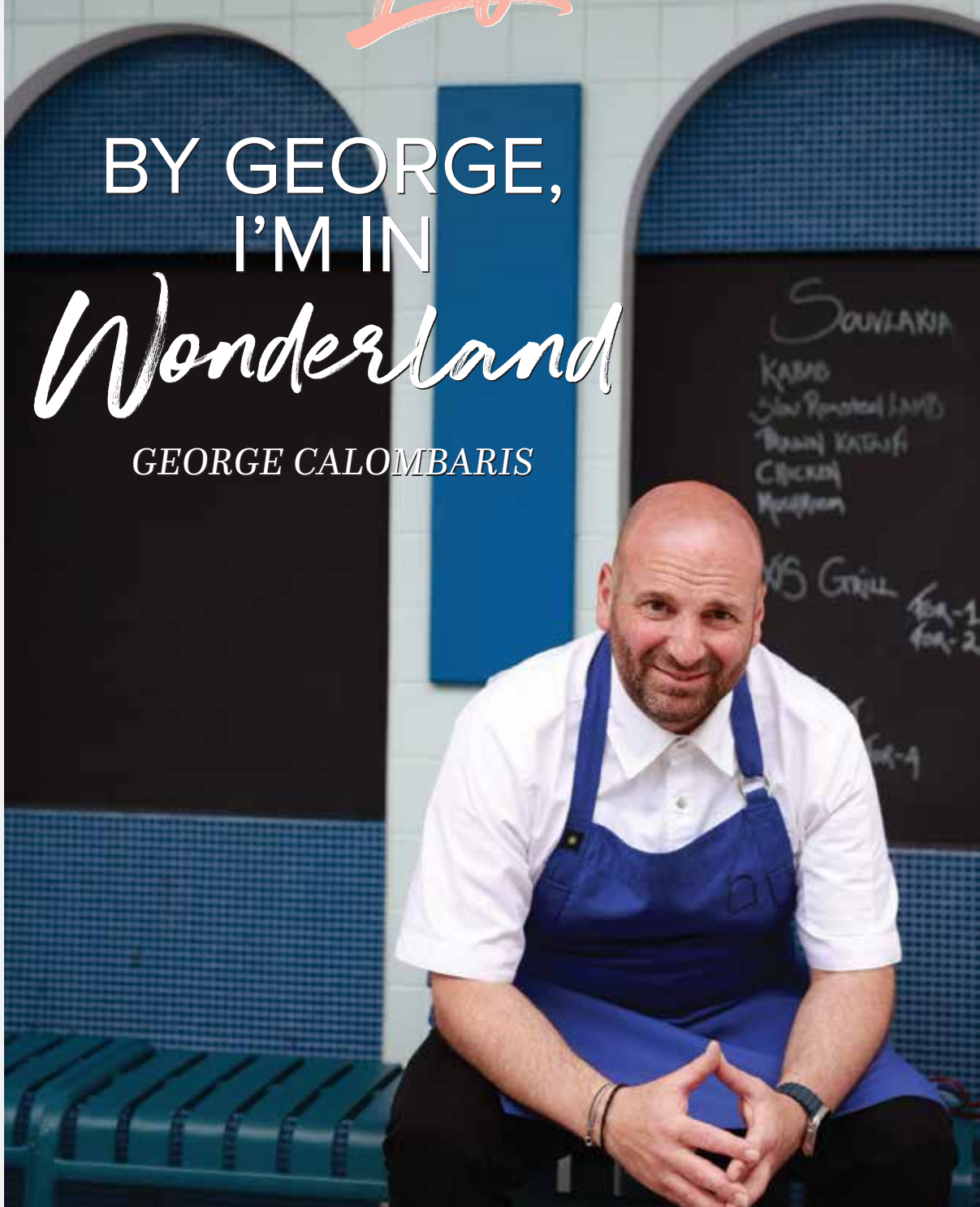


Australian *Life*

BY GEORGE, I'M IN *Wonderland*

GEORGE CALOMBARIS



Summer Snacks for Kids

DIY Baking
perfect for Back to School
see page 12 for details

Fashion Forward

Hot new looks
for Summer

see pages 14 & 15 for details

Unsinkable

The real Titanic exhibition
now in Melbourne

School Holiday fun

see page 48 for details

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ONE OF AUSTRALIA'S MOST
AWARDED
WHISKIES



NOTE FROM THE Editor

To our Aussie made community, welcome to 2024!

For many, this week has been the official end to the Christmas break and you're chained back at the office desk.

The Australian Life Magazine team hopes Santa visited and you got to spend some wonderful time, and ate some yummy food, with your loved ones.

I actually look like a giant pavlova and mince pie, given the past few weeks, and that's not ideal when you're 192 centimetres tall.

Normally, I don't give two hoots about New Year's resolutions.

I know what I am like with a family size pack of party mix lollies (made in Australia of course) so why bother with a resolution?

But a mate of mine set me a challenge to set one resolution, just once, and

then importantly, follow through with it for 12 months or maybe longer?

After careful consideration (he knows I will never say no to a challenge), and now that I am 50 years old, it's probably time to be more resolute in picking a resolution.

(FYI - it has nothing to do with eating less pavlovas or mince pies although it probably should).

The Mitch Catlin resolution for 2024 is tied into how Australian Life Magazine was born.

"I promise to always think before I buy".

It's simple and should be straightforward to implement. This, like many resolutions, is easier said than done.

The promises many of us make to ourselves routinely last just a few weeks, maybe a few months or even longer in some rare cases. But then we zoom straight back to our old ways.

Remember, I accepted a challenge. I don't plan to lose.

Life is busier than ever. We rush from one thing to the next and we need everything to be simple and fast.

If we are not rushing into a supermarket to buy something for dinner, or flying through the local department store for a kid's party gift, then we are busy doing something similar.

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Culinary Wonderland
GEORGE CALOMBARIS
(COVER)



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2

You Beauty
NEW YEAR, NEW YOU



page 18

3

Foundation for Success
ALEX FEVOLA



page 26

Yet despite us all jumping on the “Aussie made bandwagon” from time to time, on more occasions than not, we don’t even look where an item is made when we pick it up from the supermarket shelf.

So, this week, for me, it changed.

It took me no more than 3 seconds at my local IGA, to turn over the packaging and see that the fruit was Australian made. I felt really good about it.

Australian Life Magazine is another time saver that lands in your inbox and all you need to do is click “buy now” and you will be supporting millions of local families.

So, for our magazine team, and dare I say for a majority of our readers, this vision for 2024 is more a revolution than a resolution.

My mate had better pay up! Although we didn’t actually settle on a bet.

My next resolution is to set better parameters for challenges.

Wishing you all a safe, loving and healthy 2024.



Editor -	Mitch Catlin
Creative Director & Cultural Editor -	Iain Hogg
Features Editor -	Ros Reines
Senior Reporter -	Tom Nicol
Editorial Assistant -	Aqua Risenhoover

Mitch
 Mitch Catlin
 Editor

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Love A Getaway DIVINE DAYLESFORD



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My Australia Aussie Netball Legend LIZ ELLIS



page 34

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Cultural Corner NGV SPECTACULAR The Summer Series



page 48







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Wanderlust is available at Chemist Warehouse, Terry White Chemmart and other leading pharmacy and health food stores.



BY GEORGE, I'M IN *Wonderland*



In a rare interview with our Features Editor Ros Reines, iconic chef **George Calombaris** opens up on his personal struggles, his business challenges, his new restaurant and his new digital global idea that is taking off.

gusto
/ˈɡʌstəʊ/
noun
Great energy, enthusiasm and enjoyment...

George Calombaris is a world-renowned chef, restaurateur, TV personality and founder of Culinary Wonderland, but he didn't make up the word 'gusto.' He just lives it every single day.

This is remarkable since the guy is a survivor of the sort of *annus horribilis* that might even turn a British Royal ashen-faced.

There was the pile-on after the staff back payment scandal, the closure of his famous eateries, an inexplicable biffo moment at the A-League footy and then surrendering his tasting spoons on Masterchef with the rest of the original and much-loved judges.

Oh, and then along came COVID, resulting in Melbourne being the most locked down city in the world. No one was eating out in Australia's food capital.

Calombaris didn't realise it at the time but all these big life changes were simply laying the foundation for his newest and most exciting venture yet. Culinary Wonderland is an ambitious start-up which brings together some of Australia's best chefs, and other global food icons, into your kitchens and living rooms, at any time of the day.

"Culinary Wonderland was like a brain fart during a tumultuous time in my life," he explains, over the phone from his Melbourne headquarters where he will soon pause the interview to quickly taste a dressing.

"I went from having 20 venues and hundreds of staff to basically wondering what am I going to do with myself."

His 'a-ha' moment came one day after he had answered yet another call from a mate wanting cooking advice.

“Culinary Wonderland... brings together some of Australia's best chefs, and other global food icons



**VISIT
SITE**

“*Culinary Wonderland is a bit of a beast ... and beyond my wildest dreams .. but thankfully there’s now a lot more smarter people involved with it than me*”

“People are always calling me up on a daily basis for instructions on how to do things like slow cook lamb or how to find a table in a hot restaurant and I thought why not offer all this as a service?”

The Culinary Wonderland concept began to come to life with a little help from his friends.

“My manager was very excited by it and then one of the greatest chefs that Australia has ever produced, Shannon Bennett (Vue de Monde) came on board as a co-founder,” he says, excitedly.

“We’ve currently signed on 95 global chefs, so we’re going to offer recipes, we’ll have 24-hour TV and a marketplace. It doesn’t matter where you are in the world, you can still get access,” he says.

Australia, is of course, its home.

He also plans to help local chefs, particularly young chefs, to take ownership of their recipes in the same way that a composer might own a sheet of music.

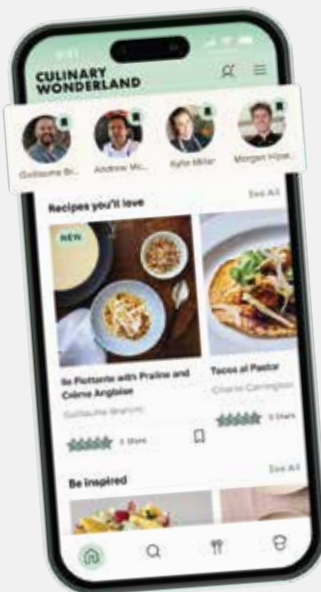
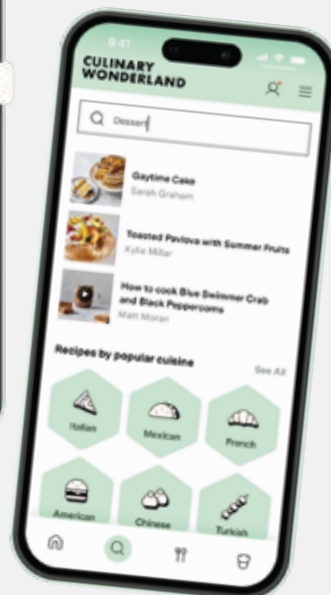
Calombaris describes it “as a remuneration charge like Spotify.”

He’s actually starting a hospitality revolution.

“Culinary Wonderland is a bit of a beast ...and beyond my wildest dreams.. but thankfully there’s now a lot more smarter people involved with it than me.”

He’s been reaching into his “little black book” of kitchen maestros and he’s now hoping to also attract one of the top 50 Asian chefs in the world, Manish Mehrotra of the Indian Accent restaurant group, based in Delhi, to join Culinary Wonderland.

