYDIA KYROPOULOU.**



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For a position description and further information, please contact Human Resources Advisor,

**Paris Nigro** on **03 9552 4119** or to apply visit [fronthithacare.org.au/careers/employment-opportunities](http://fronthithacare.org.au/careers/employment-opportunities)

\* Must hold or be willing to obtain Cert III in Individual Support, provide support in aged care, hold a current driver's licence, and undergo police check. Greek language and cultural understanding would be an advantage.



# Oscar Wilde's The Importance of Being Earnest

Presented by Artefact Theatre Company...



Director, Matthew Cox



James Cutler

Local theatre company, Artefact, have embraced the trend of men playing female roles in our literary classics, and we're sure you want to know why as much as we do... So Vanilla Magazine's Raquel Neofit sat down with the show's director, Matthew Cox, and James Cutler (who plays Lady Brackwell) to discover why they picked James to play Lady Brackwell, and why this story is as relevant today as it was 120 years ago...

### Matthew, why this story?

Oscar Wilde and *The Importance of Being Earnest* were first introduced to me by my year 11 English teacher. I was the type of kid that rushed home from school every evening to watch *The Simpsons* at 6pm, which I then regarded as being the high water mark of all comedy. I still remember sitting at home one night after school, opting to miss *The Simpsons* to devote a full night to reading the Earnest script. It was amazing to me then, as a 16-year-old, that something written over a hundred years ago could be so laugh-out-loud funny. I was in love.

Since then the show has been something of a dream project. It's just been a matter of finding the right cast...

### Why now?

Wilde wrote a satire of superficial values. The particular social trappings of Victorian England that Wilde was attacking may have disappeared with time, but a quick look at many people in the contemporary public eye reveals a sea of people who will happily espouse a cause in public and violate the ideals the cause stands for in their own lives. Hypocrisy is timelessly funny, and the jokes and turns of phrase Wilde employs within his dialogue are so perfectly constructed they bridge any gap in era. So many writers still channel him in their work today.

I want young people to feel the same sense of hilarious adoration I felt when I discovered Earnest for the first time, and I want people who've seen it before to remember why they fell in love with it in the first place.

### And why James to play Lady Bracknell?

There is a recent trend towards having males play the role of Bracknell. David Suchet in London, and more locally Geoffrey Rush, took on the role recently in Australia. Of all the characters in Wilde's play, none is more blatantly hypocritical than "Aunt Augusta". What could speak to those themes of superficiality more than someone an audience might recognise as blatantly pretending to be something he is not?



Photos: Hugo Rose

We knew from the beginning that in order to move beyond surface-level gags, the twist requires an actor of substance and intelligence. James is not only one of the most comedically gifted actors I know, he's also one of the most thoughtful. We never dreamed of doing it without him.

## JAMES

### **Were you familiar with *The Importance of Being Earnest* before you landed this role?**

I think all of us have seen, read, or at least heard of Earnest before. I've seen the show before. Never did I think I'd be finding myself onstage as Lady Bracknell, one of the great characters of this piece and, in my opinion, one of the greatest in his body of work.

### **Is Oscar Wilde someone you've read and enjoyed in the past?**

I've actually read very little of Wilde's works, making the second question of my enjoyment of them a moot point. I know *The Picture of Dorian Grey*, which is so different in tone to Earnest. And yet, Wilde's ability to make social commentary and capture human folly is at once biting and very poignant, regardless of the genre. It's evident in both these works that Wilde loves his characters, but not nearly as much as he loves exposing society's flaws. Whether he chooses to do so through comedy or drama is part of his enduring charm.

### **What made you decide to play this role?**

The chance to play a role that has been iconised by so many great actors of either gender made the opportunity to try my hand at the role quite irresistible! (David Suchet, Maggie Smith, Judi Dench, Geoffrey Rush have all played Lady Bracknell). This time I can really escape myself and delve into a character so removed from me – what actor does not want to take up that challenge?! It's not every day a 34-year-old male gets to don a corset and bustle and get away with it. I have actually played a woman once before, for one brief shining moment in *The 39 Steps*. But Lady Bracknell is a far more significant part. It's a very meaty roll that some of the greatest actors of our generation have had their turn at. I'd be lying if I said I wasn't the least bit apprehensive stepping into her sensible matronly shoes.

### **Do you have any antics on how you'll get into character?**

Hmm... well, I suppose I'll do a lot of sipping tea with a disapproving look on my face. The extravagant costume will definitely help me in getting into role. I met our costume designer Jacqui Day and went over to her house for a costume fitting, and within ten minutes she had me in a bra and corset. I don't think I've ever met anyone under more unusual circumstances!

---

**Artefact Theatre Company, founded by Mark Yeates, was set up to create as an independent space for actors and creatives to collaborate and produce theatre with substance that leaves a lasting impact.**

*The Importance of Being Earnest* will be presented at St Martins Theatre in South Yarra  
Preview Tuesday 27th March and Wednesday 28th March  
Opening Night Thursday 29th March  
Eleven Performances from Thursday 29th March to Saturday 7th April including two matinees.  
Tickets \$40 (Previews \$30)

[www.chook.as/artefact-theatre/earnest](http://www.chook.as/artefact-theatre/earnest)



These sketches are a sneak peek at the costume design of Cecily and Algernon costumes, drawn by local costume designer, Jacqui Day, who won the Hazel Rodgers Guild Award for Wardrobe in late 2016 for her work on *The Little Mermaid*.



## A series of local...

In the month of October, Delphi Bank launched its inaugural Oakleigh Professionals Discussion Group – a local initiative established to help strengthen community and business ties through insightful, meaningful discussion forums.

The first event, an Economic and Financial Market Outlook, delivered by Guest Speaker David Robertson, now Head of Economic and Market Research at Bendigo and Adelaide Bank, was attended by a captive room of industry professionals within the wider Oakleigh business landscape.

Held at the local Oakleigh RSL, Delphi Bank was pleased to have Deputy Mayor of the City of Monash, Councillor Stuart James formally welcome guests, describing the event as "A terrific initiative to build local business networks".

As part of the wider Bendigo and Adelaide Bank Group, Delphi Bank constantly looks at new ways to help strengthen their community connection and provoke thought-leadership across their business and professional networks.

As a long-time supporter of the Hellenic-Australian community, the Bank's strong track record of growth has been driven by successful community engagement and customer satisfaction since they first opened their doors more than a decade ago.

The next event, scheduled to take place in March 2018, will continue to go beyond banking, connecting business networks, providing up-to-date economic information, encouragement and access to financial opportunities as part of Delphi Bank's long-term vision to support their local community.

**Pictured Above:** Head of Delphi Bank, Jim Sarris with the Oakleigh Branch team, Councillor Stuart James and Guest Speaker, David Robertson.

For more details on the Oakleigh Professionals Discussion Group, please contact your local Delphi Bank Oakleigh Branch on (03) 8574 3131 or please email [oakleigh-branch@delphibank.com.au](mailto:oakleigh-branch@delphibank.com.au)

# Oakleigh delights!

In a novelty collaboration with St Gerry's Dessert Bar, Delphi Bank recently asked the local community to put their donut hats on and their taste buds forward, by naming and flavouring their own 'Delphi Bank Donut' in support of the Make a Wish Foundation Australia.

With an assortment of diverse, mouth-watering entries to choose from, the newly established Delphi Bank 'Donut Connoisseur' team had a tough time picking the winning creation – particularly with 'SokolaDonut', 'DelphiDelight' and 'Una Fatsa Una Ratsa' brining much joy to the selection process.

It came down to a unanimous vote, with winning donut 'Poppin' Honey' taking out the lead spot in both flavour and creativity.

Lucky winner O. Nehme joined Relationship Manager at Oakleigh branch, Mr Nikias at

St Gerry's Dessert Bar on the weekend of 4-5 November to revel in her glory – and as a wonderful gesture, Ms Nehme decided to donate her competition win back to the foundation; a truly inspiring act of kindness.

The weekend saw the winning donut sold through the popular Dessert Bar located along Eaton Mall, Oakleigh with monies from each sale donated to the foundation and the wonderful work they do to help children and families in need.

The 'Poppin' Honey' salted caramel, butterscotch popcorn and honeycomb flavour donut was not only a hit with the locals, but a fresh approach to Delphi Bank's prominent community-focused agenda.

Now 15 branches nationwide, Delphi Bank continues to grow and provide their customers and communities with new opportunities, which sometimes, aren't always about banking – but much more.

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Melburnians, get ready to follow the yellow brick road to Oz...

Raquel Neofit caught up with the leading ladies of the hit international musical...

# THE WIZARD OF OZ

We take a trip down the glittering yellow brick road as we talk to Dorothy, Glinda the Good Witch, and their archenemy, the Wicked Witch of the West.

With four new songs and an element of humour, these three leading ladies take us on a magical journey into the sparkling whirlwind that is the tale of Oz. This production is sure to win the hearts of both the young and the old...



## Samantha Dodemaide as **DOROTHY GALE**

Samantha Dodemaide takes to the stage in her first leading role in a commercial production as the sweet and innocent, yet strong-willed country girl, Dorothy Gale, whose run-away journey to find a life that's bigger and better leads her on an adventure to the wonderful land of Oz.

### **Congratulations, Samantha! It's such a big role!**

It actually is a huge role! Well, I guess it's bigger than huge because it has multiple facets; meaning it's such an iconic role so it comes with a lot of pressure and responsibility. And it's also a huge role physically because I don't leave the stage for almost the entire show.

There's a few minutes at the beginning of act two that I get to enter later than everyone else, but that's about it – so yes, it's a huge role.

### **I didn't even think about how long you're on the stage for; you must have a lot of stamina!**

Traditionally this role is played by someone a lot younger than I am, because Dorothy is 16-years-old in the piece, and I am just baffled that such young people could withstand the pressure of it. It's quite impressive on their behalf. In the Andrew Lloyd Webber rendition of the show it has traditionally been played by someone a little bit older though.



I saw it 15 years ago when Nicky Webster played Dorothy, and I don't know how she did it.

**She was a firecracker that one!**

Yes, she was!

**So it's your first lead in a commercial musical... what emotions did you feel when you found out?**

It was really unexpected. I've been dreaming about this my whole life, and I thought I'd be calm and collected, and say 'thank you, that's great, I'm really pleased,' in a calm, cool manner, but instead I just burst into tears! I was so full of a mixture of emotions; I was relieved, I was over-joyed, excited, I was nervous... There were so many emotions all at once.

**And the ruby slipper... Every kid who has ever dressed up as Dorothy loves her ruby slippers! They look pretty good on the stage...**

They do! I wish I could say they slipped right on and were like Cinderella's shoes, but they weren't. They were a little bit uncomfortable at the beginning. But once I wore them in they fit like a glove. I was excited the first time I saw them. I did a photoshoot before we started, and when I put

the chequered dress on and saw the pig-tails and the ruby-red slippers I really felt like I'd transformed into Dorothy, and it just made me feel so youthful. There's something about that costume that has a lot of energy.

**What do you think children are taking away from *The Wizard of Oz* in our modern day?**

It's a timeless story and I think it's just as relevant today as it was fifty years ago, or a hundred years ago.

I think kids and adults are all searching for something that we think we don't have.

We all want to be better at something; especially with social media, there's a lot of comparison and we think the grass is always greener; we often neglect to see what's right in front of us. What I think *The Wizard of Oz* does so well, is through Dorothy's journey we see that we actually have what we need around us – which is family, friends, and for most of us hopefully, a home. I think, especially in a first-world country we by-pass that a lot and want more – that's so relevant and a really great lesson for kids. Dorothy is so compassionate and so giving; she learns so much and accepts what she learns. I think that's a great message for young people.





*Jemma Rix*

## as THE WICKED WITCH OF THE WEST



After joining the original Australian cast of *Wicked* as Elphaba and touring the show through Singapore, Seoul, Auckland and Manila, Jemma Rix learnt pretty quickly that there aren't many similarities in the characters of Elphaba and the Wicked Witch of the West...

### So you're back to playing the role of the Wicked Witch!

Yes! Funnily enough though, I thought that I was going to be quite detailed in her character because I played Elphaba, but I've actually had to disconnect from the character because she's so different – the Wicked Witch in *The Wizard of Oz* is just so crazy.

The directors did all of that work with *Wicked* to have her misunderstood, and they did it so well that you could see what she was like behind the scenes; you could see that she could have been misunderstood or misconstrued in the things she said.

But as the Wicked Witch of the West I'm blatantly saying horrible things. There's one line where I say, 'I'll chisel them off your corks', when I'm talking about the ruby slippers, and Elfie would never say that!

So I've had to disconnect the two characters from each other. She's really quite violent. There's such a different flavour, a different character; the Wicked Witch is so over the top – which is fun though!

I went into the role thinking that I was playing a similar character to that of Elphaba in *Wicked*, and that maybe it wouldn't be quite as challenging because I'd already played the role. But then I discovered in rehearsals that it really was a whole different show and a whole different character – the only similarity between the two being that I have to be green!

### So you've ended up having to do a lot more work than you might have thought in the beginning?

Yeah, and I really had to grow with the role too.

Looking back to when I played Molly in *Ghost*, and Elphie in *Wicked* – they are very grounded and truthful performances, whereas the Wicked Witch is a heightened character.



This whole experience has been a real challenge for me, which is great because you always want to grow as an actor and add another element to your acting skills, and it's been really rewarding in that sense.

**I was thinking about the movie and her character is so believable, even though she's an imaginary character.**

I watched the movie before we started rehearsing because you need to do all of your research before you start. But this can be a really tricky thing for all actors because if you turn up and you're on the wrong path you need to be elastic enough to change.

And because Margaret Hamilton is so iconic and wonderful, and what she created was so phenomenal, I based myself on her tones and rhythms, and the feel she gave the character – and then the director told me that I couldn't go in that direction. So I had to completely change, which was really good because it was another challenge and I felt more creative.

**And I had quite a lot of freedom to play my witch within this character – she's not quite as menacing because of the extra songs that Andrew Lloyd Webber and Tim Rice wrote for her.**

**And how long does the 'green' transformation take?**

It has to be quite quick in this show because in the beginning I play Ms Gulch... Do you remember her?

**The old lady on the bicycle?**

Yes! And I have to ride a bike across the stage, which scares me so much because it's my first entrance. Could you imagine if I fell off the bike! Opening night in Brisbane I was so scared, I kept thinking how I could totally ruin my entrance – it's just so scary to ride your bike across such a small stage!

**But it would be pretty funny....**

Yeah! I'd get an interesting round of reviews, 'Jemma Rix falls on her Face!'

But that didn't happen thank goodness!

So as soon as I finish that scene I literally run to my dressing room and Sharon, my makeup artist – she's fantastic – has to 'green-me' in 10 minutes. It all happens really, really fast. I just sit there and she goes to town to get me ready for the line, 'Who killed my sister', in Munchkin Land.

**OMG, you do that amazingly! It all moves so fast!**

Yes, it does, the show is actually quite quick, it goes for about two hours, which is the perfect length of time for kids attending, so they don't get restless.

And it packs a punch. The script is really good. They've fleshed a few characters out, and cut out a few parts to keep it moving, and they give you a little more humour and detail that was missing in the film – particularly with the scarecrow, he really has some funny lines that he didn't have in the film. He's absolutely hysterical!

Find out more on Jemma Rix through her website [www.jemmarix.com](http://www.jemmarix.com) where you can purchase her debut album *Gravity*, also available on iTunes.





## Lucy Durack

### as GLINDA THE GOOD WITCH

Returning to her role of Glinda the Good Witch, this time around Lucy is travelling with her two-year-old daughter, Polly. She talks about the importance of a great support network, the message kids of today are taking away from *The Wizard of Oz*, and revisiting her role as Glinda...

**You're re-visiting the role of Glinda... We're guessing they called you and said we're doing *The Wizard of Oz* and we want you back?**

Yes, that's pretty much how it happened. They had me for a drink at the DFO offices – I was called in first and John Frost started by saying, 'now don't laugh, but we've got this idea...' and after he told me he said, 'I'm going to ask Gemma if she wants to do it as well.' We were both quite chuffed to be asked.

And we are having a great time together. It's great fun! It's so nice to be reconnected with my pals and to get to hang out eight shows a week with great friends – it's wonderful.

**It's a very clever idea because you were both so successful in those roles.**

Yeah, thanks so much!

I think it makes a lot of difference because of the groundwork and background work we'd done. In a way *The Wizard of Oz* picks up where *Wicked* left off, so you can essentially call it the sequel to *Wicked* if you like.

And Glinda is still very much on the path of goodness; she's a bit more mature and a very similarly based character. She's almost like a very important lawyer. Our director Lisa, who's this wonderful woman from New York said, 'I think your Glinda should have a briefcase'. She's really special, she's trying to look after the citizens of Oz and she's very by the book. I think she's quite a funny character.

**How do you get through all of the rehearsals and television work with a two-year-old and such a big workload?**

I have a really supportive husband! We've got an amazing daycare that Polly just loves, and we've got a really beautiful babysitter who helps us out. That's what's getting us through right now.

It has been a very hectic year for us: my mum has flown in to help us out and we had a live-in au pair for a while there too. We've been really lucky. I've always figured that as long as we plan for the next two or three months at a time we're okay. We say, 'okay, let's just put one foot in front of the other and plan for the next little bit, and then once we've got that sorted we can plan for the next little bit.'

*The Wizard of Oz* picks up where *Wicked* left off, so you can essentially call it the sequel to *Wicked* if you like.





I think it's such an important message, the concept that sometimes you have to travel further afield to really realise how lucky you are to have what you have.

**And is Polly pretty versatile? Is she happy to go where you go and go with the flow?**

She's so adaptable! And whenever we say, 'okay, Polly, you've got Jacky or whomever coming to play with you now,' she says 'are you going to work?' And I say 'yes we are going to work,' and she says, 'with your sparkly dress?' And I say 'yes, with my sparkly dress!' She's seen *The Wizard of Oz* so she knows, and then she says 'and your stick?' Which is my wand. 'And your blue hair?' She's really cool.

**Sounds like the kids love the show! What do you think they're taking away from this production?**

We are getting loads of kids; we get all of these little Dorothy's at the stage door and they're just gorgeous.

I think it's such an important message, the concept that sometimes you have to travel further afield to really realise how lucky you are to have it. And it really tells that story of whoever you are is enough, and you might think you need

to be better at different things and have different qualities, but you already have the qualities inside of you, you just need to find them within yourself.

It's a good message about being true to yourself and to appreciate what you've got, but sometimes you do need to go on a big adventure, and your family will always be there waiting for you in one way or another – and also that you may find family, and really important relationships along the way as well.

But, I think particularly for Dorothy, she goes on this huge journey to realise that home is in your heart.

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You can find more of the wonderful Lucy Durack on Channel Ten's *Sisters*, The Nine Network's *Doctor Doctor*, her radio show *My Soundtrack*, (available through the ABC website as a podcast), and her debut album, *Lucy Durack* through her website, iTunes and the ABC.

# EUROVISION

## SONG CONTEST

### ALL YOUR QUESTIONS ANSWERED!

BY ALEXIS McLAREN

Whether you're a diehard fan glued to your television screen each year, or you just watch the results on the news, you can't deny that over the past few decades Eurovision has been entering millions of homes around the globe, uniting us all through extraordinary and electrifying music.

But how did it all start? And what exactly are the rules of the competition? We have had all your Eurovision questions answered – looking at its rules, its origins, previous entrants and this year's representation, and most importantly – why it is so great!

#### So... what is Eurovision?

It's quite simple really – The Eurovision Song Contest is the world's largest television music competition. It is so large in fact, that last year alone the semi and grand finals attracted 182 million viewers globally – with more than three million of those viewers being Australian.

Eurovision is loved worldwide because it is a platform that not only celebrates diversity but it also brings together different cultures and reinforces their bond; unity through a passion for music.

#### What about the rules? How does it all work?

There are many rules around The Eurovision Contest, so Eurovision have provided us with the basics for you to get your head around how this great contest works:

- Each participating broadcaster that represents their country has chosen their performer and song through a national televised selection, or through an internal selection. Each country is free to decide if they send their number-one star or the best new talent they could find.
- Each act must sing live, while no live instruments are allowed.
- Viewers can vote by telephone, SMS and through the official app, however, to keep things fair you cannot vote for your own country.
- A maximum of 46 Members shall be allowed to participate.
- Members from a maximum total of 26 countries shall compete in the Final.
- There shall be six guaranteed places therein (i.e. one for the producing organisation (the "Host Broadcaster"), and five EBU Members from France, Germany, Spain, Italy and the United Kingdom).
- Apart from the six broadcasters with guaranteed places, all Participating Broadcasters from a maximum of 40 countries shall compete in one of the Semi-Finals for the remaining places in the Final.
- Viewers' points from all countries will be added up and revealed from the lowest to the highest, culminating in a climax that will eventually reveal the winner of the 63rd Eurovision Song Contest.
- The winner will perform once again, and take home the iconic glass microphone trophy.
- The winning country will traditionally be given the honour of hosting next year's Eurovision Song Contest.

“The Eurovision Song Contest is the world's largest television music competition.”

### So how did it all start?

It all started back in 1955 in Monaco during a meeting where European Broadcasting Union (EBU) Director Marcel Bezençon raised the notion of unifying Europe through music – in the form of Italy's Sanremo Music Festival. This idea was also seen as a great experiment as to whether or not they could broadcast live to several countries at once.

On 19 October 1955 the idea was approved and the first competition was held under the name of The Eurovision Grand Prix in Lugano on 24 May 1956, involving seven countries, each of them performing two songs each.

In the 1990s more countries wanted to join, and by 1993 a then-record of 25 countries took part in this international phenomenon.

### But Australia isn't part of Europe? Why have we been able to join in on the fun?

Well, it's a nice short story... Here in Australia, the Eurovision Song Contest is aired by SBS – and they have done so for 35 years now. SBS is an Associate Member of the EBU and in 2015, to mark the 60th birthday of The Eurovision Song Contest, Australia was invited to submit an entry.

In 2016 SBS then requested to take part in the competition again – and it was a unanimous decision in favour of Australia participating in 2016 and 2017. However, it hasn't yet been decided upon whether or not we have a permanent place in this contest.

