

HOODIES



magazine

ISSUE 7

PRATH BALASUBRAMANIAM

*THE END OF
DANIEL
ANDREWS*

Paul Breen

*THE
ROLLING
STONES
AT 80?*

**Caterina
Borsato**

Lucy
Laurita on
Fashion

*CATHERINE
CERVASIO ON
TRAVEL*

PHIL THE CHEF IS AWAY

**The Prosecco
Queen**

The life &
times of
the
working
Mum

TABLE OF CONTENTS

HOODIES

BECAUSE IT
MATTERS

since
2022

PAGE 3 - EDITORIAL

PAGE 4 - PAUL BREEN

PAGE 5 - JOHN
SCARAMUZZINO &
MATTHEW BUDD

PAGE 28 - FASHION
WITH LUCY LAURITA

PAGE 45 - DIVIDE &
CONQUER

PAGE 12 - RON
HODGSON

PAGE 34 - FITNESS
WITH RUSSELL JARRETT

PAGE 48 - THE GREAT
PUCCINI JONATHAN
TETELMAN

PAGE 17 - THE
PROSECCO QUEEN

PAGE 37 - ANDRE
OBRADOVIC

PAGE 50 - THE STONES
AT 80?

PAGE 20 - PHIL THE
CHEF IS AWAY

PAGE 39 -
AUTHENTICITY

PAGE 52 - TOOTHLESS
NO MORE

PAGE 23 - CATERINA
BORSATO

PAGE 41 - THE END OF
DANIEL ANDREWS

PAGE 53 - DIARY OF
AWORKING MUM

PAGE 26 - TRAVEL WITH
CATHERIN CERVASIO

PAGE 43 - THE YES
CASE LACKS
CONVICTION

PAGE 53 - THANK YOU

issue 7

HOODIES 7



HELLO AND WELCOME TO ISSUE 7 OF 'HOODIES'.

SOMEONE ASKED ME RECENTLY IF I WAS GOING TO CHANGE THE NAME OF THE MAGAZINE AND AT THE TIME I SAID YEAH I PROBABLY WOULD, BUT IN HINDSIGHT, THE NAME STAYS. WHY? BECAUSE I ACTUALLY LIKE THE IRONY OF IT. HOODIES IMPLIES LAZING AROUND, CASUAL AND INFORMAL WHEN REALLY EVERYTHING ABOUT WHAT'S INSIDE THIS MAGAZINE IS EVERYTHING BUT, SO LONG LIVE 'HOODIES!'

THIS MONTH WE ARE JOINED BY SEVERAL NEW CONTRIBUTORS; LUCY LAURITA ON FASHION, MELISSA BRAUER ON WINE, CATHERINE CERVASIO ON TRAVEL, RUSSELL JARRETT ON FITNESS AND HIGHLY REGARDED ARCHITECTS JOHN SCARAMUZZINO AND MATTHEW BUDD ON THE HOUSING CRISIS FACING VICTORIA.

ALL OF THESE IN ADDITION TO PAUL BREEN, CATERINA BORSATO, RON HODGSON, PRATH BALASUBRAMANIAM, ANDRE OBRADOVIC, THE DIARY OF THE WORKING MUM AND OF COURSE YOURS TRULY ALL GO INTO MAKING THIS ISSUE OUR BIGGEST YET.

WE HAVE ALSO BEEN LUCKY ENOUGH TO BRING IN SEVERAL NEW ADVERTISERS SO KEEP AN EYE OUT FOR THE CALENDAR CLUB AND LINK BUSINESS BROKERS.

THIS MAGAZINE AND WHAT WE DO NEXT IS AND WILL ALWAYS BE ABOUT AUTHENTICITY. PEOPLE HAVE HAD ENOUGH OF THE VIRTUE SIGNALLING RUBBISH AND BEING TOLD WHAT THEY SHOULD AND SHOULDN'T DO BY PEOPLE WHO GET PAID TO DELIVER LIKES AND HITS. WE ARE ABOUT ACCOUNTABILITY, OFFERING REAL AND PURPOSEFUL INFORMATION AND GIVING PEOPLE SOMETHING THEY CAN GENUINELY ENJOY READING.