Just imagine logging onto your screens to watch Mehrotra live streaming as he creates his 100 Layered Paneer, Tomato Chaman or something equally uplifting. It’s enough to give you a brain fart.



“*People are always calling me up on a daily basis for instructions on how to do things like slow cook lamb or how to find a table in a hot restaurant and I thought ‘why not offer all this as a service?’*”



“As chefs we’re in the entertainment business, we love entertaining people and having them feel happy and joyous when delicious food is put down in front of them.”



Then iconic Aussie chefs - the likes of Karen Martini, Andrew McConnell, Matt Moran and Miguel Maestre - who have all joined the wonderland.

“As chefs we’re in the entertainment business,” Calombaris points out. “We love entertaining people and having them feel happy and joyous when delicious food is put down in front of them.”

It’s part of his magnanimous spirit as he loves to share. However, all this has been a counterpoint to an extremely painful professional period for him, which he freely acknowledges.

“There were dark moments there, in fact the bleakest that I have ever experienced,” he says. “However, I regard adversity as an opportunity. I look at the cards that I’ve been dealt and think to myself, ‘well, what are you going to do about it?’

“I don’t think you ever succeed in life, if you nail it every time. That’s not possible, especially if you want to operate at the highest level.”

And that’s certainly what he is doing now and it’s inspiring him every day as Culinary Wonderland keeps expanding into different areas with a snowballing effect.

“Look, my journey has just started up again,” he explains.

“I’m 45 years old and I’m looking forward to where it takes me as I plan to live to at least 90.”

But he hasn’t given up on his daily life as a chef.

Calombaris, who once had 20 restaurants, now concentrates on just one. The Hellenic House Project in Highett, in Melbourne’s south-east, has already been awarded one hat, in the prestigious Good Food Guide. It showcases his creativity and charming approach to hospitality with a layout that resembles a Greek home. There’s the Good Room for special occasion dining, a souvlaki bar downstairs called The Kitchen, as well as areas designated The Balcony and The Back Yard. It’s a love letter to his Greek and Aussie culture from the bottom of his “Hellenic heart.”





Typically modest, he describes it as “a great little family restaurant” with a small team behind it.

“They’re good humans,” he says proudly. “If I can influence them in their lives, good, bad or ugly, I feel that’s important as well. It’s not always about high fiving each other. There has to be tough conversations and feedback that’s often critical.

“But most of all, it’s about always being honest in your approach. The best gift that anyone can give me is honesty back.”

He says that one of his greatest influences in life is his “super-hero” father, Jim Calombaris, who died at the end of November following a long illness.

“Dad was instrumental in teaching us all resilience and to never give up. To be a lion and a warrior, never to complain, to have tenacity and to love this gift of life,” he says.

Calombaris has now added to this by actively demonstrating to those closest to him that it’s okay to be vulnerable and to show emotion “because life can be tough but it’s how you deal with it that matters.”

He comments that his approach to life is spiritual, rather than religious and he’s also a big believer in fate.

“I feel that there’s something out there and it’s all written for us. So, when our time is up, it’s up. That’s why we just have to be grateful for what we have.

“Many of us run a million miles an hour and we always want more. I think I’m absolutely pretty bloody lucky. I have a lovely family including two beautiful kids and they’re super healthy, so I’m a blessed man,” he says.

You really can’t bottle what George Calombaris has, just in the same way that ‘gusto’ cannot be contained. But we can all witness it being unleashed now amid the audacious spectacle of Culinary Wonderland.

“Dad was instrumental in teaching us all resilience and to never give up. To be a lion and a warrior, never to complain, to have tenacity and to love this gift of life



CLICK HERE
To book a table
at George’s *The
Hellenic House
Project*, Highett





LOVE OUR

Community

What inspired you to start a small business?

As a young mum, a few years ago I was confronted with the same issue many other parents face when giving their kids snacks - namely sugar. I saw there was a gap in the health food market for mums and dads seeking wholesome, no-sugar foods to fulfil their children's breakfast, snacking and lunchbox needs. After close to a year of product development and testing, as well as brand and packaging development, I was able to launch the business in January 2023 and I haven't looked back!

Grumpy Bums is now available in three flavours of mini muffin mix - apple & cinnamon, banana bread and strawberry yoghurt - as well as a banana muesli cookie mix, and can be purchased through selected IGA SuperMart stores, and online via Woolworths, Healthy Life, Nourishing Bubs, and the Grumpy Bums website.

What plan did you put together to get the business idea off the ground?

Grumpy Bums is mostly an e-commerce business, so I needed to strategically devise a plan leveraging my background in product development and retail while also surrounding myself with experts in the digital space.

The plan involved extensive market research and validation to identify potential gaps and demands in the industry, followed by testing of the business concept with over 80 families to gather valuable feedback. I was able to leverage my existing network to establish partnerships with leading ingredient suppliers, designers, and manufacturers.

Through the product development process we used the insights gained from our market testing, before embarking on branding and design, to craft a distinctive brand identity for the business. This was complemented by a user-friendly and visually appealing website to enhance the online shopping experience.

Our distribution strategy involved merging the e-commerce model with a retail presence to maximise market reach, which led to partnerships with retail stores. Finally, the launch campaign saw us utilise social media and influencer partnerships to create buzz around the Grumpy Bums brand.

What's been the biggest change you have seen in the business as it has grown?

The transformation of our digital presence and the role it plays in driving our success!!

In the early stages, our online presence was modest, with a basic website and limited e-commerce functionalities. However, with the growth of the business, we recognised the paramount importance of an effective digital strategy. This transition involved not only revamping our website for a more intuitive and user-friendly experience, but also incorporating digital marketing tools such as social media advertising, search engine optimisation (SEO), and email marketing.

Jo Leontiadis knows the challenges parents face when giving their kids treats that are processed, and often containing sweeteners, sugar substitutes or refined sugars.

As a qualified food scientist, and with more than two decades of product development and manufacturing in Australia, Jo set about creating a range of bake mix products for kids with all goodness and no nasties.

Jo and her hubby often referred to their son as a "grumpy bum" and so the name stuck for the launch.

With the school holidays in full swing, and return to school not far away, be a "smarty bum" and jump on board with these Aussie made goodies.

MEET THE GANG

Meet the Maker



WATCH HOW TO MAKE



BUY
HERE

What makes producing locally so important to the success of your business?

Grumpy Bums is 100% manufactured in Australia – all the wheat for the flour is grown and harvested in northern NSW, and all the freeze-dried fruit is grown in Victoria, with the exception of bananas which come from Queensland.

We're very fortunate to have such amazing produce in Australia, and we believe the best food is located close to home, from an environmental, quality and economic perspective.

How do you deal with everyday challenges and hurdles in the business?

Start-up founders have to be resilient, and with that comes determination. While it can be lonely and challenging at times, I am fortunate to have supportive friends and family and a brilliant network of contacts across the food service industry to call on. I regularly catch up with my mentors and I also regularly seek inspiration from other founders.

Where do you see your business going over the next few years?

My aspiration is to change the way kids eat, giving everyone access to minimally processed foods that contain no added sugars or sugar substitutes. To fully realise this vision, the brand will venture into other food categories.

We've just launched our new wholegrain porridges – in Banana and Strawberry & Vanilla flavours. The porridge range has been created for kids aged from 12 months+, and they are jam packed full of oats, quinoa and real fruit.



SUMMER *Style*

THIS *January*



MATILDA COVE
SWIMWEAR SEPARATES
 MAHI BRA RRP: \$110.00
 BOOTY BRIEF RRP: \$94.00

MOLLY BRA RRP: \$110.00
MOLLY BRIEF RRP: \$99.00

Matilda Cove, designed for the modern empowered woman who wants not only a beautiful aesthetic, but also social responsibility.

These bikinis and swimsuits are handmade using only recycled fabrics from ocean waste including fishing nets.

Like their loyal customers, Matilda Cove won't compromise on style or substance.

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TLUXE
CUPRO SLIP DRESS
 RRP: \$299.00

**BUY
HERE**

Multiple award winning, Tluxe cares about the environment, supports local industry and work with organic and sustainable fabrics. Built for layering, the pieces are easy wear, easy care, luxe essentials with a contemporary twist. Tluxe was one of the first 500 members of the Ethical Fashion Forum- an industry body for sustainability.

Crafted 100% from beautiful, sustainable, vegan Cupro silk, with a luxurious handle that feels like silk yet is machine washable. This simple and versatile slip dress can be worn in multiple ways: on its own or layered over a Tluxe organic cotton T-shirt, tied at the back for a fitted look, belted for a blouson effect or simply left loose for a flowing shape.

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HERE**



DIIDA
SOMER CROCHET SHIRT
AND SHORTS
 RRP: \$299.00 EACH

DIIDA supports the 'slow fashion movement.' Founder and Creative Director, Diida Papafotiou, believes in embracing and promoting beauty, quality, keepsake pieces and innovation through ethical practices and local manufacturing. Focussing on separates, ready to mix and layer, dresses designed to get you through the seasons and a sense of ease that is needed in the times of 'now,' DIIDA is proudly made in Melbourne. These multi-wear summer crochet separates can take you from sunrise to sunset no matter what the occasion for effortless chic style. Pair with the shorts to complete your look.

Style YOU



SIMÉTRIE
PETITE BAY BAG
 RRP: \$399.00

Elevate your style while supporting Australian craftsmanship. A new icon - the Petite Bay Bag in Shell is your everyday mini bag for any occasion, with a bright and creamy hue, inspired by the soft tones of seashells. Made from Australian bovine leather.

Founder of simétrie, Simone Agius values balancing the human desire for style with impact on the earth. At simétrie's Brunswick based atelier, they create natural leather goods that are timeless, using the most sustainable materials available to ensure a quality handbag that is safe for people & the planet. All wares are handcrafted by Simone and local craftswomen who are paid fairly in exchange for their skill.

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 HERE**



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THE FLATIRON
EARTHA TOP AZTEC PRINT
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The Eartha Top is a statement piece that flatters every form. Wear it off the shoulder for the evening or utilize the versatility of the reversible neck detail. One top, so many ways! 100% cotton, pair it with denim for day or tailored pants for work and play. The FLATIRON is designed by Australian sisters, Sam and Pen. The ECA-accredited label embodies an understated, contemporary aesthetic. A deep admiration for the intangible beauty of the Australian way is distilled in each FLATIRON Label piece. Sam and Pen work closely with leading manufacturers on short-runs to guarantee the highest workmanship. Every piece is unique in its design using hand-selected quality fabrics to form the foundation of a curated wardrobe for life. In a sea of sameness, The FLATIRON Label refreshes.



* free shipping over \$100

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THESE DEALS ARE EXCLUSIVE TO AUSTRALIAN LIFE MAGAZINE READERS & SUBSCRIBERS



← GRUMPY BUMS THE WHOLE GANG BUNDLE

Proudly developed and launched by food scientist and mum, Jo Leontiades, Grumpy Bums is perfect for parents seeking healthy, no-sugar foods to fulfil their children's breakfast, snacking and lunchbox needs, while

catering to a range of dietary restrictions. These easy, bake-at-home products come without added sugar, sweeteners or refined sugars – incorporating real ingredients and the natural sweetness of fruit. Available in three flavours of mini muffin mix – apple & cinnamon, banana bread and strawberry yoghurt – as well as a banana muesli cookie mix, the Grumpy Bums range can be purchased through selected IGA SuperMart stores, and online via Woolworths, Healthy Life, Nourishing Bubs, and the Grumpy Bums website.

