

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 26

# VANILLA

*Jordan  
De Goey*

---

*Anna  
Polyviou*



# MARK BOURIS

Pay it Forward

*Vanilla Lounge Celebrating 10 years!*



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## VANILLA MAGAZINE

Free magazine of Vanilla Cakes & Lounge

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## EDITOR'S LETTER

Welcome to the 26th issue of Vanilla Magazine!



Vanilla Lounge is celebrating its 10 year anniversary this August, and as I look back to 2008, I fondly remember that from day one it has been embraced by thousands of patrons from all walks of life and from all backgrounds.

When I think of Vanilla, my favourite slogan immediately pops to mind, "Let's Get Together".

Yes, the atmosphere at Vanilla is great, the service fantastic, the food is awesome, the coffees are amazing and the sweets to die for, but like all good things in life, they are best enjoyed when shared with family and loved ones, with new and old friends, with colleagues, with clients, with acquaintances, or even with random strangers.

"Let's Get Together!" sums up the mission statement of Vanilla founders Thanasi and Helen Spanos, their children and their families. They always say that they see Vanilla as an extension of their home. That's what drives them, that's what keeps them motivated; seeing their patrons coming together and enjoying their time at Vanilla. That's what hospitality is all about, making your visitors feel welcome and valued, and providing an enjoyable space for them to meet and socialise.

During a recent family get together, as Helen Spanos reflected on her many years in the hospitality industry, she pointed out the one thing that hasn't changed; people always need a space outside of their homes to catch up with family and friends.

I agree with Helen, the one constant of human experience is our need to relate and to belong. Norms are constantly evolving, the pace of life has become insane, and technology has changed the way we interact, but no matter how much communication takes place over smart phones, it always leads to the words, "Let's Get Together!"



So let's pick up our smartphones and message someone we haven't seen for a while, "Let's catch up, let's get together!"

From the whole Vanilla family, management and staff, and from the whole Vanilla Magazine editorial team, much love and a huge heartfelt thank you to all our patrons and friends that have made the last 10 years at Vanilla an incredible journey.

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# CONTENTS

- 06 Gregio – Nature's Spirit by Greek Designers
- 08 Vanilla Lounge – Celebrating 10 Years!
- 18 Papaflessas Social Club – Dancing Into The Future
- 20 Jordan De Goey – “Just Enjoy Your Footy”
- 22 Counter Play... Chrys and Mikaela Phillips
- 24 Anna Polyviou's Sweet Street @ Vanilla Upstairs
- 26 Spiri Tsintziras – explores Ikaria...
- 27 Fronditha – A career in helping others
- 28 Mark Bouris – Pay it Forward
- 32 Gennaro Contaldo – Uniting Through Food...
- 34 Stephen Harris – The Sportsman
- 37 Mamma Mia – The Musical
- 40 Todd McKenney
- 42 School of Rock – The Musical
- 52 Books for Cooks, Travellers and Lifestyle Lovers...
- 54 My Maltese Table
- 56 Swiish Your Way to Health and Happiness...
- 58 Show-stopping Sweet Treats And Rock Star Desserts by Anna Polyviou
- 66 Health – Orange is Your Colour
- 68 Mastiha –The Treasured Gem of the Aegean Sea
- 70 Health – Love your Oestrogen
- 72 Fitness – The Gym Gude: for Busy Women
- 74 Beauty – Serums
- 76 Hair – Get the Look... Recreating Runway Hair
- 78 Fashion – Wardrobe Essentials
- 80 Travel – 2018 City of Culture Malta





**gre@gio**

Nature's spirit by Greek designers

# Nature's Spirit by Greek Designers

SEASONAL INFLUENCES WITH **GREGIO**...

With the cooler months ahead our jewellery should be worn to complement our winter knits and scarves.

The year so far has seen statement earrings make a comeback and this trend is here to stay over the winter months.

The go-to look of the season is large hoop earrings, which can be seen over our scarves and stand out with our beanies.

Delicate and fine long necklaces with unique charms are also a great option for a customised look.

The long-layer, friendly necklaces are easy to wear and will complement winter trends rather than hinder them.

Our new watch collections are available in many colours. Our grey leather band and rose gold accent piece would have to be our top pick, with the grey and navy palette trends working their way through 2018.

The staple and versatile shades are cross-seasonal and will even take you through to the warmer months.





# gre @ gio

Nature's spirit by Greek designers


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*Celebrating 10 Years!*



**VANILLA**



Vanilla Lounge launched on August 7, 2008. From left Helen Spanos, Paul Klisaris, Ann Barker, Thanasis Spanos and Steve Dimopoulos. Photo by Kosta Deves



*It seems like yesterday when, in August 2008, Vanilla Lounge welcomed its first patrons. Over these past 10 years Vanilla has become a point of reference nationally and internationally thanks to a growing community of patrons that embraced it and made it their favourite place to meet with family, friends, colleagues and clients, to enjoy breakfast lunch or dinner, to be entertained and to be made to feel at home.*

And this is exactly how founders Thanasi and Helen Spanos envisioned it; an extension of their home where they can welcome people and do what they enjoy most, hospitality. Many culture-loving Melbournians will know them, and for over 45 years in the hospitality industry, Thanasi and Helen have run several successful Melbourne cafés and restaurants, and have esteemed reputations. They have welcomed local communities, interstate visitors and tourists from all walks of life with their dynamic, honest and spirited personalities for years.

Since 2008, couples have met at Vanilla and now are visiting with their children. Families have been celebrating their milestones, business deals have been made over coffee or dinner, new friendships have been forged and old ones reconnected, it is all about community, friendship, and family.

Thanasi, Helen and their family play a very important role in keeping the business vitalised. Everyone offers their own unique skills, talents, and qualifications to ensure that the business continues to thrive and that its strategic planning policies stay at the forefront of the hospitality industry.

The entire family shares the same vision of being innovators and continues to campaign for a hospitality industry that does more than just serve a customer. They are patrons of the arts and embrace all communities to share and support in one another's vision for a united community.

The Vanilla Lounge customers are all special whether they frequent the shop or are trying it out for the first time. We acknowledge and particularly welcome our regular locals who frequent Eaton Mall and who have their networks and businesses centred in, or around Oakleigh. Vanilla Lounge tends to be their office, their boardroom, and even their lounge room. There is a very European vibe at Vanilla and everybody feels that they are, in fact, overseas somewhere.

With the opening of Vanilla Lounge, the family brought the hospitality culture they pioneered with their original café, Medallion, in Lonsdale Street to Oakleigh, and have promoted a new dining culture. What is particularly exciting for Melbourne is that it now boasts another leading patisserie that truly celebrates the greatest qualities of Melbourne's cosmopolitan heritage. Vanilla

has been praised as one of the Top 10 Patisseries in *The Age Good Café Guide* and following its opening in 2015, Vanilla Upstairs was featured in *The Age Good Food Guide*.

The family is committed to providing customers with something special every time, be it the *Vanilla Magazine*, served free, their boutique multi-award winning coffee brand, Dukes, their new oxygenated water brand, Breathe, the extensive menu made with local and fresh ingredients and without preservatives or additives, their world-class standard of cakes and biscuits, and most importantly, their commitment to world class customer service and their generous smiles and infectious attitudes.

The family's commitment to Vanilla Lounge has translated into a wider aspiration and desire to create a business which has a determined, philanthropic and community approach. Vanilla advocates a tolerant and inclusive spirit of belonging and acceptance. Hence, Vanilla enjoys the support of patrons frequenting the restaurant from all diverse groups, and belongs to the multicultural melting pot of fabulous Melbourne. They are very proud to be contributors to this spirit of belonging, openness, and freedom.

The Vanilla family have been strong contributors and innovators in terms of the development of the Mall and the surrounding commercial developments concerning the City of Monash, which have been politically recognised.

The family sees these markers as inextricably linked to the success of Vanilla Lounge, projecting its future in terms of not just a business but also a creative force and provider to the already vibrant reputation of Melbourne as an international leader in the hospitality industry.

*None of all this would be possible without the overwhelming love and support by you, our wonderful community of patrons and friends. We are forever grateful and our promise is to continue showing you our love with a warm welcome every time you visit Vanilla, and with a solid commitment to more improvements and innovations.*

# Vanilla Celebrating 10 Years

## MAYOR PAUL KLISARIS

– *City of Monash*

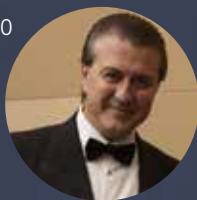
Congratulations on 10 years in business and the important part you play in the vibrancy of Eaton Mall and its reputation as a food destination for people across Melbourne. You contribute to the thriving food culture we enjoy in the City of Monash.



## NICK MYLONAS

Congratulations to Vanilla for their 10 year celebration.

For any business to succeed it requires commitment, clear vision and a lot of hard work. Thanasis Spanos, the family patriarch of Medallion fame in Lonsdale Street, brought his vision to Oakleigh and transformed the suburb forever.



Vanilla has not just succeeded and prospered as a business, Vanilla is responsible for establishing the PLATEIA movement on Eaton Mall in Oakleigh, which thousands of patrons enjoy each day.

Thanasi and Helen Spanos, along with their families Tia & Antonis, Vicki & Chris, Haroula & George, Dennis & Chantal, have exemplified what a family business really is, and along with their loyal staff they have given Vanilla a soul and an identity in a class all of its own, which defines Oakleigh as a must-visit destination for people visiting Melbourne.

My family and I have always enjoyed Vanilla. It became our Thursday night haunt during the live band era. It became my go-to meeting place during my HACCI days, and a place where we are always greeted with a warm and welcoming smile.

Vanilla for me is more than just another successful business, it has soul and it is a legacy that Thanasi and Helen Spanos and their families can be proud of. We thank them for their hard work, their dedication and for the love they bring to what they do each and every day. They don't make it look like work, to them it seems it is their way of life and we love them for what they have brought to our village of Oakleigh.

## SPIRO ROSS ALATSAS

Deputy Chairperson of the Victorian Multicultural Commission and General Manager of the Greek Media Group 3XY Radio / Ta Nea Newspaper



I wonder how many cakes and Frapedes have been consumed the last 10 years of Vanilla in Oakleigh?

Your wonderful service, atmosphere and Greek delicacies have been enjoyed by thousands of our Broader Multicultural Community

Congratulations to the management and staff of Vanilla for your 10 Year Anniversary.

## BILL ANEVLAVIS

Manager for the South-East region – *Delphi Bank*



Congratulations on your achievement to date.

Vanilla has been established as a great place to meet and discuss all aspects of life while enjoying a cup of coffee, meal or a dessert.

Great concept, great service, great management, great atmosphere.

## STRATOS ATTALIDIS

General Manager – *Rythmos*



Some things in life are closely connected and so is Vanilla Lounge with the Greek Community in Melbourne. It has been sharing with people from all backgrounds Greek hospitality and culture. Because during my early days in Australia I was part of the Vanilla family, I wish from my heart that they continue to do what they do best as only they know how!

## LEE HOLMES

*Supercharged Food*



Congratulations on your tenth birthday. What an achievement and this is just the icing on the (gluten free) cake. Put the champagne on Vanilla ice baby! Here's to keeping the flame alive, and continuing to add a beautiful splash of colour for many more years to come!



**ANN BARKER**

*Oakleigh/Carnegie RSL Secretary  
Former MP for the State Seat of  
Oakleigh*



I am absolutely delighted to mark the 10th Anniversary of Vanilla in Oakleigh. From an idea to an icon, Vanilla has given us quality dining, and fantastic coffee and cakes in a welcoming and stylish atmosphere. I am not the only person who, when seeking the best place to meet over coffee and baklava (or perhaps one of the other delicious cakes and slices on offer at Vanilla), or for lunch or dinner, to say, "meet you at Vanilla" and no further explanation or directions are required. My sincere thanks to the Spanos family for the very significant contribution they have made to the Oakleigh region through the establishment of Vanilla, and for their ongoing commitment to ensuring a great many people have such a wonderful place to meet, dine and relax.

**DR. MARIA GINDIDIS**

*Lecturer Teacher Education  
Protypo Greek Centre Principal*



Protypo Greek Centre is where each Saturday over 500 children go to learn Greek in Oakleigh – but where do their parents go? Most of our parents nominate Vanilla Lounge! Each Saturday, come cold, hail or sunshine, our parents continue their weekend Greek family journey and head to Vanilla Lounge, meet for great coffee, sweets and the latest news! Many of our parents also pick up our students and visit Vanilla for lunch and a snack after 1 pm! Our Protypo Greek Centre sincerely congratulates Vanilla on their ten years anniversary of giving Eaton Mall and Oakleigh its Greek heart and soul! We look forward to many more years of Greek inspiration together as another generation learns Greek culture from school and community! Congratulations from our Protypo community young and old!

**TONY & VIVIENNE  
POLYKANDRITIS**

Congratulations Vanilla on celebrating 10 years. You have been our home away from home and love every moment we are there.



We have fond memories as our wedding proposal took place on table 6 and have travelled with your magazine to Greece. Wishing you all the very best, your favourite clients and family xo

**STEVE DIMOPOULOS**

*MP for the State Seat of Oakleigh*



While there was a time before Vanilla, I honestly cannot remember it. Vanilla is such a part of the heart of Oakleigh that it is unimaginable without it. What an incredible institution and an incredible family. May you see many more decades.

**DIMOSTHENIS MANASIS**

*Director/Instructor  
<<MANASIS>> School of Greek  
Dance and Culture*



Quite simply: "wow" ...

How an entire decade has passed since the inception of Vanilla is beyond me. Within the space of a 10 year period, this incredible shop has grown from a 3-front, to a 4-front, to a double storey, to a bakehouse opposite, a live music venue, a magazine publisher, an award winning cake maker, and yet still continues to grow from strength to strength. Their recipe for success appears to be no secret - an extremely hard working and dedicated family at the forefront, together with loyal, pleasant and experienced staff, and a product second-to-none.

Our partnership, and more specifically our 'relationship', with Vanilla started from 'Day 1'. Many years ago, through one of our dance school's presentations, I recall 'baptising' Oakleigh as the "Epicentre of Hellenism, nation-wide", and in the mall's very own epicentre, at the crossroads of the span of the Eaton Mall and its interjecting roads, we have not a café/restaurant, but an entire institution which has single-handedly altered the entire cultural landscape of Melbourne.

Where once the Oakleigh Village was a 'drive-through' area for the predominant purposes of groceries and shopping, Oakleigh (in its entirety) has now become a cosmopolitan destination, renowned both locally and abroad for its Hellenic identity, and its atmosphere reminiscent of Greece.

On behalf of << MANASIS >>, we congratulate the Spanos family, the staff and management, and everyone who has supported Vanilla in their constant and ambitious pursuit of innovation. May this be the first decade of many more to come!





Since 2008...

Photos by  
Con Milonas Photography  
Petrosphotography Metaxopoulos  
Kosta Deves  
Peter Kakalias



Innovating



Celebrating Culture



Events



Teaming Up



Entertaining



Discovering Talent





Baking Awesome Cakes



Making the Best Frappe



Evolving



Customer Service



Proud



Getting Together



Hosting



Having Fun



Community









Thank you











Thank you



Steve Tsaganas



Mary Tsaganas and Taksia Tsaganas



The Tsaganas family with Directors of Karelias Museum Kostas Giannakopoulos and Marina Kombok



# PAPAFLESSAS SOCIAL CLUB

## *Dancing Into The Future*

Following the successful formula of well-established Greek community organisations, one of the oldest Greek-Australian social clubs, Papaflessas, is also launching a dancing group with lessons beginning this month. We caught up at Vanilla with committee members of the club, Steve Tsaganas, Mary Tsaganas and Taksia Tsaganas, who shared their vision for Papaflessas.

### **Mary, how did the decision to launch a dancing group come about?**

We recognised the strong cultural appeal of traditional Greek dancing and how the most successful Greek-Australian clubs are utilising it to engage the youth. As a Messinian club, our "unique selling proposition" is traditional Peloponnesian dances like Kalamatiano, an ancient Greek dance, which, I was amazed to discover, dates in its various forms possibly all the way back to the Homeric Age! Our committee is determined to lead the club into the future by laying strong cultural foundations to ensure its continual relevance for generations to come. Establishing a distinct dancing group will be part of that effort.