SO THANK YOU FOR READING 'HOODIES' ISSUE 7 AND ALWAYS REMEMBER, WHY HOODIES? BECAUSE IT MATTERS!

CHEERS
BEN

FOUNDER & EDITOR
HOODIES MEDIA

66 IMPORTANT THINGS I'VE LEARNED IN BUSINESS...

Paul Breen

66 important things I've learned in business...

I have always wanted to write an article with this title. I've tried a few times before but it never came out the way I was hoping. I have tried again and here is the result. It's rambling but I hope you enjoy it.

1. There is no substitute for hard work. EVER. Luck always seems to follow the hardest workers.

2. What people say about you (good or bad) is none of your business.

3. Most obstacles can be overcome. Some via a frontal assault, some with stealth and some with patience. The trick is to find the weak point and bash away until it topples over.

4. Be positive. It's rarely as bad as you think.

5. Listen to the "experts" but trust your gut and make your own decisions.

6. The most important thing is how good your product is. Everything else ranks behind that.

7. Trust is not an "easy" commodity - it takes a long time to earn it and a momentary lapse to lose it.

8. Business is a long game so be fair and ethical with all your business dealings.

9. Customers are "king" and need to be treated as a precious resource.

10. Meeting deadlines is as important as anything else in business.

11. Business is mostly common sense. The same can't be said of human beings.



12. Network 24/7/365 - you can never know enough people.

13. Never burn bridges - the business community is too small and inter-connected.

14. Don't believe crap like "my word is my bond" - get it in writing.

15. Never work for free - it won't be valued and it won't feed your family.

16. Make sure bad news travels fast. Then fix the problem quickly.

17. Be the best at one thing - not average at many.

18. Scale only occurs when a business is built on rock-solid foundations.

19. Nobody owes you anything. So don't sulk. Instead, figure out how to get what you want.

20. The world is uncertain so decisions will always need to be made with less than full information.

21. Slow down. Get it right the first time. Then move on to the next important thing.

22. Sacred cows are bad for business; so is the status quo.

23. Change is inevitable so get used to it.

24. Theory is nice. But hard experience is better.

24. Theory is nice. But hard experience is better.
25. Meetings should be short and achieve something worthwhile.
26. Don't confuse what is urgent with what is important.
27. If you don't know what to do, ask for help.
28. "Just be better than you were yesterday" is a great organisational strategy.
29. The worst case scenario rarely happens but you should prepare for it anyway.
30. Invest sensibly based on a good understanding of the risk but never punt.
31. Don't outsource anything valuable or that you care about.
33. Hustle. If you're not talking to your customers regularly there's a good chance someone else is.
34. Hire well and slowly but fire fast.
35. Be nice.
36. Don't employ yes-men, narcissists, lazy-types or fence-sitters. Employ people that will argue with you and challenge you to be better and do better.
37. Achieving success is hard. Bloody hard. But it is worth it.
38. Talk is cheap. Make it crystal clear what you will AND won't do. Then do it!
39. It's not about being right; it's about making progress.
40. Spend every dollar as if it was your last.
41. Sweat the small stuff (before it becomes the big stuff).
42. Don't lie EVER.
43. Only do things that you'd be proud to tell your family about.
44. Ideas are cheap. Execution is everything
45. Pay everyone on time every time.
46. Make no apologies for expecting your debtors to pay on time.
47. Getting press coverage is easy but most of it isn't worth the effort.
48. Just be yourself. If you're different at work than at a BBQ you're faking it.
49. Mistakes are ok. Just don't make the same ones twice.
50. Stay young even when the years start mounting up.
51. Laugh. Smile. Tell funny jokes and stories. Be the happiest person at work.
52. Ask the dumb questions to avoid making the dumb mistakes.