Discount Code: **AUSLIFE20**
Try The Whole Gang Bundle with code above for 20% off on their website until Feb 13, 2024. One per person.





← BAMBOO BODY AUSTRALIAN MADE COLLECTION

Bamboo Body is proud to support the Australian manufacturing industry with the Made in Australia collection. Made from a beautiful blend of bamboo and organic cotton, the organic cotton and luxe grade fabric naturally create a soft and stretchy feel. Accredited by Ethical Clothing Australia, this collection includes 4 styles: Classic V-neck Tee, Classic Scoop Tee, Classic Crew Tee and Classic Scoop Tank. Each style is available in 3 colourways: white, black and gum leaf.

Discount Code: **ALM20**
Valid until March 30 2024





← MACEDON DISTILLERY ANISON

The Australian version of Greece's favourite tippie, Ouzo, has landed in the shape of a unique range by Macedon Distillery. Created in Victoria's beautiful Macedon Ranges, by Jim Koutsougeras & Eleni Lambropoulos. They've launched two varieties, an original and a triple distilled limited edition. The former is traditional, fresh, crisp, beautifully aromatic and smooth - and the latter is smooth, robust and full flavoured with a different mix of botanicals and hints of vanilla bean.

Discount Code: **AusLife20**
20% off and free shipping from 2 bottles or more, valid for 1 use per customer





← OZ BEESWAX BEESWAX OINTMENT

Est. 2015 and now a household name, Oz Beeswax is owned and operated by Jo and her bees from Port Stephens NSW. Beeswax is renowned for its naturally occurring antibacterial, antifungal, anti-inflammatory occurring properties that helps skin and is an alternative to steroids and cortisones. Try this ointment for a more natural, soothing and effective result. One application will give you effects that last all day.

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(provides 35% off this product). Valid til 31st Jan 2024.





← MILA AND ME HANDMADE FRESHWATER PEARL STUDS

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Discount Code: **ALF25**
Valid on studs. 10th January to 10th February 2024



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YOU Beauty

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The Polished stainless steel Gua Sha sculpting tool brings together the cooling features of metal with the sculpting benefits of the traditional Gua Sha shape. As relaxing as it is stimulating, the Gua Sha tool helps you achieve a glowing complexion by de-puffing the skin and reducing inflammation simply by applying gentle movements stimulating collagen production and leaving the skin feeling firm and detoxified. Polished believe good skin care should be uncomplicated and fun to use, 100% natural, contain premium ingredients and never tested on animals. Plus they're sustainable with 100 per cent carbon offset. How polished is that???



↑
**BIOLOGI
ACTIVATE BODY SCRUB
RRP: \$68.00**

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Biologi's exciting new launch, Activate Body Scrub is set to change the shower game. This 3-in-1 multi-tasker's hero ingredient, emu apple is blended with natural ingredients like Australian Murray Basin salt, sugar and clay to give you a powerful formula that gently buffs away dead skin cells, hydrates and boosts the health while fighting against oxidative stress. It also assists with the preparation and removal of self-tan and gives customers a complete regime from head to toe.



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↑
**DERMAL THERAPY
OVERNIGHT LIP REPAIR
RRP: \$11.99**

Delightfully plumping and softening, treat yourself with this intensive yet lightweight lip treatment that works to deeply nourish and hydrate your lips while you sleep. Formulated with a unique blend of ingredients to restore lip moisture and repair the natural barrier, a collagen peptide complex helps soften for fuller looking lips, antioxidants and essential vitamins rejuvenate and repair damage while it gently exfoliates dead skin cells. Owners Steven and Shelley Sher have always been committed to efficacy and innovation which has developed into a business generating brand loyalty and trust through millions of products sold around the world. They can say with absolute confidence, and we agree, that the products work effectively and quickly and that they make your skin feel better.



BUY
HERE

←
**GROW
LONGER STRONGER
INTENSIVE MOISTURE BALM
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Grow Haircare was formulated to help you combat hair thinning and fragile hair and instead relish in longer, stronger, thicker, fuller hair. The Longer Stronger Intensive Moisture Balm is formulated with almond oil and camellia seed oil to soften, moisturise and protect the hair and scalp. It absorbs quickly to provide instant weightless hydration for all hair types and deeply nourishes and restores moisture to dry and brittle hair.



↑ **THE BOTANICAL SKINCARE PINK CLAY MASK**
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Because skin deserves the good stuff without the hefty price tag, The Botanical Skincare Pink Clay Mask stands out as a preservative-free, powdered blend that activates instantly with water. This unique formulation is ideal for sensitive and stressed skin, offering detoxification and brightening benefits. Enriched with pink clay, calendula, and aloe vera, it helps remove acne, refines pores, and leaves skin feeling refreshed. The natural scent of lavender adds a soothing touch to this rejuvenating experience. The Botanical Skincare mission was to craft products that are gentle yet effective. They're all about celebrating natural beauty without harmful ingredients. Just pure botanical goodness that's safe for your skin and the planet. Affordable skincare that's perfect for daily routines.



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← **RAGEISM BEAUTY GLOW FACE OIL**
RRP: \$68.00

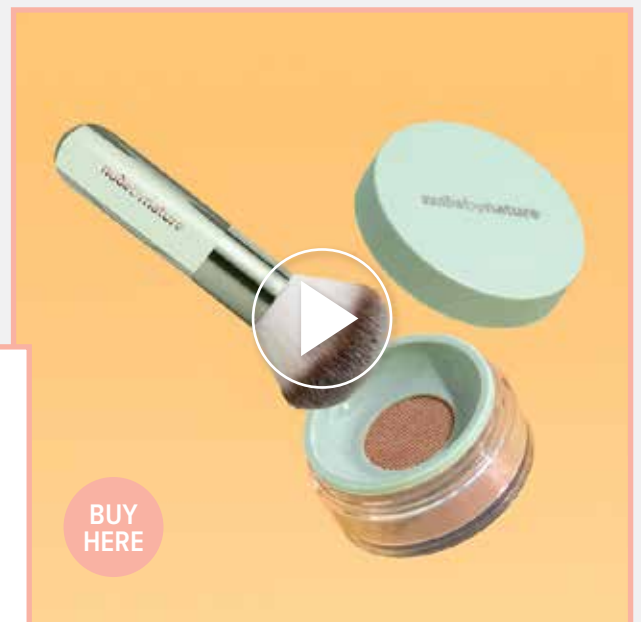
RAGEISM is makeup to shake up the status quo. It is makeup developed by mature women, for mature women who want something uniquely designed for them.

Whatever your complexion, you'll need to replenish the natural oils and moisture that are lost with ageing. Glow Face Oil is packed with beautiful rich, natural oils that will feed your skin and restore moisture.

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→ **NUDE BY NATURE NATURAL MINERAL COVER POWDER FOUNDATION**
RRP: \$42.95

Australia's number 1 selling cosmetic product, the Natural Mineral Cover foundation you know and love, but now with the addition of 100% natural salicylic acid, clinically proven to clear & purify blemish prone skin. Wish sheer to full coverage, and our favourite part - the SPF15! Nude By Nature offers just 100% clean, natural cosmetics and skincare with high performing actives that actually deliver amazing results. PETA certified, so you can sleep at night with a clean conscience and nourished skin.



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→ **ALIVE**
SYMBIOTIC SOFT DRINK
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↑ **CMBT**
CMBT RELOAD™ PROTEIN BARS - COCONUT ROUGH
RRP: \$50.00

The trusted protein choice for the world's best athletes and health professionals, CMBT RELOAD™ is formulated with everything you need to maximize your performance and recovery. Designed for those seeking the highest quality, low-calorie protein powder with all the extras, CMBT RELOAD™ contains our complete 4-stage blend of organic, plant-based protein sources along with additional ingredients to reduce inflammation, promote gut health, boost energy production and optimize hydration. 100% HASTA Certified banned substance tested, CMBT RELOAD™ is the all-in-one protein formula to Fuel Your Bravery.



↑ **FIT BY THE FIGURE**
APP BY DANNY DUNCAN
FROM \$24.99 A MONTH OR SAVE WITH ANNUAL PAYMENT OF \$249.00

Fit by the Figure is a holistic guide and one-stop-shop for reaching your health and fitness goals, which Danny Duncan developed after helping hundreds of clients on their wellness journey and realising there were no tools on the market that approach wellbeing in a simple, uncomplicated, "no BS" way and span across multiple areas including fitness, nutrition, and mindset. With a mission to empower Australians to take charge of their physical and mental wellbeing no matter the time of year, Fit by the Figure holistically links mindset, exercise, wellness and nutrition into one simple platform. Available in two distinct versions to encompass the aspects of mind, body and soul, users also receive daily wellness mantras to inspire and uplift, and mindset/accountability tools to improve self-esteem and foster a positive and proactive mindset.



BUY HERE



← **THE TEA CENTRE**
AUSTRALIAN BOTANICAL TEA RANGE
TEA BAGS RRP: \$31.00
LOOSE LEAF FROM RRP: \$42.00

Tea purveyor, The Tea Centre, has launched a beautiful, distinctly Australian botanical tea range with flavours sourced from around the country, inspired by the rich tapestry of Australian landscapes. Four teas within the collection proudly feature World Heritage listed Daintree Forest black tea as their base. Each tea blend in this remarkable collection tells a story, embodying the essence of Australia's unique flora and natural beauty. The range features nine Australian botanical flavours, all of which can be sampled in their Exploration Box, perfect for gifting for Valentine's Day.



BUY HERE

←
NOSHU
JELLY LOLLIES
 150G RRP: \$5.50

Noshu, founded ten years ago, by Rachel Bajada, is Australia's beloved leader in delicious, low sugar and low carb treats. They're currently disrupting the confectionary aisle with their new 75% less sugar Snake Pit and Fruity Fix jellies. Forecasted to sell one packet per minute, these jellies are such a game-changer in taste, texture, and a healthier alternative to the sugar-loaded sweets, (not to mention toddler behaviour). Noshu's Mind Blowing Jellies will remove approx. 37,000 kgs of sugar from Australian diets in the next year.



→
SPROUT ORGANIC
PLANT-BASED INFANT FORMULA
 RRP: \$39.99

Sprout Organic is an Australian children's nutrition company which makes organic, plant-based infant formula, and healthy plant-based snacks for kids. Approved by leading paediatricians, dietitians, and food science experts, Sprout Organic is a global leader in innovative kids nutrition. Their mission is to provide children and their families with access to nourishing plant-based food products across the globe, starting right here in Australia. They have won multiple awards including the World Food Innovation award for Best Children's Product and they hold environmental certifications, care-taking for the next generations.



BUY HERE



BUY HERE

←
YO-CHI
FROZEN YOGURT
 RRP: \$4.00 PER 100G

Yo-Chi is Australia's favourite and fastest-growing frozen yogurt brand, serving up high-quality frozen yogurt and toppings in a high-energy and inclusive space. Dessert lovers can choose from a range of frozen yogurt flavours such as Signature Tart, Chocolate, Butterscotch and plant-based goodness as well as a rotation of seasonal flavours. The experience continues through to their famous buffet-style topping bar where mochi, crumble and cookie dough are some of the treats that can be added to your creation.