### And what about this year? Where will it take place? And how many countries will be participating?

Portugal have been handed the reins this year, after Salvador Sobral's first-place victory last year. In its 63rd year, the competition will be held in the nation's capital, Lisbon.

Forty-three countries will be participating this year, and it will be broadcast on SBS from 9-13 May 2018, hosted by returning Australian SBS hosts, Myf Warhurst and Joel Creasey.





## 2018 AUSTRALIAN REPRESENTATION

# Jessica Mauboy

Having first stepped onto the Eurovision stage in 2014 as the first non-European solo artist interval act, **JESSICA MAUBOY** is now chasing Eurovision glory, competing as Australia's artist for the 2018 Eurovision Song Contest!

"Jessica Mauboy's performance at ESC Copenhagen 2014 opened the door for Australia to compete at Eurovision," says Australian Head of Delegation Paul Clarke. "Before the great moments of Guy, Dami and Isaiah there was Jess, who touched the hearts of the Eurovision directors and proved just how talented our vocalists are."

"Since then we have always wanted to give Jessica a shot at the competition, and this year the stars aligned. We can't wait to develop a great song and stage production with Jessica and her team, and recreate her Eurovision style as a galactic soul diva."

Jessica was first discovered back in 2006 and since then her career has soared, from being an ARIA award-winning singer through to an actress on some of Australia's most-loved television shows.

And now she can add representing her country in the world's largest televised music competition to her list of achievements. "Eurovision is a wonderfully joyous and unique event. It brings together over 40 diverse countries

and cultures under one roof to unite us all in music," Jessica Mauboy says. "It shows how much the power of song can transcend differences."

"I will sing my heart out for Australia," she continues. "I'm so proud to be officially representing my country and a little bit nervous – mainly about the stress of the dress!"

Jessica may be nervous but it seems there are plenty of Aussies who are confident in our representation this year, including returning SBS Australian host, Myf Warhurst.

"Look out Lisbon because we are sending one of the best in the biz to Eurovision 2018," she says. "I've been following Jessica's career from the start and the girl's gone from strength to strength – she can sing, dance, act – I hear she can even make a mean Portuguese tart."

*"C'mon, Australia, get behind our Jessica!"*

says Myf; a sentiment which we at Vanilla Magazine would like to second.

## WHO IS JESSICA MAUBOY?

If you're really asking this question then you must have been living under a rock for the past decade!

Jess first came into the spotlight back in 2006, when she was a contestant on Australian Idol. Now she is one of Australia's most successful female artists, having sold over 3.4 million units globally, achieving five top 10 albums, 15 top twenty singles, four ARIA accredited platinum selling albums and has won two ARIA Music Awards from 24 nominations (2014 Best Female and 2012 Best Pop Release). Her songs have been streamed globally 158 million times and her videos have been viewed globally 37 million times.

In 2010, Jess began her acting career when she made her film debut in the Australian film musical *Bran Nue Dae*, which also starred Academy Award winner Geoffrey Rush. From there, Jess then moved on to star as the feature role in the internationally celebrated and multi-award-winning feature *The Sapphires*, where Jess walked away with both the AACTA Award and AFCA Award for Best Supporting Actress for her outstanding performance.

Then, in 2016, Jessica made ARIA Chart history as the first indigenous woman to achieve three consecutive weeks at #1!

Throughout her incredibly inspirational career, Jess has performed with a range of all-star international artists, including Beyoncé, Flo Rida and Chris Brown. And let's not forget the fact that she has also performed for dignitaries such as Barack Obama, as well as on the shows of both Oprah Winfrey and Ellen DeGeneres.

Originally from outback Australia, with her family originating from the Indigenous tribe KuKu Yalanji, Jess is passionate about being a key role model to the Indigenous community in Australia, with involvement in many organisations ranging from mentoring through to performing and education.

Jess is also part of the Indigenous Literacy Foundation (ILF), a not-for-profit charity that has delivered over 120,000 free and culturally appropriate books to more than 250 remote Indigenous communities and service organisations across Australia. She works as an ambassador alongside William Barton, Deborah Cheetham, Ursula Yovich and Richard Flanagan, helping to raise funds and build awareness.

Jessica has spent time in many of these remote communities and understands the many challenges and barriers to literacy that exist in these areas.

"Kids in these communities are smart and often speak 2-3 languages, but English is often not their first language and they can therefore struggle to cope at school," she said.

"I passionately support ILF's belief that literacy opens the door to a world of opportunities – including jobs, better health and general wellbeing and I am very much looking forward to doing what I can to work with them to make a real difference."



*"I passionately support ILF's belief that literacy opens the door to a world of opportunities."*

# EUROVISION

## SONG CONTEST FUN FACTS

Feeling a bit rusty on stats around this competition? Eurovision have provided us with a few fun facts for you below so you can brush up on your competition knowledge...

- Until 2017, nearly 1,500 songs have taken part in the Eurovision Song Contest
- In 2016, some 204 million people saw at least one of the three shows in whole or in part.
- In 2006, Ireland's Brian Kennedy delivered the 1000th entry to the contest, appropriately titled Every Song is a Cry for Love.
- With seven victories, Ireland is the most successful country at the contest. Sweden won the contest six times, while Luxembourg, France and the United Kingdom won five times.
- Since the 2017 contest, 1,479 songs have been performed. If you were to listen to all of them without a break, you would be sitting up for nearly 72 hours.
- In 2015, the Eurovision Song Contest was recognised by the Guinness Book of World Records as the Longest Running Annual TV Music Competition.
- In 2001, the largest audience ever attended the Eurovision Song Contest with almost 38,000 was in attendance in Copenhagen.



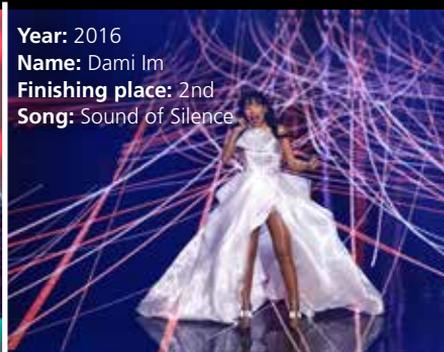
## PREVIOUS AUSTRALIAN CONTESTANTS

Australia has only been participating in the Eurovision Contest since 2015 – but since then we have had some pretty stellar people representing our nation, with all of them finishing in the top ten. Let's take a look...

**Year:** 2015  
**Name:** Guy Sebastian  
**Finishing place:** 5th  
**Song:** Tonight Again



**Year:** 2016  
**Name:** Dami Im  
**Finishing place:** 2nd  
**Song:** Sound of Silence



**Year:** 2017  
**Name:** Isaiah Firebrace  
**Finishing place:** 9th  
**Song:** Don't Come Easy



 VANILLA



@vanillaoakleigh



# MKR

MY KITCHEN RULES

2018

It's time to fire up your ovens, pick a side, and sit back and let the games begin...





## REAL PEOPLE REAL FOOD

**Pete Evans** and **Manu Feildel** are back with a ninth season of Australia's most popular and hotly contested cooking show, *MY KITCHEN RULES*... and this year it's not just the teams who are opening their front doors! Our favourite duo of TV chefs are opening their doors too!

With super-sized instant restaurants and an all-new elimination process that turns the competition on its head, this is *MY KITCHEN RULES* as you've never seen it before.

Pete and Manu are joined by **Colin Fassnidge** to help judge the new batch of aspiring home cooks. Also returning to Kitchen HQ in 2018 are guest judges **Karen Martini**, **Guy Grossi** and **Liz Egan**.



*The teams competing in MKR 2018 are:*

### GROUP 1

- Josh & Nic**, NSW - Italian brothers
- Alex & Emily**, QLD - Cocktail couple
- Roula & Rachael**, VIC - Friends with attitude
- Kim & Suong**, VIC - Melbourne mums
- Ash & Matty**, QLD - Sunny Coast surfies
- Stuss & Steve**, QLD - Best buddies
- Stella & Jazzey**, WA - Waitresses
- Jess & Emma**, NSW - Sisters

### GROUP 2

- Henry & Anna**, TAS - Truffle farmers
- Dan & Gemma**, SA - In-laws
- Davide & Marco**, WA - Lifelong mates
- Olga & Valeria**, NSW - Cooking comrades
- Georgie & Alicia**, NSW - Confident siblings
- Matt & Aly**, QLD - Defence force foodies
- Pat & Louisa**, NSW - Mum and daughter
- Sonya & Hadil**, NSW - Besties

Each team will take turns to transform an ordinary home into a super-sized Instant Restaurant. They'll plate up a three-course menu designed to impress the judges and their fellow teams in the hope of avoiding a sudden death cook off and possible elimination. Remaining teams will face the most intense location challenges and eliminations yet as they try to stay in the competition for the Ultimate Instant Restaurant round, before our finalists battle it out in Kitchen HQ.



## GROUP 1 KIM & SUONG, VIC

Friends since high school, Melbourne mums Kim (38) and Suong (38) plan to show Australia what real Vietnamese food is. "We're both Vietnamese and we're both refugees. I came here when I was five on a homemade boat. I've never been to a five-star restaurant before. I never say no to food. I eat everything," Suong says.

Coming from the same culture and a very similar upbringing has really brought these two ladies together. "Our friendship grew because we understand each other very well," Kim tells. "It's thanks to our parents that we're here and having a good life."

Immensely proud of their culture and their food, these "supermums" have seven children between them. "When I grew up we didn't have much to eat so I always want to make sure my four kids are happy and fed," Suong says.

"What we didn't have we are trying to give to our kids now," mum-of-three Kim explains. "We definitely appreciate and understand the value of food."

"Being a mother changed our lives," Suong admits. "We lost ourselves. Our life is about the kids. So being on MKR is about doing something for us. We're here because we're passionate about food."

"We're doing this for ourselves and for our families. We want to make them proud," Kim says. "It's going to be hectic but we're mums, we're used to it."

*"We're doing this for ourselves and for our families."*



### FOOD PHILOSOPHY

*We cook with love and passion and try to use every bit of an ingredient to minimise waste.*

For example, we use the carrot skin, orange skin and roots in our cooking.

### IN THE KITCHEN

Kim is more assertive, especially when it comes to timing and presentation. Suong is in charge of the cooking. We write our own recipes and wing it when required.

### SIGNATURE DISH

**Kim:** Oxtail stew because it's nutritious, full of flavour and my children love it.

**Suong:** Vietnamese pork and seafood noodle soup. At first glance it looks simple but it'll catch you by surprise with its depth of flavour (just like me). The more you eat the better it gets. It's my kids' favourite dish.

### FOOD DREAM

Kim would love to open a café while Suong wants to travel the world, learning and teaching cooking. They would both like to publish a cookbook.

### WHEN DID YOU START COOKING AND HOW DID YOU LEARN?

**Kim:** I was 10 years old. Self-taught from other family members (brothers and sisters), the culinary institute and apprenticeship.

**Suong:** I was 5 years old. Self-taught and watching everyone and anyone in the kitchen.

### WHAT WILL YOUR TEAM BRING TO THE COMPETITION?

**Kim:** Fun and traditional Vietnamese cooking.

**Suong:** Fun, fun and more fun! Diversity, passion, competitiveness, cooking skills and presentation skills.

### WHAT ARE YOUR TOP 3 KITCHEN RULES?

**Kim:** Wash hands before you start cooking / caution when using knives / turn pot handles toward the wall.

**Suong:** Be happy / think about your loved ones when you cook / respect the ingredients.





## GROUP 2

### HENRY & ANNA, TAS

Back by popular demand, truffle farmer Henry (26) and his sister Anna (24) are set to open the first Instant Restaurant of Group 2 on their family farm in Tassie's Deloraine.

"Last season Damo and Caz gave us a quick visit to buy some truffles for their Instant Restaurant," Henry tells. "I'd be lying if I said it didn't attract a little bit of attention." Caz's crush sent social media alight and media across the country clamoured to talk to the handsome Tasmanian.

"Caz got me into this mess I think," Henry laughs. The affable siblings admit they're not the most experienced cooks. "We're born and bred country kids," Henry says. "We've grown up with simple food and that's what we're going to serve."

"If we can put out three courses and no one vomits, no one cries and I don't chop a finger off or break anything, it'll be a good night," jokes Anna.

"We really want to showcase our love of truffles and how proud we are of what mum and dad have created," she adds. "We're so lucky to have grown up on a truffle farm. It's very special to us."

"To experience something like this with your sister and best mate is once in a lifetime," Henry confesses.

*"I can't think of anyone else I'd rather be doing it with."*

#### FOOD PHILOSOPHY

We want to cook hearty foods that we like the taste of and use fresh healthy produce where possible. And keep it simple!

*MY KITCHEN RULES* is an original format from Seven Studios.

#### MKR Series Winners

- 2017 – Amy & Tyson, QLD
- 2016 – Tasia & Gracia, VIC
- 2015 – Will & Steve, NSW
- 2014 – Bree & Jessica, SA
- 2013 – Dan & Steph, QLD
- 2012 – Leigh & Jennifer, SA
- 2011 – Sammy & Bella, NSW
- 2010 – Shadi & Veronica, QLD

#### IN THE KITCHEN

Henry is more assertive and likes to follow a recipe and stick to it. Anna is the better cook and prefers to look at a recipe, get the general idea and then wing it and add in some of her own ideas. We each take the lead when required.

#### SIGNATURE DISH

**Henry:** A good steak with truffle mash and vegies. It reflects the sort of food I grew up on.

**Anna:** Truffled scrambled eggs. It's a dish I have been fortunate enough to grow up on.

#### FOOD DREAM

We would love to grow our business and open a shop/cafe at the farm where people can come for truffle hunts, buy products and experience truffles as we like to cook them.



# LUKE NGUYEN

## *Street Food Asia*

Whether eating fiery som tum on a bustling Bangkok street, slurping pho in Vietnam perched on a red plastic stool, inhaling the galangal, lemongrass and coconut-infused air of Jakarta, or being seduced by heady wafts of succulent satay as it grills in Kuala Lumpur, there's nothing more alluring than street food. I love, love, love it, in all its permutations. When I travel, my top priority is hitting the pavement in search of interesting things to eat, making sure I do this at a slow pace and with my ears, eyes and nose on constant red alert. Down alleys and around every bend in the road, there's a tucked-away kitchen or mobile cart dispensing hot, smoky, freshly cooked deliciousness and I don't want to miss a single edible thing.

**Discovering local street food is the best way I know to understand a place and instantly feel connected to it.**

It's my ultimate buzz and the fact that it comes complete with flames, steam, smoke, smells, sounds, colour, heat, energy, good vibes and a ton of flavour, only makes it better. Now I want to take you with me on an adventure to some of my favourite Asian nooks and crannies – places where fantastic street food still reigns supreme.

All over South-East Asia, the street food repertoire is vast. Getting to know every dish and its regional spin-offs would take a lifetime and that's part of the allure – there's so much to know and I'm constantly making new discoveries. The adventure isn't just about uncovering the technicalities of a particular dish though as there are also, invariably, fascinating backstories and compelling snippets of family and food history involved. And then there are the dedicated cooks. I love watching street cooks work; I love hearing their stories, I love seeing the skill, care and passion they put into every dish they make. Cooks tend to be generous people and nowhere more so than on the street – I gain so much in knowledge and in my humanity every time I get out among authentic street food action.

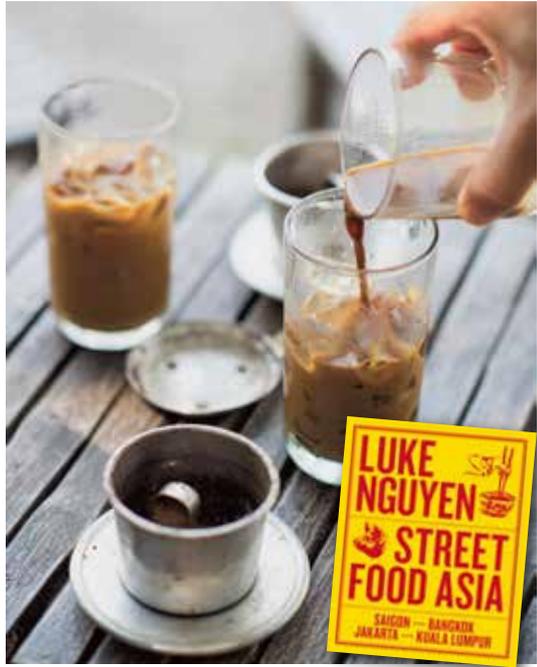
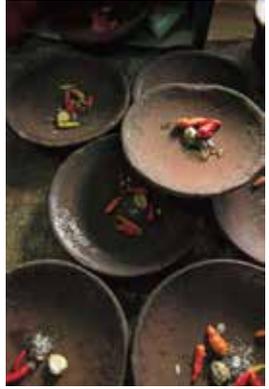
According to the Food and Agriculture Organization of the United Nations, 2.5 billion people globally eat street food every day. Street food evolved around necessity; people had tiny living spaces so home kitchens weren't an option and, in some countries, this still holds true for many. Mobile food hawking is a way to get nutritious, affordable, varied, readycooked food to the urban masses while supporting local economies; food vendors tend to purchase from the



nearest market, stocked with local produce, according to what is in season. Less tangible benefits of street food culture include the preservation of traditional cooking styles and the fostering of community. Yes, street cooking is evolving, particularly in more developed places. But most often, street food dishes are cooked according to strict tradition, often passed down through generations of family stall-owners.

Street food brings people together, as folk crowd onto their neighbourhood streets to share meals and conversation at their favourite stall. Some vendors operate in the same spot for decades, giving a sense of continuation that can span several generations. And while Asian cities modernise at a rampant pace, with glimmering malls replacing gritty old laneways and younger generations becoming wealthier and more sophisticated by the nanosecond, street eating isn't going anywhere yet. It continues to cut across age, gender, religion, economic status and every other demography you'd care to mention. It's at the core of the very fabric of cities like Bangkok, Kuala Lumpur, Jakarta and Saigon, making visits to these place just one giant excuse to eat amazingly good food, outdoors.

In this book, I want to take you with me as I delve into the street food scenes that thrive across some of my all-time favourite Asian cities. You'll find full recipes, as well as stories about some of the amazing dishes I came across on my travels, and where you can find them when you visit. Even if you can't be there in person, you can still create the smells, sounds, energy and flavours at home, in your very own kitchen, by cooking these recipes. I hope also that when you read about the vendors and street food cooks that have become special to me, and from whom I have learned so much, you'll be inspired to seek them out when you do find yourself in Bangkok or Jakarta, Kuala Lumpur or Saigon. Eating their food, in situ, is the best kind of culinary travel experience you could possibly have.



**LUKE NGUYEN**  
**STREET FOOD ASIA**  
SAIGON — BANGKOK  
JAKARTA — KUALA LUMPUR

This is an edited extract from *Street Food Asia* by **Luke Nguyen** published by Hardie Grant Books RRP AU\$39.99/ NZ\$44.99 and is available in stores nationally. **Photographer:** ©Alan Benson



# MELBOURNE SITS DOWN TO LUNCH

BY MARIA MATINA

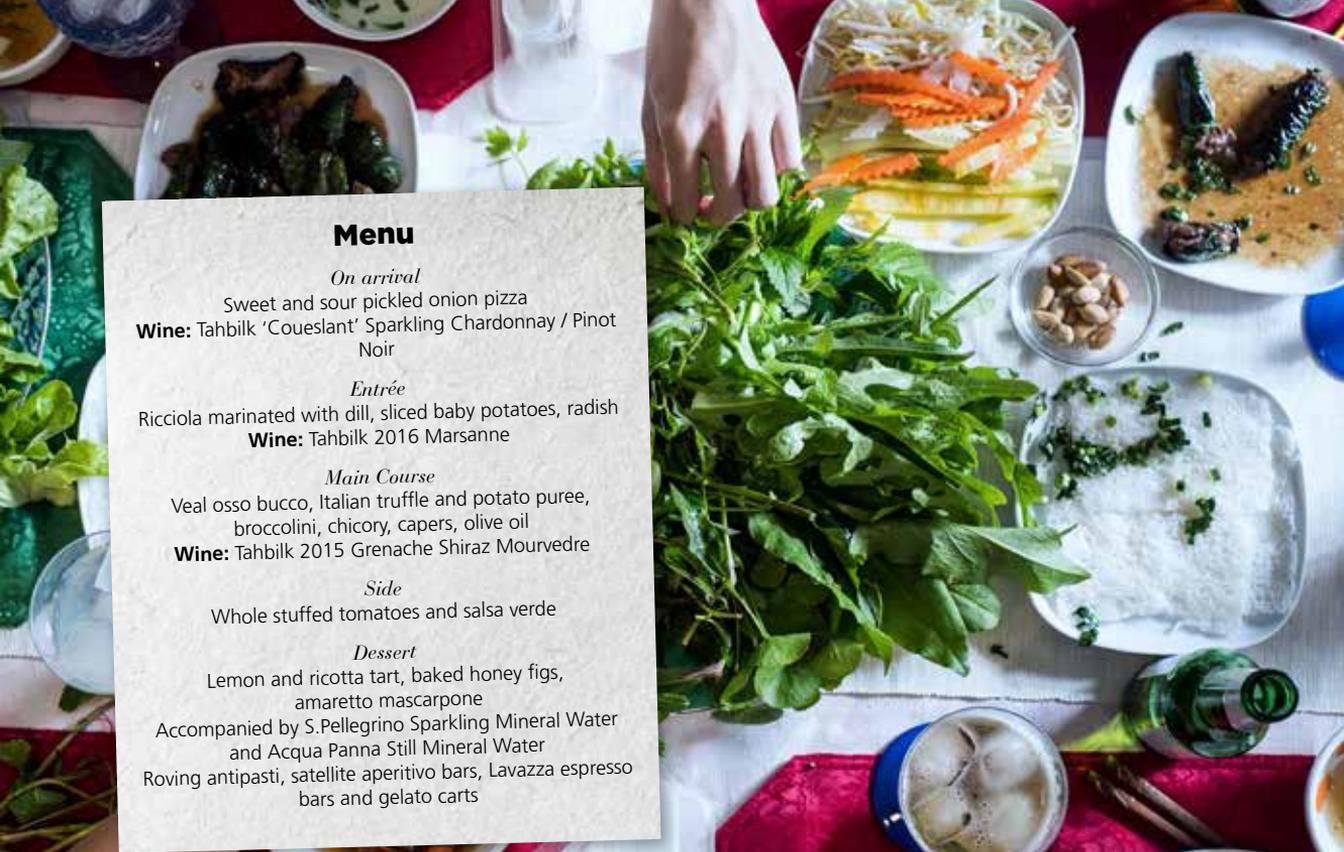
Walking down almost any street in Melbourne, there's no denying our city and inner suburbs are a food mecca. From Chinese to Korean, Italian to Greek, Melburnians are not only spoiled for choice but are sure to indulge in a cultural culinary experience so authentic that you'd almost be fooled you've travelled to another continent.