CALENDAR CLUB

53. Conflict is inevitable but it must lead to reconciliation.

54. Set a great personal example and never be afraid to get your hands dirty.

55. If you think you are important or have “made it” – you’re wrong.

56. People lie on their CVs.

57. Not everything is worth learning.

58. People only change when THEY want to.

59. The ability to influence others is a key requirement to be successful.

60. It doesn’t have to be perfect; it just has to be really good.

61. Pick up the phone if you want to talk to the Prime Minister or Warren Buffett. They might answer.

62. Always think strategically. The future is coming. Be prepared for it.

63. Be able to say “you can count on me” and mean it because it is true.

64. Do the right thing because it is the right thing.

65. Add more value than you’re using up, or in other words give more than you take

66. Never give up.

That’s it! Except for – never wear brown shoes with a black suit (a bad mistake I made in 1997)!
Enjoy your week!



Paul is the pioneer of pop-up retailing in Australia and New Zealand through his market leading business, Calendar Club.

For more information on running a Calendar Club Pop up store over the Christmas and New year period hit any of the Calendar Club Links in the Hoodies magazine and tell the guys you found the ad in Hoodies!!

CALENDAR CLUB

Earn \$2k+ per week running your own store!

- Training and support from an established brand
- Excellent financial incentives
- A fully functional store with all the equipment you need
- Develop skills required to manage a retail store
- Gain lifelong skills and make new connections
- Work with a dedicated and experienced team



CALENDAR CLUB



**EARN
\$2K+ PER
WEEK**

- ◆ 4 - 8 Week Opportunity over November/December.
- ◆ Prime pop-up store locations Australia and NZ wide.
- ◆ No Investment Required.

HOUSING IN THE PRESENT DAY

John Scaramuzzino & Matthew Budd



“

Residential design and construction should not be all that complicated.

For the last two decades, our practice has been heavily focused on multi-residential development projects which comprise medium to large scale apartment and townhouse developments in Melbourne, Victoria. Over that time, I have watched the sector and industry change considerably.

The gestation period for projects such as these have increased considerably, more so after the pandemic. Despite assurances of streamlining from various State Governments, the Town Planning approval has become increasingly protracted. The Building approval industry has found itself under increased scrutiny due to well-publicized issues with fireproofing and building quality. And the traditional roles of builders and architects have been challenged.

Where once the Architect was across all aspects Architectural design, Building regulations, town planning matters, project management and even construction management and supervision, each of these fields have splintered and multiplied into one or more separate professions, with each exponentially growing in complexity.

For a typical residential apartment project that is to be submitted for town planning we now have the following list of consultants whose input may be required:

- Land Surveyor
- Specialist Town Planning consultants
- Traffic Consultants
- Waste Management Consultants
- Landscape Design Consultants
- Arborists
- Sustainable Design consultants
- Environmental consultants
- Heritage consultants
- Acoustic consultants
- Structural engineers
- Services engineers
- Fire engineers
- Building surveyors
- Urban Design consultants
- Wind consultants
- Quantity Surveyor
- Project and/or Development Managers