### **You mentioned that you are also planning to recreate traditional Messinian dancing costumes following your recent visit to Kalamata.**

We had the great pleasure of visiting LEK- Lykeion Ellinidon Kalamatas and Karelias Museum, a state of the art project for Greece, now considered the best in the country for traditional costumes. Their performances are to a very high professional standard, both in terms of stagecraft as well as dance execution. They have over 650 students

studying music, song and dance across all age groups. We met up with the lovely directors of the museum, Mr Kostas Giannakopoulos and Ms Marina Kombok, who are keen to assist our club. Our dream would be to form a collaboration with them, and they are very excited about it, and have them come to Australia to do workshops with our students and explore ways to recreate costumes for our dancing group. As Marina said, we can use them as "prototype" here in Melbourne.

### **Taksia, any plans for their amazing collection of costumes to tour Australia?**

That would be a dream, and the whole committee is working on it!

### **Steve, over to you as you look after grants and donations for the club, and among other projects you are also busy at the moment raising funds to renovate the club building.**

One of our funding projects is dedicated to recreating the costumes and hopefully at the same time bring the museum collection to Australia for a tour. We are very excited with the response so far, with the Victorian Multicultural Commission already coming on board with \$25,000 funding towards the building. We are grateful to all our sponsors, large and small, and will continue to push forward with income generating activities and other funding efforts to achieve our goals.

For all enquiries about the Papaflessas Social Club dancing group contact Mary Tsaganas on 0422 808 350. For all updates on the club visit [www.papaflessas.com](http://www.papaflessas.com)

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[\*\*www.papaflessas.com\*\*](http://www.papaflessas.com)





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# JORDAN DE GOEY

“Just enjoy your footy”

Magpies' star, **Jordan De Goey**, caught up with his good mate, Dennis Spanos, at Vanilla the day before announcements about his new offer from Collingwood went viral in the media.

Looking relaxed and excited at the same time, he shared with Vanilla Magazine how he formed his strong bond with Collingwood and why it wasn't hard for him to say no to a five-year, \$5 million Godfather-offer by the Kangaroos.

**You obviously kept your manager Ben Niall busy in the lead up to your decision, how hard is it to say no to one of the biggest contract offers for a twenty-two-year-old football player?**

It was hard but at the same time it was easy. I'm a firm believer in having good people around you and I think Collingwood definitely has that at the moment, which was probably one of the main reasons I stayed. Our team is also very young, with so much room for improvement and I find that exciting.

**You joined the list of other stars like Dustin Martin, Josh Kelly and Isaac Heeney who emphatically stated that money (or short-term gain) isn't everything when it comes to important career choices...**

Yeah, money obviously plays a part in relation to setting yourself up for life after football, but for me it wasn't



the right move at this stage in my career. The five years just wouldn't have worked in my favour; by taking the two year contract with Collingwood it will allow me to go for a longer contract after this two years is up, which will take me to twenty-nine.

**What does Collingwood mean to you as a football club? How did you bond so strongly with the team?**

Collingwood clearly means a lot to me. I have made a lot of mistakes along the way but I have learned from them and have been supported the whole way along. The players make my job a lot easier and this allows me to be myself.



**Other than this strong bond, what other factors determined your decision to stay?**

The main one would probably be the people the club has brought in. The club has become really family orientated in all aspects, which just makes people feel comfortable and respected.

**Being a free agent during a trade period can be very distracting especially when in high demand... How did you manage to stay focused?**

I just focused on my footy because at the end of the day if my footy is going good then my contract will be too.

**Who is your main mentor?**

Gary Hocking.

**Tell us more about your charity work?**

I do some volunteer work at the Salvation Army and to see those people fighting through life is pretty inspirational! I pretty much head into the Salvation Army at least once a week and help out wherever it's needed. The people who work there are incredible and I just love being around and building relationships with some of the disadvantaged people in our society.

**And your fondest memories from Oakleigh Chargers?**

It was a long time ago now but it was back to just having fun with your closest mates and not having a care in the world...

**Speaking of Oakleigh, what's your favourite sweet at Vanilla Lounge?**

Warmed Mars Bar cake with ice cream!

**What do you enjoy doing outside of football?**

I enjoy spending time with my mates and also my dogs!

**The importance of being a positive role model...**

It is very important obviously. You want to make a good impression on kids so you therefore have to think about what you are doing and if it's going to be a good decision.

**What advice do you give your young fans and aspiring players?**

Just enjoy your footy. Don't worry about structures and everything else, just go out there and have fun. Usually when you are having fun too you will play your best footy.



Photos by Kostas Deves

# COUNTER PLAY...

We caught up with local mother and daughter duo, **Chrys** and **Mikaela Phillips**, to chat about their television drama, *Counter Play*, their multiple roles within this program and what they've learnt along the way.

**First up, give us an overview of *Counter Play* in your words?**

**Mikaela:** *Counter Play* is a drama series based in an affluent, beach-side town called South Point. Its storyline centres around mystery male protagonist, Jake Spector and the three large families of the town – their family lies, scandals and secrets, and the love triangles, greed and corruption that ensue between them, not to mention the tangled web of other characters. It's definitely the first show of its kind to be fully produced, created and come out of Australia within its genre, and the glossy feel of filming proves Australia can produce content that is similar to what overseas shows do.



22 | VANILLA

**Tell us about your roles in *Counter Play* – behind the scenes and in front of the camera?**

**Mikaela:** I've been juggling two roles on production of *Counter Play*, between acting in front of the camera and producing. In front of the camera I can be seen as one of the series' leads throughout both seasons – the wealthy, independent and blue-blood Faith Morgan. It's been such fun stepping into the shoes of this character and navigating her emotions, beliefs, motives and luxury lifestyle! This character and this show have allowed me to experience some amazing film locations – from luxury sports cars to private boats and even a jaw-dropping gorgeous mansion estate! No part of filming or creating *Counter Play* has been dull or boring and I've thoroughly enjoyed being a producer of the series too, working alongside mum in this capacity on everything behind the scenes, from pre- and post-production to location scouting, prop sourcing and everything else in between! Both have been very demanding and time requiring roles, at times pushing me, and I have learnt a lot and have loved both parts equally!

**Chrys:** Haha! That's a question that makes me smile; my roles behind the camera are producer, creator and director. I also have a small cameo as Lady Morgan in front of camera. Behind the camera responsibilities literally take up 15 hours a day, from filming through to pre- and post-production. Basically, if you don't have the passion to create your own TV show, the hours would definitely be exhausting.

However, I love the characters and the

*mystery in the storyline.*





It's been such fun stepping into the shoes of this character

**Where did the inspiration for *Counter Play* come from and what drew you to create the series?**

**Chrys:** The inspiration for *Counter Play* came from watching Australian television for years, and after living in the US for several years I wanted to come home and create a show that showcases Australians in a new light – that is, not our usual outback or horror-themed dramas and comedies. Something that would measure up to the world's high-end; polished TV shows that we all watch here but never have an Australian made version of. Therefore, *Counter Play* shows us Australians as devious, affluent, sexy and dramatic – a nice change from the 'norm'.

**How do you feel about being referred to as the *Gilmore Girls* of Australia?**

**Chrys:** I actually quite like this. I am a fan of the show and I think it's quite a lovely compliment and really, it does fit us – if you hang out with us, you'd notice, haha!

**Mikaela:** Haha, well it definitely is quite a title... and I love it! It's actually so amazing how many people call us that or refer to us as that in real life and on social media. We're very close and it definitely is a compliment to be referred to as the *Gilmore Girls* of Australia, I think we'll happily take that, haha!

**What have you learnt from producing this series?**

**Chrys:** I think any career project that anyone begins, there's always something to learn. In this role of producing the series I learnt that not every talent that is cast is always dedicated to their job role. Many people think acting is instant fame and sadly aren't ready for the hard work; and this – along with some prejudice from a few males not wanting female direction – was one of the biggest learning curves.

For more on *Counter Play* please visit:  
[www.counterplayseries.com](http://www.counterplayseries.com)  
 Chrys web: [www.chryspPhillips.com](http://www.chryspPhillips.com)  
 Mikaela web: [www.mikaelaphillips.com](http://www.mikaelaphillips.com)





# ANNA POLYVIOU'S Sweet Street @ Vanilla Upstairs

On 5th June Vanilla Upstairs hosted Anna Polyviou for her first book launch in Melbourne with her special guests, Anastasia and Faye from *Gogglebox* and the Butler sisters from *Family Food Fight*.







*Sweet Street* was four years in the making, and the end result is just as fabulous as the woman herself! Bright, vibrant, and full of colour and excitement.

# SPIRI TSINTZIRAS explores Ikaria...

We first met local Melbourne writer Spiri Tsintziras when she launched her debut novel, *Afternoons in Ithika*, and now she's back with her second book, *My Ikaria*...

## What were your very first thoughts when you hit the Ikaria?

I have been thinking, researching and working on My Ikaria for over three years. Most of the research was via academic reports, articles and interviews, well before I got to the island. The knowledge gleaned from this cemented and affirmed my belief that being physically and emotionally healthy need not be complex. The Ikarians keep themselves very healthy sans gym memberships, restrictive diets or excessive deprivation. Their daily work and social rituals help them to keep healthy physically and emotionally.

I had been fantasising about going to the island for so long that it got to the point where I wondered if it even really existed or was simply a figment of my overactive imagination. Thankfully, it did exist.

First thoughts (to quote from the book):

*As the plane approaches Ikaria, I look down to see jagged craggy cliffs against an impossibly blue sea. I snap a photo for my children through the window.*

*At the airport, I am greeted by a statue of Icarus, his wings and arms stretched out as if about to take off. I can't help but think that I too am about to embark on yet another adventure. I have arrived on this ancient island and I can't stop smiling, even though there is no one yet to which I can direct my joy.*

## And your last thought as you left?

I have learnt so many things since 'meeting' Stamatis Moraitis in the New York Times article. I've come out the other end eating more simply and cleanly most of the time. I feel more generous and spontaneous, more alive. I've become more social again, have more energy to do the things that are important to me. I've become more curious, more engaged with what is going on around me. And I've learnt to be kind to myself when I don't always meet my own high expectations.

More and more I'm thinking that the answers I was seeking are not just about living longer, but about living better each day, as mindfully and as lovingly as possible. As we drive along, I silently thank that island and its people for giving me so much.



## What resonated most with you about the people of Ikaria?

Their generosity, their humour and their very laid-back attitude to time. I immersed myself in experiences such as drinking of the 'immortal waters', meeting locals, dancing at festivals and experiencing Ikarian hospitality in all its wonderful glory. The island is famed for its slow rhythms, and I was not disappointed on this front. I would write each morning then leave the apartment and return in the evening, despite having had only loose plans. The island and its islanders took great care of me and I hope to have captured something of the magic of my experiences in the book.

## And your kids, if they only picked up and carried on one impression or life lesson, something they could take through life with them, what do you hope that would be?

Couldn't resist listing a few!

1. Whenever possible, eat real food that your yiayia would recognise!
2. People are more important than things.
3. Don't do too much – do what's most important to you, most of the time!





# A career in helping others

Volunteering to help those with dementia has led to a complete career change for Penny Litsa.

Newly arrived from Greece and managing five Ugg Boot retail stores in Melbourne, Penny decided to add volunteering to the list.

At Fronditha Care's Memory Support Unit (dementia care) in Clayton South, she discovered she could help with just little things – keeping people company or making them laugh.

Now, four years after she touched down in Melbourne, Penny is a qualified Community Support Worker in Fronditha Care's growing community services team.

She helps the elderly stay independent in their own homes, and brings a cultural familiarity with her language skills and stories from the motherland.

**“When someone opens their door with a smile on their face and invites me in to help them, it's such a wonderful feeling,”** she says.

She helps people with meal preparation, domestic assistance and escorted outings (going to doctors' appointments, the supermarket, church, etc).

Moving into a caring role has changed her as a person and changed the way she looks at life.

As a young mum with a 7-year-old daughter to look after, she is quick to show how important help can be for someone with dementia.

**“With a child you teach them how to use scissors, but with someone with dementia, you remind them how to use them,”** she says.

**“A child will then go off and understand the dangers of scissors, realising that they can hurt if not used correctly, but with a dementia patient, they won't understand the dangers. I discovered that I really enjoyed being able to help someone again and again. It's a bit more involved, but at the same time more rewarding. When their memory is jogged, they feel like they've succeeded.”**

Fronditha 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, Fronditha Care is recruiting new community support workers.

To apply for a role with Fronditha Care contact **03 9552 4100** or visit **frondithacare.org.au**



## Fronditha Care is recruiting Community Support Workers

Fronditha 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 Fronditha Care?

Working for Fronditha 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:

- Salary above award rate
- 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**



**We're for people not profit**

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

**Paris Nigro** on **03 9552 4119** or to apply visit **frondithacare.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 a police check. Greek language and cultural understanding would be an advantage.

A close-up portrait of Mark Bouris, a middle-aged man with dark, slightly graying hair, wearing a white shirt. He is leaning forward with his arms crossed, resting his chin on his hands. He is wearing a dark leather watch with a metal case on his left wrist. The background is a plain, light-colored wall.

# MARK BOURIS

*Pay it Forward*

By Raquel Neofit





Australian businessman, Mark Bouris, best known for his television show *The Mentor*, is the mastermind behind lending giants, *Wizard Home Loans* and *Yellow Brick Road*.

Mark grew up with hard-working parents in Sydney's western suburb of Punchbowl.

His Greek father and his Irish-Australian mother gave Mark a sense of the importance of hard work and dedication in all aspects of his life. His parents imparted to him the lessons of never giving up, to be fully committed to whatever it is you're doing, and that there are no short cuts in life.

Mark's financial planning and lending business, *Yellow Brick Road*, is lending over a billion dollars a month and growing in the areas of business advice, management and education. He is looking to the future with consideration about what businesses need in terms of guidance and accountability, and what his experience has to offer entrepreneurs and small business owners through his website and v-blog platform: [markbouris.com](http://markbouris.com).

We delve inside the mind of Mark Bouris to discover how he thinks, why he believes in the importance of 'paying it forward', and what it was like growing up in Sydney with a large and boisterous family of strong men and women...

**How did your father share his Greek heritage with you?**

Dad has lots and lots of brothers and they all had lots of kids! So I have lots of cousins and that cultural feast was a big part of my life. There were a lot of boys – my dad has five brothers – and there was a good balance of strength of character with all of them. But there are also a lot of strong women within my family. They are all really hardworking, fun people who like to do what Greeks do in terms of having fun. It was rich in terms of colour and complexity.

**And do you get to Greece or Ireland much?**

Yeah, I do, I like visiting them both – they're both different to me.

*They both have a certain appeal to me, but I have to say, I do really enjoy going to Greece for a break from business life in general.*



**You have a what-you-see-is-what-you-get attitude... how has that influenced your career do you think?**

*I guess my personality narrative is pretty straightforward. I don't pretend, I say what I think.*

*Often it gets me into trouble too, by the way.*

I'm not what you'd call a particularly compliant person when it comes to rules and expectations because I don't really enjoy that; I don't like doing things for the sake of doing them. If I do something, then I do it with an agenda of achieving an outcome. And when I say something – and I'm not a particularly eloquent person – I choose my words carefully, making sure my words have an impact, getting straight to the point and not beating around the bush.

**I didn't realise that the TV show was your own Mark Bouris TV to begin with.**

Yeah, it was my son Nick and I who put it together. Nick's the creator of the show and Seven is the producer, but yes, it's our show.

**You asked Joey Scandizzo in an online version of *The Mentor* what is the ingredient in him that makes him succeed... What's your ingredient that makes you succeed?**

I guess what I tend to do is build up logic around a proposition; I string the evidence together, draw a deduction – or logic – and then I apply that logic to a problem.

*I have one particular personality trait and that is that I don't ever give up!*

And it's not because I've got some mad ability to persevere or anything like that, I have no more endurance than anybody else, but intellectually I just can't rest until I know what the answer is.

I am an answer-based person. Sometimes there is no answer and you just have to keep working on it. In some respects it can be unhealthy for me because I can get extraordinarily distracted to the point where I just can't stop trying to solve the puzzle, but I'm like that with every puzzle that gets presented to me no matter what it is.