It's this love affair with food that attracts so many locals and interstateers to the Melbourne Food and Wine Festival that takes place for 10 days each year and is now heading into its 26th year. The festival celebrates good food, wine and company.

The festival kicks off with the Bank of Melbourne World's Longest Lunch that is held in various iconic Melbourne locations — the first ever Longest Lunch was held in 1993 at the MCG!

Simultaneously across Victoria there are Regional World's Longest Lunches that are held in more than twenty scenic destinations that trail across vineyards, coastlines, plains, parks and riverbanks. These events aim to promote Victoria as the food and wine capital of Australia and showcase the outstanding warm hospitality, local produce, celebrated wines, craft brews, culinary talent and liveability of our great foodie state. This edible escape is one to take advantage of with a packed bag and making a weekend of it.





## Menu

### *On arrival*

Sweet and sour pickled onion pizza

**Wine:** Tahbilk 'Coeslant' Sparkling Chardonnay / Pinot Noir

### *Entrée*

Ricciola marinated with dill, sliced baby potatoes, radish

**Wine:** Tahbilk 2016 Marsanne

### *Main Course*

Veal osso bucco, Italian truffle and potato puree, broccolini, chicory, capers, olive oil

**Wine:** Tahbilk 2015 Grenache Shiraz Mourvedre

### *Side*

Whole stuffed tomatoes and salsa verde

### *Dessert*

Lemon and ricotta tart, baked honey figs, amaretto mascarpone

Accompanied by S.Pellegrino Sparkling Mineral Water and Acqua Panna Still Mineral Water

Roving antipasti, satellite aperitivo bars, Lavazza espresso bars and gelato carts

I've been fortunate enough to attend the event over the last three years: two regional lunches in Bendigo and the Dandenong Ranges respectively, and last year I finally got to experience Melbourne along with almost 1800 fellow foodie enthusiasts!

The 2017 World's Longest Lunch saw 600 metres of white table cloth running along a stretch of Little Italy's Lygon Street, appropriately hosted by the Godfather of Italian cooking, Antonio Carluccio, who sadly passed away late last year. Antonio presented an impressive three-course autumnal Italian feast and celebration!

The Italian fare was inspired by Antonio's last cookbook, *Vegetables*, brought to life by Peter Rowland Catering and matched to Tahbilk wines from Nagambie. Local produce was also sourced with the likes of Mt Zero olive oil, Gembrook potato and onions, veal from the Western District, carrots from Rosebud, celery from Koo Wee Rup, witlof from Gippsland, and broccolini from the Yarra Valley.

If there has ever been a moment where you've felt as though you've been whisked away, this was it! The European feeling was all too real — ensembles of roving colour-coordinated musicians serenaded their way across the table lengths singing and playing instruments to

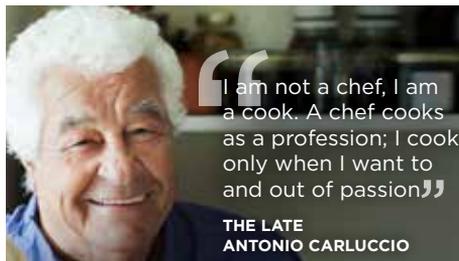
traditional Italian and celebratory songs, there seemed to be quite a lot of birthdays being celebrated!

Over 180 front-of-house staff in dapper attire ensured no plate remained clear and no glass was half empty. Chatter and laughter amongst friends and adjacent strangers crescendoed as the afternoon wore on — no surprise as the drinks kept on pouring.

The Longest Lunch is always an entertaining and satiating day out, supporting and enjoying the local produce our beautiful state has to offer and making new friends along the way.

There's no surprise that this year's Bank of Melbourne World's Longest Lunch sold out at pre-sale! For the first time, the lunch will leave the city where this time 1700 diners can look forward to a lively lunch and celebration of the diverse community of Footscray with 500 metres of table that will run along the banks of the Maribyrnong River.

The three decadent courses will be prepared by chefs Adam D'Sylva (Tonka, Coda) and Jerry Mai (Annam, Pho Nom), bringing together their Indian, Italian, Vietnamese and Cambodian roots into a modern-Australian feast. Pastry Chef Kay-Lene Tan (Tonka, Coda) will create a dazzling dessert course inspired by her global travels.



# Missed out on a ticket? Join one of the 21 Regional World's Longest Lunches taking place on Friday 16 March.

Locations include:

- Port Fairy (Great Ocean Road): Sample produce and wine from Western Victoria on the banks of the Moyne River at Martins Point.
- Coldstream (Yarra Valley): Celebrate the Yarra Valley and its community of producers with a generous, innovative lunch from award-winning head Chefs Matt Stone and Jo Barrett, and Chief Winemaker David Bicknell at Oakridge Wines.
- Newlyn (Daylesford): Feast with the local farmers under a grand Himalayan cedar tree, alongside a lovingly restored Bluestone church.

And, for the first time, Regional World's Longest lunches will be held in Acheron, The Artisan Hills, Bolobek, Goulburn Valley, Langwarrin South, Newlyn and Port Fairy.

More information about the Regional World's Longest Lunch events can be found at

[www.mfwf.com.au/program/regional-worlds-longest-lunches](http://www.mfwf.com.au/program/regional-worlds-longest-lunches)



## BIT OF A FOODIE?

Check out other great events in Melbourne and surrounds...

Lonsdale Street Greek Festival:  
10 – 11 February,  
[www.greekcentre.com.au](http://www.greekcentre.com.au)

Melbourne Food and Wine Festival:  
16 – 25 March,  
[www.melbournefoodandwine.com.au](http://www.melbournefoodandwine.com.au)

Wine and Cheese Fest: 17 March,  
[www.wineandcheesefest.com.au](http://www.wineandcheesefest.com.au)

Melbourne International Coffee Expo:  
22 – 24 March,  
[www.internationalcoffeexpo.com](http://www.internationalcoffeexpo.com)

Lara Food and Wine Festival: 25 March,  
[www.larafoodandwinefestival.com.au](http://www.larafoodandwinefestival.com.au)

Melbourne Laneway High Tea: until 31 March,  
[www.stamford.com.au/spm/restaurant--bar/high-tea-melbourne](http://www.stamford.com.au/spm/restaurant--bar/high-tea-melbourne)

Fed in French: 6 – 8 April,  
[www.fedinfrench.com.au](http://www.fedinfrench.com.au)

St Erth Apple Festival: 7 – 8 April,  
[www.diggers.com.au/whats-on](http://www.diggers.com.au/whats-on)

QVM Night Market: until 11 April  
[www.thenightmarket.com.au](http://www.thenightmarket.com.au)

Grampians Grape Escape: 4 – 6 May,  
[grampiansgrapeescape.com.au/](http://grampiansgrapeescape.com.au/)

Pedal and Taste: 5 May and 19 May,  
[www.tourdevines.rezdy.com/93924/high-country-harvest-pedal-taste](http://www.tourdevines.rezdy.com/93924/high-country-harvest-pedal-taste)

Good Food and Wine Show: 1 – 3 June,  
[www.goodfoodshow.com.au/melbourne](http://www.goodfoodshow.com.au/melbourne)

Mornington Peninsula's Winter Wine Weekend:  
9 – 11 June,  
[www.mpva.com.au/events/detail/Winter-Wine-Weekend](http://www.mpva.com.au/events/detail/Winter-Wine-Weekend)

Rutherglen Winery Walkabout: 9 – 10 June,  
[www.winerywalkabout.com.au](http://www.winerywalkabout.com.au)

Italian Food and Wine Festival: 25 June,  
[www.italianwinefoodfestival.com.au/melbourne](http://www.italianwinefoodfestival.com.au/melbourne)

Welcome to Thornbury: ongoing,  
[www.welcometothornbury.com](http://www.welcometothornbury.com)

## FUN FACTS

How much produce and kitchenware was required for the 2017 Bank of Melbourne World's Longest Lunch:

- Over 18,000 cutlery pieces   
- 7,500 glasses  
- 122.5m of pizza 
- 7,000 slices of potato   
- 525kg Osso Bucco  
- 3,400 broccolini
- 2,000 stuffed heirloom tomatoes – tomatoes grown for roughly 10 weeks from seed stage, especially for the event
- 6,000 Middle Eastern figs



#profiterole

#sweet



@vanillaoakleigh

# DO YOU WANT TO FUNCTION AT YOUR PEAK ALL DAY EVERY DAY?

## ARE YOU READY TO FEEL VIBRANT, ENERGISED AND STRONG? NOW IS THE TIME TO MAKE A CHANGE!

Specially formulated to alkalise, detoxify, revitalise and energise your entire body, this exclusive superfood powder packs a punch thanks to over 40 different super powered ingredients.

Here at SWIISH we are big believers in the idea that even the smallest lifestyle change can make the biggest difference. This is the philosophy we kept in mind when creating our Super Green Superfood Powder.

We know how important good nutrition is – but we also know that getting enough of the good stuff into your daily diet isn't as easy as it's cracked up to be. That's why we specifically designed the powder to be a delicious, fast and easy way to get all that goodness in one go.

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  - ✓ DELICIOUSLY REFRESHING PINE-LIME TASTE

*"Feel your best with a power packed boost of vitamins and nutrients. That's why we created our exclusive Super Green Superfood Powder."*

*Sally XX*



# Books

## BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...



### Cultural Indulgence...

#### SIMPLISSIME

**Jean-Francois Mallet**  
Hachette | \$39.99

Re-released and bigger and better than ever! As the cover says, this is the simplest French cookbook you'll find!

#### INDIAN FESTIVAL FEASTS

**Vivek Singh**  
Absolute Press | \$42.99

Colourful and bright, these spice-laden recipes will have you feeling daring and creative when it comes to experimenting with recipes and flavours.

#### FRESS

**Emma Spitzer**  
Hachette | \$39.99

Enter Emma's Jewish kitchen and discover her love of home and food through her childhood recipes and memories.

#### FEASTS

**Sabrina Ghayour**  
Hachette | \$39.99

Middle eastern food is hot right now and this delicious book has recipes for every occasion.

#### LISBOETA

**Nuno Mendes**  
Bloomsbury | \$49.99

Portuguese chef Nuno Mendes shares a look into the food and culture of Portugal – The City of Light – through divine images and gorgeous recipes.

#### HONG KONG FOOD CITY

**Tony Tan**  
Murdoch Books | \$49.99

A new favourite! Tony Tan takes us on an immersive tour of Hong Kong food like no other.



### Travel...

#### BEST IN TRAVEL 2018

**Lonely Planet** | \$24.99

This pocket travel guide is a must-have if you're keen to know the most sought-after destinations for 2018!

#### CULTURE TRAILS

**Lonely Planet** | \$34.99

52 brilliant weekend trips for culture lovers the world over!

#### SECRET MARVELS OF THE WORLD

**Lonely Planet** | \$34.99

If there's one thing Lonely Planet does incredibly well, it's find the best hidden places to visit throughout the world! And this book features 360 of them!



## Get Your Healthy On...

### GREEN BURGERS

**Martin Nordin** | Hardie Grant | \$29.99

Burgers without meat?! Hell yes! This book is for vegetarians, vegans, and anyone wanting to add some delicious and exciting meat-free dinners to their repertoire.

### LOW CARB, HEALTHY FAT

**Pete Evans** | Plum | \$39.99

Pete's back again with a collection of low-carb and healthy fat recipes.

### SUMMER FIT

**Sally Fitzgibbons** | Pan Macmillan | \$34.99

Aussie surfer-superstar shares all of her daily secrets to a healthy body – all year round!

### THE DOCTOR'S KITCHEN

**Dr Rupy Aujla** | Harper Collins | \$29.99

GP Rupy Aujla has compiled a great collection of supercharged recipes for everyday health and wellness.

### THE KETODIET COOKBOOK

**Martina Slajerova** | Allen & Unwin | \$29.99

### KETO SLOW COOKER & ONE-POT MEALS

**Martina Slajerova** | Allen & Unwin | \$29.99

Embarking on the current trend of a Keto diet? Then these two give a sound overview and a great store of recipes to keep you on the Keto track.



## Classics...

### AT MY TABLE

**Nigella Lawson** | Penguin Random House | \$49.99

All Nigella cookbooks are more than just recipes, they tell stories of her life, and *At My Table* is no exception.

### WEBER'S NEW AMERICAN BARBECUE

**Jamie Purviance** | Murdoch Books | \$39.99

You can cook almost anything on a Weber, and Jamie shows us how in the newest Weber cookbook.

### THE MODERN COOK'S YEAR

**Anna Jones** | Harper Collins | \$49.99

Seasonal and loaded with vegetable recipes to inspire you all year!

### EVERYDAY THERMO COOKING

**Alyce Alexandra** | Viking | \$39.99

Got a thermo? Then this is a great book for you! The recipes are simple, quick and flavourful.

### MATT MORAN'S AUSTRALIAN FOOD – COAST + COUNTRY

**Matt Moran** | Murdoch Books | \$45.00

Matt Moran takes us on a journey through Australia and its food landscape with a fantastic range of recipes to complement our resources.

### DINNER LIKE A BOSS

**Katy Holder** | Hardie Grant | \$29.99

Weeknight dinners for our kids can be a tough gig but Katy's here to make life easy with lots of every day dinners designed to please!

# Allan Wolf-Tasker



*The wolf in  
the studio...*



Allan Wolf-Tasker is the man behind all of the artwork adorning the walls of Lake House hotel, restaurant and spa in Daylesford where he has built a wonderfully artistic life with his wife and business partner, acclaimed chef Alla Wolf-Tasker.

Allan's time is spent between his studios in Melbourne, Wye River and Daylesford, and we were lucky to grab a spare moment with him to discover what he's working on now, and what influences his artistic creations.

**Where do you draw your inspiration from when you paint? Does it hit you in the spur of the moment and sometimes come from unexpected places?**

I find it easy to put paint to canvas; talking about it however is a little more difficult. The inspiration at the moment is the landscape of far-north Queensland. I'm enjoying the work by the Fauves – an impressionist movement that included Dufy, Vlaminck and Derain. They were known for using heavily exaggerated colour in broad, bold splashes and you may recognise some of this influence in my current work.

**A few years ago you said you were planning to build a little studio, and your studio that's nestled beside the stream in Lake House was the outcome. What did you set out to build and what emotions did you feel when you first sat down in that studio? Do you have a favourite of the three you work from?**

The studio at Lake House is definitely the favourite. The location is beautiful; the everglade landscape that surrounds it – cool ferns, lush trees, a year-round creek that keeps an abundant bird population happy, and the sound of running water is magical. As peaceful and serene as it sounds – I still have easy access to the coffee machine (in Lake House restaurant next door) and a steady stream of guests who pop in to see what I'm working on.

Insider view – Allan Wolf-Tasker's art studio at the Lake House Daylesford.



The stunning view from Allan's art studio at the Lake House Daylesford.



Allan's artwork adorns all of the rooms at The Lake House in Daylesford, an iconic property on the shores of Lake Daylesford.

**You and Alla built Lake House from the ground up, even clearing the land yourselves all those years ago. When you look at Lake House now, how does it make you feel? What do you remember of those early days when you both first set out to create it?**

When we first bought the land it was a blank canvas; a blank canvas covered in the most untidy and noxious vegetation. The evolution of Lake House has been a life's work for the two of us.

*It is something that we are truly proud of.*



**Your artworks adorn the walls of the guest rooms in Lake House and the restaurant, do you ever just wander through the buildings and look back on what you've created? What runs through your mind when you see your work on the walls of your own establishment?**

It's a pleasure to be able to walk around the property and witness the evolution of the work. We keep a selection of pieces from all of the major series, and as such you can really see the different influences and evolving style of the work. It's even better when a guest loves a piece so much that they take it home. We now send paintings all over the world – Milan, Los Angeles, New York, Germany, New Zealand, London, Sydney, Perth etc. It's pretty special to sit back and think about someone enjoying a painting I have created that now resides 16,000km away.

**You've created your book, *Lake Daylesford* – I imagine a lot of work went in to pulling it all together. Tell us about the project, the inspiration, and the journey. Would you create another book?**

I have a few books now but I don't produce these myself. I have other creative people around me who help to pull it all together. The books help to explain how I see the landscape and what sort of interpretation is made of it in the studio. We have them for sale on site at Lake House and also through the online store. We're working on a new

edition at present for the new exhibition of paintings from far-north Queensland.

**You created the series of work *Restaurant and Wolves*, it's a gorgeous collection! I believe one was on the wall in the guest room we stayed in last October. Tell us about the collection. When did you start painting them and where did the overall theme and inspiration come from? And what about the characters and their personalities – do you still dabble within the theme?**

*Restaurants and Wolves* was an exhibition held down a Melbourne laneway. The wolf is in fact my wife Alla – our Culinary Director at Lake House. The series records her amazing commitment to the industry she has adopted. A series like that has a beginning and an end – new subject matter inevitably carries you away in a different direction.

**What are you currently working on? What are your plans for the year ahead?**

The next exhibition features landscapes of far-north Queensland. We'll have an exhibition of works in Melbourne later in 2018 with a book available at the same time.

Stay tuned for dates and locations.

[www.allanwolftasker.com.au](http://www.allanwolftasker.com.au) @allanwt



#sweettreat

#glutenfree



@vanillaoakleigh



**STEPH CLAIRE-SMITH** and **LAURA HENSHAW** talk

## KIC – KEEP IT CLEANER!

Vanilla Magazine's Raquel Neofit caught up with Steph and Laura to talk about their real-life hacks for keeping it healthy when you eat out, the best supermarket shopping tips and how to become an early riser!

Founded by social media influencers, Steph Claire-Smith and Laura Henshaw, KIC is an all-in-one lifestyle program that delivers everything young women need to conquer life and kick butt in the real world.

"Keep It Cleaner (KIC) is not just a program, it's a way of life", say Steph and Laura. "It isn't about diets or spending countless hours at the gym; it's about balance. We developed KIC after years of being continually contacted by fans who were desperate for advice, REAL advice. Young women are confused by fads and the complexity of choices... it is confusing and, to be honest, life shouldn't be that hard! Therefore, we created KIC, to respond to our fans, to give them a platform they can live by, a platform that they can relate to, a platform that speaks to them, not at them! We are so proud of it!"



**Ladies, you believe in making the most of your mornings, but it's so easy to hit the snooze button rather than hit the gym! Can you give us some of your tried-and-tested strategies for early morning goal kicking?**

First up, lay your clothes out on the floor the night before, then you don't have to rummage through your wardrobe in the morning – or end up with a 10am fashion regret!

You should also have a structured plan where you make the mornings all about you! Set an hour aside for a workout and meditation, listen to music, and write down daily affirmations. Then treat yourself to a home mani or one of our delicious brekkies. YOU should get something out of waking up early.

Think about your fitness goals and remember, exercising in the morning is proven to give you more energy the next day, so the more you do it, the more energised you'll feel.

Then you need to rethink what you drink. To wake up wonderful, avoid any sugar, caffeine, and alcohol close to bedtime, try herbal tea instead. Having a glass of wine or bubbles with dinner every now and then is okay, but it's all about moderation.

**AND SET A BEDTIME!**

Having an early night will make the biggest difference to how you wake up in the morning. We try to get a minimum of 7.5 hours sleep a night to set us up for an awesome day.

**We all love a good night out and we have so many amazing restaurants in Melbourne! What tips do you have for keeping it fairly clean when we eat out?**

Eating out doesn't have to sabotage your diet! We love the ritual of choosing a restaurant and getting made up – we're massive foodies and there's no way we'd miss out on eating out.

First up, Google the menu, then you can preview the menu options and decide what you want to eat for dinner. There are so many yummy salads and awesome combinations to keep your tummy happy – just ask for the dressing on the side!

Don't be afraid to ask to swap something on the menu – swap chips for a baked potato or extra salad. If you have an event where you know the food will just be too delicious to say no to, then just have a super healthy day so you don't feel guilty.



Some cuisines are healthier than others, try to avoid Chinese and classic Americano-style restaurants where their cooking involves a lot of frying. And remember, you don't have to eat everything on your plate! Ask the waiter for a takeaway container, there's no point stuffing yourself for the sake of it. If it won't be good tomorrow then leave it behind!

## AND LOSE THE BOOZE!

It's no secret that alcohol isn't amazing for us, don't undo all of your hard work with too many cocktails. If it's a celebration we suggest a vodka soda with fresh lime!

### Supermarkets can be a disaster zone when it comes to making poor food choices, can you set us on the straight and narrow path to a healthy shop?

You need to read the labels, and by this we mean the fine print! Those fancy labels are often masking ingredients

they don't want you to see. If you can't pronounce the ingredients, put it down! Stick to the outer aisles of the supermarket – this supermarket secret is one of our favs. The outside aisles are where you'll find fresh fruit and veg, dairy, eggs and all of your meats.

Be careful of products marked 'fat-free' or 'sugar-free', they may not be the smart option. They're often loaded with sugar and chemicals to replace the flavour. Always buy full-fat and I promise you, eating it will not make you fat!

Write a list to help keep you on track and only buy what is on the list, otherwise it's very easy to pick up unnecessary products and be seduced by colourful packets or sugary items that are on sale.

And always shop when you're full; don't go when you're starving because you'll only buy food to curb those cravings.