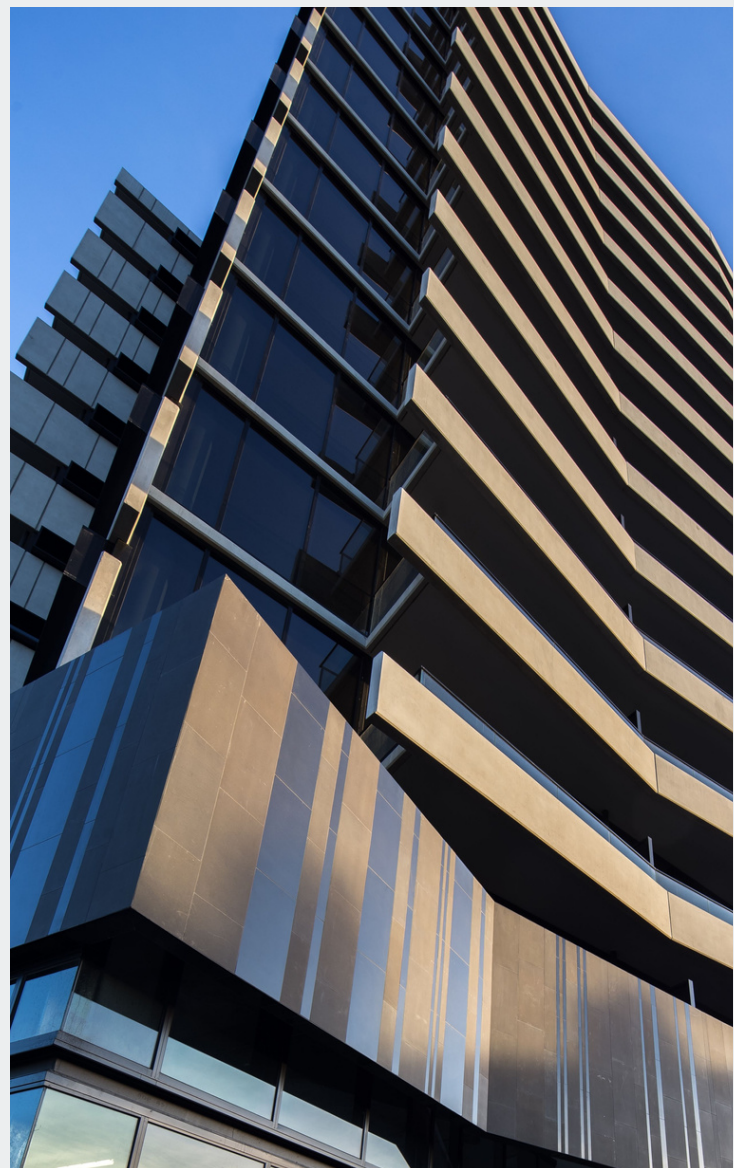
As Council planning departments increasingly defer to their own internal referral departments for waste, urban design, heritage, landscape etc. the amount of technical information required by these various departments has further increased the need for these additional experts to be involved at very early stages of design, and greatly increased the amount of time and detail that needs to be put into an application before it is ready to be considered by Council officers.

Aside from the above, the planning process itself has become considerably more protracted over time – while this is largely born out of good intentions to render the process more transparent and open to review by the community, it has also had the effect of markedly increasing the time and workload involved in an individual application (both from the point of view of the applicant and Council) and greatly increasing uncertainty of outcome, even for applications which should be relatively straightforward.

While Planning decisions are required to be resolved within a statutory period of 60 days, Council officers have a statutory 28 days within which a Request for Information can be lodged – this further information must then be provided, at which point the 60-day timeline restarts.

As mentioned above, Council officers generally through due diligence will refer the application to a number of external referral authorities – often resulting in queries which over-focused on minutiae of specific technical aspects which go beyond the purview of pure Town Planning, and which result in an application set already over-burdened by information being detailed further.

Following resolution of these matters, the application is generally advertised to affected third parties and the community, who have an opportunity to assess the application and submit an objection. While timelines are also provided for this, Councils generally are fairly lenient on enforcing this and it is not uncommon for objections to be accepted even if they have been submitted after the due date has expired. Sometimes this process is extended by community consultation and meetings with objectors including the attendance of Councillors to attempt to find a middle ground and resolve any issues.



Taking into account all of the above – the extent of time and detail put into the application originally by the Architect and other experts, the response of expert referral authorities in Council, the assessment of Council officers themselves and the responses from objectors, the applicant will generally make changes to the scheme in an effort to resolve these issues – after which the Council officers will make a recommendation to support or reject an application. In many cases this process represents the outcome months of time and hundreds of thousands of dollars’ work.

However, in most cases, the final decision as to whether an application is approved ultimately rests with the Councillors themselves, who make the resolutions to support or reject applications at their monthly Council meetings. While this author has no doubt as to the Councillors’ good intentions at representing the needs of their constituents, they simply do not have the resources or time to fully appreciate the nuances of every application and are forced to make decisions with relatively little understanding of the process which has led to the proposed outcome. Further, Councillors increasingly make decisions which run counter to their officers recommendations which renders the entire process leading to that point lacking in certainty.

Whether Councillors should have the ability to reject applications recommended to be approved by their own Town Planning Department is a matter which is coming under increasing scrutiny by the State Government. Perhaps this is a separate debate.

The outcome is that what should be a clearly-outlined and relatively certain process with a defined timeframe has become a complicated and expensive process with uncertain outcomes, with a timeframe for assessment which has blown out to a state-wide average of over 6 months.