**You often talk about paying it forward, where does that come from and why does it resonate with you?**

I think there is an ethical obligation on those of us who have been lucky enough to have had someone assist us in a mentoring capacity, and I think that there is an ethical obligation on us as part of accepting those people's help to pay it forward one day.

All of the experts that I bring onto the show all share in that view and they're all happy to pay it forward, because if you're not paying it forward you're expecting some compensation for it – which is not proper mentoring.

For me, the TV show is about paying it forward too – on a scale that's large enough to reach a lot of people. I don't get paid to do the TV show, but if I can scale my mentoring on a larger scale, then it's worth doing it and worth spending my time on it.

**How do we find these mentors in life though?**

Well, right now you can't find them, that's the problem. This is one of the reasons I've done the show. Additionally, it is why I've built the website called [mentor.com](http://mentor.com) and why I do the podcast called *Mentor*.

What I will be doing in my next stage is opening up access to people who I think are mentors. I'm building something new that's disruptive that hasn't been done before.

**Many years ago, twenty-somethings could draw on their parents' equity to buy a house, it's tough in today's market... so what's the best way for them to buy their own homes now?**

There is no simple answer to that question these days, it's very complex, I don't have an answer other than to say, save! It's a mathematical thing and you must understand the mathematics behind it.

*They're going to have to be prepared to wait longer, because if they don't have a deposit then they can't borrow any money – there's no magic footing on this stuff.*

And it might mean staying at home longer, which many people may dislike – and that's fine, but then don't start complaining that you will never get a house. The reason you'll never get a house is because you moved out of home too soon.

**So, you're for kids staying at home longer?**

Well, I think so, but there's no prescription for it. Moving out of home might be a good idea because it might be impossible to stay at home, but you've just got to weigh all of these things up.

It's not like it used to be when everybody moved out of home and they saved a bit of a deposit and then they went and borrowed 90% and bought themselves a reasonably priced house in Sydney, Melbourne or Brisbane, and then paid it off. It doesn't work that way anymore and it's just going to get harder and harder to borrow money.

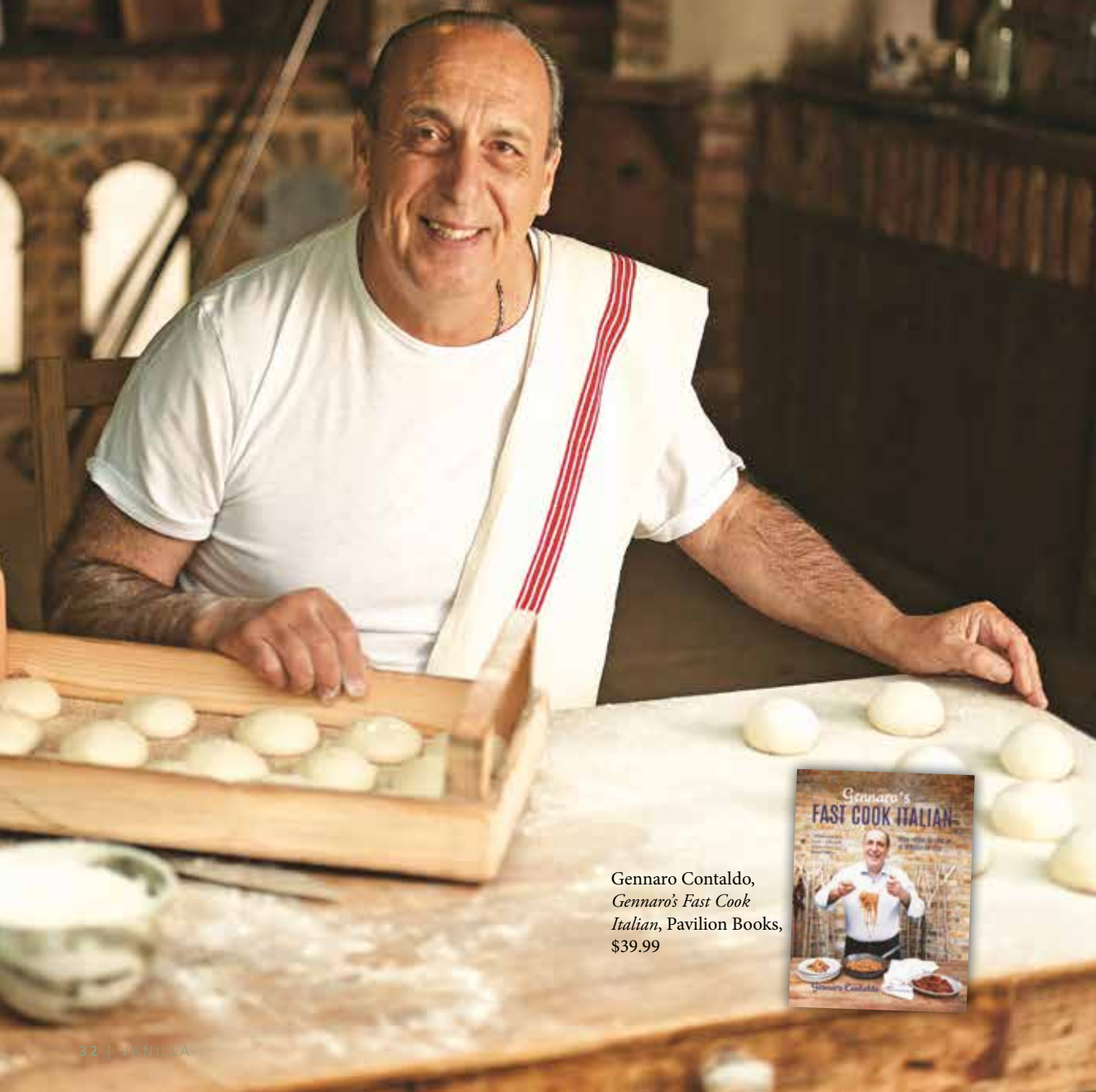
They need to start thinking about how this all works at a young age. That's really important to think about.

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Keep an eye on [vanilla-magazine.com.au](http://vanilla-magazine.com.au) for more from Mark Bouris.

# Uniting Through Food...

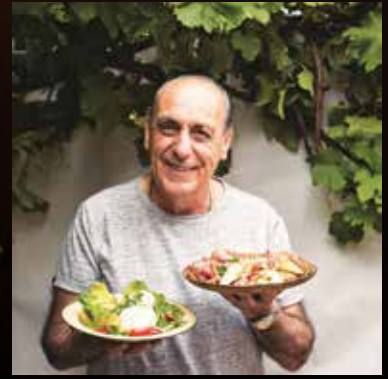
By Raquel Neofit.



Gennaro Contaldo,  
*Gennaro's Fast Cook  
Italian*, Pavilion Books,  
\$39.99







This issue, we head to the United Kingdom to discover how two great chefs are encouraging people to connect through food and enjoy the pleasure of eating together. . .

## **GENNARO CONTALDO** – *Fast Cook Italian!*

No stranger to sharing a heavily laden Mediterranean-style table, Gennaro is passionately encouraging us to stop thinking about how busy we are, and to make time to enjoy a home-cooked meal with your family and friends – even if you're not a cook. Together with his partner Liz and his sister Arianna, he's created a collection of dishes that anyone, anywhere, can create in under 40 minutes. The reason, he tells us, is because not only can you rustle up a fast and healthy meal in the time it takes to go out, but you can experience the joy of 'breaking bread' with your family and friends.

Underneath the sunny glass ceilings of Jamie's Italian restaurant in the UK (yes, it really was a sunny day, he Facetimed me by surprise!), Gennaro spoke about the importance of a shared table and also the importance of sharing your love and your life with those around you and also with your children. 'When you cook for your family, your husband, your children, they can see how much love, passion and time you've put into cooking for them,' he said.

'And teach your children to cook too. At the moment, all around the world, people are saying to me, 'I don't have time', but we have to find the time. We find time to share with our mum and our dad and our children, so why not with food?'

Everything he cooks in his book and on the television show *Saturday Kitchen* at the moment is quick, simple and delicious. 'They're quick, they're easy, they're healthy – everything you would expect an Italian mama to cook for her family. She has to move fast and she has to give them the best to ensure her children will enjoy eating – she is showing her love,' he added.

Keep an eye on your screens later this year, Gennaro has recently wrapped up filming a journey through Italy with his favourite Claytons-son, Jamie Oliver, where they travel from north to south searching for the classic Italian recipes in an effort to ensure they are never lost. So with that in mind I just had to ask him what he recommends we add to our must-see lists next time we're in Italy!

*“Definitely the Amalfi Coast where I come from. Sicily is beautiful, and the small island of Aulia – the food is marvellous and the people are fabulous, and Rome, it's very, very important to visit Rome!”*



## THE SPORTSMAN – *Stephen Harris*

Stephen Harris is not like most Michelin-starred chefs. First of all, he's self-taught, and second of all, Stephen believes that more people should be able to experience the great food served in Michelin star restaurants.

So, he set out and transformed *The Sportsman* from an out-of-the-way, boozy-carpeted, rundown pub, into a restaurant that now holds the title of Britain's Best. It may still be out of the way but as Marina O'Loughlin explains in the foreword of his first book, 'it has become a place of culinary pilgrimage' by many throughout the world.

All of their staples are made in-house. From house-churned cultured butter made from the freshest, local milk, through to hand-made and locally harvested salt, salt marsh local lamb and house-cured bacon. Stephen's food tells the tale of the local land and its producers. They forage and live on a motto of locality and seasonality.

'I was trying to create a style of food that was different to everybody else's, so rather than use the bog standard butter that's produced in a factory, I made my own from milk from Jerseys that were in the field every day eating the local grass – it's special. Just like when you get an olive oil that comes from a single vineyard, that's what thousands of years of food culture brings you,' Stephen says.

But what really drew us to share the story of this chef and his gastro-pub on the other side of the world is the fact that after years of dining in high-end, Michelin starred restaurants, often out of reach to so many people, he decided to create a Michelin dining experience that could be shared by almost everyone.

Stephen learnt to cook by eating at the best restaurants in the world, paying close attention to flavours and textures, then, heading home with his memories, he would endeavour to recreate these grand meals at home. And I find it impressive that he's happy to admit that! 'Yes, I am. See, most people won't admit it because they're embarrassed. But I wasn't a trained chef in a professional kitchen and I taught myself by being a customer, and when you're trying to teach yourself how to cook, it's quite a good way of doing it because it's

nice to have a memory of the flavour in your head when you cook. I would give it a little bit of my own twist but I was happy to admit that these greats, like Marco Pierre White and Gordon Ramsey, were where I found influences. Then, after about five years of cooking with these great influences, I started to get a style of my own and started to allow what was grown around me to influence what I was cooking. And that's now what you find at *The Sportsman*.

### *Michelin Comes Knocking...*

Once settled into the surrounds of his new home at *The Sportsman*, Stephen didn't really have any intention of setting out to earn a Michelin star, but as he explains, there's really no way of avoiding their attention in England.

'They come around and inspect every restaurant. It was about a year before Michelin turned up, but we always knew there was a possibility. It was just before the millennium, so November '99 – keeping in mind that the restaurant industry was a lot different back then. Restaurants weren't such a big deal back then, and we were in the middle of nowhere and just looking to survive,' he said. 'There wasn't the kind of culture there is now. I think social media has changed things a lot – you can open a restaurant out in the middle of nowhere now and, with the right social media, within a month or two everyone knows you're there. But it wasn't like that for us; it was about three years before we had a national review and that was Jay Rainer in *The Observer*.'



*The Sportsman*  
by Stephen Harris  
Phaidon Press | RRP \$59.95





*“I always believed that if you just put your head down and cooked you'd just have to see where you end up, and that seems to have worked for us. We're not one of those places that does PR or tries to hustle anyone, we just keep our heads down and cook, and be judged by the quality of the food. But we were certainly ready for the star when it came, I certainly think we deserved it.”*





# UPSTAIRS



@vanillaoakleigh





# MAMMA MIA

## The Musical

Fun-filled, heart-warming and uplifting – just a few of the words that have described *Mamma Mia! The Musical* over the years. And really... who doesn't need a whole lot of that in life!

Natalie O'Donnell stars in this re-vamped Australian production as mother-of-the-bride Donna Sheridan. In the role of Donna's daughter and bride-to-be, Sophie, is emerging young Australian actress Sarah Morrison, and starring as Donna's vivacious and loyal friend Rosie is acclaimed Australian actress Alicia Gardiner.

Raquel Neofit caught up with Alicia Gardiner and Sarah Morrison while the pair were on tour with the show in Perth. >>



# SARAH MORRISON *Sophie Morrison*

Sarah's first lead was in *Ladies In Black*, which came off national tours last year where she played Lisa – a role she says she will always look back on fondly. Now as the bride-to-be, Sarah has the excitement of both on and off-screen romances, as she stars opposite her real-life and on-stage boyfriend Stephen Mahy who plays Sky.

## What is it about *Mama Mia* that keeps people coming back for more?

I'm not sure if you can pin it on just one thing. Obviously the music is what's keeping it alive to a certain extent – with those ABBA songs that everyone knows and loves – but I think this new wave of enthusiasm about the show certainly has a lot to do with the film.

We have so many teenagers and kids coming to see this show and I think it's because that movie is sort of like the *Grease* of their generation. And that's how they've been introduced to all of these songs.

And you do get so many people who have only seen the movie, so many people don't know that it was actually preceded by the stage show 17 years ago!

## How do you get into character? Is Sophie's personality similar to yours in any way?

Yes and no. I think in any character you have to find something in them that has some kind of similarity. Sophie has this 'dreamer' quality about her, which I can definitely relate to. She's young and she wants to go places and see things, and do new things. In the part of the story where we meet her, she desperately wants to know who her dad is because that's important to her and it's a part of her.

I think we're always on this journey of self-discovery, I don't think that ever really ends, which is her cornerstone of the story. She's super relatable to anybody in that way.

But it's been interesting getting into her character, I'm naturally a very fair skinned, dark haired girl, and it's been fun to transform into her! I'm getting spray tans every week and blonde in my hair to make me look more beachie and that's definitely not me – I'm comfiest in all black on a Melbourne winter day. That's my go-to place, my happy place, so getting into Sophie's character is different and it's really fun.

## Did you grow up with ABBA? Were your parents into them?

Absolutely, I remember very clearly that they'd put them on sometimes on the weekends.

I remember we got robbed when I was about eight or nine, and the one thing mum still kind of goes on about is that the *ABBA Gold* CD was still in the CD player they took. You know, forget the priceless jewellery, it was the *ABBA Gold* CD she was most upset about!

## And your boyfriend Stephen, who plays your on-stage love, Sky, were you partners before the show?

No, actually, we were friends, I don't know exactly what happened but it all of a sudden happened and we fell in love off-stage and on-stage I guess.

*It's been very exciting and definitely a nice surprise, I never saw it coming, that's for sure.*







# ALICIA GARDINER *Rosie*

Known and loved for her role in the hit television show *Offspring*, and her roles in *Kath and Kim*, *Redfern Now*, *Miss Fisher's Murders*, and *The Secret Life of Us*, just to name a few of a very long list, Alicia's passion for the stage is something she loves indulging in.

In the original production of *Mamma Mia! The Musical* Alicia played the role of Ali. Now she returns as Donna's vivacious and loyal friend, Rosie.

## **This isn't your first foray in the world of *Mamma Mia*, tell us all about it.**

No, I did the show 17 years ago with the same company where I played Ali, one of the bridesmaids, and now I'm playing one of the dynamos. It was an amazing experience back then – and really, you just can't go wrong with ABBA – but the story was beautiful and everyone was so great to work with, so I thought... well, let's do it all again!

## **How does it vary from the original?**

It does vary slightly; there are a few different elements. The show itself is the same, and the story and the music is the same, but there's some design elements and choreography that are different and obviously the cast is different. It actually feels like a totally different show to me but that's probably because I'm coming in as a totally different character!

The whole thing feels fresher and brighter. It feels like it's set in the same era, but at the same time it feels more modern. I don't know how they do it but they pull it off really well.