## BEAT BOX BARBES – DON'T STOP THE MUSIC!

When it comes to working out there's no way we could push ourselves as hard as we do without music. From running, to studying, to working – putting our headphones on and pressing play seems to help us focus. Listening to dance or pop music with great bass subconsciously ups your effort so you can run faster and longer. The rhythm also encourages you to move and it can put you in the zone so you can lift heavier weights or squat longer.

Music can also improve your mood! An upbeat tune can make you smile or remind you of an awesome holiday or an epic girls' night out. When you're in a good mood you're more likely to focus and be productive.

## BOOST JUICE ON KIC

"We are thrilled to be supporting the Keep It Cleaner program with Steph and Laura. Besides the fact that Steph used to be part of the Boost family, the program they have created is both empowering and inspiring, and something we are excited to be part of," explains Boost Juice founder, Janine Allis.

Kicking off in September, Boost Vibe members will receive their first month of KIC for free and 50% off each month thereafter – an awesome incentive to encourage health and wellness across the country. Each month signature smoothie recipes, featuring Boost's DIY smoothie kits, will form part of KIC's meal plans making healthier choices quick, easy and affordable.



### A LITTLE BIT ABOUT STEPH CLAIRE-SMITH

Australian Model Steph-Claire Smith's career exploded in 2013 when respected health and fitness publications commenced sharing her journey and love for everything food, health and fitness. In 2017, Steph's growing Instagram following reached 1.2 million and she has graced the covers of multiple health and online publications across Australia. She is currently an ambassador for Adidas and Clinique and the face of Bondi Sands.



### A LITTLE BIT ABOUT LAURA HENSHAW

Australian Model and Law student Laura Henshaw's huge passion for wellness and fitness has seen her social media presence skyrocket to over 123K fans. Known for her love of running and helping others to make healthy meals and lifestyle choices, Laura has rapidly become one of Australia's highly sought-after health and fitness bloggers.



# Planning School Holidays

With some high schools now providing upwards of two months' holidays over the end of year break, and most parents not having the luxury to take time off work throughout them, we picked Elly's brain to find out some strategies for parents to manage their kids throughout this lengthy time – and how to tell when your teenager is ready to be left at home, alone, during the holidays.

## **Elly, what strategies can you recommend to parents to manage their children during school holidays – for both the short and long breaks?**

It can be helpful to plan out holidays at the start of the year so that the whole family has some idea about how it will work. With increasing numbers of both parents at work, there's a chronic mismatch between the amount of annual leave that is available to parents and the number of weeks children have for school holidays. It's also getting harder as a result to spend time together as a family over the holidays.

It may be helpful to swap days of care with other families. Lots of families will be in the same position, so even if you can't reciprocate in these holidays you may be able to do so in the future. You may also know some older teenagers who can earn some extra money in the holidays by spending time with your children.

It's tempting to cram the school holidays with planned events but make sure your children have some "down time" as well – they need a break and to recharge ready for the next school term.

## **As for those planned events – do you have any recommendations for some low cost activities for kids to get involved in?**

There's an amazing array of things to do, often at a low cost. Many organisations run low or no-cost events in the holidays and it's just a matter of keeping an eye out for them.

Newspapers and online sites have lots of suggestions, as do local council sites. There's often events and activities on at local libraries, museums, galleries, swimming pools and places like the National Gallery of Victoria, ACMI and Federation Square (e.g. Signal). Teenagers can browse through second-hand shops, markets and bookstores.

Teenagers are pretty good at finding ways to occupy themselves in groups and hanging out. As long as they are clear about their plans, invest a little trust in them and let them find their own fun. It's unfortunate there are not more open and welcoming public spaces specifically designed for teenagers, but there are plenty of parks, shopping strips and local food haunts for them to hang out in – and we adults can be a little more understanding and accommodating. The teenage years are about building trust and independence and encouraging good decision-making, so allow them some space in the holidays to test out these skills.

## **CHEAP HOLIDAY THRILLS**

Elly recommends checking out these great websites for some ideas for some low-cost activities for your kids during the school holidays:

[www.vic.gov.au/about-victoria-tourism/holidays-daylight-saving/school-holidays/school-holiday-activities.html](http://www.vic.gov.au/about-victoria-tourism/holidays-daylight-saving/school-holidays/school-holiday-activities.html)

[whatson.melbourne.vic.gov.au/whatson/school\\_holidays/Pages/default.aspx](http://whatson.melbourne.vic.gov.au/whatson/school_holidays/Pages/default.aspx)

[www.weekendnotes.com/melbourne/school-holiday-activities/](http://www.weekendnotes.com/melbourne/school-holiday-activities/)



## HOME ALONE

**Not sure if your teenager is old enough, or capable enough, to be able to stay home alone during the school holidays? Elly has divulged with Vanilla Magazine all the questions you need to ask yourself so you can feel confident you can leave your teenagers at home during the school holidays without them accidentally lighting the house on fire...**

Often with secondary school aged children the question for parents is whether they are confident and comfortable with their children being home alone, especially if they can't afford expensive camps or sporting/arts activities. It's around the early secondary school years when this question is most commonly relevant.

Teenagers are increasingly less likely to be willing to engage in structured school holiday programs – a day at Luna Park with 20 strangers? No thanks! But teenagers can feel anxious and lonely, and parents can be filled with worry and guilt, if the move to being alone at home happens too early.

There's no age specified in Victorian law, but parents need to make "reasonable decisions" about whether their children are capable of staying home alone safely. Age and maturity are considerations, and they must be properly catered for, e.g. food is available and they are aware of strategies to stay safe.

Here are some things to think about when deciding whether your child is old enough to be home alone:

- Can you try short periods at home alone first, to see how it goes? How did everyone feel about it? Do you need to review plans/rules?
- Who can they call on if they need something? Neighbours? Friends? Do they know emergency phone numbers?
- Who can take your child for the remainder of the day if they are not comfortable with being home alone? Can you come home if needed?
- What are the rules about: answering the phone, responding to the doorbell, using technology (e.g. How many hours? Can they use social media?), using the oven/heater/washing machine/dryer. Don't assume they know the rules for these things. Have your teenager repeat the rules back to you – make sure you have a common understanding.
- How are they expected to help around the house if they are home with time to spare?
- Are friends allowed over? Who and how many? Do their parents know that there isn't an adult at home?
- Can they leave home and go to a friend's house? Whose house? Is an adult present there? How do they get there and back?
- If they are moving around during the day, what are the rules about letting you know. Do they need to tell you where they are at any particular time? Have them tell you their plan for the day, and encourage them to let you know if it changes.
- What time will you be back? Will you call at a particular time to check in? Will you call unexpectedly to check how things are going, and do you expect your teenager to answer if so?
- How will siblings get along if they are left together? What rules need to be clearly stated?



Elly Robinson

# SURVIVING ADOLESCENT BOYS

& The Prince Boofhead Syndrome!

*Lazy. Rude. Disrespectful.*

These are all words that I'm sure many parents have at one time or another used to describe their teenage boys. And let's face it – some teenage boys even manage to be all three of these traits at the same time, simply with their grunting and mumbling. Sound familiar?

According to child experts, Elly Robinson and Dr Michael Carr-Gregg, this behaviour, and more, is all part of a new generation of boys, "who have been brought up to see the world as one giant, personalised, all-singing and all-dancing 24/7 catering service – exclusively for them."

Together, Elly Robinson and Dr Michael Carr-Gregg have written *The Prince Boofhead Syndrome* – a guide on surviving adolescent boys, and a companion guide to *Princess Bitchface Syndrome*.

So this issue, Alexis McLaren, had a chat with Elly to find out where these syndromes have come from and what we can do to make them stop!

**Thank you for taking the time to chat with us about your new book, *The Prince Boofhead Syndrome*. Tell me, what inspired you to write this book?**

There's a brand-new set of skills and knowledge that is needed to understand and effectively parent teenagers. It's similar to the toddler years, but teenagers have a more colourful vocabulary! Knowing how to navigate these years with a developmental lens will help smooth a pathway to better outcomes for young people.

**You refer to a type of behaviour you recognise in some teenage boys as being boofheads, and the teenage girl equivalent being a princess bitchface. What is it about life today that is making these behaviours so prevalent?**

When children misbehaved in previous generations, a stern look from a parent would be enough to make most children stop in their tracks. These days it's more likely to result in an exasperated eye-roll. The promotion of permissive parenting in the 50s and 60s were a reaction to authoritarian child-rearing practices, and it was needed – these practices were often way too harsh.

However, the pendulum has swung too far. We have arrived



at a place where the fundamentals of good parenting – such as instilling good manners, setting boundaries and ensuring adequate sleep and good nutrition – are no longer a given, as many parents hesitate to insist on them, in case their children don't agree.

We need to empower parents to say **"no"**, set limits and boundaries and be their child's parent, not their friend.

**We've all been around teenage boys before, and know how much they like to whine, demand, complain or yell. Can you give us your advice on how to respond to such behaviour?**

Almost every teenager will engage in challenging behaviours and talk back to their parents once in a while. This is developmentally "normal" behaviour; teenagers will push boundaries to see what they can get away with. In these cases it's important to choose your battles and save your energy for the things that really matter. No one ever died of an untidy bedroom; simply close the door and walk away.

If it becomes an ongoing pattern of disrespectful, contemptuous, ungrateful and, in worst cases, violent or abusive behaviour, then parents really need to step up, recognise they have a problem and get some professional help if needed.

**You discuss in the book how to parent with authority. Can you elaborate a bit on this?**

There's a difference between what's known as "authoritarian" and "authoritative" parenting – and it's an important difference.

Authoritarian parenting is command and control; it tends to be about compliance to orders, acceptance and duty. Research indicates that this type of "strict" parenting actually creates, rather than avoids, children with behavioural problems.

Authoritative parenting, on the other hand, is "firm but fair" parenting. There are clear standards for children's behaviours, but disciplinary methods are supportive rather than punitive. Parents who are authoritative will say no (even though saying yes might be a whole lot easier), but they also understand that the best lessons are learned when their teenagers are allowed to make mistakes and learn from them in a safe environment.

**And for those who have a teenage daughter, you have a companion guide, *Princess Bitchface Syndrome*. What can readers expect to get out of this book?**

*Princess Bitchface Syndrome* explores many ways to deal with what seems sometimes like the direct emotional assault of teenage girls on their parents, usually mothers, but it also explores many issues that teenage girls face today such as body image, technology use and anxiety.

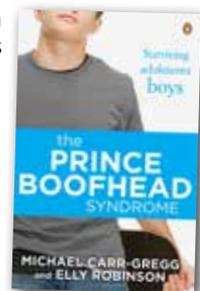
**Overall, what is it that you are hoping that parents will get out of both of your guides?**

While the books deal with a subset of teenagers whose behaviours can be particularly challenging, they are also full of guidance and advice about the teenage years, what to expect and how to deal with common issues that many teenagers face.

It's about finding ways to understand how to help your teenager navigate what is an increasingly complex world and come out the other side as healthy, happy young adults.

On a positive note, writing both books and parenting a teenager has made me realise it's a shame that teenagers don't enjoy a more favourable public profile. It's a period of remarkable growth and development, and teens can often be funny, unexpectedly wise and incredibly entertaining.

*The Prince Boofhead Syndrome* by Michael Carr-Gregg and Elly Robinson published by Penguin RRP \$22.95





# BECOMING GAME AWARE

## Gaming as a Hobby Not a Habit

The world of gaming can be quite intimidating for some parents. You might ask yourself, is my child playing games too much? What IS too much? Are they becoming addicted to games? What can I do to keep my child's mental wellbeing safe?

So **Alexis McLaren** sat down with Andrew Kinch, founder of GameAware, to answer all your concerns. With 25 years gaming experience, and nearly 15 years of wellbeing and teaching experience, his skillset is primed to tackle this issue. Through the use of his intelligent gaming strategies, he helps gamers enjoy their games without it being the number one priority in their lives.

Overall, Andrew's goal is to improve mental health, reduce excessive gaming, and achieve a win-win scenario around gaming within the family dynamic – and GameAware has what it takes to help that happen.

Most importantly, Andrew stresses that it is as much about educating parents as it is children. So read on to begin this important education...

**Andrew, safe-gaming is something that concerns a lot of parents. Tell me, how can we manage our kids in this gaming-driven world?**

It's not really about managing your children anymore. It is about them managing themselves. There is still a bit of management for parents, and this is something they can learn from my online program.

One of the strategies I like to implement is a sustainable gaming contract. Now, setting contracts isn't anything new,

but the idea of this type of contract is that it has to be a win-win scenario. For example, the conditions of that contract may be that the parents are asking for things like a clean room all the time, or not letting school grades fall. In return the kids may then have conditions such as playing when their friends are playing – a request for the time that they can play. The idea of this win-win contract is, that if they fail to live up to the contract then they have to undergo a cold turkey challenge – going cold turkey from gaming for a while – and then after this period, they come back and renegotiate the contract, so that it's a win-win again. Obviously, if they fell off the wagon then something in the contract isn't good enough. Quite often it is something along the lines of not filling enough of your child's spare time with basketball, or kung-fu, or knitting, of whatever it is that they want to do.

**It's also important for parents to sit down with their kids and have them be a spectator.**

Be an audience for them as they play. That way they will feel that you have invested a bit more time in their game, which means that they feel you've invested a bit more time in them. Or even better, ask them to coach you to play a game that they play, so that they can become the experts!



**I enjoy mastering the skills of certain games, which is what a lot of people like to get out of the games. And some people just love exploring open worlds that are fantasy based.**

**On your website you say that ‘quality trumps quantity’. What do you mean by this?**

So... social gaming in the same room with other people, especially your friends, is better than playing online with your real friends. In turn, this is better than playing online with people you’ve met online, which is then better than playing online with strangers or just randomly by yourself, which is better than playing online by yourself.

In saying that, there are some games that you can play by yourself – for example, a single player story game goes up the list a bit because it is different from playing something competitive in terms of the quality of the game.

Quality gaming also means intelligent gaming. On my website under the gamer page, there are a couple of YouTube videos where I have collaborated with a YouTuber about intelligent gaming. One of the things we talk about is the importance of not gaming every single day, and not for too long. If you don’t play every day, then you look forward to it more, you will enjoy it more, and your concentration levels stay high, so you’re going to get more out of your experience. So it isn’t just about regaining a balance, it is also about improving your game play, and getting the best out of the gaming that you can – all by meeting your needs.

For example, if playing games is the only way you’re meeting your needs, well then that’s a problem. But if you’re gaming 10-12 hours a week, and then during the other evenings you’ve got soccer practice, or basketball practice, or hopefully even a third thing that’s regular, then you’re getting your needs met by multiple sources, which is much better.

**You mentioned that you think that storytelling games are better than competitive games...**

So with single player story games, they have an ending – there is a finite session for that game, and sometimes they can be very long, and sometimes they are only 6 hours. And then you are just left with the memory of completing it. Whereas multi player games you could play for years, they don’t end.

In saying that, I’m not that attracted to single player games. Instead, I enjoy mastering the skills of certain games, which is what a lot of people like to get out of the games. And some people just love exploring open worlds that are fantasy based.

**It just depends on what you are looking for. Games cover a variety of needs, which is why they’re such a big culture.**





### **What would I need to look out for if I think my child is addicted to games?**

I don't like it when people play every single day. I'd be looking out for people who are dropping hobbies or, they might not continue one and then because of that it will add more gaming time. I'd also worry about any deception, like lying about gaming. These are the sort of things psychologists, come up with to measure the impact of gaming.

The common issue that parents are concerned with is when their children start to risk reasonable school grades; they will try and game as a priority and fit school in later – so that is something to definitely look out for. Also look out for preoccupation with gaming. For example, your child may know that there are negative consequences for playing too much and then they may do it anyway.

### **Sleep patterns are another big issue to look out for as well.**

While there are a lot of things that you can look out for, it doesn't mean you have an instant understanding about the issue. I work very hard to balance this fine line between educating gamers and educating parents because the truth is always in between. There are going to be arguments where the parents are right and the gamers are wrong (and they're convinced that they're right), and then it will flip. Sometimes parents are completely wrong about what they think the problem is, and the gamers are actually right.

I'm able to look at it all from multiple perspectives – from the teenage perspective, from a teacher's perspective, as a competent counsellor, as a dad and as a gamer. I have 25 years of experience playing games, so I have discovered how to walk that line.

### **What would you say is the maximum amount of time anyone should be playing games each week?**

I can't give you a maximum amount of time, but the priority is to not play every day, and play no more than four days a week. If you can manage that, playing four days a week with 2-3 hour sessions, which is still a satisfying amount of time to play, is 12 hours a week – which is a lot less than what most parents are concerned with.

### **I think a maximum of four days a week is a better way of looking at it than setting daily limits.**

Doing anything daily is habit forming. If you're able to take a break and not do something daily, then that is going to be better for your overall gaming experience, and there will be space to do other things – you're creating space.

For more information on how you can stay on top of your child's mental wellbeing in the gaming world, and make sure gaming stays a hobby rather than becomes a habit, head to Andrew's website [gameaware.com.au](http://gameaware.com.au).



#frappe

#coffeetime



@vanillaoakleigh



*Vanilla*

*All*





*Year*

*Round!*



#anywhere

#anytime



@vanillaoakleigh

#kok

#chocolate



@vanillaoakleigh

# VANILLA CAKES

*elegance harmony artistry*

DESIGNS BY *Kaba*





*As seen in Melbourne Wedding & Bride Magazine*

#birthdaycake



Let's



@vanillaoakleigh



#nakedcake

Celebrate!



@vanillaoakleigh





*Caffeinate*



*@Vanilla*



# DUKES



Dukes Coffee Roasters have been supplying Vanilla Lounge with top quality, perfectly roasted, speciality coffee beans for many years. Without them, your daily cup just **wouldn't be the same!**

Dukes are committed to sourcing and roasting the world's finest coffees. 'Since our inception, we have been dedicated to roasting each batch of coffee with mastery and precision, providing Australia with the most consistent, delicious coffee available', says Rob Oechsle from Dukes.

They are committed to bringing the best selection of exceptionally grown, amazing tasting and in season speciality coffees to cafés and consumers in Australia.

Similar to all fruits, the coffee cherry is a seasonal product, grown along a narrow subtropical zone, roughly bounded by the Tropics of Cancer and Capricorn. Within this narrow zone, the ideal growing regions offer mineral-rich soils, high altitudes, moderate rainfall and sunshine. For close to a decade Dukes has built strong relationships with producers and importers operating in these regions, from Brazil to Guatemala, El Salvador, Colombia, Ethiopia, Rwanda, Kenya and beyond.

The harvested fruit is a cherry and the beans that Dukes roast need to be separated from the pulp and dried. The method and quality of processing has a large impact on the taste in your cup.

'Our great relationships at farm level mean that not only do we have full traceability for each coffee, but we have greater control over the quality of coffee that we purchase,' Rob adds.

These relationships with growers means they can ensure that the cherries are picked when they are ripe, that under ripe cherries are sorted, and that correct processing practices are implemented. Not only does this result in higher quality coffee, the producers and farmers receive higher prices for their lots, incentivising them to continue to develop the quality of their coffee each year.



# COFFEE ROASTERS



'We try to source our coffee as fresh as possible to maximise the aromas and flavours. When the coffee reaches Australia, each lot is carefully profiled, tweaked and cupped rigorously before being made available to our customers. Our roasting philosophy is centred around working towards the most enjoyable representation of a particular coffee.'

The Dukes roastery in Richmond produces beautiful, freshly roasted specialty coffee each day with an unmatched attention to detail. 'We roast on Loring Smart Roasters, the most technically advanced roaster in production, designed from the ground up to be the most energy efficient roaster ever made,' Rob says. The Loring is driven by a natural gas cyclone which recirculates highly treated air from the burner through the roasting chambers. This ensures a super clean air roasting, plus far greater gas efficiency since there is no need for an afterburner.

Their **espresso blends** are developed from the ground up with an eye for consistency not just from roast to roast but also throughout the year. The Market Espresso blend, enjoyed for years at Vanilla, currently consists of three components, ethically traded and sourced from quality focused farms and cooperatives in Peru, Colombia and Brazil.

The Peruvian component comes from the district of La Copia in the Cajamarca region. The Association of Ecological Agricultural Producers of Guay Apae (where this coffee originates) is composed of a group of small-scale coffee growers. The members of the group not only receive benefits for social and financial services but they also focus on gender equality and the role of women in the coffee industry.

'Our Colombian component comes from the specialty coffee region of Huila. Coffee production represents the majority of income generated at the Huila Department and in the last few years the production of specialty coffee has seen continuous growth. In this region coffee is grown by multiple farmers at 1500 to 1700 metres above sea level, with the majority of farmers contributing anywhere up to 15 bags per harvest.'

The Brazil Serra da Mantiqueira is named for the sprawling mountain range in the Minas Gerais region. With a century of experience in producing quality coffees, the Minas Gerais region is currently one of the best awarded regions in Brazil. This lot consists of the production of several smallholder farmers who are associated with the Cocarive cooperative in Carmo de Minas, who select coffee based on quality, variety and process.

'For close to a decade Dukes has built strong relationships with producers and importers across multiple continents to make certain that we source only the freshest and highest quality coffee,' Rob added. 'As some growing regions come into season and others move on, we rework the Market Espresso gradually and deliberately so it is continuously at its peak'.





# Berrylicious!

Berries are generally small, juicy edible fruits that are possibly the best natural disease-fighting food known to man, especially when we look at the fruit family.

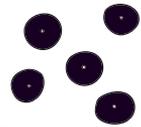
They are among the healthiest wholefoods you can eat and contain a synergy of multiple nutrients and phytonutrients. They are considered to be a power or superfood due to their high antioxidant content; antioxidants are important because they protect the body by neutralising free radicals to fight diseases.

Berries are also high in vitamin C which may reduce the risk of disease and also contain pectin, a type of soluble fibre that helps lower cholesterol. And they contain vitamin K, which is imperative for strong healthy bones.

Some of the most commonly consumed berries in Australia that are considered superfoods around the world are blackberries, blueberries, cranberries, acai berries, goji berries and raspberries.