→
NUTRIKANE
 SINGLE PURCHASE RRP: \$46.00 - \$82.50

We have all heard the saying 'you are what you eat.' In terms of overall health this is now a proven scientific fact. Research shows that dietary habits directly affect disease risk. While certain foods may increase the risk of chronic health conditions, others provide strong medical and protective qualities.

You can choose from NutriKane D for maintaining healthy blood glucose levels, NutriKane R for optimal regularity, NutriKane I to reduce inflammation or NutriKane J to improve joint health provides essential fibres, nutrients and minerals clinically proven to improve gut and microbiome health.



BUY HERE

LOVE OUR Community



Often when we start a business we think it's a 'hair' brain idea but we push on.

This is the perfect example of why dreams can become a reality. **Joey Scandizzo** has been Australian Hair Dresser of the Year on multiple occasions and he has done the hair of the world's biggest stars when they are here in Australia.

Joey started hairdressing in 1995 and 10 years later, started Joey Scandizzo Salon Group in 2005. Taking his brand and growing it further, Scandizzo's ELEVEN Australia brand started with the hero - Miracle Hair Treatment - which has now grown into a full range of hair and body care lifestyle products sold in over 32 countries.

Joey is good at 'tips,' so here they are!



What inspires you as small business owner in Australia?

Seeing the next generation of hairstylists come through. I love to feed off their energy and new take on creativity from hair to the digital landscape.

You have a host of products made locally - how important is Aussie production to the success of your businesses?

Our Australian Heritage is one of our key pillars of ELEVEN Australia so naturally Made in Australia is extremely important. We have Australia on our packaging!

We love that Australians have been so supportive of the brand, it's important that we can give back. ELEVEN Australia keeps our local industry employed and growing. That important to me. There's something also really special about seeing our distributors and customers overseas fall in love with the brand not only because it performs, but because its Australian!



Do customers appreciate the Australian made credentials of your brands?

For sure. Listening to our international partners, there's definitely strength in Australian made products. There's a sense of quality and a feeling of trust that comes with products made in Australia. I'm really proud of that.

Personally, I have a love for our beaches and surf culture and I know that there's definitely also that appeal with our overseas customers.

How do you keep growing your various businesses?

Simple. Surround yourself with the right people that could keep the business going even when you're not there.

What role does digital media and marketing play?

Other than the role people play it's the most important part of our businesses. Good digital and marketing really helps sell your product or service. It gives you your competitive edge. Without it, your brand or business will simply meander or become irrelevant overnight.

What's the best piece of business advice you could share with fellow business owners?

Business is tough, and our industry particularly, is massively competitive. My best advice to other small businesses is simple – if you're going to give it a crack then be sure to really understand the costs involved with a start-up. Most businesses fail in the first couple of years because they think it's going to be an Instagram overnight success dream business. It won't! Invest in the right people from the start and really understand what investment you need to weather the tough times.



Joey also owns Kings Domain Barber Shop, and its brand of styling products for men.



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Where you as the brand are involved in designing the unboxing experience.



Designed to Give Your Business Time Back:

Sendaroo's services are tailored to liberate businesses from logistical complexities, enabling them to concentrate on growth.



Delivering Past the Buy Now Button:

We're not just about getting products to the customer's doorstep. Our commitment goes beyond the "Buy Now" button. We're in the business of delivering experiences.



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differently



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Inquiries@sendaroo.com.au

Foundation to Success

ALEX FEVOLA'S RUNWAY ROOM

Runway Room is a brand built on the foundations of quality Australian Made products, clean ingredients, innovation, ethics and exceptional service. CEO and Founder, **Alex Fevola** set out to demystify beauty and make it accessible to everyone. Her mission was to transform the way people feel about themselves and the way they feel about beauty. Since 2012, Runway Room provides affordable luxury for all Australian consumers and has become a cult favourite with Make-up Artists and leading professionals.



Beautiful Alex Fevola- the CEO and founder of Runway Room - is well on her way to becoming an all Australian beauty mogul.

The former model, photographer and make-up artist, created Runway Room in 2012 – a local ethically made brand that prides itself on being uncomplicated, ageless and above all, accessible to every woman.

“My vision was to create premium products at an affordable price range,” she says over the phone from Melbourne. “I wanted to produce makeup that women of all ages could access and enjoy using.”



a woman with true grit, self-belief and a passion for her work

Modest and low key, the hard working Fevola is all about demystifying the beauty industry, making it easy for women to get their glow on.

This drive to achieve was unfortunately born out of necessity. Fevola has experienced true adversity in her life. She details some of the challenges in her best-selling book, *Silver Linings* (Lake Press) with a chapter on being a single mother in her early 20s when her first husband unexpectedly passed away.

Fevola, now has four children and is partnered with reformed bad boy, AFL legend and media personality, Brendan Fevola.

She confirms that she wrote the inspiring book herself – no ghost writer needed!

Of course, she did. This is a woman with true grit, self-belief and a passion for her work. She can make anything happen.

The Runway Room beauty brand, which was launched in 2012, has actually been 20 years in the making.

With her background of modelling and photography, she'd first sought the financial security that working as a makeup artist offered. Her life was all about helping women to look beautiful for their weddings and those special occasions.



“At that time most people would have to go to Napoleon Perdis for makeup or to one of the makeup counters at David Jones or Myer, then go somewhere else to have their hair styled. So, what I did was to connect the two to have a one-stop shop where women would be transformed.”

The Runway Room makeup line grew organically.

Fevola started small with just a few products and constantly refined them.

“Many beauty brands put most of their resources and dollars into marketing and lavish packaging. We did it the other way around, spending years on product development and testing until we curated the perfect range,” she explains.

“We understood that one of the most powerful marketing campaigns of all is simply getting the product right and word of mouth. If people like it, they will return and tell their friends,” she says.

“It’s an old-fashioned approach but in my opinion a much stronger base to operate from.”

The Runway Room packaging is also eco-friendly. It’s basically ‘what you see is what you get’ without having to crack open layers of plastic and glitter to find a foundation or a blusher. In fact, the Runway Room collection looks more like a makeup artist’s kit.

Fevola admits that it was tough going at times and there were long periods when nothing seemed to be happening at all with her brand. Perhaps some would have given up in frustration then but she knew that she was on the right track and waited for that “break in the clouds”.

However, she acknowledges that she’s operating in a tough, competitive market with thousands of beauty brands all vying for attention and a small army of influencers pushing them all along.

“I’ve always known that the best way to stay relevant is to remain true to your brand’s DNA and to avoid being influenced by what other brands are doing,” she says. “Otherwise you risk losing your authenticity.”

Runway Room flourished during the COVID pandemic as more people discovered it and loved the fact that it was Australian made.



“I’ve always known that the best way to stay relevant is to remain true to your brand’s DNA and to avoid being influenced by what other brands are doing...Otherwise you risk losing your authenticity.”

“We experienced some huge growth through that period,” she says. “I had always sought out Australia’s best manufacturers and formulators. It was just the right time to be offering a clean, ethical product and helping the industry to grow here.”

The brand now encapsulates a flagship store in the high-end Melbourne suburb of Armadale and another salon in Sorrento on Victoria’s Mornington Peninsula.

The shops are a home for makeovers and offer cosmetic courses taught by professionals.

Fevola says that she is also toying with the idea of opening another big store in Sydney although there’s nothing in place just yet.

Meanwhile, she has recently expanded through the Direct Chemist Outlet chain, resulting in what she says was the “most successful launch in their 18-year history,” eclipsing other beauty brands.

She’s also launching in the UK through the online shopping channel QVC. Interestingly, Runway Room already has a huge fan in London, kitchen superstar, Nigella Lawson. However, she’s certainly not a highly paid influencer but simply went online as a regular customer and even left a couple of excellent reviews. It was a real pinch yourself moment for Fevola.

She remains passionate about her business, especially with her eldest daughter and prominent influencer, Mia, coming on board to do marketing and act as a brand ambassador.

“Mia’s studying psychology but she does what she can,” says her proud mum.

Undoubtedly there’s much more success on the way for this Australian businesswoman who believes in doing it her own way. Alex Fevola’s Runway Room is all about keeping it real. And clearly, this cosmetic business has all of its foundations well laid.



DAYLESFORD AND HEPBURN SPRINGS - *a golden oldie*



THE BOATHOUSE ACROSS LAKE DAYLESFORD

LOVE A

Getaway

The two iconic Victorian towns came to life during the gold rush of the 1850's.

Almost 175 years later, this destination along the Macedon Ranges some 115 kilometres north west of Melbourne, is now a gold mine of food and beverage, arts, culture and pure relaxation.

Known as the spa centre of Australia, the adjacent townships have day spas and hot springs dotted everywhere, with the most famous being the Hepburn Bathhouse and Spa. Winning many global luxury awards, this its pampering on a whole new level and eh perfect way to start the day.

Winning many global luxury awards, this is pampering on a whole new level and a perfect start to a day.

Enjoy the adults only private Sanctuary hot tubs and steam rooms (there are some children friendly areas) and then sit back with a facial, massage or another relaxing treatment from the experienced staff. (<https://www.hepburnbathhouse.com>)

Our breakfast choice was at the Larder on the main street of Daylesford with a fantastic menu (<https://www.larderdaylesford.com.au>). But for the best coffee it's Harry's Hepburn. A stunning little establishment with a beautiful courtyard and lots of local goodies for sale. (<https://www.harryseatory.com.au>)



ICONIC LAKE DAYLESFORD FROM THE ACCLAIMED LAKEHOUSE RESTAURANT

For the kids the region is full of endless opportunities. A restored heritage train has been completely redone from the gold rush and takes families through beautiful scenic country. (<http://www.dscr.com.au>)

The well-known Lavender farm is stunning. Wander through the fields of the sweet- smelling lavender and get up close and personal with emus, bulls, cows and alpacas in the farmyards. Be sure to buy something pampering from the lavender gift shop. (<https://www.lavandula.com.au>)



LAVANDULA SWISS ITALIAN FARM - SHEPHERDS FLAT

The region is home to many wineries, breweries and distilleries – whether Shiraz and Cabernets – or Gins, Vodka and Whiskeys.

The Hepburn Distillery (<https://hepburndistillery.com>), The Daylesford Brewing Co (<https://www.daylesfordbrewingco.com.au>) and the Daylesford Cider Company (<https://daylesfordcider.com.au>) are among the most famous for a bevy and a bite.

But it's the new Daylesford Spirit that's the drop on everyone's lips.

In 12 months, the brand has developed 9 products including vodka, whiskey and gin – and has won multiple international and national awards.

Founder Michael Samoolin has created a wonderful space where people can sample the spirits, and then sit with a Daylesford picnic box on the lake and see some kangaroos.



SANCTUARY BATHING AT THE HEPBURN BATHHOUSE AND SPA



MICHAEL SAMOOTIN, FOUNDER OF DAYLESFORD SPIRIT

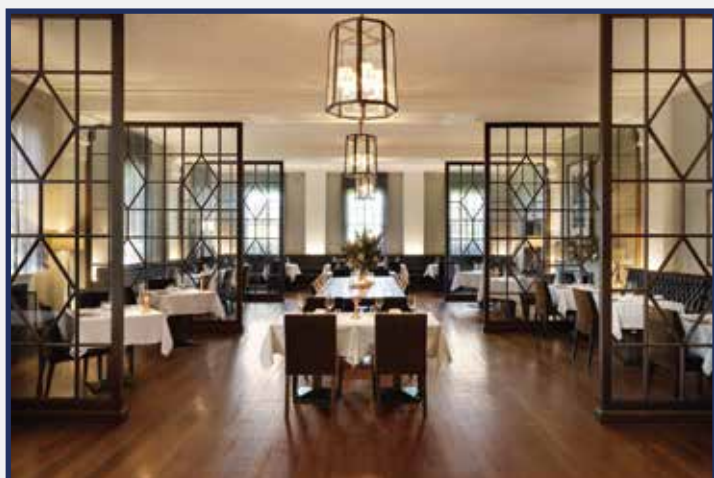
Make sure you taste the blueberry gin and blood orange gin!