## **There's nothing like live musical theatre to get everyone singing along and caught up in the story!**

Exactly, and particularly this show. There's so much energy out in the audience, we've got audiences from all ages; from little kids to grandparents and we are really able to interact at the end of the show so that in itself is huge because we get so much energy from the audience and seeing how much they love it.

Half of the work has been done for us with the incredible music, but it really is a big spectacular in the end. It is one of the few things you can experience as a family and get completely caught up in it – so make sure you bring your kids. My kids have seen it lots of times now and they love it, and I'm sure your kids will too.

And the other thing with the show is that the story is so relatable to so many people.

## **Are you anything like your character Rosie?**

I guess every character we play has elements of ourselves in them. I think she's far more outgoing than me, but she's independent like me, she has a love of travel and she values friendship like I do, but she's more gregarious and spritely than me.

## **And what do your kids think of it all, were you practicing at home?**

They love it, but because I did *Offspring* for so long they just kind of go, 'oh, do we have to talk about *Offspring* again?' It's all just another job that I do. They're only young though so I don't know if they really get that the job is a little bit different or special yet – they're 10 and 12 years-old. It's just what mum does. And I've always done television and live shows while they were growing up.

But they love coming to see the show! They're blown away by it.

## **What is it about the story that keeps people coming back?**

It really does come back to the characters being relatable, the story being simple and beautiful, and the music; the fact that people can actually come to the theatre and have a great fun time, have a dance, have a sing, but actually have a cry as well, and feel something through these beautiful characters and stories.

It has so many elements: it's not just fun comedy - it has a lot of heart. People like to feel, people like to come to the theatre and leave feeling something.



*Mamma Mia* plays at Melbourne's Princess Theatre until 30 September 2018 and then continues to the Festival Theatre at Adelaide Festival Centre from 9 October 2018.

# Todd McKenney

We caught up with Aussie actor, Todd McKenney, right before the opening of his latest performance in *The Rocky Horror Show*...

**Rocky Horror has such heightened energy and drama, what's it like when it all comes together on the stage?**

It's like a huge party and it's the best party in musical theatre.

**Have you always been a fan of Rocky Horror? Do you remember the first time you saw it (either on stage or screen) and what you thought of it and all of its craziness?**

Yes, I've always been a fan and I've wanted to play the role for years and years. I have been offered it before, but it wasn't at a time that I could accept it, so I was so thrilled that this time it all fit in.

I saw the movie a million times as a kid growing up and it was always outrageous. I just love the fun aspect of it.

**You're playing Frank N' Furter in Rocky Horror, what drew you to this role? And to this show?**

I love audience interaction, which is so important in this show and one of the main reasons I love the character of Frank N' Furter so much; he gets to play with the audience and play with the cast - that's really appealing to me.

**You've played such a variety of roles throughout your career – do you have a favourite kind of character or story?**

I actually love playing characters that are really far removed from me in my every day life so this role is about as far removed as you can get. It's so much easier to play a character that is not like me at all, which is one of the reasons I took the role. I like playing characters that are outrageous and different because my life is actually pretty boring. For two hours a day my life won't be boring – I can be totally outrageous and call it art.







**Was this a path you set out for? Is where you're at now something you foresaw in your future as a late teen starting out into the world?**

I have way exceeded anything I thought I would do in showbiz. When I was growing up I just wanted to be the best dancer around. I never really thought that I'd have this massive leading role in a musical theatre show. It has way exceeded my dreams and I'm very grateful for that.

**What do you love most about your career right now?**

That I play in a lot of different worlds. I play in a bit of television, a bit in radio, a lot in theatre (and I do different types of theatre) so I never get sick of it or bored because it's always changing. I love the fact that the phone can ring one day and all of a sudden you're doing something you never dreamt of. I'm off to London soon to rehearse for *Rocky Horror* and I never thought I'd be rehearsing *Rocky Horror* in London.

**And what are you most looking forward to?**

I do tend to go with the flow. I have this philosophy where I say yes before I say no to things. Sometimes it gets me into trouble and sometimes I just have a great time. It's been my philosophy all the way through my career. I will give anything a go – it doesn't have to be a starring role in a major musical, it can be emceeing a fashion show at a shopping centre – it doesn't matter. I just love working and I want to keep working so my philosophy is to just say yes.

**And some of your most memorable roles or moments over the years, which ones do you look back on most fondly?**

The opening night of *The Boy from Oz* was one of the scariest nights of my life because I just didn't know if the audience was going to love it, and they did love it. It was so exhilarating and such a thrill. I can honestly remember it like it was yesterday. Also, the success of *Dancing With The Stars* just changed my life and has been incredibly important to me. It put me in people's lounge rooms and opened so many doors for me. It enabled me to fill theatres, which is my first love.



**What's next, with all of this activity in your life, what's coming after *Rocky Horror*?**

After *Rocky Horror* I am taking a break. I'm doing a Bravo Cruise (an entertainer's cruise) around the South Pacific, which I'm really looking forward to. Then I'm having a break until *Carols In The Domain* and then I'm having the first three months of next year off. I've rented a little place on the Hawkesbury River and I'm going to fish for three months over summer.

**What advice would you offer to anyone, not just our young but also those looking for a new career or lease on life, wanting to make a start in the entertainment industry in Australia?**

There are no rules and you don't have to just say, 'I am one thing'. Just broaden your horizons and your outlook on possible employment. No one's got a gun to your head making you stay in a job you don't love. If you don't like it move on. I think sometimes people just get in a rut and think, 'well, this is what I do', when actually, it's only what you do for now while you enjoy it. We spend so much time working, go and find something you do love. Don't pigeonhole yourself.

Playing at Her Majesty's Theatre Melbourne from 12 July. Tickets from Ticketek  
 Visit the website for more info and Australian tour dates [www.rockyhorror.com.au](http://www.rockyhorror.com.au)

# SCHOOL of ROCK IS COMING TO AUS!

THE MUSICAL

Andrew Lloyd Webber's Broadway hit is headed to Melbourne this November at Her Majesty's Theatre.

Australian actor and composer, **BRENT HILL**, has landed the role of wanna-be-rocker Dewey – alongside a cast of 36 Aussie kids with big talents and even bigger personalities.

We caught up with Brent Hill not long after he landed this rockin' role.



## **School of Rock is a great movie, had you seen it before auditioning, and were you a fan?**

It is a great movie. I've seen it about eight times – I watched it originally for *Rock of Ages* years ago, and I was instantly a big fan. The script by Mike White, who played Ned, is just an excellent two worlds colliding idea executed masterfully.

You know, as a kid I played violin for seven years, and once I got the choice... well, I promptly changed to drums. So the story speaks to me a lot; be rebellious and be true to yourself, because everyone learns and expresses themselves differently. And *School of Rock* embraces that – stick it to the man.

## **What drew you to this character and performance?**

Lots of things but in one word: Music. The power of music. It's primordial. It can resonate with us and at times we don't even consciously understand why. It connects people universally and getting to do that as a band is awesome. I did *Once* a few years back and there is something about the interconnectivity of musicians, you know, it's the same as improv – you gotta be there as a team. It's great.

I'm also super excited because the music is by Andrew Lloyd Webber. I grew up watching *Jesus Christ Superstar* on VHS; the Lord Webbs most definitely rocketh.

**ALSO, WORKING WITH THIS MANY KIDS IS A NEW AND EXCITING CHALLENGE AND I'M ALL ABOUT CHANGING IT UP.**



**How do you plan to get into character? Is it an easily relatable character for you?**

I'm not sure just yet, but it will probably involve proper hydration and slow burning carbs.

So far it has involved a lot of listening to more fist-clenching music and going and watching some bands.

**I PLAY A LOT OF INSTRUMENTS – PIANO MOSTLY – SO THERE IS SURE TO BE A LOT MORE STRUMMING AND WAILING THAN USUAL.**

I already pissed off one music store clerk by trying out several electric guitars unprompted.

I'm not as hardcore a rocker as Dewey, but I'm passionate. Dewey is a guy who refuses to adhere to the world. He's a good listener and relates to these kids who are similarly a bit suppressed by the pressure of excelling and success. I think that's plenty relatable.

**What draws you to the stage? What do you love about performing on the stage?**

I don't know what draws me to the stage, really; it's just in me. It's fun and I enjoy it.

The challenges of theatre interests me. You get that audience feedback loop, it's fascinating.

It changes every show and it's immediate and alive.

**Can you share some of your career highlights with us, some of your most memorable moments?**

The most recent highlight was working with Hugo Weaving and team on *The Resistible Rise of Arturo Ui* for STC. Hugo is not only a true master of the craft, but a bloody lovely, compassionate, kind and unique person. He is incredibly inspiring and is the best actor I've seen.

Getting to be both Seymour and Audrey II in *Little Shop of Horrors* was two dreams simultaneously realised. It was hard work, but it was damn rewarding.

I loved doing *Mr Burns: a Post-Electric Play*. And *Chimerica*.

The *Rock of Ages* performance where Molly Meldrum danced with us onstage unprompted during the highly-choreographed finale was pretty-damn hilarious, and a good testament to the show.

**And plans for when the *School of Rock* wraps up? What would you like to be doing in a year or so?**

I have four musicals on my project board, which I want to write and compose. I've been slowly chipping away at them; I've snuck into a lot of empty piano rooms at the end of a rehearsal day. So after SoR I'd love to have at least one(!) finished for workshop and production.

**A LOT CAN CHANGE OVER TIME, BUT THAT'S THE PLAN.**

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Previews from Wednesday 31 October, Her Majesty's Theatre, Melbourne  
Tickets from \$69.95 | [schoolofrockmusical.com.au](http://schoolofrockmusical.com.au)









Made to Share

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**GRILLED HALLOUMI**

Toasted sesame seeds,  
honey & baby herbs

**GREEK CHEESE SAGANAKI**

Grilled & served with lemon

**LEMON PEPPER CALAMARI**

Lightly dusted, flash fried,  
served with lemon & garlic aioli

**ARANCINI**

Classic Italian rice balls

**WHITE TARAMEA DIP**

Home-made

**MARINATED OLIVES**



A top-down photograph of a meal. In the upper right, a black wire basket with a handle contains a stack of about eight golden-brown, slightly charred flatbread pieces. Below it, on a wooden cutting board, sits a white napkin. On the napkin is a single slice of lemon and a terracotta bowl filled with coal-fired octopus. The octopus is cut into rings and tentacles, garnished with green herbs, and served in a dark sauce. The background is a dark, textured wooden surface.

*Special Menu  
Seafood Favourites*

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**COAL FIRED OCTOPUS**  
With olive oil & lemon dressing



**CHARGRILLED KING PRAWNS**  
With olive oil & lemon dressing





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**GRILLED SKEWERS**

Served with salad, tzatziki, chips & pita (pork, chicken or lamb)





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**OVEN BAKED MEATBALLS**  
Served in a rustic tomato salsa  
with feta & bread (beef & pork)





# Hot Off The Coals

MEDITERRANEAN COAL  
FIRED CHICKEN







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**DIPS & PITA**  
Home-made white tarama,  
tzatziki & eggplant

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

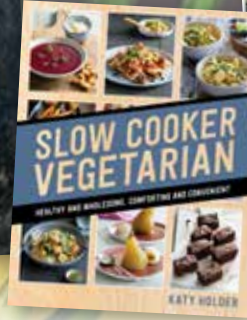
### Veg Out...

#### THE INDIAN VEGETARIAN COOKBOOK

**Pushpesh Pant**

Phaidon Press | \$49.95

No one can get more flavour out of vegetables like those from Indian cuisine – and this book doesn't fail to impress. These are clever recipes from all over India to give your vegetable repertoire a new lease on life!



#### SLOW COOKER VEGETARIAN

**Katy Holder**

Murdoch Books | \$29.99

From soups to salads, to dals and desserts, Katy shares amazing recipes to make the most of your slow-cooker!

#### HEALTHY THERMO COOKING FOR BUSY FAMILIES

**Olivia Andrews** | Murdoch | \$35.00

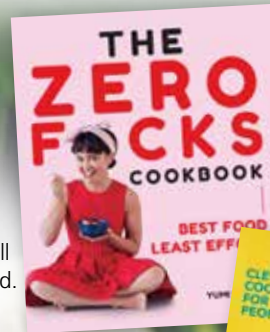
With an array of thermo-style machines available to us now, Olivia has compiled a diverse range of recipes that will work in any thermo machine. From everyday basics like pasta sauces and stocks, easy soups and risottos, through to stews and panna cotta.

### Quick Fixes with No Bull

#### THE ZERO F\*CKS COOKBOOK

**Yumi Stynes** | Hardie Grant | \$39.99

With a very successful career in the media and a few kids in tow, Yumi doesn't have time to F around! Most days she just wants to get food on the table in the quickest time possible, and this is her bible of quick, no-bull recipes that get her through the week so she can slide on into the weekend.



#### FOOD HACKER – CLEVER COOKING FOR BUSY PEOPLE

**Rosie Mansfield** | Penguin Random House | \$29.99

Food hacks from a nutritionist that are quick and easy – why not? We're in! Within these brightly coloured pages you'll find everything you need to create a world of delicious food, no matter how busy you are.



#### ONE KNIFE, ONE POT, ONE DISH

**Stéphane Reynaud** | Murdoch | \$39.99

*Simple French Cooking at Home* brings together a plethora of recipes with an easy and mess-free approach. This book is fantastic even for people who don't know how to cook or aren't interested in complicated dishes, but still want to produce some great French classics.







## From the Pro's

### ASKA

**Fredrik Berselius**

Phaidon | \$69.95

This gorgeous black bible from the restaurant Aska offers an insight into the Aska-philosophy, their food vision, their staff and the restaurant and includes recipes from around the world. It's a memoir, a recipe book, and a look inside Fredrik's mind and heart.

### CUBA: THE COOKBOOK

**Madelaine Vazquez and Imogene Tondre**

Phaidon Press | \$59.99

No one does culture like Phaidon and Cuba is no exception! This bible of Cuba celebrates this diverse country's history, cuisines, and people in an in-depth and delicious foray into another world.

### KOREAN FOOD MADE EASY

**Caroline Hwang**

Murdoch | \$39.99

Caroline Hwang takes Korean food and breaks it down in to simple, easy recipes that anyone can master. With essential ingredients lists to ensure success – like fresh ingredients, essential liquids, pantry staples and even Korean experiences – you'll be on your way to serving up delicious and healthy Korean food in time. Keep your eyes peeled for her young daughter in the images throughout the book - she's just gorgeous!

## One For The Road...

### CITY MAZES

Lonely Planet Kids | \$24.99

Keep the kids entertained while they're being educated! And trust us, it's not just the kids who'll be entertained – *City Mazes* is a book full of puzzles and must-know information from the great cities of the world.

### THE PLACE TO BE

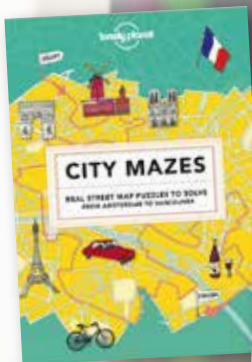
Lonely Planet | \$39.99

Get ready to feel, because *The Place To Be* is a book full of travel experiences designed to make you feel... This book details over 250 places around the world, broken up into chapters that feature feelings: awe, serenity, passion, joy, adventure, reflection, amusement, exhilaration, inspiration... What do you want to feel when you embark on an adventure? It's all here...

### EXPERIENCE ITALY & EXPERIENCE USA

Lonely Planet | \$39.99

The newest inspirational travel books from Lonely Planet delve into the depths of the USA and Italy with vivid images that transport us to the best of everything these two countries have to offer: their nature, their regions, the best food and the best attractions. These gorgeous coffee-table books will inspire a travel to-do list that will be the envy of everyone you know!



# Maltese My <sup>✓</sup>Table

Maria, Rosetta, Joseph and Enrica Matina.



The Maltese table, like so many of the great European cuisines, is one heavily-laden with food, so if you're invited to a Maltese event, make sure you arrive hungry because, as Joseph Matina explains, the servings are huge, and the food just keeps coming.

Joseph Matina was still a child when he left his homeland of Malta for the shores of Australia. And while he was only 12-years-old, he still remembers the aromatic scent of his favourite rabbit stew, cooked at home by his mother on weekends or special occasions.