## ACAI BERRIES

The acai berry is a delicious tropical fruit, dark purple in colour with a slightly bitter-sweet taste. It is known as the superior berry among the berry family and traditionally has been used as a healing and energy boosting source.



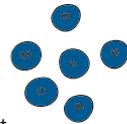
## BLACKBERRIES

Blackberries are an aggregate fruit of individual drupes held together by very fine hairs, in the shape of a miniature bunch of grapes. They are succulent and juicy with a tangy-sweet taste. They are considered to boost brain power and memory function.



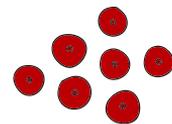
## BLUEBERRIES

Blueberries are a classic Aussie summer fruit. They are a blueish-purple coloured, round fruit with a sweet and juicy taste. They are known to be one of the most popular superfoods available and can be added to just about anything.



## CRANBERRIES

Native to North America, cranberries are a small, round, red berry and tart to taste. They are an excellent source of vitamin C, fibre, antioxidants, and are closely related to blueberries. They may offer protection from tooth cavities, urinary tract infections and inflammatory diseases. Dried cranberries are common in Australia and have a sweet taste, whereas fresh cranberries are somewhat tart.



Blueberries, strawberries and blackberries are true superfoods. Naturally sweet and juicy, berries are low in sugar and high in nutrients.

Try adding some to your next bowl of muesli. They make a wonderful addition to stuffing too.

## GOJI BERRIES

Goji berries are small, soft, red in colour and have a slightly sour but sweet taste. They are sometimes referred to as the Chinese Wolfberry and are commonly used in Chinese herbal medicine. It is said they contain 2000 times more vitamin C than oranges and more beta-carotene than a carrot, and contain minerals like zinc and iron. A handful will provide a dose of protein, and because they contain complex carbs your blood sugar will rise slowly, making them the perfect on-the-run snack.

Fresh goji berries are thought to have five times more antioxidants than any other food.



Goji berries are perfectly suited to the Australian climate – so pick up a plant next time you're in Bunnings or at your local nursery and try growing them yourself at home!

## BENEFITS OF INCLUDING BERRIES IN YOUR DIET:

1. They're a good source of energy.
2. Their high fibre content helps keep our appetite in check and our digestive system healthy.
3. They provide essential nutrients, which can help to strengthen the immune system.
4. They have strong anti-inflammatory properties, which may assist in preventing or fighting infection in the body.
5. They are high in vitamin C and beta carotene, which can contribute to eye health.
6. They may help lower cholesterol and maintain heart health.
7. They may improve blood sugar and insulin response levels.
8. They improve skin condition and reduce the signs of ageing.
9. They're a good source of brain food.
10. They may help maintain healthy teeth and bones and reduce the risk of bone-related injuries in the latter years.

Berries can be found in health food stores, farmers markets and supermarkets. They are sold fresh, frozen, dried or as a pressed juice. When it comes to consuming berries organic is best. They are fabulous in smoothies, juices, fruit sorbets, muffins, pavlovas and artisan preserves. They are a simple go-to snack and perfect on cereal. I always make sure I have a container of frozen berries in my freezer ready to eat with pancakes or in my favorite smoothie. There's no shortage of ways to get these nutritional gems into your diet.



## BERRYLICIOUS SMOOTHIE

### INGREDIENTS:

- Handful of blueberries, strawberries, acai berries and raspberries
- 1 apple
- 1 banana
- 1 teaspoon agave syrup
- 1 tablespoon chia seeds
- 1 cup organic coconut water
- 4-6 ice cubes

### METHOD:

1. Add ingredients in blender
2. Blend until smooth
3. Serve and enjoy!

On the outside of each strawberry, there is an average of about 200 tiny seeds.

Consumption of blueberries and strawberries has a protective effect on brain function.

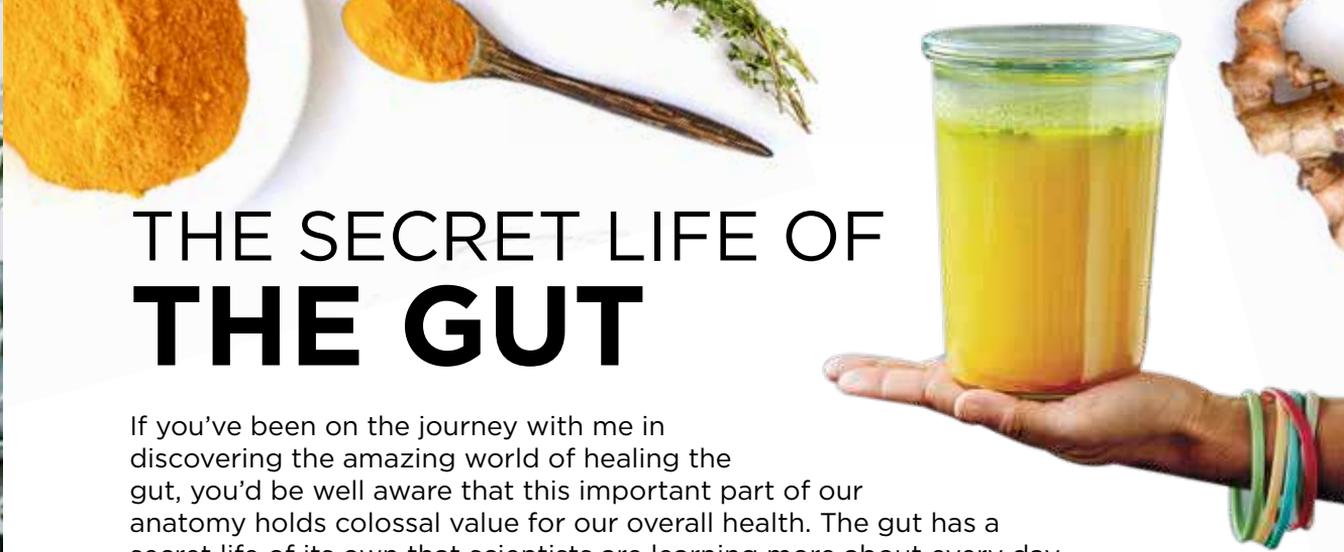


**BY JOANNA PSARAKIS** – Melbourne-based whole food advocate, social worker, writer and founder of Natures Intentions organic products. She shares her experiences of good health – the natural way.

# SUPERCHARGE YOUR GUT

*By Lee Holmes*





# THE SECRET LIFE OF THE GUT

If you've been on the journey with me in discovering the amazing world of healing the gut, you'd be well aware that this important part of our anatomy holds colossal value for our overall health. The gut has a secret life of its own that scientists are learning more about every day.

Much more is becoming known about the relationship between our microbiome and our immune system, as well as how the health of our gut and the communication between our microbes and our brain, through the vagus nerve, can have an enormous impact on our mental health and mood.

These are huge findings, but the beauty of the gut is that there is much more to uncover, and layer upon layer of new ways to understand how the gut affects many more aspects of our body.

If we want to optimise our health, we need to start from within. When I talk about the gut I'm talking about all of it, from the tongue to the tooshie; I'm not just referring to the tube our food travels through. In my book I'm covering its many layers — the walls of the gut, its living ecosystem or microbiome and the bacteria that comprise it, and also the immune and nervous systems in and around its boundaries.

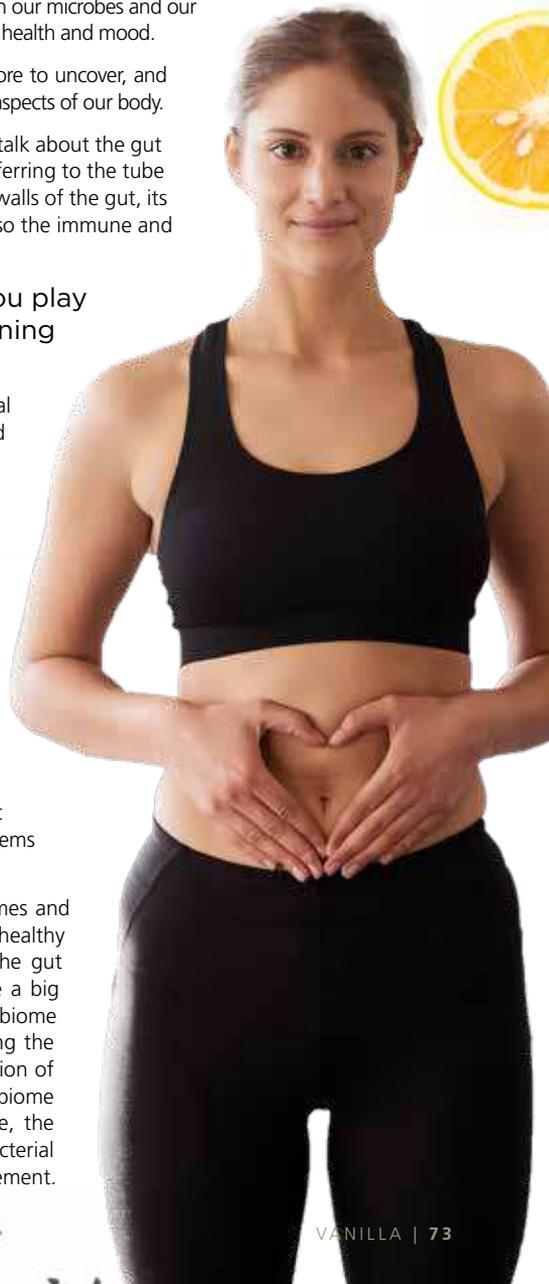
The gut flora, or gut bacteria, that reside within you play a paramount role in your nutrition and the functioning of your immune system.

With the surging use of antibiotics in the post-World War II 'chemical revolution' era, and increasing consumption of mass-produced refined food products and sugars, our microbiomes have become compromised. It's not surprising that there has been a significant rise in allergies and other immune-related conditions in children and adults in recent decades.

Did you know that a massive 80 per cent of your immune system is located within the walls of your intestines? It requires a healthy balance of probiotic (good) bacteria to produce B vitamins for energy, as well as folic acid and vitamin K, which are highly important during pregnancy for foetal development and infant health.

Probiotic bacteria and a strong intestinal wall structure can also reduce the incidence of food allergies. When the gut barrier is weak and permeable, your immune defences are impaired, and when the number of pathogenic (bad) bacteria is out of control, they can emit toxic substances that can freely enter your bloodstream, which can create problems with autoimmunity and allergies.

A healthy balance of gut flora is important for the production of enzymes and proteins that defend against harmful bacteria. It also stimulates the healthy generation of immunoglobulin A, an antibody that fights infection. The gut microbiome, through its complex interaction with our foods, can have a big impact on nutrient balance, obesity and insulin resistance. A healthy microbiome regulates your metabolism to help you avoid weight gain, by preventing the growth of pathogenic bacterial strains, which increase the body's retention of calories. Studies have shown that when an unhealthy obese mouse microbiome (lower in diversity and good bacteria) is planted into a healthy mouse, the healthy mouse becomes obese too. Therefore, maintaining healthy bacterial colonies (general gut health) is something to consider for weight management.





Balanced gut flora also support positive mood and emotional wellbeing. Evidence shows that psychological distress can be significantly improved when certain probiotic bacteria are present. More about that later.

## Another interesting way your gut affects your body is the hold that it has over your energy levels.

You might blame your busy lifestyle, but in actual fact it could be your gut that's holding you back — your microbiome plays an important role in the harvest, storage and expenditure of energy obtained from the food you eat. Who knew?

The genome of your gut microbiome actually has a larger coding capacity than the human genome, which means that it also has an additional metabolic capacity, which affects your ability to obtain energy from your diet — impacting fat and sugar metabolism.

The microbes in your gut will convert carbohydrates, proteins and fats in your colon into short-chain fatty acids through fermentation, which are then absorbed and converted into energy, and transported to various tissues and organs around your body.

For example, acetic acid is a short-chain fatty acid produced in the colon that enters your bloodstream to be metabolised by tissues and organs such as the liver, where it is used for fat and cholesterol synthesis. Specific short-chain fatty acids may even reduce the risk of developing a range of gut disorders and cardiovascular disease.<sup>2</sup>



Short-chain fatty acids absorbed in the colon are estimated to account for 6–10 per cent of our entire energy production, and the way you can increase this in your own body is to eat more dietary fibre. A daily intake of fibre-rich fruits and vegetables can have a significant impact on energy balance due to the other roles that these fibres play in interaction with your gut microbiome.

Our microbiome is made up of bacteria and other microbes, such as fungi. The microbial genes they carry are responsible for metabolising carbohydrate (starches, sucrose, glucose, galactose and other sugars), affect our absorption of nutrients, and also stimulate lipogenesis (the metabolic formation of fat).

Not only that, your gut is the home of your hydration. Every day as you drink water, it enters the large intestine, where approximately 80 per cent of it is absorbed. The movement of water across your cell membranes occurs by osmosis in the small intestine, where there is a tight coupling between the absorption of water and dissolved nutrients. Hydration is very important for the functioning of your entire body, but it all starts in the gut.

Drinking plenty of water keeps your intestines smooth and flexible. A hydrated gut also helps keep food moving through your intestines, and ultimately allows food waste to exit your body, which is also important for detoxification. One of the main causes of chronic constipation is dehydration — if your body doesn't have enough water, your stools will become hard and difficult to pass, leading to a buildup of toxins on the intestinal wall, which, combined with leaky gut, can be problematic. To keep hydrated, women need an average daily water intake of around 2.2 litres (75 fl oz), and men 3 litres (100 fl oz).

These are just a few of the scientific connections that have been made between the health of the gut and our overall health, with more links being made as researchers consider the vast ripple effect that this invisible community has on all of our body's functions.

What is becoming increasingly clear is that this living, mysterious life force within us will do our health a whole lot of good if we take the time to nurture it and treat it with the best of care.



# CHOCOLATE CURLS

**GF WF DF VEG** (IF NOT USING HONEY)

This gut-friendly sweet treat offers so much flavour and chocolatey fun! It's a great one to make and enjoy with kids.



## Ingredients

- 240 g (8 1/2 oz/1 cup) cacao butter
- 30 g (1 oz/1/4 cup) raw cacao powder, sifted
- 1 teaspoon vanilla powder
- 1 heaped teaspoon maca powder
- 2 tablespoons rice malt syrup or raw honey, or 1 teaspoon liquid stevia
- 25 g (1 oz/1/4 cup) desiccated coconut

**SERVES 4**

## Method

Line a baking tray with baking paper.

Melt the cacao butter in a heatproof bowl, over a saucepan of boiling water, stirring constantly.

Stir in the cacao powder, vanilla powder, maca powder and rice malt syrup or raw honey (or the stevia) until combined. Set aside until thick enough to pipe.

Pour the mixture into a piping (icing) bag and pipe it onto the baking paper, in a squiggly pattern, forming fingers about 15 cm (6 inches) long, and leaving space in between. (Alternatively, use a skewer to drag the mixture across the paper to create a pattern.)

Top with the coconut and place in the fridge for about 1 hour to harden.

It will keep in an airtight container in the fridge for 2–3 weeks.

# MEDITERRANEAN FISH

**GF WF DF SF**

You don't even need to make a fish stock for this wonderful dish — the aromatics and anchovies add a great depth of flavour. Even if you don't like anchovies, use them. The dish doesn't taste like anchovies at all!



## Ingredients

- 4 large garlic cloves, peeled
- 4 anchovy fillets
- 2 tablespoons extra virgin olive oil
- 1 large brown onion, chopped
- 1 celery stalk, chopped
- 1 fennel bulb, with fronds; dice the bulb and reserve the fronds for serving
- 800 g (1 lb 12 oz) tinned chopped tomatoes
- 2 tablespoons tomato paste (concentrated purée)
- 12 teaspoon sweet paprika
- Pinch of saffron threads (optional)
- 500 ml (17 fl oz/2 cups) filtered water
- 4 thyme sprigs, tied in a bundle with kitchen string
- 700 g (1 lb 9 oz) firm white fish, such as ling or cod, pin-boned, skin removed, and cut into large pieces
- Juice of 1 lemon

**SERVES 4**

## Method

Using a mortar and pestle, mash the garlic cloves and anchovies into a paste. Set aside.

Heat the olive oil in a large saucepan over medium heat. Sauté the onion, celery and fennel for 3–4 minutes, or until softened.

Add the mashed garlic and anchovies. Cook, stirring, for about 1 minute, or until the mixture is fragrant, then add the tomatoes, tomato paste, paprika and saffron, if using.

Cook, stirring often, for 10–15 minutes, or until the tomatoes have cooked down a bit and the mixture is aromatic.

Stir in the water and thyme sprigs and bring to a simmer. Reduce the heat to low, cover partially and simmer for 30 minutes.

Add the fish, then cover and simmer for about 4 minutes, or until the fish is just cooked through.

Remove from the heat and remove the thyme sprigs. Add the lemon juice and season to taste with sea salt and freshly ground black pepper.

Serve immediately, scattered with the reserved fennel fronds.

# Smart + Healthy Travel!



Travel is something I've done a lot of this year. I'm not bragging, but you should see my flyer status – it sounds so glam and adventurous, doesn't it? Well... it's not by any means. In fact, as glamorous as it once sounded to me, more often than not, I much prefer to be at home in my own bed, with my fave book next to my big teddy bear (the husband), or wedged between a couple of offspring.

I've clocked up just shy of 50 flights in 2017, and have spent the middle part of the year down and out and constantly sick as a result. I have come to realise that travelling so frequently makes me unwell, and as a result, I have needed to nut out a few hacks, because the travel isn't going to let up anytime soon.

*Don't get me wrong – I do love heading off to new places and trying new things, and I certainly love a good holiday!*

So, I've uncovered a few amazing fixes that can really take your health to a new level, that doesn't involve a sleep pod, or popping a sleeping pill that is only going to leave you feeling like you've been through the turboprop backwards.

**Embrace the flight.** The more we complain, the more our body adapts to make your wishes come to life. With so many flights under my belt, the most common sympathy I'm dished up is "you poor thing, all that flying must be really tough." As annoying as it could be, I've come to embrace being incognito – in fact, I now love it. My last flight was 15 hours of not being contactable: no emails, no phone calls, no taps on the shoulder – in fact, no questions besides: "would you like the fish or chicken ma'am?" My toughest decision was, should I watch another episode of *Royals* or take a nap? Which brings me to my next hack...

**Sleep.** This can be one of the trickiest parts of travelling, because some of us are better at it than others and if you are an anxious flyer, it no doubt adds yet another issue. Sleep for me depends on if I'm flying solo or with the kids. If we are on a long-haul flight with kids, I will always travel during their sleep time (typically overnight). It may sound like a gamble, but I'm yet to jump on a flight they haven't slept on.

As for solo travel, I try and sleep no matter what – and for as long as I can when my body needs it. If I try and push myself to stay awake for too long, I can end up overtired and not sleep, and if I try and force myself I only end up stressed about it. So, I leave it up to what will be.

As for making things comfortable, ear plugs and eye masks are the bees knees! The noise on a flight can be super stressful on your body and certainly makes getting a little shut eye that bit more difficult.

*The best trick of mine around sleeping and travel is, once the plane lands, there is no sleeping at all costs until it's local nighttime – I repeat: At. All. Costs.*

**Eating.** Usually I'm running around crazy before a flight and if I'm leaving the kids behind I can get myself pretty down and out before I say goodbye. Truth be told, this one often gets neglected. But if I can get a stash of healthy bars in my bag, I can generally make it work. Depending on who you fly with, the food can vary. So, I say, keep it simple, do your best to eat as healthy as you can, but don't stress if it's not quite what you'd opt for when not in transit.

I highly recommend building up points with the one airline to advance you to a good flyer status – the food gets better as you get higher.

Failing this, nuts, seeds, bars and bliss balls are definitely your best friend. I've also been known to whip up a zucchini slice or frittata – they travel super well and are delicious too.

**Supplements.** This is where the gems lie. I've finally worked out if I take the right amount of a few key supplements, my jetlag can be next to zero.

#### Daily I take:

- + **Fish Oil** – an all-rounder. It helps fight inflammation and packs a bunch of free radicals to address stress but is also amazing if you get sunburnt, injured or feel a little taxed from it all.
- + **Magnesium** is your superpower. It is amazing in every way and helps tackle stress, insomnia, aches, pains, anxiety and more.
- + **B12** specifically helps address the stress of travel and flying
- + **CoQ10** I've found to be wonderful for jetlag as it helps your cellular activity work optimally by making your mitochondria (the powerhouse of your cells) function better.
- + **Kyolic Garlic** is a winner for gut function and immunity – nobody wants to be unwell on their time away!



**Pack Less.** When I travel solo, I always aim to do with carry-on luggage only. It means: no delays at the airport, I always have everything with me, I have no heavy bags to lug around, saving my back and neck, and I can pretty much go anywhere with ease.

Give some thought to what you pack and make sure it can be worn multiple ways. I have small travel sizes of all my body products, I never pack a hair dryer or any of the essentials I know my hotel will have or will be available upon request. I also generally travel with a scarf and button through shirt in case I get cold – these items can double as a little extra something on the plane too.



*Pack Less: When I travel solo, I always aim to do with carry-on luggage only.*



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



# GOAL SETTERS

The key to achieving your goals is all in your mindset.



If you've resolved to make 2018 the year you prioritise your health and fitness, you're not alone. The most popular new year's resolution is to 'stay fit and healthy', with 37 per cent of us pledging to the cause, according to Nielsen research. The second most popular resolution? To 'lose weight', with 32 per cent of us wanting to lighten the load.

Owner of Fernwood Fitness Clayton, Caitlin Jury, sees a steady increase in new members every January and February. "Women want to start the new year with the best intentions in mind," she says.

Jury knows a thing or two about reaching goals. Her Fernwood club on Princes Highway routinely produces national winners in Fernwood's 12 Week Challenge – an annual program where participants engage in a friendly competition to overhaul their exercise habits, diet and mindset to lose weight and reach their health and fitness goals.

Unfortunately, having good intentions doesn't always translate into success. A 2007 study of more than 3000 people from the University of Bristol showed that 88 per cent of those who set a new year's resolution fail.