One of the real highlights for the visit was a trip to Winespeake Cellar Deli. Sit down and enjoy a glass of wine (an unmatched wine list for the area) with a board of local cheeses, pastes, breads, crackers and meats. Make sure you asked to be served by the delightful Marty! (<https://wine-speake.com.au>)

Don't come to the Daylesford region on a diet. There is way too much bloody good food!

The iconic Lakehouse restaurant, nestled on Lake Daylesford, is one of the best restaurants in Australia. A 5-star experience (two chef hats) under the culinary directorship of Alla Wolf Tasker. For lovers of French food, then Bistro Terroir is one of the best in the state. Hotel Frangos is open for breakfast, lunch and dinner with a modern and fresh menu – and a wine bar with fantastic cocktails visited by locals and visitors alike. (<https://hotelfrangos.com.au>)

There is a plethora of pubs in the area for a more affordable family feel.



THE ARGUS DINING ROOM AT PEPPERS MINERAL SPRINGS HOTEL

Arts and culture is unparalleled for a regional centre.

The Convent is the township's most iconic building. Over four floors, there are seven gallery experiences, a museum and a cafe—surrounded by gardens and view of the central highlands. Iconic artist David Bromley has his own gallery in Daylesford, (<https://www.bromleyandco.com>), and also visit the vibrant Radius Art Space (<https://www.radiusart.com.au>) or the Michael Parker Gallery. (<https://www.michaelparkergallery.com.au>)

If you still have some money left, there are some gorgeous boutiques selling local fashion, homewares and other knick knacks including Creswick Natural Fibres, Wombat Gifts, The Farmers Wife & Cedar and Sage.

No trip is complete without a visit to the Palais Hepburn. Regional Victoria's most famous cabaret style venue with guest performers, a cocktail bar and restaurant. (<https://www.palais-hepburn.com>)

Accommodation is endless, and the region is particularly loved for its cottages and bed & breakfasts all over town.

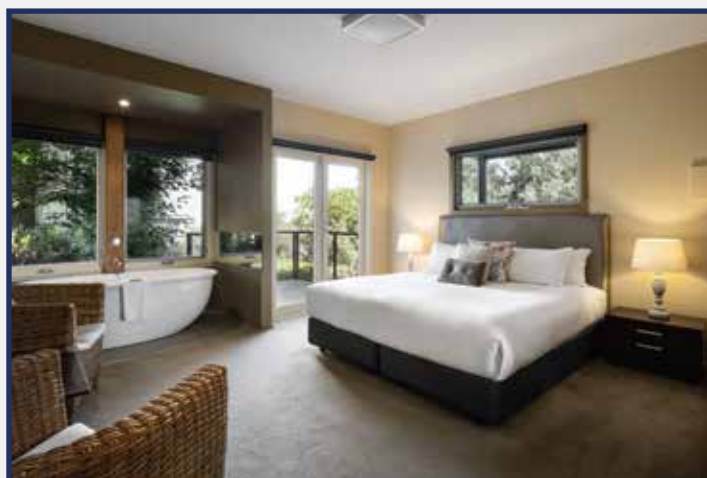
The iconic Peppers Mineral Springs Hotel at Hepburn Springs was built in the 1930's and has been transformed into a deluxe retreat with stunning European like vistas with little balconies for some R&R. The resort is also home to the famous Argus Dining Room restaurant and it has its own award-winning mineral springs on the hotel grounds. Don't miss it. (<https://www.peppers.com.au/springs/>)

After you have eaten, drunk and danced your way around Daylesford, head on some fantastic walks. There is none better than the 'Goldfields Track' which is the journey all the gold diggers took during the gold rush through the region.

Daylesford and Hepburn Springs, you really are a golden oldie.



THE CONVENT DAYLESFORD - FORMER CONVENT, TURNED ART GALLERY AND CULTURAL CENTRE



PEPPERS MINERAL SPRINGS HOTEL DELUXE SPA ROOM OVERLOOKING THE GARDENS

Visit The Hepburn Shire, Daylesford for yourself ...

Buy BEFORE YOU Go



↑ **TINTA CRAYONS TRAVEL COLOURING MAT WITH CRAYONS**
RRP: \$40.00

A washable, reusable colouring mat with six matching crayons is perfect for keeping children entertained on the go. The crayons tuck into the pockets of the colouring mat for easy storage and to keep them safe on the move. Each mat has a unique scene that children can colour or use as the basis for imaginative play. Simply wash in hot, soapy water to remove any drawings and the mat is ready to use again. Perfect for plane trips or trips to a restaurant.

Choose from - Dinosaurs, Fairies, Aussie, Outer Space



↑ **MATILDA LIFE LOLA SLIDE**
RRP: \$299.00

Available in 8 colours and hand made in Melbourne, Matilda Life offers timeless style and quality. This best-selling elegant slide is made from the finest quality leather, sourced as a meat industry bi-product, thereby reducing waste. It is chic, minimalist and comfortable. Soft leather is used for both the upper and the lining, which makes these slides lightweight with a flexible sole, yet strong. Perfect for exploring.



← **THE DEPARTMENT OF BED INTENTIONS BED INTENTIONS WATER-BASED LUBRICANT**
RRP: \$35.00

Remember to pack the world's first microbiome-friendly certified, water-based lubricant. The prebiotic ingredient is unique to this product and is suitable for both men and women. Founded by Sophie McGrath, this lubricant is all natural and proudly comes with 7 certifications including completely cruelty-free, plastic-free and vegan friendly. You might want to grab enough for Valentine's Day too!



← **CMBT RELOAD PROTEIN BAR™ COCONUT ROUGH**
RRP: \$50.00
Each box contains 10 x 60g bars

CMBT aim to make a positive impact on the lives of our community and the world. They've become a lifestyle brand with a deep desire to help the community eat better, move more, be more mindful and foster connection with others.

CMBT RELOAD™ Protein Bars contain all the goodness of the CMBT 4-stage recovery formula in a convenient wholefood bar. Formulated with the world's best complete protein recovery formula, they feature an anti-inflammatory blend to reduce soreness and enhance recovery, pre and probiotics for gut health, MCT oil, and 20g of all-natural bioavailable plant proteins. Just like all CMBT products, every batch of CMBT RELOAD™ Protein Bars is HASTA Certified and banned substance tested.

Fair Air[®]



FIRE MASK

Designed for Bushfire Fighting
but great for many other uses!

*CSIRO tests show
it removes 99.94%
of particles of 0.3 micron*

- *Easy to breathe and talk through*
- *Removes virtually all particulates*
- *Washable / Reusable filters*
- *Comfortable to Wear*
- *Effective seal even with beards*
- *Highly fire resistant*
- *Quick to put on / take off*
- *One size fits all*
- *Protects against: pollen, various dusts, asbestos, silica, fungal spores and various germs*



by Dane Taylor
Technologies Pty Ltd

**VISIT
THE
SITE**





Love OUR PLANET

↑
**THE HIDDEN SEA
MIX & MATCH CASE OF 3 WINES**

CASE OF 3 WINES STARTING AT RRP: \$51.00

When the ocean receded 26 million years ago, from what's now South Australia, the fossilised marine life left the soil rich with nutrients that allow the grapes to flourish there today. Recipients of People's Choice Awards for the last 3 years, they give back by removing and recycling 10 plastic bottles from the ocean for every bottle sold. By 2030 their goal is to have removed 1 billion single-use plastic bottles from the ocean.

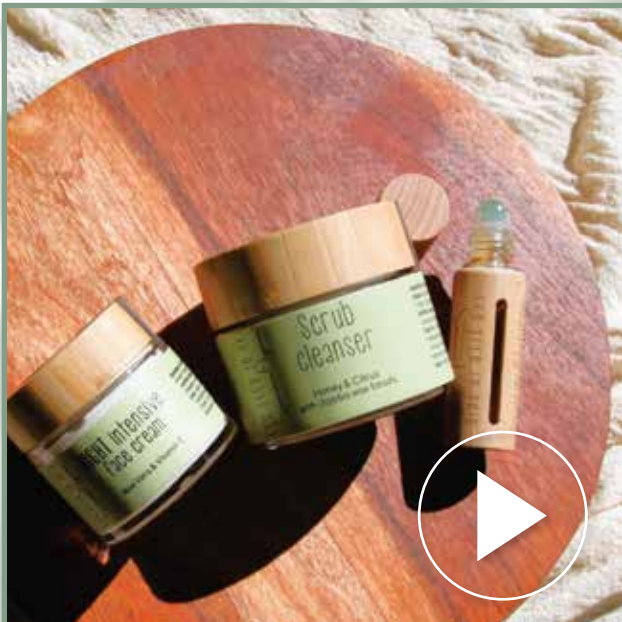
Led by 4th generation wine-maker and football legend, Richie Vandenberg, The Hidden Sea are truly giving connoisseurs a chance to make a traceable, positive impact on the planet while enjoying award-winning, delicious wine.



THE HAND UNDERWEAR

RRP: \$30.00 (including Free Shipping)

Hand Organic, established in 2018 by siblings Mic and Samantha Eaton, is a brand that brings elevated design to the essential daily attire closest to the skin. The Hand emphasizes timeless, sustainable, and ethical practices, considering them integral to moral and social responsibility. Through certified organic cotton and ethical sourcing in Australia, they ensure a holistic approach to the supply chain, for quality, durability, and integrity in every garment. With recyclable and compostable packaging, Hand Organic is preventing environmental harm. The brand caters to individuals who prioritize the planet, value authenticity, and seek both comfort and style in their everyday staples. The Bikini Brief features a soft elastic waistband, is GOTS Certified, Australian Certified Organic, and ethically manufactured in Brisbane.



**SAARINEN ORGANICS ECO SEED TO SKIN
BY SARRINEN ORGANICS
THE MOST SUSTAINABLE SKINCARE IN AUSTRALIA.
BESPOKE LUXURY AUSTRALIAN SKINCARE.**

RRP: \$120.00 (including Free Shipping)

Mature to Combination Skin Hydration set.

This skincare brand is purposely crafted with regeneratively grown certified organic herbs, with 100% stand alone solar in lab, in returned packaging they sterilise for a true circular economy.

This luxurious set is for skin types ranging from wordly & wise (AKA Mature) to dry and combination skin. Combat ageing with a potent blend of antioxidants, extracts, and oils. Developed through 15 years of feedback from public market customers, it reduces wrinkles, combats free radicals, and improves skin elasticity.



Netball legend Liz Ellis AO, holds three World titles, two Commonwealth Games gold medals, four national league titles, the Medal of the Order of Australia and is an inductee into the Sport Australia Hall of Fame. On Monday 15 January 2024, Ellis will co-host Network 10's premiere revamp of the 1990's sports challenge TV series, *Gladiators*.