He also remembers weekdays filled with fresh fish and seafood. 'My father and grandfather were fishermen and fishmongers, so we had a lot of fish in our diet. But Sundays were always special. We always had something different on Sundays,' he says.

Maltese cuisine is rich with rustic, peasant-style dishes that have been passed down from generation to generation. But there are many other cultures that have influenced their cuisine over the years. Invading forces who occupied the island brought with them flavours including France, Italy (in particular), Sicily, Germany, Spain and the UK – even some Arab countries also influenced their cuisine.

One thing is for sure; seasonality is at the heart of Maltese food. Fish and seafood feature heavily in their diets along with seasonal vegetables, rabbit and pork.

Thousands of years ago they had a thriving olive industry, which is slowly on the rise again.

When fish are in excess you'll find lumpuki pie (fish pie), and soups rich in octopus. Kapunatla is a favourite (the Maltese version of the French ratatouille) and the crusty sourdough bread that the Maltese are famous

for. Desserts feature ricotta cheese in pastry tubes called kannoli and helwa tat-Tork (a sweet combination of whole and crushed almonds with sugar).

Whether it was baked pasta (pasta il forn) or bragoli (Italian beef rolls with spaghetti) Joseph's favourite was rabbit stew (stuffat tal fenek).

'I remember my mum frying the onions in preparation to make the sauce, and the frying of the rabbit, which was half-cooked. In a separate frying pan, she would fry the heart and the liver and she would let me have it for morning tea,' he says.

Although many Maltese dishes originated outside Malta, the rabbit stew is Malta's signature dish.

'Rabbit was always cheaper than other meats, so the majority of families opted for rabbit,' he adds.

In Malta, rabbit became such a traditional dish that there are now social gatherings where people and families get together and enjoy what is called a fenkata – where all meals served on this occasion contain rabbit meat and rabbit sauce.

Joseph remembers the rich tomato sauce with the taste of bay leaves, wine, garlic and onions, with a pinch of red curry to enhance the taste and the aroma, cooked until it was falling off the bone.

Most rabbits eaten in Malta are home-grown and fattened for the table. The average Maltese person can taste the difference between a wild rabbit and a home-grown rabbit straight away!







## JOSEPH'S RABBIT STEW – Stuffat tal fenek

The first course of this dish is served with spaghetti, topped with the rabbit sauce stew. The second course is when the rabbit was served.

“The rabbit was always home-bred and although in recent times I have settled for wild rabbit, it just does not have the same taste or texture – it tastes very gamey.”

I have always joked... what do you need to cook a rabbit? Most people will give you most of the ingredients, but the answer I expect is “a rabbit”. If you do not have a rabbit, you cannot cook one.

On a more serious note: You will need a rabbit of course.

### *Serves 4*

- 1 rabbit
- 1 bottle of passata
- 2 cans peeled/crushed tomatoes
- 4 medium potatoes sliced in chunks
- 4-6 bay leaves
- 6 garlic cloves – two chopped finely and four chopped in half
- 1 onion finely chopped
- 350 mls cooking red wine
- 90 mls extra virgin olive oil
- A pinch of curry powder
- Salt and pepper
- 1 tsp oregano
- 3 tsp tomato paste
- 250 mls water
- 350 gms frozen peas

### *Instructions*

Cut the rabbit into small pieces.

Place the rabbit in a bowl with two whole garlic cloves and the red wine. Also add one or two of the bay leaves and place in the fridge to marinate. Ideally it should marinate for at least 12 hours, turning occasionally.

When ready, strain the liquid into a container to use later and throw the bay leaves and garlic away.

Place the pieces of the rabbit in a frying pan until brown and cooked half-way.

Place the passata and the two cans of tomato with the water until it becomes smooth in a medium pot.

Add the rabbit pieces to the sauce, then add salt, pepper, oregano and curry onto the pieces. Also add the potatoes, peas and the bay leaves as well as the marinade liquid, and simmer slowly.

Once simmered, let it sit for at least three hours before serving.

**NOTE:** As I mentioned previously, this sauce works well on top of pasta as an entrée.



# Swish Your Way to Health and Happiness...

Hi everyone, **Sally** and **Maha** here! We're so thrilled to be collaborating again with Vanilla Mag! We've had a recipe in the magazine before and if you're anything like us, you love food, so we thought it was high time we shared a few more of our favourite super-delicious, healthy, easy-to-make recipes with you.

If you aren't familiar with our food philosophy, here's a bit of background... Around five years ago, Sally was in cancer recovery and needing to do something to help bring her body back to health after a year of intense chemo, radiation and surgeries.

She soon discovered that drinking a blend of leafy greens, a heap of fresh veggies and a bit of frozen fruit was a game-changer... you guessed it, green smoothies.

Who would have thought that it would make such a massive difference? Weight loss, improved digestion, growth (and regrowth) of her hair and nails. There's no doubt it helped Sal get her 'glow' back and gave her a ton of energy. We soon discovered that it did the same for Maha: weight loss, better-quality sleep, softer skin and, like Sal, so much energy. We both felt lean and light and, well, just so good from the inside out.

While we were both fairly healthy, after we discovered the power of green smoothies we became a lot more conscious about clean eating for all our meals, and making sure we chose lean, whole foods as often as possible.

It's been very much a plant-based lifestyle, with added grains and lean proteins, boosted by extra sprinklings of superfoods, and good fats and oils.

We believe in eating well; delicious food that nourishes and satisfies. That's really what has helped us both stay lean and energised. Plus, we know we're getting a huge hit of vitamins and minerals each and every day. We're not super strict about it—we love our treats too—but we know we feel our best when we eat more fresh produce and unprocessed foods.

If you have followed our healthy lifestyle journey through our books or on SWIISH.com, you'll know we believe in making life in the kitchen as easy and enjoyable as possible. There's no point in buying a million different ingredients, most of which you'll never use again, or following recipes that take hours of precious time. We want to share all we know about how to make healthy, tasty food in a way that's fast and simple. Simple to prepare, simple to cook, and filled with superfoods that make you look and feel super too!

So, we hope you love these recipes as much as we do. We truly believe that being healthy and cooking nutritious food can be a joy.

*As always, we hope you're inspired to live your best, healthiest life. xo*





# ASIAN KAZOODLE SALAD

DF // GF // NF // SF // V // VG // P // **SERVES 2**

## Ingredients

- 2 large zucchini (courgettes), spiralised
- 1 large carrot, spiralised
- 150g (5½ oz/2 cups) red cabbage, shredded
- 50g (1¾ oz/2 cups) kale ribbons, massaged
- 1 red capsicum (pepper), thinly sliced
- 1 yellow capsicum (pepper), thinly sliced
- 3 tablespoons chia seeds (black and white)

## Dressing (optional)

- 2 teaspoons fish sauce
- 2 tablespoons soy sauce
- 80ml (2½ fl oz/1/3 cup) lime juice
- 1 tablespoon rice malt syrup
- 2 teaspoons sesame seeds

## Method

Put all the salad ingredients into a large bowl.

Make the dressing by combining all the ingredients in a small jar and shaking well.

Pour the dressing over the salad, and toss to ensure the salad is well coated.

*Serve immediately and enjoy.*



# HEAT OF THE NIGHT CHICKEN BOWL

DF // NF // **SERVES 2**

## Ingredients

- 2 x 100 g (3½ oz) skinless chicken breasts
- 62 g (2¼ oz/½ cup) pearl (big) couscous
- 1 teaspoon olive oil
- 1 bunch broccolini
- Greek-style yoghurt, to serve (optional)

## Marinade

- 2 teaspoons ground chilli
- 2 teaspoons Middle Eastern spice blend
- 2 teaspoons rice malt syrup
- 2 teaspoons lime zest
- 1 teaspoon ground sumac
- ½ teaspoon garlic salt
- Juice of ½ lime (reserve the lime halves after you've juiced)
- 1 tablespoon olive oil
- Pink salt and black pepper

## Roast Veggies

- 1 red (Spanish) onion, quartered
- 4 garlic cloves, unpeeled but smashed with the back of a knife
- 200 g (7 oz/1 1/3 cups) punnet medley cherry tomatoes, halved
- 1 red capsicum (pepper), seeded and roughly chopped
- 1 teaspoon olive oil
- Pink salt and freshly ground black pepper

## Method

Preheat the oven to 200 degrees C (400 degrees F).

Mix all the ingredients for the marinade in a small bowl, then rub it all over the chicken, making sure it's well coated. Set aside.

Place the veggies in a roasting tray, drizzle with a teaspoon of olive oil, season with a little pink salt and pepper and mix well. Pop the reserved lime halves into the tray as well.

Place the chicken on top of the veggies and roast for 25–30 minutes, until the chicken has cooked through and the juices run clear.

While the chicken and veggies are in the oven, cook the pearl couscous according to the instructions on the packet.

Once the chicken is cooked, remove it from the roasting dish and leave to rest. Then return the veggies to the oven and turn up the heat to 230 degrees C (450 degrees F). Leave the veggies in the oven for another 8–10 minutes, or until they have nicely caramelised.

While the veggies are in the oven for the final 8–10 minutes, quickly blanch the broccolini in a bowl and cut the chicken into 1.5 cm (5/8 inch) slices. Divide the ingredients equally between two bowls. Add a dollop of yoghurt to the middle.

*Enjoy!*



# Show-stopping Sweet Treats And Rock Star Desserts by Anna Polyviou

*Sweet Street* was four years in the making, and the end result is just as fabulous as the woman herself! Bright, vibrant, and full of colour and excitement.

*Sweet Street* the festival launched in 2014 at the Shangri-La Hotel in Sydney. Anna's vision was to transform the hotel into a festival with her past pastry-chef friends from around Australia.

In this riot of colour, Anna takes us on a journey through the world's best Sweet Streets, and in this issue of *Vanilla Magazine*, she shares a little insight into some of her favourite sweet treats.

Anna Polyviou  
*Sweet Street*  
Murdoch Books  
RRP \$39.99



'For me, cooking is about getting people into the kitchen.'



Make sure that the tofu is at room temperature and the chocolate is fully melted, or you get chocolate chunks in the tofu. Make sure to pour it straight away, otherwise it will set due to the chocolate.



'Sherbet fizz reminds me of the old days when milkbars were still around, and a bag of 1 cent mixed lollies were every kid's idea of heaven.'

## BERRY CHOC MOUSSE SERVES 6

I designed this to not only look amazing but taste good too; at the end of the day who wants a boring fruit plate, or even just air, when everyone else is having a wicked chocolate treat? It takes five minutes to blitz up and plate up.

### Ingredients

- 350 g (12 oz) silken tofu, at room temperature
- 200 g (7 oz) dark chocolate (70%), melted
- 70 ml (2¼ fl oz) soy milk
- 250 g (9 oz) strawberries, hulled and halved
- 150 g (5½ oz) raspberries
- 1 small handful of baby basil

1. Blitz the tofu in a food processor on high speed until smooth. Scrape down the side of the bowl.
2. Reduce the speed of the food processor and slowly pour in the melted chocolate. Return to high speed and blend until completely combined.
3. Reduce the speed of the food processor again and slowly pour in the soy milk, then blend until completely combined.
4. Line a flat tray with plastic wrap and place six 150 ml (5½ fl oz) tumblers on it. Put 4 whole raspberries into the bottom of each glass and then divide the chocolate tofu mousse evenly between the glasses. Carefully transfer the tray of glasses to the refrigerator for 10 minutes so the mousse can set.
5. Cut the remaining raspberries in half and combine them with the strawberries in a small bowl. Arrange the berries on top of the tofu mousse. Garnish with the baby basil leaves.



# LOUKOU-MY-ANNAS SERVES 6

We would always eat loukoumades at Greek festivals, where there would be giagiás ('ya-yas') making them. The old ladies would be like machines squeezing them between their hands and just popping out perfect round balls that would fry light and crispy and soak up all the sugar syrup and chopped walnuts. This recipe is my version: I still dunk them into honey syrup, but I add caramel popcorn and choc-hazelnut dipping sauce.

## Ingredients

- 250 ml (9 fl oz/1 cup) warm water
- 5 g (1/8 oz) fresh yeast
- 250 g (9 oz/12/3 cups) plain (all-purpose) flour
- 1 tablespoon caster (superfine) sugar
- 1 teaspoon vanilla paste
- canola oil, for deep-frying and for oiling your hands
- caramel popcorn, to serve

## Honey Syrup

- 110 g (3¾ oz/½ cup) caster (superfine) sugar
- 200 ml (7 fl oz) honey
- 1 cinnamon stick
- 5 whole cloves
- 1 vanilla bean, seeds scraped
- juice of 1 lemon

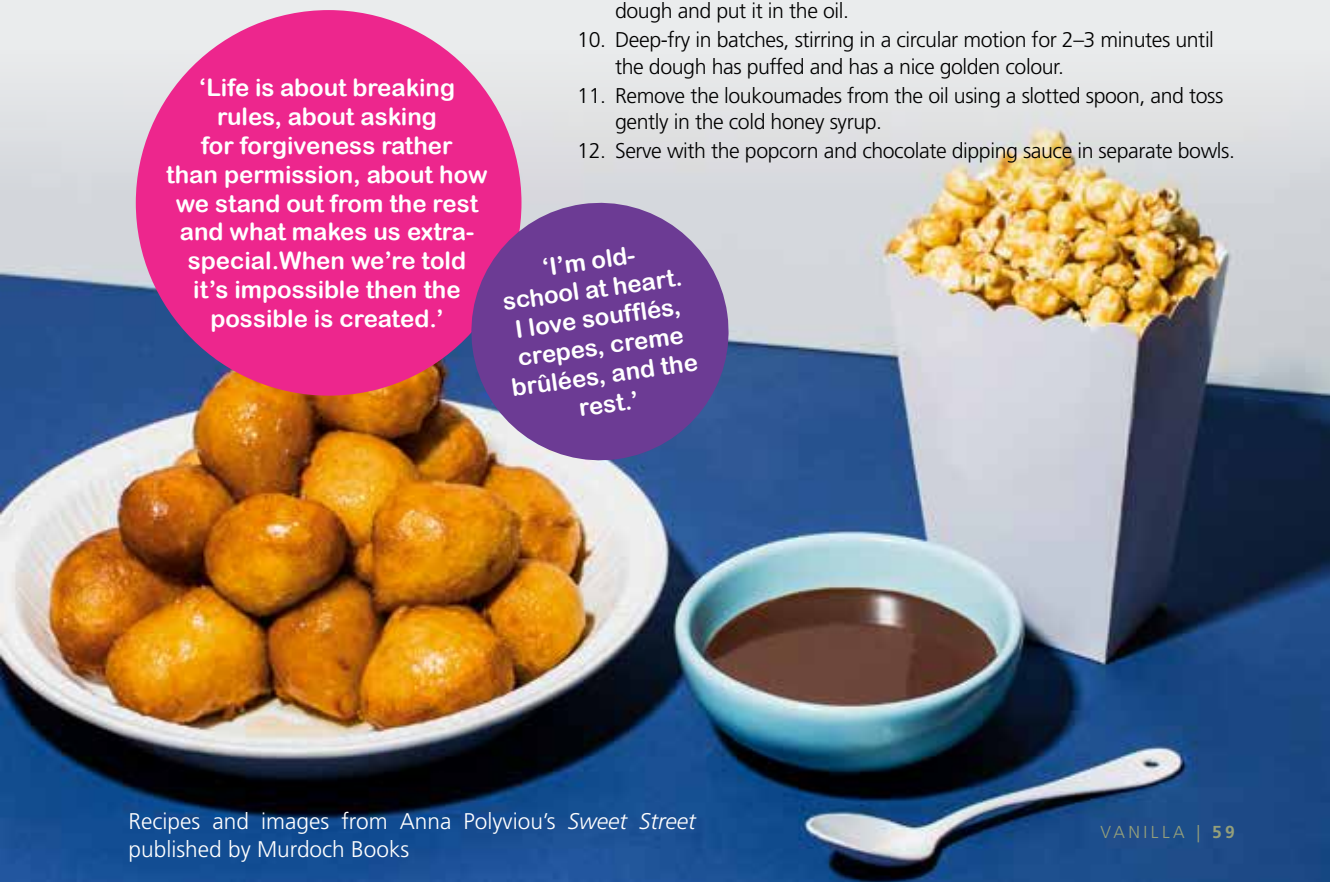
## Chocolate Dipping Sauce

- 80 g (2¾ oz) choc-hazelnut spread, such as Nutella
- 100 g (3½ oz) milk chocolate, chopped or buttons
- 300 ml (10½ fl oz) pure (whipping) cream

1. To make the honey syrup, put all of the ingredients into a medium saucepan with 250 ml (9 fl oz/1 cup) of water. Bring to the boil over medium heat and boil for 3–4 minutes, until slightly reduced and syrupy.
2. Transfer to an airtight container and refrigerate until needed.
3. Put the warm water and yeast into the bowl of an electric mixer fitted with the whisk attachment and whisk on medium speed with a quarter of the flour. Once combined, remove from the mixer, cover with plastic wrap and set aside in a warm place for 30 minutes to froth up.
4. Return the bowl to the mixer and fit the paddle attachment, then beat on medium speed as you gradually add the remaining flour, sugar and vanilla paste. Beat until well combined, smooth and with no lumps.
5. Cover the bowl with plastic wrap again and set aside in a warm area for 1–1½ hours until the dough has doubled in size.
6. Meanwhile, make the chocolate dipping sauce. Put the chocolate spread and milk chocolate in a heatproof bowl and set aside.
7. In a small saucepan over medium heat, bring the cream to the boil, then pour it over the chocolate in the bowl. Stir until melted and completely combined. Reserve until needed — it can be served hot or cold.
8. Preheat the oil in a deep-fryer to 180°C (350°F) or in a deep-sided saucepan until a cube of bread dropped into the oil turns golden brown in 15 seconds.
9. Lightly grease hands with some cooking oil to prevent the dough sticking. Take a handful of dough and squeeze your hand into a fist to push out the dough out. Use a dessertspoon to scoop off a ball of dough and put it in the oil.
10. Deep-fry in batches, stirring in a circular motion for 2–3 minutes until the dough has puffed and has a nice golden colour.
11. Remove the loukoumades from the oil using a slotted spoon, and toss gently in the cold honey syrup.
12. Serve with the popcorn and chocolate dipping sauce in separate bowls.