Taking into account all of the above – the extent of time and detail put into the application originally by the Architect and other experts, the response of expert referral authorities in Council, the assessment of Council officers themselves and the responses from objectors, the applicant will generally make changes to the scheme in an effort to resolve these issues – after which the Council officers will make a recommendation to support or reject an application. In many cases this process represents the outcome months of time and hundreds of thousands of dollars’ work.

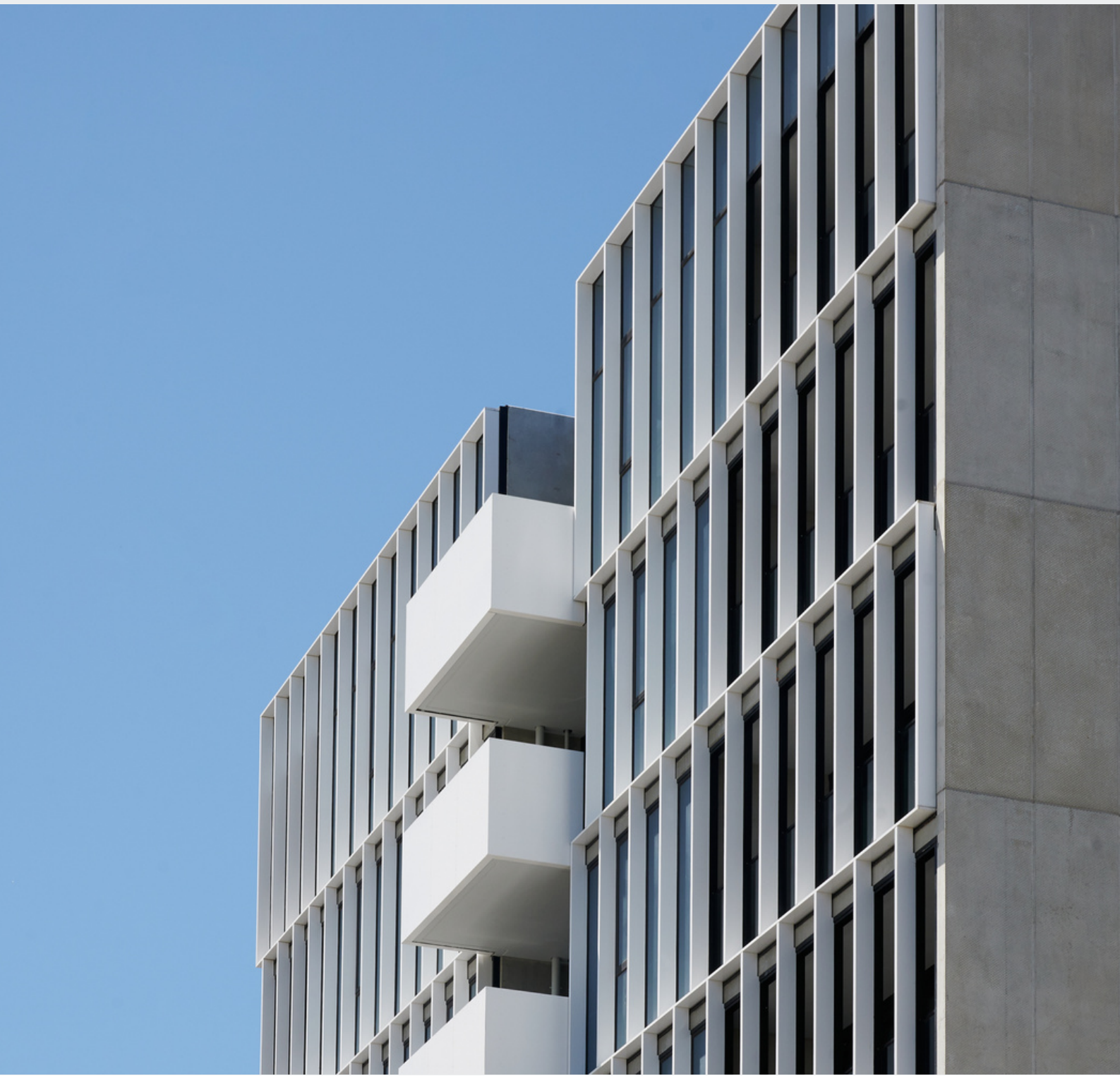
However, in most cases, the final decision as to whether an application is approved ultimately rests with the Councillors themselves, who make the resolutions to support or reject applications at their monthly Council meetings. While this author has no doubt as to the Councillors’ good intentions at representing the needs of their constituents, they simply do not have the resources or time to fully appreciate the nuances of every application and are forced to make decisions with relatively little understanding of the process which has led to the proposed outcome.