Describe the feeling you would get when you would take to the court to represent Australia?

It was an immense sense of pride in playing in the *Diamonds* dress mixed with a sense of responsibility to ensure that I remained true to the *Diamonds* values and continue a tradition of playing hard but fair, and being committed to win for Australia.

Why is sport such an intrinsic part of life as an Australian?

Sport equals community, and it is so often the place that Australians come together, whether as players, coaches, volunteers or spectators. From a young age sport is where we get to hang out with our friends and learn responsibility - whether as a coach, umpire or working in the canteen.

What do you remember most of starting your netball career in local sport like so many Aussies do at their local clubs?

I remember vividly the satisfaction of playing netball on a Saturday morning and having an icy-pole on the way home! It was the best tasting thing I had all week! I also remember loving the feeling of being in a team and working together each week to improve and play well.

What's your favourite little secret getaway in Australia?

I have a few secret getaways after we spent a year travelling Australia in 2022. My favourite places were along the Gibb River Road in the Kimberley, where we found some beautiful free camps and enjoyed having our own little piece of paradise.

When you have travelled overseas for both sport and work, why do you think so many people have a positive view of life in Australia?

There is a real sense of positivity around our climate - the sunshine, the beaches, the great outdoors, as well as the friendly nature of Australians.

How has your professional sporting career as an icon of Aussie sport helped you in this new TV role as co-host of Network 10's *Gladiators*?

I am fortunate to have learned so much during my sporting career that translates beautifully to life outside sport. The main things that I relied on during the filming of *Gladiators* was the ability to work in a team with Beau (Ryan) and our producers. Beau comes from a similar background so we immediately found common ground and both of us understood the importance of the team around us in being able to do our jobs. My sporting background also means that I am coachable and can take feedback - that's super important when you are doing something well outside your comfort zone.



WATCH ON



HOME IS WHERE THE

heart IS



ENFOODIES
SOURDOUGH BREAD STARTER KIT
RRP: \$14.95

**BUY
HERE**

Making and sharing great food is what every foodie is passionate about and this sourdough starter kit will help your family become artisan bread makers whatever their experience level.

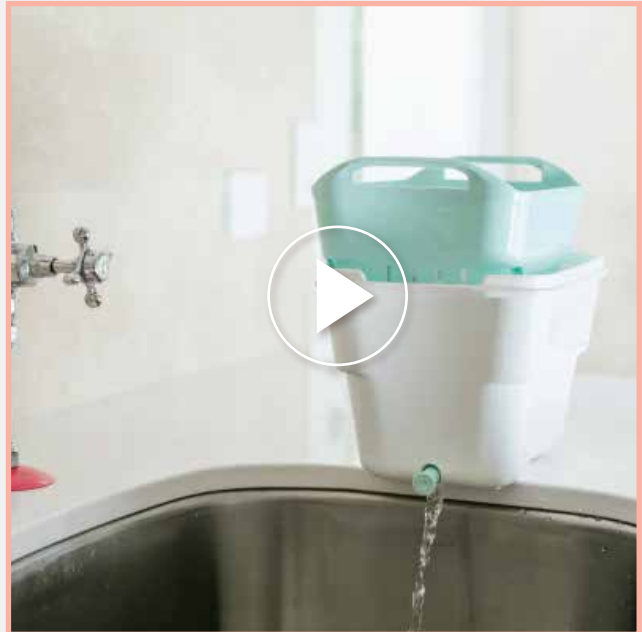
Popular blog, Beautiful Living Made Easy is the Founder of this 100% organic, super-active, zero-waste, easy-care goodness. One packet of starter is all you need for generations of amazing bread! Available in 3 varieties, when you order a kit or bundle, you will also receive their super simple recipe and pro tips for delicious pancakes, pizza, cakes, muffins and cookies.

**BUY
HERE**



STRUCKET
RRP: \$99.90 (THE SET)

The Strucket is the world's first strainer meet bucket. An innovative system set to modernise the way you soak and drain. Invented by Sunshine Coast mother of 3, Kelly Lavery. The all-in-one soaking solution allows you to soak, separate and drain without ever having to touch dirty, soiled, chemical-filled, unhygienic water again. It is the perfect solution for sensitive skin and supports sustainability through reduced landfill with items such as disposable nappies. With over 100 uses noted already, The Strucket, takes the strain out of soaking giving you back more time to spend doing things that make you feel good.



HAVEN PRINTS
RRP: \$450.00 - \$1800.00

**BUY
HERE**

Founded by artist Kristin Rubie, Haven Prints are designed to suit the modern-Australian aesthetic. Naturalistic with soft edges and atmospheric effects, Kristin often uses earthy colour palettes and whimsical florals. She layers in textures, mosaic-like patterns, dots and lines to create a multilayered texture effect. The energy she brings to her pieces is one of calm and simplicity that evokes a feeling of stopping and taking a breath for a moment amid the chaos of life.



SAFE

Haven

Between 70 to 80% of Central Australia will completely burn over the next few years. That's millions of hectares lost in the heart of the country.

Joe Schofield, Regional Operations Manager for Central and South Australia with the Australian Wildlife Conservancy doesn't mince his words.

"We know it is inevitable. We just need to be in the best position possible and we believe we are," he said.

But the loss isn't just because of out of control bushfires, but rather planned burns during the cooler months, to try to prevent unexpected summer blazes and protect our unique Australian animals.

Mr. Schofield manages the largest private area of park in Australia, taking in some 1.6 million hectares of land bang smack in the middle of the nation.

The two properties are known as 'Newhaven' and 'Ngalurtju' and are adjacent to each other.

Around 2,000 kilometres across the properties has been backburned since May in preparation for what everyone expects to be a catastrophic fire season.

The Newhaven property alone has seen 605 kilometres of prearranged burning.



“AWC's fire management plan, using digital mapping dating back to the 1970's, keeps the aging spinifex to less than 10% of the overall land mass to lower the unplanned fire risk.”

"Over the previous couple of years we have had an above average rainfall which sets the scene for drying off. We knew this year was going to be a big year for bushfires and we did a lot of backburning," said Mr. Schofield.

While most of the land is arid desert, spinifex grass is everywhere and that's one of the major problems. The older it is, the more flammable it is.

So, AWC's fire management plan, using digital mapping dating back to the 1970's, is to keep the aging spinifex to less than 10% of the overall land mass to lower the unplanned fire risk.



"But high rainfall puts everything in a flammable category which is this summer. You have to flip into a completely different management plan," he said.

However, even experts like Joe Schofield can't control everything about Mother Nature in summer.

But he does have some control over other ways to protect wildlife in the area.

AWC has invested millions of dollars to build a 45 kilometre electric fence around the properties to keep out the feral cats, dogs and camels that are the other major headache.

Australia has lost the most animals to extinction across the world in the modern area – close to 40 species in the last 200 years – with a further 70 Australian mammal species considered extremely or highly vulnerable to feral animals.

“Australia has lost the most animals to extinction across the world in the modern area – close to 40 species in the last 200 years – with a further 70 Australian mammal species considered extremely or highly vulnerable to feral animals.”



So, all of these pre-planned burns allow the native animals to get used to their surroundings when there is an out of control blaze.

“We need to stagger it out so that the burning happens over a number of years. If it happens in one summer, then it’s a catastrophe,” said Mr Schofield.

A key part of the plan for the region is the reintroduction of native wildlife into their natural habitat.

With this new fence, Golden Bandicoots have been flown in from the Kimberley and now roam free, while the Mala, a mini kangaroo, was flown in from New South Wales reserves and other parts of the Northern Territory. Both are now flourishing again.

However, all of this on the ground work is done without a cent of Government money.

The organisation survives only on donations from high net worth philanthropists, and then families, some who give as little \$5 a week, to educate their children about the Australian environment.

“It’s strange how Government can throw millions of dollars when there is an actual bushfire and resources come in from all directions. But there is virtually no support to help prepare the environment so there isn’t a big fire in the first place,” he said.



Joe’s colleague from AWC in Western Australia is Senior Field Ecologist, Georgina Anderson. She looks after the Mount Gibson Wildlife Sanctuary which has seen 10 species reintroduced including bilbies, numbats, brushtail possums and now quolls.

Here 8,000 hectares on the northern edge of the wheatbelt have been fenced to keep out the feral animals.

“We are trying to restore the ecosystem where these animals used to live hundreds of years ago. Feral cats and dogs are the greatest threat and we have taken that threat away,” said Ms. Anderson.

Recently, a small number of quolls from Taronga Zoo in Dubbo in New South Wales, boarded a Qantas flight to Perth and were then driven to the sanctuary and released.

Radio tracking and cameras monitor them, and they are caught for regular health checks.

The goal, of course, is to get lots of brothers and sisters in the family.

“You release a small population and start a new population. It’s fantastic,” she said.

It seems like Santa was kind when he journeyed to the outback last month. A few female quolls look like they will soon be Mums.

“I am in a small circle that’s true. It’s been really special for me to gently release these animals back to where they belong. It’s really hard to describe the joy,” said Ms. Anderson.



Australian Wildlife Conservancy is a national, and now global leader, in the reintroduction of threatened Australian animals into their traditional homes which are known as ‘safe havens.’

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←
**MOO PRO
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As we gear up for the sunny vibes and keeping those New Year's resolutions to embrace healthier eating, we're thrilled to introduce Moo Pro – the 5-star health rating, high-protein Greek style yoghurt. The tasty creation is perfect for the health-conscious squad. Packing a protein punch with 15g per serving and keeping the sugar low, it's the ultimate guilt-free snack. And the muesli topper adds a delightful crunch to this nutritious treat to flavours, vanilla bean, honey, blueberry, and strawberry.

Freshly decked out in new packaging, the entire Moo line-up is now proudly rocking 100% reclaimed Ocean Bound Packaging, which is completely manufactured in Australia. Yep, the South Australian brand is saving the ocean from 439,000 plastic bottles this year alone!

At Woolworths supermarkets across Australia and some handpicked independent grocers.



←
**RICH GLEN YARRAWONGA
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Rich Glen was established in 1998 along the Murray River. Flavour-up your BBQ meats, fish, veggies or pasta dishes with everyone's favourite rub! Great as a marinade and so tasty on your cheesy nachos! Bursting with the aroma of freshly sun-dried tomatoes, a sweet astringency of roasted garlic and a subtle kick from locally grown chillies, it is incredibly tasty on all cuts; beef, chicken, pork and seafood. Marinate your proteins a few hours before cooking to truly showcase the bold flavours of this taste enhancing Meat Rub.



fresh. summer flavours



Chicken Tacos with Chimichurri Dressing

Serves: 4 | Preparation Time: 30 Minutes | Cooking Time: 15 Minutes

Ingredients

- 3 Tablespoons *Cobram Estate Classic Extra Virgin Olive Oil*, plus extra to drizzle
- 500g chicken thigh fillets, thinly sliced
- 3 tsp smoked paprika
- 2 tsp ground cumin
- 2 green shallots, thinly sliced
- ¼ cup flat leaf parsley leaves, finely chopped
- 2 corn cobs, husks removed
- 1 red capsicum, thickly sliced
- 10 mini tortillas, warmed or lightly grilled
- 1 avocado, thinly sliced
- Juice of 1 lime, plus extra lime wedges to serve
- 1 red chilli, sliced finely, to serve
- Salt and pepper, to season
- Sour cream, to serve

Method:

1. Put 1 tablespoon of *Cobram Estate Classic Extra Virgin Olive Oil* into a large bowl. Add chicken, smoked paprika and ground cumin, toss well to coat. Set aside for 15 minutes to marinate.
2. Meanwhile, to make the chimichurri dressing, combine 2 tablespoons of *Cobram Estate Classic Extra Virgin Olive Oil* in a medium bowl with shallots, parsley and lime juice. Season and set aside.
3. Heat a pan over high heat. Toss corn and capsicum in remaining 1 tablespoon of *Cobram Estate Classic Extra Virgin Olive Oil*. Cook corn, turning for 10 minutes until tender and lightly charred. Set aside. Add marinated chicken and capsicum to grill pan and cook for 10 minutes, turning occasionally until lightly charred, and chicken is cooked through.
4. When corn is cool enough to handle, slice kernels off cobs.
5. Pile chicken and vegetables into tortillas and top with avocado. Serve dolloped with sour cream, red chilli and chimichurri dressing. Serve immediately with lime wedges on the side.