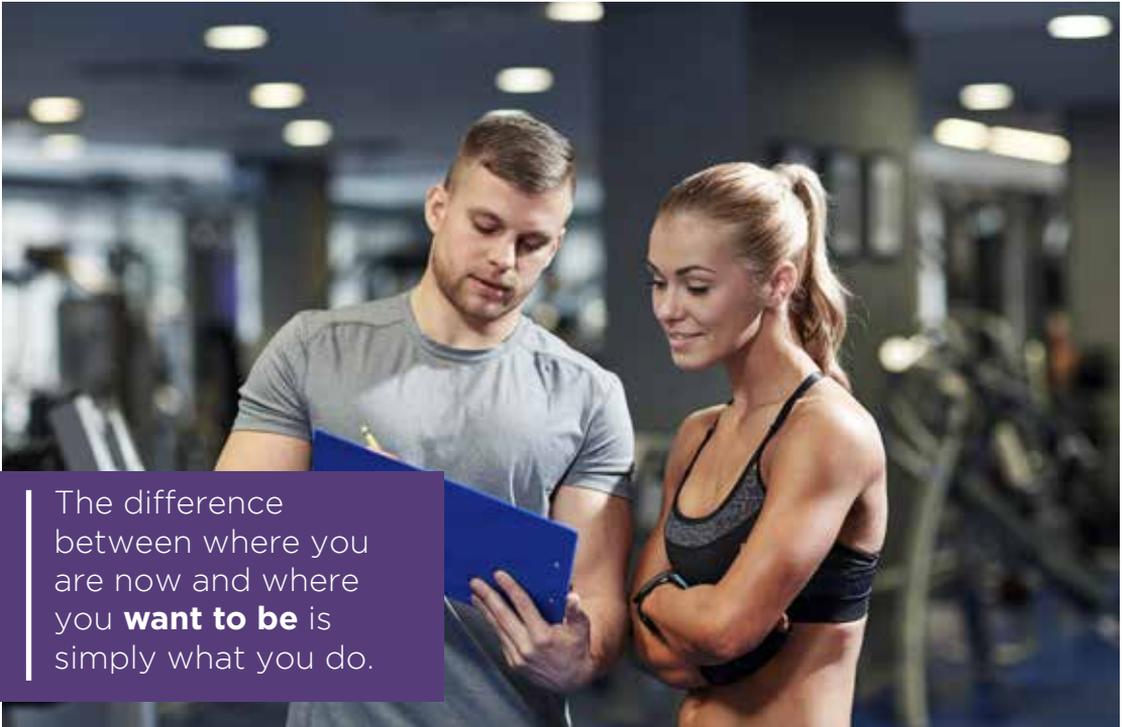
So we asked Jury what sets apart those who reach their goals successfully and those who continue to make the same resolution, year in, year out.

## KNOW WHAT YOU WANT

According to Jury, the women who achieve their goals are the ones who get very clear on what they want and "do anything they can to make sure that goal is their number one priority."

One of the first things participants in Fernwood's 12 Week Challenge are encouraged to do is write down their goal. This is important: if you just think about one of your goals, you're only using the right hemisphere of your brain, which is your imaginative centre. But, if you think about something that you desire and then write it down, you're also using the left-based hemisphere of your brain, which is responsible for logical thought.

This paves the way to turn what we want to have into an **actionable plan** of steps we can take every day.



The difference between where you are now and where you **want to be** is simply what you do.

## TURN YOUR GOAL INTO ACTIONS

The difference between where you are now and where you want to be is simply what you do. Breaking down your goal and turning it into bite-sized actions will give you a daily checklist of tasks you can follow to ensure you reach your destination.

The same rings true for Jury's 12 Week Challengers. "They don't just say 'I want to lose 30kg'. They have smaller, more action-based goals, like 'I want to get to the gym four times a week', 'I want to drink two litres of water a day' or 'I want to eat really healthy Monday to Thursday'."

## VISUALISE THE OUTCOME

Having a really clear image of what your future looks like can be just the motivation you need to take action when the going gets tough.

"I'm a big believer in manifesting and visualising," says Jury. "Have an image you can return to time and time again that really speaks to you." She suggests something as simple as keeping a picture on your phone of a pair of jeans you want to wear.

## MEASURE YOUR PROGRESS

Measuring your progress helps you determine whether the steps you're taking are working in your favour.

"The ones who succeed are also the ones that measure their goal," says Jury. She advises steering away from the scales because the number won't give an accurate recording of fat lost if you're exercising and building muscle mass. Instead, she suggests using a pair of jeans you can slip into or a tape measure to track your progress.

## QUIT THE EXCUSES

At some point, it's going to get uncomfortable. As soon as we begin making the effort to shift our behaviours – waking up early for the gym, skipping afternoon ice-creams on hot days – we begin to feel the pain of change. That's when excuses start to creep in, and we tend to play the 'too busy' card – an excuse Jury hears all too often.

"I have a full-time job and two three-year-olds; I still make time for exercise," she says.

She points out that the more you make fitness part of your daily life, the more time you find for other things you love. "When you exercise, you have more energy and you fit so much more into each day. We see that in our members."

## GET THE RIGHT SUPPORT

We're not just talking about the right sports bra or trainers here – we're talking about building a positive network of people around you who will help you reach your goal.

"The ladies who have a support network – friends, a Personal Trainer or a group they work out with – they're the ones that hit their goals because they're accountable... they have someone else they owe it to, not just themselves," says Jury.



## REMEMBER WHY YOU STARTED

When you know **WHY** you're doing something, it makes the **HOW** to go about it part so much easier. You know why you're getting out of bed early, why you're spending time away from your children and why you're making the choices you're making. So when a Fernwood member wants to pull the pin at Clayton, the team is always on hand to make sure they're leaving for the right reasons.

"We sit down and talk about why they started," says Jury.

She encourages everyone who's on a fitness mission to ask themselves the following three questions:

**HOW CAN YOU FIT THIS INTO YOUR LIFE?**

**HOW CAN YOU ENJOY IT?**

**WHY ARE YOU DOING IT?**

When your reason **WHY** is big enough, you will find a way to reach your goal. If it's not, it won't be a priority and you will find more excuses than results.

For Jury, her 'why' comes from the desire to be a good role model for her twin daughters. "Exercise isn't just something we do to reach a goal," she says. "It's something everyone needs to do to stay healthy for life."

## SMART GOALS

Whether your goal is fitness based or not, the steps you need to take to reach your goal remain the same. At Fernwood, all members are encouraged to set **SMART goals**:



**For example:**

- "I want to lose weight" – this is not a goal.
- "I will lose 5kg by 31 March" – this is a goal. It's specific and has both a deadline and a measurable outcome.

By Melanie Katz

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# Cosmeceuticals vs Cosmetics



Ever wondered what the difference between cosmeceuticals and cosmetics is?

We talk to **Louise Williams**, Clinical Educator at **Advanced Skin Technology**, to discover the answers to the many questions we have, as well as the low-down on why we should use cosmeceuticals, who should use them, the results we should expect to see, and if they really can reverse the signs of ageing...

## **First up, tell us the difference between a cosmetic and a cosmeceutical?**

Cosmetic products are products that are sold on mass at retail outlets such as department stores, online and chemists. Cosmetic products will help maintain your skin by providing temporary results, but they will not assist with the ongoing management of skin wellbeing. Although some cosmetics may contain active ingredients, the levels of these active ingredients are significantly low, and as such won't be able to offer long term improvements and changes to the skin.

Cosmeceuticals are often restricted to skincare professionals, where a consultation can be provided by a qualified skin therapist. These products may therefore offer significantly higher concentrations of active ingredients and delivery systems, and are supported by scientific backing. These results-focused products contain optimum concentrations of ingredients, along with the addition of complex formulations, and can help create visible change to the overall appearance of the skin. Cosmeceutical products can also support various skin concerns at a deeper level; compared to general cosmetics.

## **Are cosmeceuticals for everyone?**

Yes, cosmeceuticals are for everyone; men and women of all ages and skin concerns.

## **Cosmeceuticals are generally in a higher price range than cosmetic. Do we really need them in our lives? What makes them worth spending our money on?**

The initial outlay on cosmeceuticals may seem expensive, but in the long term, I would say consumers would be pleasantly surprised with the price point. Compared to some big named brands available, they are not as expensive as you would think!

When an individual is prescribed a cosmeceutical regimen by a qualified professional, they are not only purchasing high-grade, technically advanced products, they are purchasing products that are essential to improving the appearance of their specific skin concern. In doing so, they are eliminating the guessing game to skin management and the need to purchase multiple products at random with the hope of resolve. Not only will this save them money in the long run, it will also save time and clear up space in your vanity unit!





*My suggestion is that individuals do their research.*

Don't 'buy' into clever marketing; look for the research and scientific backing. Trust your therapist as they have years of extensive training and are regularly attending training sessions on advancements in skin health and skin physics. Skin care should be an investment. Trust me, your skin will be thanking you for it in the future!

#### **Who most benefits from a cosmeceutical?**

Everyone will benefit from a cosmeceutical – in particular those who are concerned with ageing skin, lines, wrinkles, pigmentation (dark marks on the skin), problematic, large pores, congestion, whiteheads, or rough textured skin. Even teens with problematic skin would benefit from good quality cosmeceuticals.

These skin concerns are an indication that the skin is not functioning in an optimal way. It's an indication that we need to support the skin with ingredients that are actually found within the skin but begin to deplete with age, lifestyle and environmental factors. Cosmeceutical skincare is very much about supplementing the skin with what it's lacking.

Cosmeceutical actives are bioidentical or biomimetic – resulting in an efficient delivery into the skin layers and cells, and supporting the natural skin processes.

#### **What are some results we can expect from a cosmeceutical that we won't actually get with a cosmetic line?**

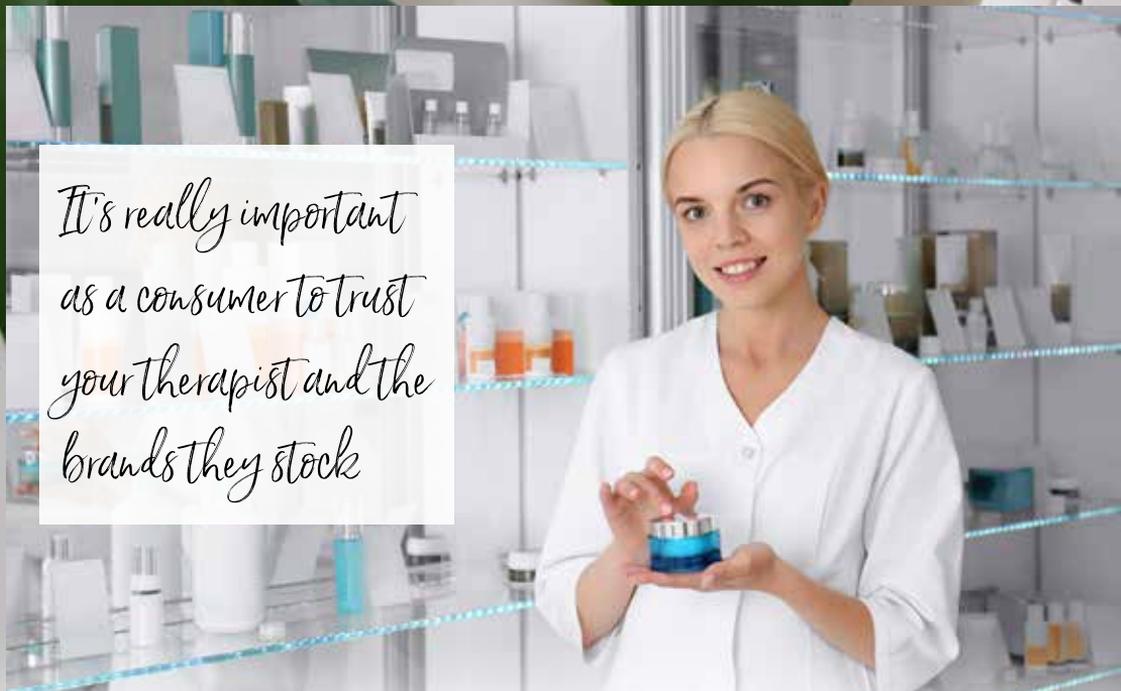
Cosmetics primarily work the surface of the skin. Cosmeceuticals are designed to work into and within the skin's layers and cells. This allows cosmeceuticals to work more effectively than cosmetics, and is also why they're the preferred choice of skincare by professionals.

#### **Does a company who makes a cosmeceutical product need a specific license or degree to create and sell one of these products? Is the industry governed at all?**

Prior to a skincare product being sold in Australia, it must be approved by an organisation called NICNAS (National Industrial Chemicals Notification and Assessment Scheme), which helps protect the Australian people and environment by ensuring products are safe for use.

For cosmeceutical products to not only work effectively, but also feel, smell and absorb into the skin in an optimal way, a professional with a science background (such as a chemist) must formulate the product.

There are so many intricate details to formulating cosmeceutical skincare that really isn't seen by the end user. As a consumer, it's so important to really trust the cosmeceutical products that you're using. A great way to do this is to work with a trained skin therapist whom can recommend a trusted and reputable brand. When choosing a cosmeceutical you want to know that there are clinical trials to support its efficacy. You also want to know that the latest ingredient technology is being used at optimum levels to ensure effective results are seen.



*It's really important  
as a consumer to trust  
your therapist and the  
brands they stock*

### **How can we tell the difference between a quality product that's a true cosmeceutical and one just claiming to be?**

As a consumer it's important to ask your therapist the following questions:

- Do you have clinical trials?
- Does it use chiral correction?
- Are delivery systems used within the formulations, to ensure optimal absorption of ingredients into the skin?
- Are there any nasties in the formulations?
- Are the active ingredients at efficacious levels, to ensure best results?

It's really important as a consumer to trust your therapist and the brands they stock to ensure you receive best results through your skincare and treatments. Looking after your skin is a long-term commitment and it's essential to have trust and rapport with your therapist to ensure best results.

### **Should we be buying cosmeceuticals on our own or is it better to ask for a consultation – be it online or in person?**

There are so many choices when it comes to skincare and so many places that you can purchase skincare, whether it be a retail store, a supermarket, online, at a beauty salon or through a dermatologist – the list goes on!

No skin is the same, so when it comes to cosmeceuticals it's vital that you have your skin thoroughly assessed by a qualified professional, such as a beauty therapist, dermal clinician, nurse, doctor, dermatologist or plastic surgeon. These professionals are experts when it comes to providing a thorough skin consultation and analysis and an individual skin care regime. By using skincare that targets your individual concerns, you will get optimal results.

There are some cosmeceutical ingredients that should be avoided at particular life stages – for example, if you're pregnant and breast feeding. Additionally, there are medications and environmental factors that must be considered. Therefore before you start using cosmeceutical skin care it's essential to book in for a skin consultation with an expert to ensure you maximise your results.

### **What key ingredients should we be looking for in a cosmeceutical product and what kinds of effects will they have on our skin?**

Desirable ingredients include vitamin A in the form of retinol or retinaldehyde. Your skin therapist will advise which is the best form for your skin. Both forms have a normalising effect to the skin, which makes them essential for all skin conditions. Retinol also has the advantage of being able to increase cellular turnover. Cellular turnover starts to slow down as we age, which can leave the skin looking dull and lifeless. Vitamin C is an ingredient that is scientifically proven to regenerate skin, so it's an essential ingredient to use when it comes to anti-aging.

Vitamin B3, otherwise known as niacinamide, has many skin benefits. It's known as a "Berocca and booster" for any person's homecare regime. It instantly hydrates the skin but also has so many additional benefits for all age groups, from anti-aging to assisting with hyperpigmentation while hydrating and reducing shine. All in all, vitamin B3 is essential for everyone!

Hydroxy acids are a type of exfoliator, and include ingredients such as lactic acid and salicylic acid. These ingredients work by having a dissolving effect of dead skin cells. Over time, our skin begins to see a build-up of dead skin cells on the surface. This causes the skin to look dull and lifeless, as well as pigmentation, fine lines and wrinkles to look more prominent. Hydroxy acids are generally used in the evening and are left on overnight for them to work their magic. The result will be a smoother and more even, toned skin.

All cosmeceutical products should contain antioxidants due to them being so important for everyone to use on a twice-daily basis. Antioxidants work by neutralising external free radicals which, in excess, can lead to all sorts of breakdowns within the skin. You can never be too young to start using antioxidants. We're constantly surrounded by elements that lead to free radical damage – from sun exposure, to pollution, to smoking. Antioxidants are key for protecting our skin cells from this damage to ensure our skin stays looking young.

**Is it really possible to reverse or reduce the signs of ageing with a cosmeceutical?**

Yes, it is absolutely possible. The active ingredients found in anti-ageing cosmeceutical products are researched and clinically trialled to reduce the signs of ageing. Ingredients such as retinol, niacinamide, vitamin C, peptides, hydroxy acids, antioxidants and calming ingredients, are what you'll need in a home care regime, if you're concerned with ageing.

**What's happening in the world of cosmeceutical research at the moment? Are there any exciting breakthroughs we should be keeping an eye out for?**

Copper bound chlorophyllin is a new, plant-based, ingredient technology. Trials have shown this new technology to be effective in reducing the signs of ageing, diffusing redness and large pores. The unique thing about the copper bound chlorophyllin is that it is seriously gentle on the skin, and yet so powerful when it comes to the results that it achieves. It's a real "go-to" ingredient for people who have really sensitive or compromised skin concerns but need active ingredients to strengthen the skin while actually dealing with ageing or problematic skin.

**Are cosmeceuticals safe for teenage skin?**

Yes they are; cosmeceuticals are very commonly recommended for teenagers – be it for problematic skin that is being challenged by breakouts, oil and congestion, or even a teenager with healthy skin – they can both confidentially



use cosmeceuticals to keep the skin protected from environmental and lifestyle factors such as UV rays and stress.

A common misconception is a person should only start using active and results driven skincare such as cosmeceuticals when they start seeing the signs of ageing occurring on their face. We know that ageing begins to occur underneath the skin well before it shows up on the surface of the skin so the earlier someone starts looking after their skin the better!

Advanced Skin Technologies supply premium cosmeceuticals. We can't go past this collection of hard working and innovative products. For RRP's, detailed information, and to discover if these products are suitable for you, head to [www.advancedskintechology.com.au](http://www.advancedskintechology.com.au)

COSMEDIx Purity Detox Scrub \$69

ASPECT GOLD Hydrating Mask \$59

ASPECT Post Treatment Balm \$59

ASPECT Probiotic Sleep Mask \$55

PCA Skin Perfecting Neck & Decollette \$110

PCA Purifying Mask \$99

ASPECT Eye Cream \$129

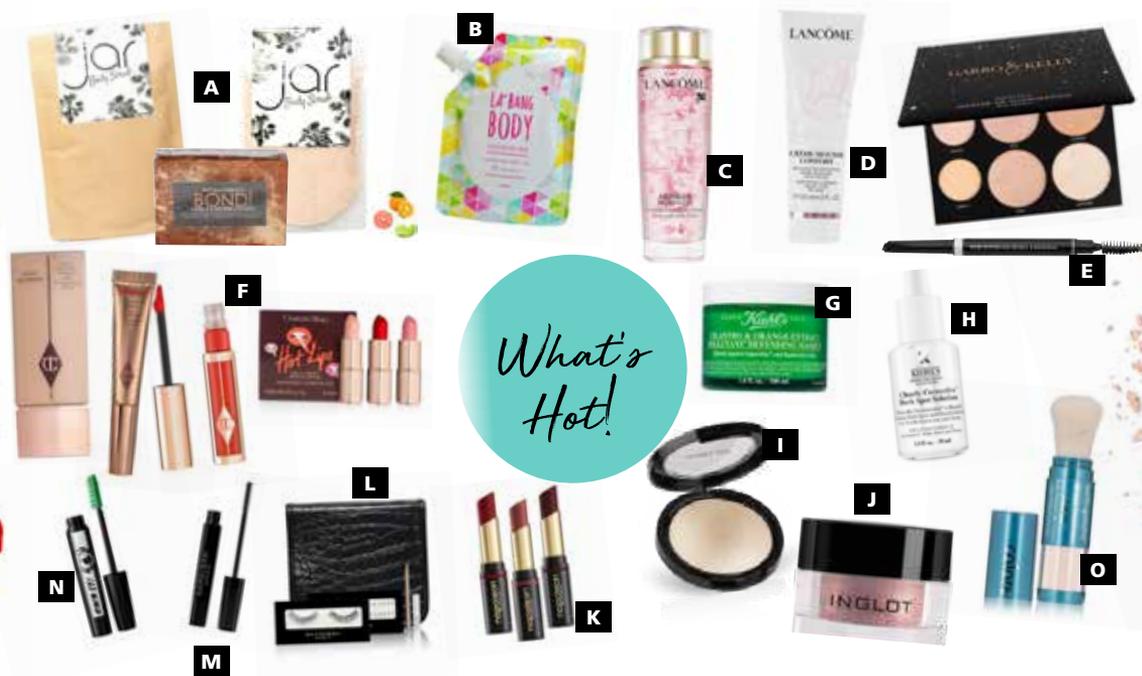
ASPECT Sheer Hydration Oil Free Moisturiser \$84

ASPECT Basic Starter Kit \$129

ASPECT Brightening Kit \$215

# Beauty

As the our hot Australian sun fades with the onset of Autumn our skins needs are also slowly changing, as are our moods and the colour pallets we gravitate towards. In our warmer months we lean towards the lightness of sheer lotions and lightweight makeup, slowly seeking out more nourishing oils and better coverage as we look to repair the damage the summer sun and salt-water causes on our delicate skin.



What's Hot!

**A Jar Body** Vegan, organic and toxin free Jar Body Scrub has launched some fab and fun new scents including California - Lime, Orange, Grapefruit (\$16.95) and Cuba – Cacao, Chia, Coconut (\$22.95) body scrubs. And their Palm Springs Pink Lemonade, and Bondi Vanilla and Coconut Body Bar Soaps (\$9.95) are divine!