'Life is about breaking rules, about asking for forgiveness rather than permission, about how we stand out from the rest and what makes us extra-special. When we're told it's impossible then the possible is created.'

'I'm old-school at heart. I love soufflés, crepes, creme brûlées, and the rest.'





—  
VIRITOU



—  
SMALL BAKLAVA



—  
SARAGLI



—  
LADY FINGERS





*It's all Vegan to me*

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APPLE & WALNUT  
VEGAN DELIGHT

@vanillaoakleigh

VANILLA CELEBRATING 10 YEARS!

# All Time Classics

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**KOK**

Greek cream puffs with  
chocolate glaze







---

**PROFITEROLE**

Cream choux pastry with  
chocolate mousse





VANILLA CAKES AND SWEETS

*Made to Share*



@vanillaoakleigh

# Orange is Your Colour

“Orange is the happiest colour.”

– FRANK SINATRA

Orange is a sensational colour, it has a powerful, vibrant, energetic nature and is associated with warmth, creativity and joy. The colour orange radiates happiness and, in many Western cultures, orange represents autumn and the new harvest.

**Did you know:**

Orange juice can relieve acid indigestion. The highly acidic juice turns alkaline when in your stomach.





Orange is linked to healthy whole foods like carrots, pumpkins, peppers, mandarins and, my favourite, oranges. Oranges are classified as a citrus fruit and are closely related to mandarins, tangerines, lemons, limes and grapefruit. They can be sweet, juicy and refreshing. Contrary to popular belief, oranges were not actually named for their colour rather the colour was named after the orange. The orange is one of the most popular citrus fruits and have been grown since ancient times. It is said they originated in Southeast Asia.

Oranges are available almost all year round, making them one of the most accessible fruits, and are a good source of vitamin A and B. They contain flavonoids, folate, potassium, zinc, amino acids, beta carotene, vitamin A and B fibre, and vitamin C.

Vitamin C is also known as ascorbic acid and is an antioxidant required for a large number of metabolic functions in the human body. It can help to repair tissues, ensuring healthy gums, and strengthens our bones. Vitamin C is also known to help fight free radicals, which can lead to infections, diseases and even cancer. It is important to note that vitamin C is not produced by the human body and therefore must be introduced into our body through our diet.

The second half of the year often brings with it coughs, colds and the flu. Whole foods high in vitamin C can help to stimulate your body's natural immune system so you can say goodbye to those nasty colds. This is where oranges and mandarins come in. One serving can provide your daily vitamin C requirements, and help to strengthen your immune system and prevent illnesses such as the common cold. Consuming 2-3 oranges or drinking organic pressed orange juice each day is all it takes.

Strengthening the immune system is particularly important for elderly people who experience pneumonia or chronic bronchitis.

### HEALTH BENEFITS OF ORANGES.

Oranges come loaded with vitamins and antioxidants, as well as phytonutrients that have the potential to fight disease. Some of the health benefits include:

- Boosting your immune system
- Guarding your heart
- Lowering the risk of stroke
- Lowering cholesterol
- Reducing the risk of respiratory problems
- Reducing the risk of cancer
- Healthier brain function
- Healthier vision
- Improved immunity
- Healthier skin

There are many different types of oranges available such as Navel, Valencia, Blood Oranges, Mandarin and Seville Oranges, just to name a few.

Most varieties are very sweet to taste; however, others have more of a sour taste making them more suitable for marmalades and sauces

### FOOD FOR YOUR SKIN!

There are so many products on the market that promise more youthful skin and less lines and wrinkles but do they really deliver? Is it as simple as applying a cream or could the answer to looking younger be as simple as drinking a glass of orange juice each day?

Research indicates that regular consumption of oranges, mandarins or whole foods high in vitamin C can do just that. A key to healthier skin is the vitamin C combined with other antioxidants found in oranges and mandarins. Vitamin C helps to boost collagen production and reduce skin damage from free radicals and sun damage (both known to cause signs of ageing), which can help you reclaim a natural glow, more even skin tone, as well as reduced fine lines, wrinkles and even blemishes.

Consuming vitamin C through wholefoods rather than through supplements is important because it maximises the uptake of all the nutrients and flavonoids found in abundance in the pith (the white threads found on the inside of the fruit's peel). They help to support and cleanse both our lymphatic and circulatory system, which in turn gently detox our body, flushing out all the harmful toxins, thus helping to keep us looking and feeling healthier inside and out.

### SOURCING AND STORAGE

Autumn-winter is the peak season for oranges and other citrus fruits in Australia but you can always find fresh oranges year-round at your local fruit shop or supermarket.

Oranges are best stored loose not wrapped in a plastic bag (to avoid mould developing) at room temperature or in the refrigerator. They will generally last the same amount of time, two weeks, with either method, and will retain nearly the same level of vitamin content.



**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.



# Mastiha

The Treasured Gem of the Aegean Sea

*The Tears of Chios*



Mastiha is more commonly known as chewing gum here in Australia, but it's an ancient natural phenomenon that has so much more to offer...

Mastiha was revered by the ancients as a treasured gem of the Aegean.

Since ancient times, Mastiha has always been considered a delicacy and the most cosmopolitan product of the Mediterranean.

The advantages of Mastiha were initially found by Hippocrates and first recorded by Dioscorides – a first century pharmacologist – where he described the positive effects the resin could have on one's health. Hippocrates used mastic for the prevention of digestive problems.

The ancient Mastic tree (*Pistacia lentiscus*) grows on only one island in Greece, the island of Chios, where Mastiha has been harvested since Greek Antiquity.

The sap of the Mastic tree falls and flows like tears, and as a result, the resinous teardrop-shaped crystal granules that come from splicing open the Mastic tree are called the 'Tears of Chios'.

The Mastiha is hand-harvested, hand-cleaned and sorted into sizes. This is a time-consuming and laborious job for the residents of Chios, but it's a job that must be completed by hand to retain the Mastiha's precious shape and natural benefits.

Mastiha can help heal the gastrointestinal system, help with the prevention and the treatment of the peptic system, assist in general oral hygiene, heal open wounds and rejuvenate skin with its antimicrobial and anti-inflammatory actions.

Mastiha can be found in a variety of products for food, perfume, dental products, cosmetics, hygiene and for healing. In cookery, it can be found in cakes, pastries, jams, ice cream, spoon sweets, chocolate, chewing gum, lollies, tea, coffee, milk, pasta, sauces and liqueurs, and it is also used as a natural preservative for food.

To learn more about its healing powers we spoke to **Vicky Roulis** – importer of an all-natural range of Mastiha products and founder of Vasiiliko...



'In ancient times, the famed healing balm known as Mastiha was more precious by weight than gold itself, and it was coveted by royals across the Mediterranean and beyond for its gentle healing properties,' Vicky adds.

'I'm drawn to the word ancient,' Vicky says. 'Ancient is a source of truth to me, and if Mastiha was treasured back in the ancient days then I thought there must be something there that we can all benefit from now.'

'These days we're all about the quick fix, but if you maintain a routine of Mastiha and incorporate it into daily life, and you are conscious of what you use on your skin and put into your body, then you are giving yourself real, long-lasting benefits. We need to make a conscious effort to avoid toxins and take a more natural path.'





Once Vicky discovered the wondrous resin of the Mastic tree she set out to learn more about its benefits, discovering that Mastiha could also benefit our skin and complexions.

Vicky believes in the philosophy, 'if it's good enough to eat, it's good enough to put on our skin', which led her to the unique Mastic spa philosophy of harmonising the body and soul. By combining the knowledge and magic of nature, she found the quality of her skin improved dramatically over time.

This ancient ingredient, combined with other known healing elements like Argan oil, aloe, honey, soybean, macadamia, and combined vitamins and antioxidants, works on the skin to improve the skin's condition, as well as offering anti-ageing benefits, minimising the appearance of wrinkles and fine lines, and protecting it from UV radiation.

'Mastiha is the treasured gem of the Aegean, so many people would only know of mastic for chewing or cooking – not everyone is aware of the health benefits. I want to share with the world the ancient wisdom and knowledge of this legendary healing balm of ancient Greece.'

## THE ESSENCE OF CHIOS...

Vicky also discovered the intoxicating scent of Mastiha has an uplifting aroma

that soothes the senses and promotes wellbeing. To preserve the integrity of the candles Vicky and her partner Sofia Karanikolas hand-pour, hand-wick and hand-wrap in small batches.

'Our candles are created with authentically accredited Chios Mastiha and blended with exotic mixes such as Mediterranean fig, basil, clove, cedar leaf, basil and frankincense.'



# MASTIHA.

*The legendary healing balm from Ancient Greece.*



# Vasiiliko

Senses captivated, Mastiha products innately return the mind and body to an age of antiquity and grace.

The ancient Mastiha ingredient, when immersed in our stunning range of empowering Mastiha products, allows both women and men to feel indulgent and confident with their choice.

Intrinsically Greek, the natural qualities within innovative beauty and wellness products enable people to experience unforgettable moments of relaxation and euphoria.

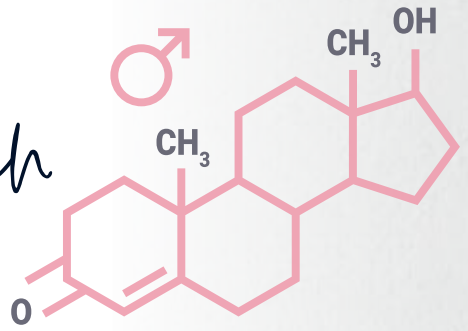
Vasiiliko represents quality, natural, ancient times, Greece, health benefits, internal & external beauty, handmade, serenity, independence and confidence.

[www.vasiiliko.com.au](http://www.vasiiliko.com.au)

@vasiiliko



# Love your Oestrogen



The most female of all hormones, oestrogen, often gets a bad rap because for many women, let's just say, the struggle is real.

When oestrogen is out of balance life can be tough. While oestrogen is predominantly made in your adrenal glands (those also responsible for the release of our stress hormones) it is an anabolic hormone also released from fat cells, especially after menopause (but not limited to). The trouble is, as fat cells release more oestrogen, more fat cells can be made, which means more oestrogen is released, which is not good news for your thighs and hips! But what's more, many of our gynaecological issues may be related back to excess oestrogen.

While it sounds like oestrogen is a major pest in your life, I want to help you fall back in love with each and every hormone because they all play an equally vital role. Oestrogen is a key player in your monthly cycle much like your favourite football player. She doesn't just work alone however, the right mix of progesterone and oestrogen can be the difference between you and your happier cycle. What you may not know is that oestrogen is actually made up of three hormones.

**Oestradiol** – the most powerful of the three, oestradiol is the master hormone in early womanhood. Oestradiol is produced mainly in the ovaries and in small amounts by the brain. It's in charge of transitioning you into a woman. You can thank oestradiol for your womanly curves, fertility and sexual functions. It doesn't stop there, it's also important for healthy bones, brain function and sleep. There's a lot to love but it must be said that oestradiol is mostly responsible for our gynaecological issues like endometriosis, adenomyosis, fibroids and reproductive cancers.

**Oestrone** – also made in your ovaries as well as your body fat and adrenals. This oestrogen group is the major type in post menopausal years – when you're more interested in enjoying life rather than making babies.

**Oestriol** – the weakest oestrogen, made by the placenta during pregnancy.

When we see oestrogen decline as we approach peri-menopause, we can see a host of symptoms arise including thinning and wrinkly skin, brittle bones, hot flushes, changes with hair, tiredness and body fat distribution changes. We can also feel moody, tired and suffer from insomnia.

The truth is however, most of us are experiencing way too much oestrogen in our lives. This is because there are so many factors that can influence oestrogen, not necessarily your body producing more but due to external factors like alcohol, phytoestrogens from foods like soy, xenoestrogens found in chemicals (everywhere!) in your body products, cleaning products, detergents and more, as well as your own internal influence of stress; that can drive your oestrogen crazy too.

But we need oestrogen. Not only does it facilitate your period each month, it helps to keep our moods balanced and keeps us focussed. It influences other neurotransmitters like serotonin (helping regulate mood) and this in turn also keeps our sleep and appetite in check. Oestrogen is also the key hormone influencing your uterine lining each month in preparation for





conception (let's face it, your body really does get excited each month just in case). If conception occurs, oestrogen (with progesterone) thickens the lining for the embryo to grow. No conception, no worries, your body just goes about shedding your lining and getting itself excited for the next cycle. It's also responsible for you being 'clucky' quite often in your reproductive years.

There is a plethora of knock-on effects your out-of-balance oestrogen may be having. It may be influenced by your cortisol levels (excess cortisol will impact progesterone, leaving oestrogen either high or low, most commonly the latter), your external environment, diet and history of medicinal use like the pill or the mirena (where it's often again either extremely low or dangerously high).

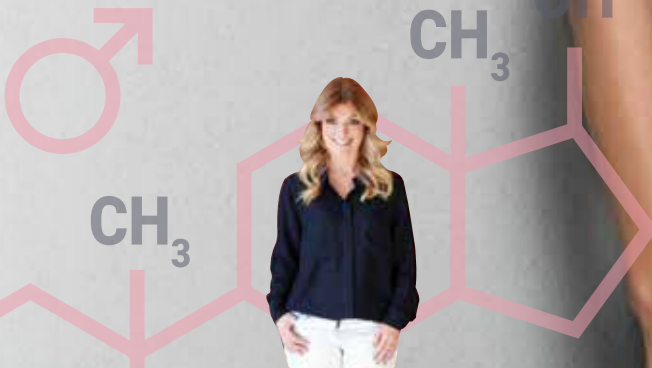
As you now understand, it's time to love your oestrogen and get it back into balance.

Here are a *few tips* to lead it back to its happy place.

1. Identify if it is high or low or get a test to show you. Remember, tests aren't always definitive. I see many women in my practice with seemingly normal levels of oestrogen however, their symptoms speak otherwise.
2. High oestrogen is typically in the presence of high stress. It's time to work out what's driving you crazy and adapt accordingly.
3. Magnesium, B vitamins, Zinc and Vitex are a powerful combination to help get your oestrogen happy when in excess. Supplementing these – for those with high oestrogen – can be a game changer. And of course it's always best to utilise supplements under the care of your favourite health care professional.