RESTAURANT
Review
Review by: Mitch Catlin



400 GRADI
★★★★☆
ADDRESS
99 Lygon Street
Brunswick East
VIC 3057
OPENED
2008
HEAD CHEF
Melbourne icon Johnny Di Francesco
OPENING HOURS
Open 7 Days - 12pm - 11pm
FAVOURITE DISH
NZ King Salmon crudo, cucumber, lemon zest, mint and buttermilk Risotto with pan tossed prawns, pea puree, snow peas and grana padano
COST (APPROXIMATE)
Approximately \$60 per person

400 Gradi
with JOHNNY DI FRANCESCO



BOOK A TABLE HERE



Opening in Melbourne in 2008, 400 Gradi serves up authentic family style Italian dining and it now has 7 restaurants across Melbourne, one in Adelaide and now two in the United States.

We ventured out to Brunswick, in Melbourne's north, just weeks after the store celebrated its 15-year anniversary and right on the back of finishing sixth place for the second year in a row at the 50 Top World Artisan Pizza Chains competition

It's the latest in many international awards that the restaurant chain has received.

The smell when you walk into the restaurant is nothing short of spectacular. Warm gourmet pizzas are placed on high stands on virtually every table we walk past.

Head chef Johnny Di Francesco started making pizzas when he was just 12 and eventually went onto become the world's Number One Pizza Champion through his secret recipe of cooking pizzas at 400 degrees for 90 seconds (400 Gradi) and he is the author of many books, along with TV appearances on screens across the world.

This time, though, we decided to try something different – a pasta and a risotto – as I had pizza at one of their restaurants a few years ago.

The staff were friendly and warm. There were lots of families there – so bear that in mind for whatever occasion you might be visiting one of their restaurants.

After a sweet passionfruit mocktail (we had drunk enough wine during December) our entrée of crudo was fresh and with the right amount of lemon zest for the perfect after taste on a 35 degree Melbourne night.

We wanted to share meals, so our mains were the pea puree risotto and the gluten free penne with prawns, mussels and fresh fish.

But more than 15 minutes after we ordered, we were told the special dietary pasta wasn't available. We switched to the fish of the day – pan fried Rockling – which was perfection – but the miscommunication saw us wait longer than normal for our meal.

However, the pea puree risotto was unquestionably one of the best risottos I have had in years. With the homemade parmesan, it literally melted in my mouth. It was well worth the peak hour drive to the other side of town.

When it came to dessert, the flourless chocolate cake, the special dietary option, was also unavailable. So, it wasn't a good night for my gluten free mate but there are lots of dessert options and a gelato store part of the same building.

For any dietary requirements, I would recommend dialling ahead to make sure that they have stock available.

400 Gradi is an institution and If you want to taste their meals from home, Johnny has expanded the offering with Gradi Mercato which is a true Italian grocer packed with pantry essentials, pre made pizza, pasta dishes and more.





WORKING LUNCH *with Ros*

CIRCA75 launched in 2004, and its swimwear one year later, and has been proudly made in Australia ever since. It's Darlinghurst co-founders **Sam Calla** and **Paul Higgins** now are chosen the world over for their sexy cut, their fantastic performance in chlorine and salt water and how unbelievably comfortable they are. They are designed for the beach or gym, backyard, pool, or just relaxing on that well deserved break. Very Australian.

No one has helped Aussie men to strut their stuff with quite as much sizzle as Sam Calla and Paul Higgins of menswear label, Circa75.

This couple has effectively encouraged blokes to cast aside their swimming trunks and proudly step back into their briefs.

In fact, thanks to Circa75's sexy cut, chlorine resistance and amazing comfort, the budgie smugglers of the past are tweeting a whole new song.

"It's because our swimwear is made from 100% polyester," Calla explains. "Our costumes don't sag or lose colour. They have UV protection and they're definitely body hugging."

He's telling me this during our working lunch today over Zoom. I'm in my Bondi apartment and he's at Circa75's headquarters in Kyneton, in Victoria's Macedon Ranges.



Circa75 is a brand built on a love story



Admittedly, as this is a brand brimming with vitality, I'd been slightly apprehensive about our date. Would Calla simply Hoover up a protein shake and leave me feeling a bit old school and frankly, pudgy?

But no, he's chosen a chicken baguette from local foodie pit stop, Monsieur Pierre. It's pure food porn, bursting with mayo and studded with caramelised shallots.

Meanwhile, my home-made smoked salmon sanger between two layers of greens with red onion, coriander and cornichons, looks as lacklustre as well, Tony Abbott in his beloved Speedos.

Circa75 is a brand built on a love story. Calla and Higgins met in the Sydney buying office of David Jones as newly minted university graduates turned retail buyers.

"Sydney in the mid-90s was so much fun," recalls Calla "It was the heyday of the store and of the buying office."

I remember it well. There were lavish parties nearly every night with A-list in-store events and fashion designers clamouring to be part of the DJ's fashion family.

The two men eventually took an extended break in London and decided to start their own menswear brand. They called it Circa75, as it was the year between both of their births.

"Funnily enough, a lot of our customers are born around that time as well," says Calla.



Circa75 is now an online business with customers all around the world including those who frolic in the beach clubs of Mykonos, St Tropez and Capri.



Back in Sydney, they reached out to some creative talent including an experienced pattern-maker and Circa75 was then on its way. Soon they would open a store in Sydney's body-conscious heartland, inner-city Darlinghurst. They continue to manufacture in Sydney to this day.

"We started with a whole range of menswear, but we noticed that people kept coming back for the swimming briefs, so that became our main line and it soon developed a life of its own," Calla says.

It all went swimmingly until the COVID lockdowns when many customers disappeared from big cities. They decided to explore business opportunities in regional Victoria.

"We'd never considered living here before but we kind of love it," he says. "It's a whole new vibe."

And Kyneton, he says, is just close enough to still feel connected to the city.

Circa75 is now an online business with customers all around the world including those who frolic in the beach clubs of Mykonos, St Tropez and Capri. But made right here in Australia.

Having their own brand means that it consumes their lives. They work non-stop, always thinking about swimwear and coming up with new concepts. But no matter what, they always make time to stop for lunch.

"I enjoy having a good lunch break," Calla confirms.

"I might grab a tuna salad or some sushi and get a little fresh air, so I can feel refreshed before going back into meetings."

The two partners still enjoy working and living together. They even run together, preferring it to working out in the gym. They also married in Melbourne with a fabulous gay wedding becoming of sexy swimwear entrepreneurs.

"People are constantly surprised about how much time we spend together," Calla remarks, "but we've always been in sync."

In fact, they've just returned from a break.

"We were inspired to see what is happening on the beach. It was great to see that there were definitely guys embracing the wearing of briefs," he says.

But don't expect Circa75 swimmers to suddenly be covered in kitsch tropical prints. They have a fun range of neons and some patterns, but their core colour is green, which surprises Calla.

"The light in Australia must suit that shade but there's also something in the psyche of men here. They love green," he says.

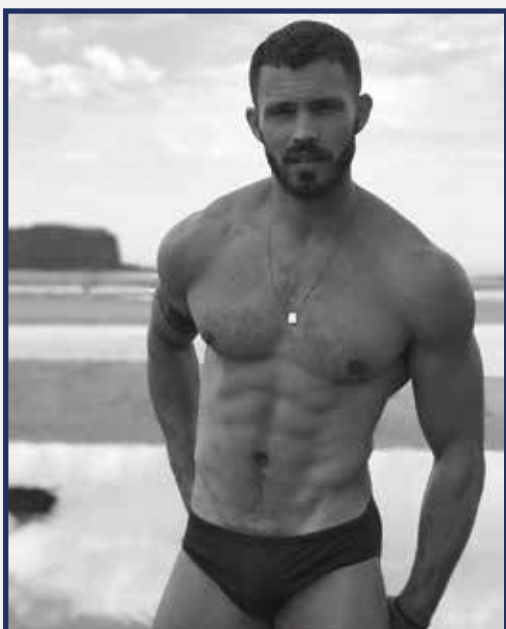
In the meantime, they're planning to bring out a range of Aussie made Turkish towels and are considering doing a pop-up store somewhere close to the beach in Victoria.

Really, Circa75's influence on our own surfing culture should never be underestimated.

Let's just put it this way - thanks to their sexy swimming briefs, they have cleaned up our beaches and made them so much more visually appealing.

Give these guys an Order of Australia.

Oh, and please pass that chicken baguette.



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LOVE OUR Community



Armed with a biochemistry degree and a real understanding on the realities of the Aussie sun on our bodies, **Tina Madsen-Walcott**, with a cap in hand of course, was on her way. Like all clever Aussie business owners, she saw a gap in the market for an affordable headwear range that didn't compromise on quality, was sophisticated, sustainable and of course had a UPF 50+ rating for the Aussie sun. The headwear company she runs with her husband is 25 years old and the Tina M Copenhagen range is sold in boutiques, David Jones and in stores in Europe and South Africa.

It's absolutely a case of 'hats off to Tina!'

What inspires you as a small business owner?

What inspires me the most is two-fold – being able to use my creative flair to create beautiful headwear while actively promoting the importance of being sun-safe in Australia with adequate protection.

I love the opportunity I have to come up with an idea and then see it come to life. I love to walk the aisles of my warehouse and see my little project hats fly off the shelves. There are many way people can make a living for themselves. Creativity is not a subject you can study at university. However, creativity is what is needed in the world to look outside the box and develop something new, different and meaningful. I'm inspired by the fact I can use my strength – my creativity – to make a living while passionately promoting a very important sun-safe message.

What are the benefits of manufacturing at home in Australia?

We are incredibly proud of our Australian made designs. The COVID era really highlighted the power of using Australian manufacturing facilities as it provided a level of control. It's also a wonderful business move, not only for our economy, but also not having all eggs in one basket by relying on one manufacturer. Having our own manufacturing facility not only provides control, it is something we are so proud of. To be able to offer Australian made products was a big tick and we are very proud that we have achieved the official accreditation by the Australian Government and can use the recognised kangaroo tags on our Australian made hats. In addition, we have been able to employ around 10 additional staff to look after our production facilities. Logistically speaking it is better for the environment too. Not only are there employment, economic, community and sustainability benefits to manufacturing in Australia, but it also benefits sales too, as there is a wonderful demographic in Australia who appreciate and support Australian made products.



A

What are the biggest changes you have noticed in your business since you started it?