**B LA'BANG Body** Nourish Me Hydrating Body Oil – Nourishes and Hydrates with vegan and organic oils. (\$20)

**C Lancôme** ABSOLUE Precious Cells Revitalising Rose Lotion (\$165) is light, sweet and revitalising.

**D Lancôme** Crème-Mousse Comfort Cleanser (\$60) is delightfully rich and softening.

**E Garbo & Kelly** Master of Illumination (\$70) and Brows on Point (\$45) have you covered when it comes to highlighting your face and defining your brows! Vegan and cruelty free!

**F Charlotte Tilbury's** gorgeous range of beauty products is totally addictive! Try Light Wonder Foundation (\$70), Hollywood Contour Wand (\$60), and for luscious lips Hollywood Matt Contour Liquid Lipstick (\$49) and Mini Celebrity Lipstick Charms (\$60).

**G Kiehl's** Cilantro & Orange Extract Pollutant Defending Masque (\$67) protect, defend, and renew with this lux night-time masque.

**H Kiehl's** Clearly Corrective Dark Spot Solution (\$76) reduces the appearance of those dark spots from days lounging in the sun.

**I INGLOT** Soft Sparkler Face, Eyes and Body Highlighter (\$33). This multi-functioning illuminator is a dream come true! And lux gold shimmer is goddess-like in its glam.

**J INGLOT** ACM Pure Pigment Eye Shadow (\$29) is a must-have shadow in your kit!

**K Napoleon Perdis** Mattetastic Lipstick (\$38) Gorgeous colour and staying power!

**L Napoleon Perdis** Just Lash It Eyelash Kit (\$39)

**M Napoleon Perdis** Mesmer-Eyes (\$39) for gorgeous added length and thickness.

**N Total Bae** Own It – Mean Green (\$29) for the adventurous at heart!

**O Colorescience** Mineral Powder Brush SPF 50 (\$69) Self-dispensing colour on the run with a natural sun protectant!

## LOVE A LOCAL!

Fresh Face Skin Overnight Soother  
www.freshfaceskin.com.au  
RRP: \$39.95

This rich, nourishing oil soother rebuilds the skin's natural lipid barrier - helping to reduce future skin dryness and sensitivity!

It's packed full of antioxidants and natural oils that are a similar composition to our own skin's sebum (oil), so you'll find your skin will accept the Soother quite quickly - without leaving an oily, heavy residue on your skin's surface.

Keep an eye on their website in March for a new line of all natural cleansers!

Enter the code **Freshfaces15** to receive 15% off at checkout. Australian made and all natural!



## Sephora Love

You can't go past these must-haves from Sephora!



**IT Cosmetics:** Bye Bye Under Eye Eye Cream (\$68) creates a perfect makeup base!



**IT Cosmetics:** Your Skin But Better CC+ Cream Illumination SPF 50+ (\$58) glides on perfectly with a flawless finish.



**Ole Henriksen:** The Clean Truth Foaming Cleanser (\$14) is a brilliant foam, hydrating cleanser.



**Beautyblender:** Beautyblender Swirl (\$38)



**IT Cosmetics:** Your Skin But Better CC+ Airbrush Perfecting Powder (\$58) is a brilliant setting powder or base.



**Youth To The People:** Age Prevention Cleanser (\$49). Loaded with super foods for your skin!



**Nudestix** Sculpting Pencil (\$35) glides on flawlessly.





# Beauty with Napoleon Perdis...

## Napoleon Perdis shares his top tips on the best way to wear metallics



When it comes to metallic makeup anyone can wear it! It all depends on how you wear it, the intensity and shade. To really enhance blue eyes, choose metallic shades in gold or bronze hues, green eyes can really stand out with copper metallic or even mauves and brown eyes look fab in blue or green metallic eyeliners or shadows.

For a subtle hint of metallic you can choose to highlight the inner corners of the eyes or finely line the top lash line. If you really want to create a statement eye try adding a metallic shadow to the centre of the eyelid or lower lash line. A great tip is using a damp brush to apply your metallic eyeshadow to really intensify the colour and texture.

Take your look from runway to everyday by adding a subtle amount of metallic to your everyday makeup look. This may be a soft metallic sheen to the top of the cheekbones, a highlight to the inner corners of the eyes or a soft blend of a neutral metallic shadow swept over the lids to enhance the eyes.



*Insomnia Utopia Metallic Eye Cream* RRP \$35



*Loose Eye Duo* RRP \$35

## *Bases for Warm Weather*

While we had Napoleon on the line we asked him what's the best way to avoid shine in heat and the best application for a glowing summer complexion.

The biggest favour you can do for your skin in summer is to thoroughly cleanse before even beginning to apply your makeup. Cleansing should become an essential part of your makeup routine as it softens and smooths your skin texture so your foundation doesn't have to work so hard. Get this right and your base will look fresh, smooth and radiant all day. Second to that invest in a cream Luminizer for strategic touches of radiance that get you glowing; apply to the highpoints of the face only to avoid an oily look.



*Auto Pilot Hydrating Milk Cleanser* RRP \$69



*Light Switch Luminizer Palette* RRP \$70

## Keep it simple

Our warm season means trips to the beach, BBQs and longer days in the outdoors so it's a good idea to keep your makeup look simple. The sweat and sun can play havoc on your makeup look so the more you have on, the more it will move. Great colours to wear are neutrals as they look great on all skin tones, require little to no touch up and look flattering for the outdoors. Think golds, browns and rose-coloured shades.



Nude V-Eyes,  
Cheeks and Brows  
Palette RRP \$79

## Keep your base in place

A great trick to keep your base in place when the temperature rises, is to applying a mattifying primer before makeup application. It helps to prevent oil, sweat and shine from affecting the look and durability of your makeup. For skin that gets a little extra sweaty, hot and shiny try a matte foundation also, as this helps to prevent your makeup from moving.

Sheer Genius Liquid  
Foundation  
RRP \$75



Auto Pilot Pore  
Minimiser &  
Mattifier

## BRONZE GODDESS

To achieve a believable bronzed look, sweep bronzer on areas where the sun would naturally hit it like the forehead, tip of the nose, top of the cheekbone and chin...Not all over! For best results use a large fluffy brush and apply in downwards stroke to keep your base looking flawless.

Ultimate  
Contour  
Palette  
RRP \$65



Bronze Patrol RRP \$60

## IN THE END..

Set your look with a fine pressed or loose powder. They will not only set your base and keep sweat and shine at bay, it will also provide incredible durability.

Camera Finish Powder Foundation RRP \$69



## Brilliant Bases

Whether you're looking for a lightweight formula that hydrates, something to illuminate your complexion, or a full-cover foundation, we've got something for everyone!

- A** INGLOT Beautifier Tinted Cream (\$39)
- B** INGLOT Cream Foundation (\$44)
- C** INGLOT Everlight Mousse Foundation (\$30)
- D** INGLOT Under Makeup Base (\$42)
- E** NATIO Flawless Foundation SPF 15 (\$17.95)
- F** Lancôme Teint Idole Ultra Wear (\$57)
- G** Lancôme Miracle Cushion (\$60-\$62)
- H** Charlotte Tilbury's Light Wonder Foundation (\$70)

**A**



**B**



**C**



**D**



**H**



**E**



**F**



**G**



## HAIR

Whether your hair is long or short, we've rounded up all the **styling tips** you'll need.

Schwarzkopf Professional ambassador, **CATERINA DI BIASE**, filled us in on her must-know tips and tricks to keep your hair under control and looking its best all summer long and right through autumn...



### Short hair

Depending on how short you want to go – you can take inspiration from cuts fashioned by bold and outstanding celebrity styles from Cara Delevingne and Katy Perry. To texturise your pixie cut like these fashionistas, it's recommended to use a texturing gel – like the **Schwarzkopf Professional OSIS+ Session Label Crystal Gel**.



Without giving hair that over-wet or greasy look, the Crystal Gel has a rubber-ice product texture that will add a new dimension to product workability.

For pixie cuts with thicker hair, it's best to use a type of paste, like the **Schwarzkopf Professional OSIS+ Session Label Coal Putty**. This is a zero-grease matte paste made with activated charcoal. Providing a raw look, the super rough formula is dry with a medium hold.



For short hair, I suggest using medium control clay with a mouldable and matte texture. It will leave your hair with a gritty and rough feel – giving you the power to structure your locks in any way imaginable.

### Long Hair

Long hair has long been deemed as ordinary – but I believe long luscious locks are absolutely classic and can be jazzed up with lots of texture, which will add shape and SO much body.

For textured hair with a 'beachy' feel (that is a quintessential summer hair trend!), the **Schwarzkopf Professional OSIS+ Session Label Salt Spray** perfectly provides long hair with extra body and a textured lived-in movement.



## SUMMER HAIR MUST-HAVE'S

### KEVIN.MURPHY

Repair & Polish Gift Pack (\$78.90) includes REPAIR-ME. WASH, REPAIR-ME. RINSE & REPAIR-ME. POLISH to transform damaged, brittle hair. Made from naturally-derived super food proteins.



**ELEVEN AUSTRALIA** Palm Beach Gift Pack (\$52.90) includes HYDRATE MY HAIR Shampoo, Conditioner & 3 Minute Repair Rinse Out Treatment to nourish and replenish moisture in dry damaged hair.



**muk spa** Argan Oil Repair Shampoo (\$26.95), Repair Conditioner (\$26.95) & Treatment (\$34.95) is a luxury blend of argan oil, sweet almond oils, essential fatty acids and vitamins that provide intense conditioning and repair while smoothing frizz.



# Styled by **JOEY SCANDIZZO**

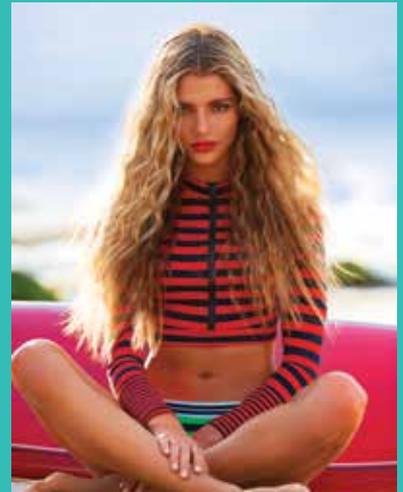
ELEVEN Australia has created three key looks to take you from beach to bar, shot at the incredible Wategos Beach in Byron Bay. Joey walks us through the steps needed to nail these simple, but chic styles for the warmer season.



## *Tousled beachside hair*

- create texture in long locks

- 1 Apply **Miracle Hair Treatment** through damp hair
- 2 Apply **Sea Salt Texture Spray** from roots to ends
- 3 Set hair in six to eight plaits in random sections over head
- 4 Gently blow dry plaits until completely dry
- 5 Gently squeeze sections of the plait with a flat iron and allow to cool
- 6 Remove plaits and shake hair out with fingers
- 7 Spray **Give Me Clean Hair Dry Shampoo** through mid-lengths and ends for added texture.



## *Unleashed curls*

- embrace natural hair type and texture and emphasise movement in hair

- 1 Apply **Miracle Hair Treatment** through damp hair
- 2 Apply **Keep My Curl Defining Cream** from roots to ends
- 3 Twist hair together in 2 inch sections all over the head
- 4 Allow hair to dry naturally or use a diffuser on low speed, high heat
- 5 Let hair cool down and tip head over, shake out twists with fingers
- 6 Squeeze through a small amount of **Smooth & Shine Anti-Frizz Serum** to enhance separation and tame fly-aways.



## *The undone shag*

- an update on how to style the most popular cut for summer

- 1 Apply **Miracle Hair Treatment** through damp hair
- 2 Apply **I Want Body Texture Spray** from roots to ends
- 3 Gently scrunch hair dry leaving the ends out, concentrating on roots and mid-lengths
- 4 When hair is 80% dry, apply a small amount of **Frizz Control Shaping Cream** and set hair in place.



Hair Director – **Joey Scandizzo**  
Photographer – **Andrew O'Toole**  
Makeup Artist – **Belinda Zollo**  
Wardrobe – **Sophie Hext**

# Water Wardrobe

By PENNY LOMAS

Living in Australia means sun, sea, sand, and the occasional surf trip to the coast – and this swimsuit season we’re seeing pieces designed to keep fun and sun frivolity in mind. So here is our poolside début of the latest trends to hit the shores and stores.



**Rompus** Lily Dahlia Blossoms, Navy Blue Triangle Top with Dahlia Blossoms and Matching Bikini Bottom. Price: \$87.00



**Rompus** Zoe Urban Green, Deep Green Crochet Triangle Top, Soft Pink Floral Bottom. Price: \$87.00

## WHAT'S TRENDING

Unique standalone styles with straps galore (tan lines be damned), string detailing, crossovers, knots, wide-brim ruffles and off-the-shoulder designs. With swimwear functionality design at its peak, one thing is sure; boring and basic doesn't feature with our comfort or high coverage pieces anymore, so, be ready for high trend swimwear, whatever the duty.

With an influx in timeless, classical designs, the stand out is minimal luxe, bold stripes and textured pieces. Tropical prints as always, but bigger prints repeated less is the high trend now. Shelf bra tops are in, with thick horizontal straps, moulded cups or under-wire. Where once floral, paisley and delicate prints reigned, now bold and bright art with a touch of clear and sharp geometric patterns are influencing our swimwear wardrobe.

## THE ONE-PIECE

Time-honoured as ever, swimsuits are remaining a staple, but now with sassy high cut hips and low-cut necklines. Once a runner-up to the bikini, the swimsuit was never too raunchy and played it safe with edgeless designs, and the majority of the time they were too cute and a little frumpy. But the once simple silhouette is now taking the lead again with a twist; daring and fearless contours, from cut-out one-pieces to one-shoulder glamour pieces. You'll see the flattering high hiplines grazing seductively north; this flattering design opens up the thigh and elongates the legs, while a hipster bottom puts the focus on a square torso. Smart and sexy cut-outs along the waist and hip allow a little skin to flaunt while still offering the coverage you need across the stomach.



**Rompus** Zoe Sunset, Floral Embroidery On Peach Top with Flirty Aqua Blue Stitched Bottom. Price: \$85.00

**Hoola Collective 'Geo' Fixed Tri** (\$79.95) and 'Geo' V Front Pant (\$74.95)



**Hoola Collective 'Geo' Fixed Tri** (\$79.95) and 'Indigo' V Front Pant (\$64.95)



**Hoola Collective 'French Fuschia' Fixed Tri** (\$69.95) and 'French Fuschia' V Front Pant (\$64.95)



**Lilly and Lime Maddi** - \$85 and **Ella** - \$30.00



**THE TWO-PIECE**

The high-waisted bikini has made a comeback in the last two summer seasons, looking like it's here to stay, and for good reason – this retro piece highlights your waist by narrowing your silhouette and paired with the correct pattern can create the perfect hips.

**THE TANKINI**

If you don't feel comfortable wearing a bikini, the tankini is your friend. The combination of a tank top and bikini or short bottom is back, with bright prints of the tropics and a more flattering cut for curvier women. Side ruching on the tank adds another gorgeous detail while also giving you a waist.

**MORE THAN A HANDFUL?**

The costume creatives at Lilly & Lime are one step ahead and have designed swimwear for D-cups and above. Curvy has never been sexier and their range allows for stylish swimwear for a bigger bust that fits perfectly while fully supporting you and your poolside fun. If you are curvy,

don't be scared to go up a size – coverage is key. A deep V-neck for a bigger bust is super sexy, paired with a halter neck cut.

**DON'T FORGET THE DETAILS**

Now you have the shape fine-tuned, it's time to ramp up the detailing. This season we aren't disappointed with the finishing touches on your water wardrobe – including straps made from natural fibres such as ropes, tassels and ruffles, big and small. Flowing on from spring, ruffles are this season's ultimate frisky and flirty detail, ramping up the femininity factor when added to swimwear. Play up the girly vibe when choosing the ruffle style in a soft blush, neutral, or romantic floral. Crochet has had a love-hate relationship over the years but has now evolved beyond simple colours and even simpler designs. We welcome crochet designs with deep crimson tones and detailing to add to the texture, including shells, tassels and mismatching colours.

From Hoola Collective, we're going to see an exciting new collection of classic, timeless pieces that are minimal luxe yet bold. A collection that completely embraces their mission and story, and celebrates all women.

*A Day at the Beach*

**Rompus**  
Mariah Aqua Ice, Floral Aqua Balconnet Top and Radiant White Bottom  
Price: \$87.00

Lightweight floral dresses to throw over your bathers are a wardrobe staple, and like always, floral is a flawless option, with patterns of neutrals, pinks and peaches dominating this season.



# Own the Market

## Add value to your home



Paul Polychroniadis and Jared Wei from Jellis Craig Mount Waverley share their trusted advice regarding the state of Melbourne’s property market and how you can increase your home’s value.

### School zones drive prices higher

Melbourne’s education system is an international leader. Our primary, secondary and tertiary institutions are renowned for delivering a world-class academic experience. In certain pockets of Melbourne, property prices are significantly higher than neighbouring suburbs because they are zoned for highly-coveted public schools or enjoy proximity to prestigious private schools and universities.

House prices are regularly at least ten percent higher in the Mount Waverley Secondary College zone, Balwyn High School zone and McKinnon Secondary College zone. The same effect occurs when houses are within walking distance of private schools such as Wesley College in Mount Waverley and Presbyterian Ladies College in Burwood.

A proven investment strategy, buying in these key areas will see your money grow. In the Mount Waverley Secondary College zone, property prices have increased by 72 per cent over the last five years.

### Focus on your budget to increase your home’s value

It is true that “location, location, location” is key to securing price growth, but there are other elements within a home where investing a bit of time and money will see an increase in your property’s value.

#### Kitchens

The heart of any home, people gravitate to the kitchen at any time of day or night, so this room must look its best. If fully renovating, then the choices of finishes and appliances are endless, but it is advisable that you select a colour scheme that will stay on-trend for years to come. If the budget to fully renovate is not available, choose to replace the appliances with entry-level stainless steel, fit new laminate tops and use plain white tiles as your splashbacks.

#### Bathrooms

When buyers walk into any bathroom, they are looking for a clean environment. Newly-renovated always appeals, especially with easy-to-clean stone surfaces and floor-to-ceiling tiling. If your budget doesn’t stretch that far, make sure that the space looks clean with mould removed, then freshly paint, apply new sealant and re-grout to freshen up the finish.



An ensuite will always add value, offering parents a private space away from the kids.



### **Off-street parking or garaging**

Buyers will always choose a property with secure, off-street parking rather than having to park on the street. If you have a garage, invest in an automatic door, or install an auto-gate if you have driveway parking.

### **Appealing alfresco living**

A beautiful outside entertaining zone always encourages people to pay more for a property.

To set it apart from the competition, make sure that you have ample under-cover space, add some strip heaters and café blinds, or for a luxurious touch, fit an outdoor kitchen.

### **Separate living zones**

Although open-plan design has become a staple of modern home design, families still want separate living rooms. If your home comes with two or more distinct zones, buyers will be drawn to the desirable potential to create a kids' space and separate adults' space.

### **Is Melbourne experiencing a property bubble?**

In recent months the media have been reporting that Melbourne's property prices are overvalued. Our experienced sales team have seen this pattern repeat itself over the years. Interest rates are lowered to encourage investment, so in turn, the property market has increased over the last few years. We are seeing solid, but not unreasonable gains across the board. These increases are based on solid fundamentals such as strong immigration and sustained business growth.

With an auction clearance rate of 73.2% in 2017, Mount Waverley has been a consistent performer. Houses are averaging 32 days on the market and the median has increased from \$1.228 million in September 2016 to \$1.441 million in September 2017.

Unit prices have been remarkably strong in Glen Waverley, growing 43 per cent in the last year. Supported by a consistent 70 per cent clearance rate, this staggering growth reflects sales of new luxury apartments which are selling strongly.

Burwood's house prices have lifted from \$1.003 million in September last year to \$1.180 million this September. There has been much activity in Wheelers Hill where the 71.4 per cent auction clearance rate is matched with a 13 per cent increase in median prices over the last year.

With plenty of qualified buyers who are ready to purchase in the area, we anticipate that 2018 will continue in the same fashion.

For further information please contact:

**PAUL** 0414 233 234

**JARED** 0413 260 872

**OFFICE** 03 8849 8088

# Jellis Craig

# CHERIE BARBER

## RENOVATING FOR PROFIT!

If you watch lifestyle television programs, then you have probably heard of **CHERIE BARBER**, also known as the Reno Queen! If you haven't heard of Cherie and you want to learn the ins-and-outs of how to make a profit renovating old homes, then you need to find her, quick smart!

Over the years, Cherie has worked magic in old homes for television shows including *The Living Room* and Nine's *Today Extra Show*, while managing her very successful online education program of the same name and writing many renovating articles for various newspapers and magazines.

Born to the average Australian working-class family, Cherie has worked hard, very hard, to create a life she's proud to call her own. But as she says in her book, her life is no Cinderella story or overnight success in what she's achieved, 'It's been a long hard slog.'

Her book is worth every cent just to read some of her childhood stories and to maybe find your inspiration in the success hard work and dedication can bring.

Juggling a 12-year-old daughter (who, might we add, charges her ten dollars every time Cherie needs to take a side trip to the hardware store!), her television work, and her online program.

**Your new book has so many great before and after images of the renos you've completed, it's a great book for people to really get a grasp on the possibilities!**

It's really a spot-the-difference, people love the before and after pictures, that's something I've learnt from my social pages; the posts that rate the highest are the before and after pictures. People love looking at the before, and in the book you have the after. So what they can do is cast their eyes left to right and you can pick out where I've made the changes.



BEFORE



AFTER



None of the renos in my book will win design awards, maybe a couple might, but as a renovator you don't need to win awards, you need to make some money along the way and increase your wealth to equity. Which is what so many Australians are trying to do.

### Who is this book aimed at?

It's really aimed at people who may only have a couple of thousand dollars, or five or ten thousand dollars in their bank account, not two or three hundred thousand. And they are simple little changes that they can make on the weekend and not stuff up, to make their property look better.