Further, Councillors increasingly make decisions which run counter to their officers recommendations which renders the entire process leading to that point lacking in certainty. Whether Councillors should have the ability to reject applications recommended to be approved by their own Town Planning Department is a matter which is coming under increasing scrutiny by the State Government. Perhaps this is a separate debate. The outcome is that what should be a clearly-outlined and relatively certain process with a defined timeframe has become a complicated and expensive process with uncertain outcomes, with a timeframe for assessment which has blown out to a state-wide average of over 6 months.

Residential design and construction should not be all that complicated. However, the convoluted, protracted and uncertain nature of the current approval process which is in place is making it so. With a housing crisis engulfing this state and country I am concerned that this current approach will only exacerbate the problem.

There is no one single solution to this problem, but I believe that there needs to be collective will on the part of our elected officials to streamline planning and create a process which is consultative, fair and with certainty of outcome. It is only this that will facilitate faster delivery of projects and encourage meaningful reduction in housing cost.

John Scaramuzzino is Director at Bruce Henderson Architects
Matthew Budd is Senior Associate at CHT Architects





PROFESSIONAL INDEMNITY INSURANCE VS DOMESTIC BUILDERS WARRANTY INSURANCE

I previously authored an article, in Hoodies, asking does Builders Warranty Insurance protect clients when building in Victoria, the answer is a resounding NO! Having delved deeper into the issue, it is clear to me that compulsory Builders Warranty Insurance does not protect the homeowner or honest builders.

In Victoria, the largest full-time employer is the building sector. This industry is primarily made up of small businesses. The building industry in Victoria employs 127,381 people, 93% are sole traders, or businesses hiring up to four employees. Builders are obligated to be registered with the Victorian Building Authority (VBA) to: Perform domestic building work that costs more than \$10,000.

What is the definition of an insurance policy?

An insurance policy is the legal contract between an insurance company and a person(s) and or a business, entity that is being insured (the insured). Its aim is to reduce financial risk and make accidental loss manageable. To buy an insurance policy a person or business pays a fee (premium paid on amount of cover purchased) — is paid to a professional insurer in exchange for the assumption of the risk that might be a loss, the insurer makes a promise to pay in the event of such a loss.

Under Professional Indemnity Insurance (PI), a professional services provider can buy insurance to protect themselves and their client, but, In Victoria, under Builders Warranty Insurance, a builder cannot buy insurance, (“which I remind you is not really insurance”), unless they offer additional cover from their own resources.

What is Domestic Builders Warranty Insurance

It is a legal requirement for the Builder to hold Domestic Building Insurance (DBI), also known as Builder's Warranty Insurance, for work valued at \$16,000 or more. Builders must have a DBI Certificate before they start work or ask for a deposit or any other payment.

DBI is supposed to protect homeowners, but in reality, it only does this in the event that their building project cannot be completed or has defective works which cannot be rectified if their builder has: died, disappeared or become insolvent. Otherwise, the client must seek redress through the legal system against the builder. Not really insurance at all. The maximum claim under Builders Warranty Insurance is costs up to \$300,000 to fix: structural defects, for six years.

The required premium paid to be paid to the insurer is calculated and charged on the total of the project cost (example project cost \$1,000,000, maximum amount covered under the policy \$300,000).

Let us look at other Professional Providers (real) Insurance cover.

Professional indemnity insurance

This is a form of business insurance designed to provide a company with financial protection from legal action taken against them in the instance that there is a breach of professional duty.