The biggest change has been to see our sales grow and watch on with delight that the Australian population are embracing wearing sun-safe hats and their growing understanding of the difference in a regular hat vs. a sun-safe hat. When we started Rigon Headwear, we had one brand that sold nation-wide and we then became a bit more adventurous and decided to create different brands for different demographics. This is how Tina M Copenhagen came about. We analysed the market and found there was a gap in the marketplace for sophisticated headwear at an affordable price point, suitable for boutiques. It was easy to find a cheaper price point, but this came with cheaper materials for a hat that wouldn't last long and didn't have great sun-protection. Then on the other end of the scale, there were hats around \$200 and above. This price point would limit some customers being able to afford a sun-safe hat. We launched Tina M Copenhagen to bridge this gap in the market by offering stylish and sophisticated solution that is made using premium materials for hats that will last a long time and also including UPF50+ rated designs.

How do you maintain a sense of balance when there are good days and bad days, like all small businesses?

Overall, I think I am a very positive person, Of course, everyone has good and bad days, but the challenge is to use the bad days to re-direct and re-think what you are doing. Negative experiences and bad days can be turned into ammunition to keep you going. Sometimes the speed bumps we encounter as business owners allow us to open up to new pathways and end up being a blessing in disguise. The key is to try to receive negativity in the best way possible, be open to change and feedback while remaining true to your values and vision.

What are you most looking forward to in the next stage of growth for your business?

One of my current goals is to get Tina M Copenhagen firmly positioned within the Australian market. I'm looking forward to further engaging a younger demographic in regards to consistently wearing hats from a younger age. As I learnt as during my biochemistry degree, skin has a memory and sun damage happens at a young age and then shows up later in life with skin concerns and issues like hyperpigmentation, sunspots and skin cancer. The sun is also a huge contributor to premature ageing.

What's the best piece of business advice you have ever received?

Courage and patience. You need to have the courage to trust in yourself, with passion and energy – and the patience and understanding that it takes time for your business to grow and become profitable.



- A Madrid Black - RRP \$165.00
- B York Wheat – RRP \$149.00
- C Capri Chocolate – RRP \$169.00
- D York Denim – RRP \$149.00
- E Rio Saffron – RRP \$155.00

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Cultural Editor

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AN UNSINKABLE SHIP OF DREAMS

At 11:40pm on the 14th April 1912, a mild cloudless night, with light to moderate winds and no moonlight, all disguising visibility in the North Atlantic Ocean, four days into her maiden voyage from Southampton to New York City, the most infamous shipwreck in history, the RMS Titanic, struck an iceberg and disappeared to the seabed floor within 3 hours. More than 1,500 lives, almost two thirds of its full capacity, were lost that fateful night, however 112 years on, the mystique and memory of the most impressive and luxurious ship of her time, measuring 28 metres wide, 53 metres tall and 269 metres long (about the length of three football fields and the height of a 17 story building), Titanic still fascinates and enthral.

This summer, Titanic: The Artefact Exhibition at Museums Victoria issues its patrons a boarding pass to explore the powerful stories of those who travelled and worked onboard, alongside accounts of the events and how it all unfolded on that doomed April night. Due to its remote location, Titanic remained a ghost, hidden from the world for 73 years until 1985, when oceanographer Dr Robert Ballard, located her 12,600 feet (3.84 kilometres) underwater, where the pressure is around 400 times greater than what we experience at sea level. During its sinking, the ship split in two, plummeting at a speed of 80 kilometres per hour, taking everything and almost everyone with her.

Now, almost 40 years on from Ballard's discovery, and exclusive to Melbourne, this exhibit features more than 200 real artefacts, recovered directly from the wreck site debris field of 15 square miles, including jewellery, crockery, clothes, furniture and even lunch menus, full-scale recreations of the ship's interiors – including the iconic Grand Staircase. Take the rare opportunity to step back in time and learn about the compelling human stories of the voyage, the ship's innovative engineering and even an actual tangible iceberg the same temperature as the freezing waters of the North Atlantic Ocean that night. Informative, experiential and immersive, whether you know some or a lot of this significant event in history, this exhibit is not to be missed.

On NOW til SUNDAY 14 APRIL 2024 [GET TICKETS](#)
Bookings Essential!



MAGIC, MATTER & MEMORY

From robotics to textiles to sensational immersive video, the third edition of the National Gallery of Victoria's Triennial exhibition of contemporary international art and design is a visual feast. With more than 120 artists including Tracey Emin, Yoko Ono and David Shrigley, there's something for everyone, but spare some serious time to really explore it, or ration your viewing over a couple of sessions. Its size and impact is rather overwhelming with almost 100 works or projects spread over the gallery's three levels, so to try and rush through it all in one hit, you will miss a lot. So, be prepared to be surprised, amazed and challenged.

Its previous exhibitions, 2017 and 2020 respectively, proved themselves as major events in the national art calendar with record audience numbers, but this time, it tries to be more tangential, divergent and digressive, as well as a bit playful.

The exhibit is curated around three thematic pillars: Magic, Matter and Memory, with a significant weight on the medium of expanded textiles, redefining the parameters of art and design practice and even questioning its patrons' reading of reality. The freedom of the human spirit.



Installation view of *Mun-dirra*, a collaborative work by artists from the Maningrida Arts Centre. Work on display in NGV Triennial from 3 December 2023 – 7 April 2024 at NGV International, Melbourne. Photo: Sean Fennessy.



Installation view of SMACK's work on display in NGV Triennial from 3 December 2023 – 7 April 2024 at NGV International, Melbourne. Photo: Sean Fennessy.

As with all exhibitions of this scale it is impossible to give credit where it's due to all the artists showing – and this is a dynamic and diverse exhibition. The text-based work by Yoko Ono on the north facade of the building and a participatory installation about mothers inside, a suite of freshly acquired works by Tracey Emin, a collection of fantastical looks and accessories by Maison Schiaparelli and Sheila Hicks's giant blue yarn-like balls are particularly impressive. The exhibit as a whole, represents a vast spectrum of art forms and aesthetics all chosen with love and attention by the NGV's entire curatorial staff. The NGV Triennial is a free entry event and open in Melbourne until 7 April 2024. And what's even more exciting for the future of art in this venue, in that more than 75 of the works on display will remain part of the NGV's permanent collection.

This NGV Triennial will also come to life with a program of talks, tours, entertainment and fun activities for kids and families, from 19-28 January. Dubbed *Triennial EXTRA*, it will deliver a 10-day night-time program of free music, DJs, talks, performance, dance and more.

On NOW til SUNDAY 7 APRIL 2024 [GET TICKETS](#)

LOVE A *Good Time* SUMMER SHOWS



← **EXPATS SCREENING PREMIERE
SYDNEY'S PALACE VERONA - PRIME VIDEO**

Nicole Kidman and husband Keith Urban at the screening of her new Amazon Prime series, *Expats* in Sydney on Dec 20, out this year.
Photo Credit: NCA NewsWire / Monique Harmer

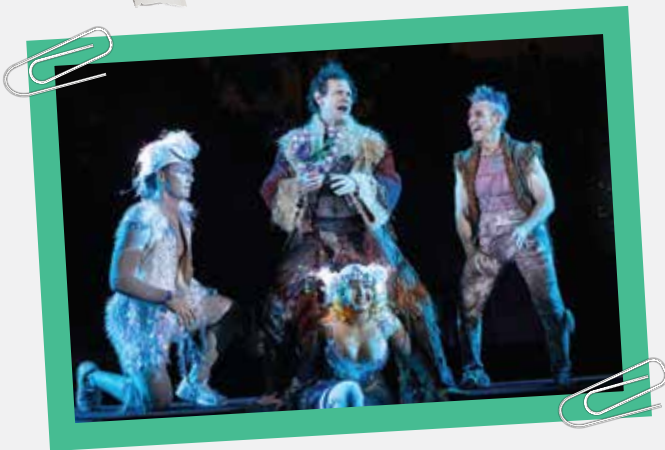
↓ **A VERY NAUGHTY CHRISTMAS
THE ALEX THEATRE ST KILDA**

Opening Night of *A Very Naughty Christmas* at the Alex Theatre St Kilda.
Photo Credit: James Terry



← **OPENING NIGHT - GREASE THE MUSICAL
HER MAJESTY'S THEATRE, MELBOURNE
JOHN FROST FOR CROSSROADS LIVE**

Be transported back to the 1950s, to a world of high school romance, unforgettable music, and pure, unadulterated fun! *GREASE* is back, in an all-new production, that is slicker, sexier, and more electrifying than ever before.
Photo Credit: IRH Designs



↑ **A MIDSUMMER NIGHT'S DREAM
AUSTRALIAN SHAKESPEARE COMPANY
GLENN ELSTON PRODUCTIONS**

Be transported to the enchanting world of laughter and comedy that is The Australian Shakespeare Company's *A Midsummer Night's Dream* in the Royal Botanic Gardens, Melbourne, lit up and sparkling at night. Ends 11 February 2024.
Photo Credit: Ben Fon



↑ **THE WIND IN THE WILLOWS
AUSTRALIAN SHAKESPEARE COMPANY
GLENN ELSTON PRODUCTIONS**

A summer tradition treasured by generations - The Australian Shakespeare Company's *The Wind in the Willows* is returning to the Royal Botanic Gardens, Melbourne to enchant and entertain audiences of every age. Until Jan 28.
Photo Credit: Ben Fon

THE LAST Shout



I know what you're thinking - you don't need to make New Year's Resolutions because you are already perfect! 😂 Same here! But what about everyone else? Some people aren't perfect. So here are some New Year's Resolutions to help them become more like us.

NYE parties should finish earlier:

And by earlier I mean 10pm. It's the most overrated night of the year. As I get older I've turned into somewhat of a New Years grinch - why do we have to stay up until midnight for fireworks? And who will we share those fireworks with? There's a lot of pressure. Plus, if you're single (and haven't met someone that night) then you'll be stuck with a stranger or a friend, hopefully a good friend, and you can clink your champagne flutes together and both pray that you're not doing the same thing again next year. I'm trying to start a movement, a New Years Eve cult of sorts, where we all go to bed at 10pm with ear plugs firmly embedded.



Get some new sayings:

I know a guy who still says ".com.au" after everything he says, and another guy who does Borat voice so often that it's become his regular speaking voice "very nice!" These people can't be helped. The current incarnation of a Borat voice is saying "I love that for you" or "I'm here for it" or "Yesss Kweeeen!". Do you know these people who speak exclusively in catch phrases? Please come up with new material or at least find some new ones to copy ".com.au".

'We should catch up texts':

There needs to be a statute of limitations on "we should catch up texts." I've been in a "we should catch up" back and forth with a bloke for five years. If you're reading this mate, you know who you are, it's over.

Become more famous:

It's a fact that the more famous you become, the more people will want to hang out with you because you are now a more interesting and better person.

Birthday weeks are over:

I have a "friend" who celebrates a birthday week. There are long lunches and degustation dinners for the whole week like it's the Golden Jubilee. And these are not special occasion birthdays like a 21st or 50th, this is every year without fail. He is 39. Birthdays are meant to celebrate your birth 'day.'

Wear Hearing Aids:

This is niche content but I've just spent a few weeks with family over the holiday break and some older family members bought hearing aids to improve their hearing, but here's the thing, they never wear them. I've told them to wear their hearing aids but of course they can't hear me, so hopefully they read this.

There we go, a few gentle resolutions to help everyone else become perfect, like us. It's going to be a great year! 🎉





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