### How did the Reno Queen title come about?

I never really set out to back myself in this industry, I've become known as the queen of budget or the queen of cheap, or whatever you want to call me. I've been tinkering around in the media for the last 15 years or so and years and years on *Today Tonight* started to follow me, and a couple of years into my renovating journey they dubbed me Australia's Renovation Queen, but probably more so over the last 6 years that's come about.

What I saw in all of my renovations, and I've always been a big structural renovator, what I was seeing was that people were always saying 'what about the people that don't have half a million dollars to structurally renovate their house. What can I do with five thousand dollars or ten thousand dollars?'

So I then I thought I'd start answering all of these questions about how people can renovate their house cheaper and people really started connecting with me more when I started talking about cheaper changes. It was never intentional, I've just tapped into this niche market where everybody is and wants to be.

### So it's a broader market?

What I do know is that the bulk of Australians haven't got a hundred or two hundred thousand dollars in their bank account, but they can get together a thousand dollars, they can get together five thousand.

I do eight renovation shows for *The Living Room* a year and they have the highest ratings, because when it's all done it's increased the value of the property, and it's all budget renovations. That's where a lot of Australia is at right now.

### And do you enjoy the challenge?

Yes, I do find it really challenging because, let's face it, anybody can keep spending money, that's easy, but to go the other way and get a great look while spending hardly any cash, that's a real challenge. Sometimes I'm given some really tough budgets!

It's a massive challenge, and that's why I love doing it.

### What is your favourite part of a reno?

I actually love two phases, I love the demolition phase – I buy a lot of old grannies' houses and often the first two days are demolition days. You rip out the old carpet, the old kitchen, the curtains – I like seeing how much even that makes a difference. Even just ripping out the carpet in a nanny house can make a huge difference. Let me tell you, if you rip out the carpet and take down the lace curtains, your property will instantly look bigger! Instantly!

And I'll always take any opportunity to get on a sledgehammer and smash the shit out of something!

And I love the end, the whole before and after transformation, that's such a big thing for me. I renovate whole projects in about eight to ten days, and you move really fast in those eight to ten days, your life is a little bit unbalanced. When I get to the end of the project I love just going 'wow, look how it looks now, that comparison is amazing.'

I haven't done it in a couple of years but when I first started renovating I used to sit across the street on the kerb and look at what I'd done, and have this huge sense of personal accomplishment.

And the biggest thrill for me in my early days was seeing people fight at auction to buy the property I'd just renovated, it was like a drug!

### Renovating For Profit

Cherie Barber  
Hardie Grant Books  
RRP: \$39.99



An aerial photograph of a crowded beach. The water is a vibrant turquoise color, and the sand is a warm, golden-brown hue. Numerous people are scattered across the beach, their long shadows cast across the sand, indicating a low sun position. The overall scene is bright and lively.

# Great Australian Beaches

When it comes to Australia's greatest beaches, we've listed for you merely just a drop in the ocean of **remarkable beaches** our country has on offer...

Australia is adorned with a plethora of sensational, postcard-perfect beaches, filled with pristine sand, beautiful clear waters, rockpools, watersports, esplanades of delicious food and quirky boutiques, and great family-fun activities.

This issue, Vanilla Magazine's Alexis McLaren has provided us with a breakdown of some of Australia's great beaches – but don't be alarmed if your fav didn't make the cut because it seems that the list of amazing beaches here in our country is endless!

Bondi Beach. Photo courtesy of Adam Krowitz

A beautiful sunset on Ninety Mile Beach



## VICTORIA

**Mothers Beach, Mornington Peninsula:** This protected little cove down in the Peninsula is appropriately named – it provides a great family-friendly cove for kids to enjoy the beautiful calm waters. And when they're done swimming they can get changed in the colourful bathing boxes and go for a play in the nearby playground or join the whole family for a barbeque.

**Altona Beach, Melbourne:** fantastic recreational beach located in Melbourne's western suburbs, offering a myriad of activities including kite surfing, paddle boarding, sandcastle building and volleyball, as well as barbeque areas, shops and cafés. Best of all, on top of being close to public transport, there is also free parking at this urban beach – score!

**Fairhaven Beach, Aireys Inlet:** Venture along the Great Ocean Road to its longest beach – a picture perfect paradise. Explore this 6km stretch of pristine sand by saddling up – there are local companies who will take you along this beautiful beach on horseback, from dawn to dusk.

### **Ninety Mile Beach, Gippsland:**

This beach offers more than just 125km of golden sand separating the Gippsland Lakes from Bass Strait. Enjoy some beach fishing, whale and dolphin spotting, or just claim a portion of this large beach and settle in for some relaxing sunbaking time.

**Quick fact:**  
This beach is the third longest, uninterrupted beach in the world! (behind beaches in Brazil and Bangladesh)



## NEW SOUTH WALES

**Bondi to Coogee Beaches, Sydney:** Sydney is filled with some pretty spectacular beaches – but you really can't go past the strip of beaches in the eastern suburbs of this city. Starting from Sydney's most popular tourist beach – Bondi Beach – this unique urban coastal 6km walking track features stunning views, rockpools, picnic areas, kiosks, cliffs, bays and a horde of restaurants and cafés. It also offers exercise equipment in the parks along the way, so you can really get a workout as you go along! And if you're taking the family, why not book your kids in for surfing lessons – most of the beaches along here take kids from as young as five-years-old.

**Depot Beach, South Coast:** Located in the heart of the Murrumbidgee National Park, on the South Coast of NSW – 4 hours south of Sydney – is the perfect beach for a secluded retreat: awesome surf, swimming holes to explore, clear waters, great fishing, towering spotted gums and an abundance of native wildlife. And let's not forget the short rainforest walk (an endangered ecology) located just behind the beach, which shows you what the south coast would have looked like millions of years ago!

Bondi Beach. Photo courtesy of Simon Rae





## QUEENSLAND

**Little Cove, Noosa:** It may be a bit of a hike to get to, but it is definitely worth it. With water still visible at 1.5 metres, this crystal-clear cove is ideal for a family-friendly swim. The waves are gentle and perfect for some boogie boarding time for the kids, and this protected cove offers many rock pools, which are crying out to be explored.

**Scarborough Beach, Moreton Bay Region:** Having previously won Queensland’s Friendliest Beach, this beach just screams a must visit for families. In addition to the safe sandy shores, there is a kids’ pirate adventure park just up the road to explore once they’re done swimming. This beautiful beach is also ideal for sailing and kayaking (kayaking hire available) – not to mention it is a known fishing hot spot!



Beach Polo at Glenelg Beach.  
Courtesy of City of Holdfast Bay



Beach Polo at Glenelg Beach.  
Courtesy of City of Holdfast Bay

## SOUTH AUSTRALIA

**Glenelg Beach, Glenelg:** This is the perfect family-friendly getaway destination – and only 25 minutes from Adelaide’s CBD. In addition to the beautiful white sands and heavenly waters, this beach boasts an esplanade filled with great shops, cafés and restaurants. The beach itself is great for some sunbaking, or if you want to get more adventurous you can swim with dolphins, or go snorkelling or diving. And once the kids are done with the beach you can take them to the Beachouse – for some dodgem car fun, a ride on a carousel, a game of mini golf and much more!

**Second Valley Beach, Fleurieu Peninsula:** Taking you approximately 1.5 hours away from Adelaide is this great little spot, which offers visitors a rugged coastline, colourful rock formations, great bush treks, camping facilities and best of all, seclusion. But don’t forget to look under the water’s surface, because you may be lucky enough to spot leafy sea dragons – only found in the southern waters of SA.

Don’t forget to look under the water’s surface, because you may be lucky enough to spot leafy sea dragons.



Richardsons Beach

## TASMANIA

### **Coningham Beach, Southern Tasmania:**

Boasting gentle waves, a picnic area and 10 charming boat sheds lining one end of the beach, this 500m long sheltered beach is perfect for some family-friendly-fun, or some seclusion for that much needed getaway – all within a short drive from Hobart.

### **Richardsons Beach, Freycinet National Park:**

Located in one of Australia's most spectacular national parks, this grand beach extends from Coles Bay to Freycinet Lodge. On top of the great camping available here, this safe beach is very popular with sailors, fishermen and kayakers, and all other watersport enthusiasts – and offers a great opportunity to explore Great Oyster Bay and beyond!



Dolphin feeding at Monkey Mia Reserve

## WESTERN AUSTRALIA

**Greens Pool, Denmark:** If you're looking for a beach in WA to explore, you cannot go past the state's most iconic beach, located in William Bay National Park. An appropriately named beach, this magical spot has clear emerald waters lined with pure white sand. The bay is protected by sculpted rocks, making it a great spot for swimming, snorkelling and diving. And if you're looking to take a stroll while you're there, head over the headland to Elephant Rocks where you will see just that – rocks that have been naturally sculpted, now resembling elephants.

**Monkey Mia Reserve, Shark Bay:** Ever wanted to get up close and personal with a dolphin? Well now is your chance! This amazing bay is renowned for the pod of friendly dolphins that make their way to the shores most days to be hand-fed by specially trained rangers, and the handful of visitors selected by the rangers. But don't despair if you don't get picked to feed the dolphins, it's possible to see them leaping into the air or playing in the bay at any time of the day.

## NORTHERN TERRITORY

### **Wagait Beach, Cox Peninsula:**

Spanning 20km from Mandorah Jetty to the Charles Point Lighthouse, Wagait Beach has so much to offer! From sightings of potential wildlife (dingoes, dolphins and turtles, oh my!) through to ruins of WWII Gunner Posts, striking red volcanic cliffs and intense blue waters. And if folk music is your thing, then make sure you get there in time for the annual Mandorah Ukulele Folk Music Festival.



Wagait Beach

# Western Australia's **SALT LAKE CITY**

*A photographic journey of an Australian wonder...*

Deep in the Western Australian desert lies one of the most remarkable natural wonders in Australia and we can't help but wonder how many people actually know about its existence...

Lake Deborah is an awe-inspiring salt lake that's been farmed for three generations by one family – the Listers...

Frank Lister's heritage spans over 70 years of science-driven salt merchants who protect the integrity of Lake Deborah and the pure salt crystals it produces in their Salt Harvest Sanctuary. The salt is created anew every year on the lake's surface by the rain, sun and wind, protected inside a Salt Harvest Sanctuary that guarantees its purity.

In the last few years the true extent of the natural health benefits that this salt lake have to offer have come to Frank's attention. Together with his daughter,



Emily Nicholls and son-in-law, Scot Nicholls, they are dedicated to sharing their discovery of these health benefits with the world, along with their knowledge on how to make the most of the concentrated magnesium within the salt crystals. The online shop, Ancient Lakes Magnesium, was born from this passion and strives to bring the highest quality magnesium concentrate products to mainstream attention.





## MINERALS & MAGNESIUM

‘Unlike salt pans formed from salinity caused by damaging human land use, Lake Deborah is an entirely natural and ancient salt lake.

This salt lake is part of a very old landscape in the central western region of Western Australia,’ Frank says.

Millions of years ago the wind carried ancient minerals from the sea and deposited them in the midst of this WA desert.

‘The ancient Avon River had its headwaters in this region and it flushed these minerals back to the Indian Ocean as part of the water cycle.’

‘Approximately one million years ago, the flow of the Avon in this area was blocked and instead of being returned to the sea the ancient minerals were marooned in what became Lake Deborah.’

As it always is in nature, salt crystals have a season. ‘In winter, rain falls and covers the lake, dissolving the minerals underneath to form fresh, mineral-rich brine.

As spring and then summer arrive, the sun and the wind evaporate the water, leaving a mineral-rich salt crust on the surface.

Below the surface, concentrated brines are created – loaded with magnesium, potassium, calcium, iodine, zinc, boron and other essential trace elements. This brine is further concentrated in ponds at the lake’s edge, using only the energy of the sun.

This environmentally sensitive way of harvesting our minerals, using natural rainfall and the energy of the sun and wind, gives our products an extremely low carbon footprint and protects the delicate environment of the lake and its surrounding ecosystem.

With so many intensive farming practices in the world today stripping our lands of natural commodities harshly, the Listers are dedicated to only harvesting what nature gives them, and doing so in a sustainable manner.

‘Unlike other operations, which either pump liquid brine from deep underground or which evaporate seawater on an industrial scale, our minerals are produced naturally at the lake by the earth’s own seasonal cycle.’

‘Our magnesium bitterns and salt are organic input certified by the Biological Farmers of Australia.’





'Because of their unique origin, the minerals preserved in Lake Deborah are a source of ancient sea minerals, completely free from modern pollution and like no other supplement that we know of.'

## THE LISTERS OF LAKE DEBORAH

'Our stewardship of the lake has resulted in Lake Deborah being protected by the Western Australian government within a Salt Harvest Sanctuary, recognising our long-term sustainable harvesting of its unique minerals.'

## A TALE OF BITTERNS TOLD...

Frank's dream of starting a business that produced high quality magnesium health products rumbled away in the back of his mind for many years before it actually came to pass. In 2006, Frank became seriously ill, with a rare autoimmune disease that saw him retire from the family business. Then, in 2015 with a new lease on life, and a new kidney from his wife Margaret, Frank and his family revisited his old idea of a magnesium health empire. Not only do they produce their star bitterns products but a range of bath salts, cooking salts, deodorants, soap and moisturisers – all enriched with Lake Deborah's pure magnesium.

'Magnesium is the fourth most abundant mineral in the human body. It is found in every cell and is required for more than 300 enzymatic reactions in your body.'

Magnesium is important in the development of bones and teeth, nerve and muscle function, electrolyte balance and cell division. It can increase energy levels by helping you sleep better, reducing tiredness and fatigue.

And current research shows magnesium may also benefit those suffering with depression.

'It has been well established for a long time that adequate magnesium intake is important for psychological wellbeing; now new evidence is emerging to indicate that supplementing with magnesium may benefit people suffering from depression and anxiety,' Frank says.

## MAINTAINING A LOW FOOTPRINT - RESPONSIBLE ENVIRONMENTAL MANAGEMENT

'We acknowledge that Lake Deborah is a unique natural wonder and is at the centre of our environmental consideration. Our farming techniques have been developed so as to have the least impact on the environment when collecting the salt crop produced by Mother Nature.'

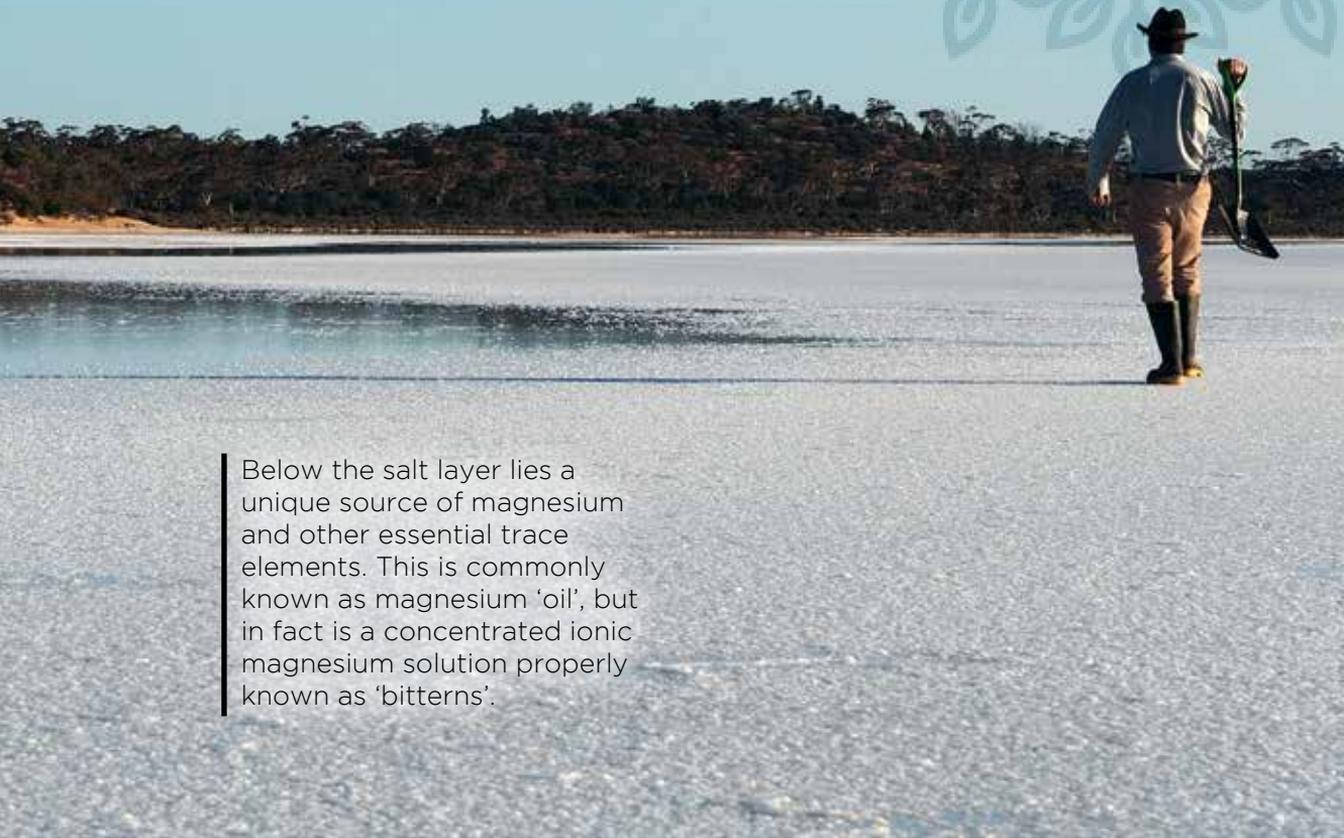


'All the clinical evidence accumulated on the benefits of magnesium has been done using oral supplements. The notion of rubbing Essential minerals on the skin is relatively new and lacks empirical evidence for dose and a mechanism for passing our epidermal skin barrier. Magnesium, sodium and potassium are essential minerals. We evolved to absorb these minerals via our digestive systems, we understand this route to be both cost effective and efficient.'

**Left to right:**

- Ultra Magnesium Salt
- Concentrated Ionic Magnesium Liquid
- Magnesium Bath Crystals
- Keto Salt

[www.ancientlakesmagnesium.com.au](http://www.ancientlakesmagnesium.com.au)



Below the salt layer lies a unique source of magnesium and other essential trace elements. This is commonly known as magnesium 'oil', but in fact is a concentrated ionic magnesium solution properly known as 'bitterns'.



# Wish You Were Here

We last spoke to travel writer **JANE PAECH** when she spoke of her love and passion for Paris in her book *Delicious Days in Paris* a few years ago.

This time, Jane's crossed the water to London and teamed up with illustrator, **CECILIA EALES**, to launch a new series of small travel guides tailor-made for lovers of food, art, beauty and culture titled *Wish You Were Here – Lovely Little Travel Guides*.

These small travel guides are meticulously researched and tested, and divinely illustrated, Jane Paech explains...



## Where did the inspiration to produce these gorgeous little travel books come from?

The idea for our *Lovely Little Guides* came about when I was discussing with my friend and illustrator, Cecilia Eales, how travellers have turned away from traditional travel guides – big heavy tomes that date quickly and are annoying to carry around – and have turned to digital. Often you only visit a city for two or three days and use a very small portion of a large guide. However, on the flipside, your phone for whatever reason is not always reliable – nor the information you are accessing. Many travellers still like the security of holding a physical map and guide in their hands as they meander foreign streets.

*And so we decided to create a product to bridge the gap – something that was a well-researched, valuable resource but also a light and beautiful keepsake.*

A guide that concentrated on a manageable walking pocket and cut to the chase. It's a bit like jotting down recommendations for a friend – goodness, I've done a lot of that over the years! Even if people have read my books, some still write and ask for a couple of favourite addresses – it feels like something special and secret when you get personal tips.



**How much time did you spend in London to find all of these gems for us to visit? What are your favourite places in London?**

I had two exciting trips to London and stayed with friends who were able to give me their tips and favourite addresses. My co-founder, Cecilia, is a born and bred Londoner so has a local's understanding of the city. With businesses opening and closing so quickly these days we felt it was important to concentrate on enduring addresses that will stand the test of time. I love The Wolseley with its grand art deco glamour, Kit Kemp's gorgeous Covent Garden Hotel decorated in a fresh and modern English style, and The Courtauld Gallery at Somerset House, one of the finest small museums in the world.

**You must travel a lot – where are some of your favourite places in the world to visit and why?**

*I'm happiest pattering along a French country lane and stopping at a village market or a rustic auberge for lunch.*

A hopeless Francophile, I can't go past rural France, and Paris, *bien sûr*. The City of Light feels so familiar, it's like my second home. As soon as I arrive there is a sense of slotting straight back into la vie *quotidienne*, daily life. I love London too, such a different energy than Paris; it's fresh and stimulating and a lovely contrast. I'm also blessed to have some of the most amazing beaches in the world at home in South Australia, which I visit regularly.

**As a seasoned travel writer, can you give us some of your best travel tips?**

Explore one pocket, spend the day there and really get to know an area. Don't try and jump all over a city and tick things off. Slow travel is much more rewarding, and living like a local. Make sure you are fit before you go and walk as much as you can. Strolling through the streets is the best way to travel ... ducking down a little lane here and poking your nose into a secret courtyard there. It leaves you open to chance encounters and unforeseen discoveries. Eat where the locals eat, step out of the tourist areas and the food will be more authentic, more affordable and the atmosphere real.

**Apart from *Wish You Were Here*, what else have you been up to since we spoke to you last?**

I've just completed a house renovation, which includes a beautiful new kitchen to play in and I've become a grandmother, which has kept me closer to home. Lila is two now and such a joy. My daughter speaks to her only in French so she is one very lucky little girl. A legacy of our time in France.

**And what's next in your wonderful life journey?**

Fingers crossed our little travel guides are well received! Our first release is Covent Garden and then we aim to do a series on London. Beyond that, the places and possibilities are endless.

[www.wishyouwerehere.global](http://www.wishyouwerehere.global)

Instagram: [@wishyouwerehere.global](https://www.instagram.com/wishyouwerehere.global)

RRP \$8.50

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# VANILLA DAY AND NIGHT



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