*It's all about balance.*

Supporting your healthy oestrogen is an essential element in creating your happy and healthy hormones.



**DR NAT KRINGOUDIS (TCM)**  
[www.natkringoudis.com.au](http://www.natkringoudis.com.au)



# THE GYM GUIDE FOR *Busy Women*

Work, organising the kids, cooking, catching up with family and friends, general errands, social events, book club and Netflix binge sessions – life gets busy and before you know it, your days are completely full, from the moment your peepers open in the morning, to when your head hits the pillow at night.

The good news is that the National Physical Activity Guidelines for Australians recommends just 30 minutes of moderate-intensity exercise daily, to start seeing the benefits on your physical and mental health.

So how do we make the most of our time if we only have **30 minutes** to hit the gym?

## FINDING TIME

Each and every day, you have 1440 minutes to fill. The majority of that time will be taken up by sleep, work and other non-negotiables, but make a commitment to prioritise at least 30 minutes per day for a workout that gets the heart pumping.

The best way to form this healthy habit is to plan your upcoming week. Sit down with a blank schedule or your phone calendar and map out your commitments. Then find at least one **30-minute gap** per day that works for you to block out with ‘gym’.

It could be the first thing you do when you wake up, on your lunch break, right before school pick-up, straight after work, or even after you cook dinner.

Top tip: Plan your workouts around times you know you will have energy, because there’s nothing motivating about hitting the gym after a long day of meetings at the office.

## MAKE A PLAN AND SET GOALS

As much as we all love sitting in Fernwood Clayton’s Members’ Lounge and sharing a cuppa and socialising, it’s probably not the best use of your gym time if you’ve only got 30 minutes to spare.

Optimise your time by coming to your workout with a plan – know exactly how you’re going to fill every minute, right down to what equipment you’ll be using and reps, or what class you’re going to attend.

While you’re planning each workout, it’s also important to know what goals you are aiming towards and how each gym session is contributing to reaching them.

## MOST EFFECTIVE WORKOUTS

So you’ve found a spare 30 minutes to hit the gym. Now it’s time to make it count! Aim for workouts that get your heart racing more than a cliff-hanger on *The Bachelor*.

If working out alone isn’t for you and you need an extra push to make the most of your short time in the gym, try these guided workouts.



## GROUP FITNESS CLASSES

Body Pump, yoga, Body Combat, CXWORX, GRIT, cycle – there are so many group fitness classes that will get your heart pumping, ranging from 30-minute express sessions to hour-long workouts. Stand at the front of the class near the instructor to ensure you're getting the motivation you need to make the most out of your workout.

## FUNCTIONAL FIT

Perfect if you want to bump up the intensity of a class, but still enjoy working out in a group environment. Functional Fit classes are 30-minute high intensity interval training sessions led by a Personal Trainer, that help you get fast results by focussing on building both your cardio fitness and strength. The best bit is you can attend as many Functional Fit classes as you want per week!

## PERSONAL TRAINING

A **30-minute PT** session is all it will take for you to be reaching for the cool face towels.

Created especially for busy women, Fernwood's 30-minute strength training sessions engage the big muscle groups to help you tone and build strength.



**TOP TIP** – Set **SMART** (specific, measurable, achievable, realistic, timely) health and fitness goals, to ensure you're clear on exactly what you're working towards every time you set foot in the gym.

# 14 DAY FREE PASS

Bring this ad in to redeem your **FREE 14 DAY MEMBERSHIP** & experience the Fernwood difference

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\*Valid at Fernwood Clayton until 30/09/2018 only. Valid for first time users only. Some conditions apply. See in club for a full set of terms.



**PRIVATE & WOMEN ONLY**

Fernwood Clayton, call 9544 5779  
Wareca Complex, 7/1866 Princes Highway  
[fernwoodfitness.com.au](http://fernwoodfitness.com.au)



# Serums

In almost every skincare line on the market you'll find a serum that promises the world – so we caught up with two very different skincare professionals, Crystal Patel from Clinica Lase, and Greg Gonzalez and Joe Cloyes from Youth to the People – to find out what all the fuss is about!

## What exactly is a serum?

Serums are treatment products that contain highly concentrated, active ingredients. They usually contain ingredients such as antioxidants, vitamins and hyaluronic acid (to enhance moisture in the skin). Serums are generally a thinner consistency than moisturisers (made up of smaller molecules) and can therefore penetrate into the deeper levels of the skin to deliver those active ingredients.



## Super Serums

**A Darphin – Lumiere Essentielle Illuminating Oil Serum (\$96)**

mecca.com.au

Light, hydrating and soothing with a fab scent.

**B Dr. Dennis Gross – Ferulic + Retinol Wrinkle Recovery Overnight Serum (\$128)**

mecca.com.au

This hard-working overnighter is just as good as a mini facial.

**C Lancôme Advanced Genifique (\$100 - \$210)**

lancome.com.au

This classic Lancôme youth-activating concentrate serum is a must-try. It smooths skin and evens out skin tone.

**D Lancôme Yeux Light-Pearl (\$115)**

lancome.com.au

Eye-tastic! Yeux illuminating eye serum brightens that delicate under-eye area while cooling and smoothing.

**E Napoleon Perdis Auto Pilot Skin Renewal Serum (\$79)**

napoleonperdis.com.au

Light and refreshing, leaves your skin feeling soft, hydrated and refreshed.

**F Napoleon Perdis Tone Inject Eye Serum (\$45)**

napoleonperdis.com.au

The newest product in the Perdis family, this eye serum is silky and comforting.

**G Synthesis Brighten Vitamin C Serum (\$98)**

synthesisorganics.com.au

Organic, brightening, nourishing and repairing

**H Youth to the People Superfood Firm and Brighten Serum (\$62)**

Absorbs beautifully and leaves skin feeling nourished, plumper and brighter.



## CLINICA LAS

### What types of conditions or problems do serums usually target?

Serums can treat skin concerns such as acne, pigmentation, ageing, dehydration and more. Products containing ingredients such as salicylic acid can be really beneficial in treating breakout-prone skin, and ingredients such as antioxidants and retinol can help with treating premature ageing of the skin. A really popular ingredient found in some serums is called hyaluronic acid – this is so good for increasing hydration and plumping the skin.

### What does a cosmeceutical serum offer as opposed to a cosmetic serum?

Cosmeceuticals are a combination of cosmetics and pharmaceuticals. They combine active ingredients with scientifically based formulations to ensure these ingredients are getting to where they need to be, in order for them to have an effect on your skin cells.



**Crystal Patel** - Managing Director  
Clinica Lase Skin & Laser Clinic  
[www.clinicalase.com.au](http://www.clinicalase.com.au)

## YOUTH TO THE PEOPLE

### What ingredients should we be looking for in a serum?

We chose vitamin C, hyaluronic acid, and peptides for our serum because their positive effects on the skin have been proven, and we are able to create clean, vegan versions of these ingredients. Serums come with many different key ingredients, so it's really a matter of identifying what your skin needs, and finding a serum that delivers what you're looking for.

### You're superfood advocates – what have you learnt about the benefits of them over the years?

Superfoods are incredible tools for improving health. We've always incorporated them in our diets, and adding superfoods to skincare came as the natural next step.



**Greg Gonzalez & Joe Cloyes** – Founders  
Youth to the People  
[www.youthtothepeople.com](http://www.youthtothepeople.com)



#### **I SALT by Hendrix Botanical Facial Serum (\$39.99)** [saltbyhendrix.com](http://saltbyhendrix.com)

Light, fresh and cooling, this botanical serum, loaded with Kakadu plum, gives your skin an instant boost.

#### **J Paula's Choice Resist Omega+ Complex Serum (\$50)** [paulaschoice.com.au](http://paulaschoice.com.au)

Omega 3, 6 and 9s instantly softens skin and hydrates.

#### **K Paula's Choice Resist Intensive Wrinkle-Repair Retinol Serum (\$59)**

[paulaschoice.com.au](http://paulaschoice.com.au)

With bucket-loads of pure retinol and antioxidants, this serum is a great introduction to the benefits retinol offers your skin.

#### **L Sukin Purely Ageless Intensive Firming Serum (24.95)** [sukinorganics.com.au](http://sukinorganics.com.au)

Hydrates, smooths and adds lustre to tired skin.

## Cosmeceutical Serums



#### **A ASPECT Extreme B17 (\$130)** [aspectskin.com.au](http://aspectskin.com.au)

Instantly revitalising, Extreme B17 evens skin tone and calms the skin – this elixir is a brilliant addition to your daily routine!

#### **B ASPECT Jungle Brew (\$130)** [aspectskin.com.au](http://aspectskin.com.au)

The perfect serum for problem skin. Chemical and oil free, it glides on and absorbs beautifully while reducing the appearance of blemishes and minimising shine.

#### **C ASPECT Extreme C 20 (\$130)** [aspectskin.com.au](http://aspectskin.com.au)

Refreshes and evens out skin tone with lots of hydration.

# GET THE LOOK... *Recreating Runway Hair...*

ELEVEN Australia made their debut at Mercedes-Benz Fashion Week Australia this year for BLAIRARCHIBALD, so we caught up with Eleven Australia’s Education Ambassador, Melvin Royce-Lane, to give you the know-how in re-creating these runway hairstyles at home...

“Building on the natural fall and shape of the model’s hair and creating an editorial look was our main focus – but we wanted it to be readable outside the runway show. I wanted to create an overall look of a soft, wavy texture with a dewy finish, and give a beautiful healthy texture for both male and female models. All in all, we wanted to keep true to both the ELEVEN Australia and BLAIRARCHIBALD brands,” said Melvin Royce-Lane, co-creative director of ELEVEN Australia.

**MEN:**

- Prep damp hair with **Miracle Hair Treatment**.
- Spray a generous amount of **Sea Salt Texture Spray** on to the hair.
- Scrunch the **Sea Salt Texture Spray** through the hair to encourage a natural texture, making sure the hair is pushed forward to create a face frame and an irregular parting.
- Using a diffuser, diffuse dry the hair until bone dry.
- Once the shape is created, spray another layer of **Sea Salt Texture Spray** to create a wet look finish.



Sonny Photos

**WOMEN:**

- Prep damp hair with **Miracle Hair Treatment**.
- Spray a generous amount of **Sea Salt Texture Spray** on to the hair.
- Once the hair is diffused, create a horizontal section starting from eye level.
- Using a 1.5 inch curling iron, take two inch sections and create a soft bend by turning the iron completely half way then release the clamp.
- Create the same motion but in the opposite direction. Continue this formation until the entire head is complete.
- Using the **Orange Carbon Fibre Comb** rake the waves out to create separation.
- Shake the waves out with hands to create an undone, tousled look.
- Create an irregular parting just to the centre of the head and tuck hair behind ears.
- Finish off with **Smooth & Shine Anti-Frizz Serum** throughout the mid lengths and ends to create a dewy look then add another layer of **Sea Salt Texture Spray** to create a wet-look finish.



**A** Eleven Australia Miracle Hair Treatment (\$24.95)  
**B** Sea Salt Spray (\$23.95) **C** Orange Carbon Fibre Comb (\$14.95) **D** Smooth & Shine Anti-Frizz Serum (\$24.95)

Congratulations **JOEY SCANDIZZO**, co-creative director of **ELEVEN Australia** on another well deserved win, Hairdresser of the Year for the fourth time!



Inspired by the rich and romantic Gothic Revival architecture of Swifts – one of Sydney’s grandest mansions – Macgraw’s alluring style was perfectly complemented by beauty, with the team using KEVIN.MURPHY to create each hair look.



Re-create with Edwards and Co Head Stylists and MBFWA Co-Creative Hair Directors, Byron Turnbull and Jayde Turner-Ledwidge...

Section hair in a middle part and prep with **ANTI.GRAVITY.**

Dry product, making sure not to blow dry hair smooth to allow for ample texture.

Spray hair with **SESSION.SPRAY** and brush out.

Using a 19mm tong, wrap hair in a ribbon formation, interchanging between curling under and curling over. Once done, let the hair cool.

Grab sections of hair nearest to the top of the part and tong, starting at eyebrow level to create an off the face curl. Once cooled, spray **DOO.OVER** and shake the curl out.

Take two strands each side of the part, twisting hair to the back of the head then secure with pins.

Depending on texture, finish with **DOO.OVER** or – for an amazing floating feel – use **HAIR.RESORT.**

To complete the look, attach jewels into hair by weaving into twists.

**A** Kevin.Murphy Anti.Gravity (\$38.95) **B** Doo.Over (\$42.95) **C** Hair.Resort (\$38.95) **D** Session.Spray (\$36.95)



## Healthy Hair MUST-HAVES

### PRESCRIPTIVE SOLUTIONS

Control Shampoo & Conditioner (\$30.50 ea) Moisture Balance Revive Shampoo & Conditioner (\$30.50 ea)

Prescriptive Solutions Intense Moisture Repair (\$30.50) & Revive Moisture Repair (\$30.50)



### RAISING ROOTS – Volume Added Instantly!

De Lorenzo’s Elements Sea Swell (\$19.95)

Ouai Volume Conditioner (\$40.00)

Ouai Volume Spray (\$37.00)

Drybar Volumising Mousse (\$35.00)

Quai products available at Sephora



### DEEP CLEAN

New from Eleven Australia is Deep Clean Shampoo (\$32.95)



# Wardrobe Essentials

5 **must-have** transition pieces to take you through the cooler months with ease...

By Penny Lomas

Are you in need of key essential pieces to take you through winter and into the cooler side of spring? We've been watching these trends with stand-out style come through from Europe and we've seen five prominent looks that are easily transitioned throughout the seasons to keep you feeling warm and looking cool.

WHAT'S TRENDING?

**Jackets, jackets and jackets:** they've forever taken the supporting role in our closet, but a trend we see ahead is our jackets being overwhelmingly big, oversized and statement pieces in their own right. A time has come where it's completely acceptable to wear the jacket as the main event – and we dig it. With high quality, intricately designed outerwear available to us, it seems a waste for them not to be seen. Pair them effortlessly with chunky belts on the outside, vibrant colours and thick wools; think trench coats, PVC and vinyl see-through rain coats, fur coats and chunky denim – making it easy to have full coverage right through to spring.

**Patterns galore:** traditional and reliable patterns are featuring heavily in our cool weather wardrobes – gingham, houndstooth, and even tartan is making a sneaky and stylish comeback.

**Boots:** and the higher, the better! The over the knee boots are still cool, and you absolutely need a pair. This is one winter trend that's been on rotation for a couple of years and we're not complaining.

Classic suede or leather are on offer and even PVC – opt for a slouchy or skin-tight style, and in neutral colours to make them easy to pair with your wardrobe.

**The one-colour outfit:** this is a new trend floating in from the catwalk – pick a colour tone and dress in it head to toe, a deliberate take on matching and mismatching colour palettes for a stand-out look.

**Glamour pieces:** other than your essentials, these colder seasons sees styling high-end embellishments and glamour pieces right through to basics and simple necessities. Fabric collections feature rich velvets studded with crystals or embroidered with gold thread, corsetry inspired details with strong silver hardware for edgy styling, and elegant gold and black laces – turning classic pieces into stunning glamour pieces.



**THE FAUX FUR COAT**

Fur coats inspire a sense of extravagance, glamour, vintage and traditional fashion, as well as opulence and wealth (due to the cost of fur), and we are fortunate today that we can omit the controversial history and connotations associated with them by opting for the array of fake fur options available. Not only is fake fur safer and happier for our environment but it leaves our bank balance a little healthier too. There are many ways to add faux fur to your wardrobe, but the classic way is absolutely a coat. They are definitely a statement piece regardless of the style, and at times intimidating, so be prepared to confidently turn heads.

Play around with cut and length, remembering that fake fur is an adaptable material, so it works well either tailored tightly or oversized and loose.







### THE SILK SLIP DRESS

Yes, it's possible to wear a silk dress in the colder weather! Usually restrained to nightwear, silk slips are crossing over to dresses to be worn on the streets or styled as part of an outfit. Lingerie street style isn't exactly new, the style can be traced back to the 90s, when punk ruled and rebellion fashion was cool.

Switch it up to work-wear by adding a button up shirt over the top.



### THE TURTLENECK

The turtleneck, otherwise known as a woven high-neck top made from a knit, has at times been viewed as fashion's weirdest invention (thrown into the limelight by Marilyn Monroe), but the turtleneck is surprisingly sexy – while it adopts a layering style that easily passes for work-appropriate coverage. Not only are we seeing the classic cut, but a sleeveless and cropped version has appeared and works well paired with high-waisted trousers or skirts.

Simply add casual flats and your trusty work-bag, and you're ready for a day at work.



### THE CULOTTES

Culottes, also known as gauchos, or palazzo pants – or simply ankle-grazing flares – are the latest returning trend, and autumn and winter are all about these loose, free-flowing cropped trousers. Styling them can be tricky due to the excess material, so, be sure to pair them with tailored tops, suit jackets, blazers with heels for work, and flats and a crop t-shirt for weekend soirees. But, whether you're wearing your culottes to work or to brunch, know that this very cool street-style is a trend to wear all year long.

Pair them with tailored tops, suit jackets or blazers with heels for work.



### THE OVERSIZED JACKET

We know and love the slightly slouchy fit and wrap-around-warmth of supersized tailoring and the need for an oversized jacket is back – but this time with a hint of lux wools and fabrics, large knotted knits and swimmingly excessive. The oversized jacket, heavyweight and cosy, adds warmth to your autumn and winter wardrobe without feeling too bulky. Like all the layers? The oversized jacket trend helps you layer up on your lush wool blends throughout autumn and winter – stealing the show as a colder season transitional piece.

The oversized jacket trend helps you layer up on your lush wool blends.



# 2018 CITY OF CULTURE

# Malta

Heading off the travelled track and finding home...

Maria Matina takes us on a journey through her father's homeland in a touching quest to discover his childhood family and friends...

Travelling off the beaten track not only shows you the true colours of a new city but also the added bonus of leaving the flock of tourists behind — and the trap of exorbitantly priced restaurants.

From the Eiffel Tower to the Leaning Tower of Pisa, we all have an understanding or a memory on what these tourist hot spots can be like, so it can be a breath of fresh air when we pick up the local bus timetable and jump on the next bus (or train or driving route...) out to the 'burbs' to find out how the locals really live.

Last year, I travelled to Europe with my two sisters to enjoy the end of their summer. I was adamant to book in Airbnbs as often as we could because I enjoy the feeling of 'coming home' and being welcomed by a host who tells you about the best meals in town and what the locals do for fun. They're not always true to the app's photographs, but always an experience!

Four weeks into our trip we flew into Luqa — the international airport of Malta. A country that we've grown up hearing about from my father's side of the family our whole lives, but one we've learnt over the years that many Australians do not know very much about.

## QUICK SNAPSHOT:

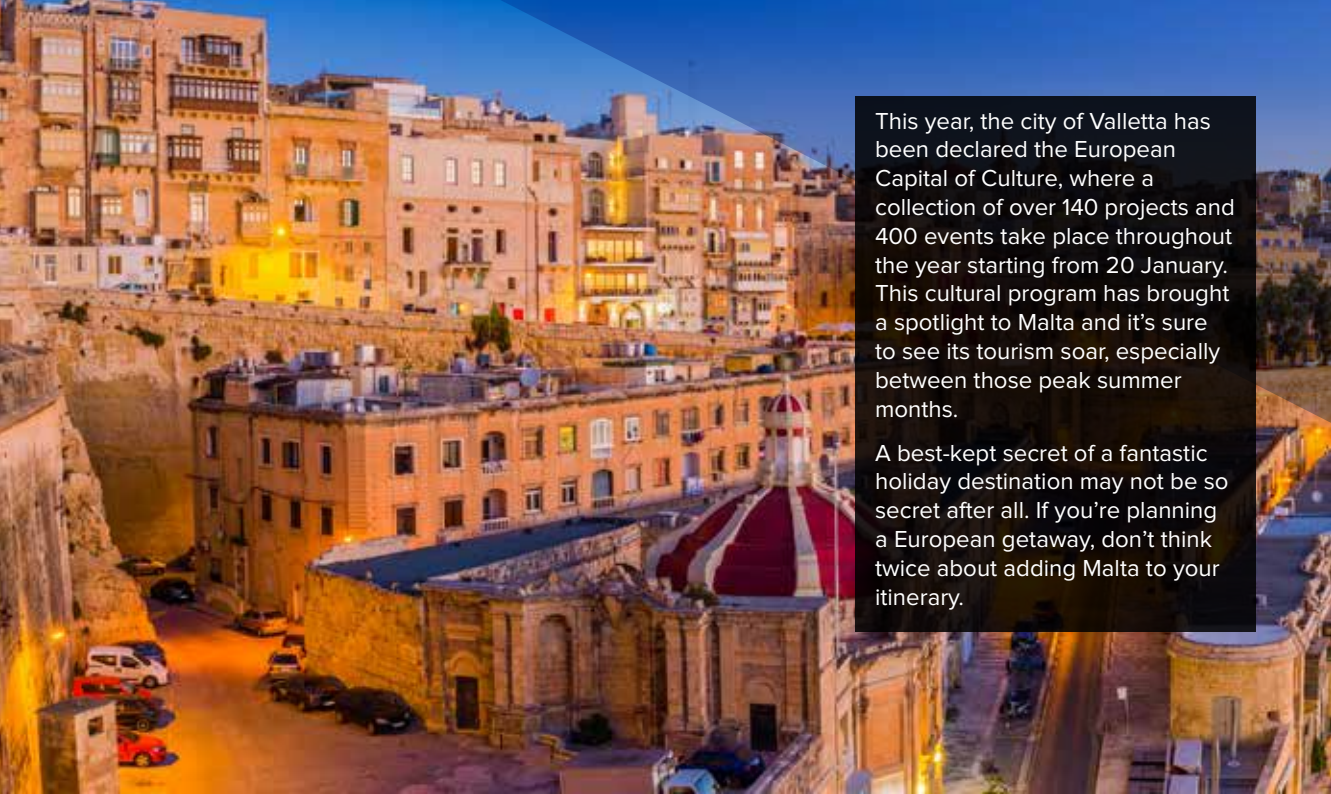
Malta lies 80km south of Sicily, 284km east of Tunisia and 333km north of Libya. Malta is also not an island, it's an archipelago — a collection of seven islands. Only the three largest islands: Malta, Gozo (Ghawdex) and Comino (Kemmuna) are inhabited. The other islands include: Cominotto, Filfla, St. Paul's Island and Manoel Island.

Malta is a country rich in history that dates back to the Neolithic period. There are 365 churches — one for every day of the year — and it houses three UNESCO World Heritage Sites. There are two official languages: Maltese and English, making it a great destination for us — no Google Translate needed.

Sights you'll take in are the cobblestone roads that run straight to the turquoise coastline. Take a walk either on the footpaths or be daring and go barefoot along the rocks on the water's edge. Walk from St Julian's Bay through to Sliema and bask in it all — the local restaurants (did someone say rabbit spaghetti?), the music, the people, the hot days and balmy nights, and the view of Valletta, Malta's capital, in the short distance. When you're ready to step away and see more of the inland you won't be disappointed.







This year, the city of Valletta has been declared the European Capital of Culture, where a collection of over 140 projects and 400 events take place throughout the year starting from 20 January. This cultural program has brought a spotlight to Malta and it's sure to see its tourism soar, especially between those peak summer months.

A best-kept secret of a fantastic holiday destination may not be so secret after all. If you're planning a European getaway, don't think twice about adding Malta to your itinerary.

The roads of Malta are not for the faint-hearted and are best left to the locals who navigate them like a pro. Sorry guys, no Uber here. Another reason to push aside the idea of hiring a car is parking. According to Transport Malta, as of December 2017, there were 372,061 licensed motor vehicles in Malta, more than 78% of which were passenger cars. Compared to 2016, this indicates a yearly increase of 26 vehicles per day! Forget the parking bay lines – we found cars jammed in wherever they could. Thankfully the bus system is easy to navigate and frequent enough to get around and to check off your sightseeing checklists.

On our third day in Malta we caught the bus to Zejtun, a small city in the south-eastern region. This city might not be on your itinerary but for us it was a must. It's the city where our dad was born and where he spent the first twelve years of his life with his family.

Stepping off the bus was a little surreal. It was a hot, dry day and without the sea breeze it was without relief.

The bus dropped us off outside the front of a church, and there was no one in sight besides the lone grocer from where we bought additional bottles of chilled water. We had no idea where we were but we knew we had to find the family home.

Dad had said when you get there to ask people around whether they knew the home based on my grandparents' nicknames. We had scoffed and said there was no way we were going to do that. We chose a direction and a quick Maps search told us we were a two-minute walk away. FaceTime became our next of kin. We got dad on the phone and he became like a little kid, "That's the street, that's my street! Turn right!" We turned right and rotated the phone so he could get a full view. "That's the one, turn left, go through there! Find number 7!"

We walked down an alleyway — not the dodgy kind, this one had old-world style lampshades mounted on the sand yellow walls, pot plants bursting with green life and various coloured doors that opened to someone's homes.





Not surprisingly, we lost the connection with dad. An inquisitive (and most likely concerned) man poked his head out his door and asked if we were okay. I explained that we were looking for the home of our grandparents, providing their nicknames. The man's eyes widened and became animated, asking whether our grandparents were also parents to our dad and his two sisters! "Yes, yes, that's the one! We're Joseph's children!"

A medley of Maltese followed and two older people came to the door. Before we knew it we were inside the house, cold drinks in hands, photographs exchanged and explanations were made on the connection — this man, Joey, was good friends with my dad growing up. They were one of the neighbours and he and his parents had never moved.

Joey told us to come with him to meet Rita who lived two doors down. Another Maltese exchange and then we found ourselves in a tight embrace. Rita was a good friend of my auntie and she told us anecdotes of their childhood and how her mum had sometimes cared for them all when they were children.

It was surreal; we were standing in a foreign city, on a foreign street and yet hearing stories about our family. The ones that took me by surprise were the ones we'd heard before back home. To hear them repeated by people who were, up until then, complete strangers... it was indescribable.

Joey and Rita were so happy we came to visit and, of course, scolded us for not letting them know earlier so we could've stayed in their homes.

We said our farewells with promises to keep in touch and with messages to pass on once back home and ventured further into the small city. The sound of the church bells reverberated around the entire vicinity. Looking up, we could see a man manually tugging at the rope on the tower; it went for almost fifteen minutes!

We were on the hunt for local peas and ricotta pastizzis, and joked that we could be walking past so many of our relatives.

A moment later, a lady ran over to us and asked if we were Australian. My sister was apprehensive at first — remember, this was our third week in Europe and we'd had quite a few gypsy encounters!

This woman, Carmen, went on to explain that she was a good friend of my family, that her mother had been the midwife who delivered my dad and his two sisters, and that she'd just heard the news that we were in town and wanted to say hello. The phone lines in Zejtun were abuzz, it seemed! Again we heard stories about our family,





some we already knew and some we didn't – but they were still overwhelming to hear.

We were able to get an internet connection again and got dad on FaceTime. They had a great time reminiscing and catching up.

Dad told us we had to visit Marsaxloxx, a traditional fishing village not too far away, where our nanno had worked for many years as a fisherman. We were on a mission to find a man nicknamed Rocky, who he had worked for and who had brought him to Malta. It was a severe storm, back in 1947, which prevented my nanno from returning to the Italian island of Lampedusa, where he was originally from, so instead the captain decided they would divert the boat to Malta. My nanno, with no visa, permit or citizenship, was unable to leave the boat. Rocky arranged for him to get hold of a three month permit and lived with Rocky's family in Marsaxloxx until he was conscripted to the Italian navy in 1953.

The village of Marsaxloxx is small and picturesque. Coloured boats dot the harbour, a souvenir market runs along the esplanade and there are endless seaside restaurants. Not surprisingly, these restaurants are best known for their fish. I tried the well-known Lampuki, a local fish that is typically found in and around the waters of Malta that migrates through between late August until late December. A must if you're there during this time.

Our confidence was up and we started to ask the vendors whether they knew of the family we were seeking. It was incredible and so seamless – one man said he didn't know but knew a woman who would. Lily knew all about our family and had a few anecdotes about our nanno too! She pointed to the door, that was in view, of the home we were seeking.

We reached the door but thought we'd confirm with one more person before knocking on a stranger's door. We asked a man in the small store next door and he confirmed we were at the right place. He offered to help us and began to knock on the door, calling out, but unfortunately to no avail. They weren't home...

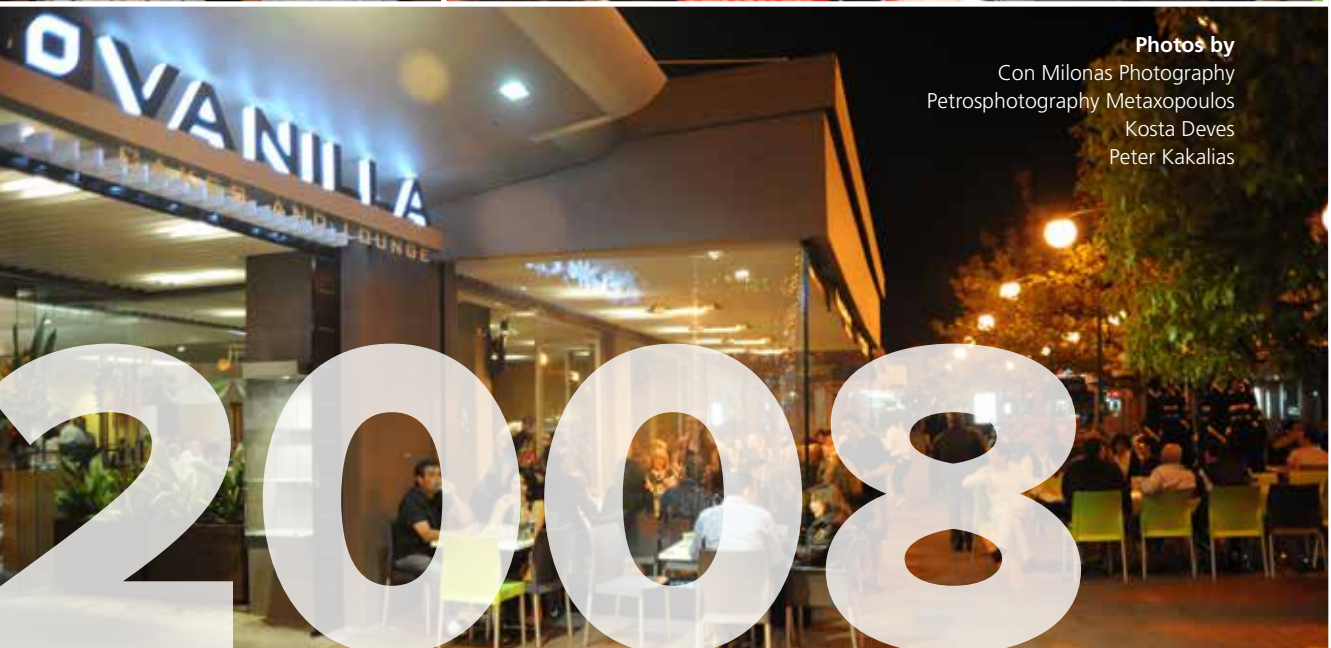
Speaking to dad later on we found out they were completely crushed they hadn't had a chance to meet us. He started to receive a lot of emails and Facebook messages from old friends and acquaintances, asking where we were going next. We'd become the talk of the two towns! Suffice it to say, it has inspired our dad to plan his own trip back to Malta this year and to revisit his hometown.

What a ride — to be somewhere unknown and off the beaten track and to find home... The Maltese people are what we've always been told and now know: welcoming, sincere, loving and humble.



**Did you know** — *Game of Thrones* was originally filmed in Malta? You'll recognise the famous Azure Window in Gozo and the golden, silent city of Mdina, Malta's ancient capital.





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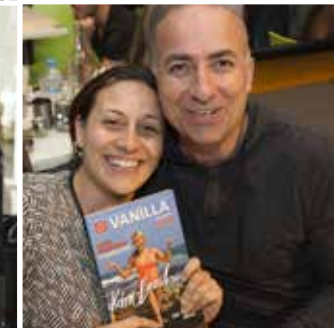
















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