A Professional Provider takes PI cover to protect from claims that clients make when they suffer economic loss due to the providers negligence and or poor service delivery.

Professional indemnity insurance covers the business for errors made in the work or services that have been provided to a client. This is insurance and the practitioner does not have to provide a personal guarantee or personal assets to secure the insurance policy. Professions that are considered high-risk, where any errors or oversights can have considerable financial consequences to the client include Accountants, Legal Practitioners, Real Estate Agents, Healthcare Professionals, Engineers, Marketing Consultants, IT Consultants, Bookkeepers and Architects. You can see that all these professions provide a service where they make recommendations and business decisions on behalf of their clients.

Victorian Builders Warranty Insurance - Insurers

The only two Builders Warranty Insurers in Victoria are Victorian Managed Insurance Authority and Asset Insure.

Here is an example of the unfairness and adequacy of the existing Builders Warranty Insurance provision and protection to Builders and Consumers.

In this case both Insurers, each have declined to cover a small Victorian building business (under four employees) of a longstanding Builder from obtaining cover. No claim has ever been made by a client against the builder.

The builder and the builders' company, under the advice of the builders' professional financial advisors (highly recommended by me to anyone conducting business in Victoria) had protected their assets and operated entirely legally under the Australian tax office rules, for tax sharing arrangements of connected companies and reduced their taxable income. The individual builder who is licenced and the small entity company, which is also licensed, would not provide, additionally, a personal guarantee in the form of a Bank Guarantee (time unlimited), or Assets to the insurer. The insurance application has been declined, the builder cannot trade, and employees, contractors and clients cannot have any new projects started. In reality no insurance policy covered this builder anyway or their client as mentioned.

In Summary

This is truly a rort on consumers and builders who are definitely being had by the Victorian Government, the Victorian Building Authority and the Victorian Managed Insurance Authority. We all know there is a Victorian shortage of Builders and Building industry employees, so good luck with the Victorian housing shortage when this is a significant barrier to achieving our aim of a viable housing industry.

There is a desperate need for an enquiry into this issue and I wonder if there is a politician still standing in Victoria or a lawyer with any interest or the courage to address this most disturbing bureaucratic system and get Victoria, Victorian consumers and honest builders back in business to remedy the disintegrating housing supply problem that exists in our state.

Ron Hodgson is a Director of Allocated Enterprises P/L, Ron has built and sold a number of varied startup enterprises. He has assisted many SME businesses in maximising market opportunities, staff leadership and management procedures for turning business into commercial successes. The views he expresses in these articles are his own.



LINK™

we sell businesses



Hole in the Wall Cafe in the Affluent Suburb of South Yarra \$129,000 (16535)

The versatile set up and desirable location provides the Purchaser with the option to continue to operate the business as is, or to change the concept and...



Busy Coffee Shop Taking Approximately \$25,000 per Week \$499,000 (16954)

Nadia Polzella from LINK Business is proud to present Bentwood Cafe in Fitzroy. This cafe has been under management since inception in late 2017, making it...



Mornington's Flagship Cocktail and Wine Bar \$399,000 (16465)

Introducing an exquisite cocktail and wine bar nestled on a bustling main road in the heart of Mornington, this establishment is a true gem catering to patrons...



Medical Centre Kiosk, 5 days, Undermanagement, No Cooking Taking \$8...

On offer is a rare opportunity to acquire a well-established coffee kiosk located within a bustling medical centre in Melbourne's Werribee Area. This...

melbourne@linkbusiness.com.au

hoodies

food, style,
wine, travel
& life

WILLI'S
BWINNE
BAR
PARIS





Melissa Brauer aka the Prosecco Queen

First off, I should say I'm friends with all the wine, as long as it's good. Prosecco happens to be a passion of mine, and it's incredibly misunderstood by consumers, which is why I started hosting masterclasses and wine dinners back in 2015, as well as dreaming up The Prosecco Festival, now coming up to its 7th year, showcasing wines from Italy and Australia. I was even importing DOCG Prosecco before Covid hit, but this is the sort of endeavour that needs deep pockets and great cashflow, and many venues were not great at paying their bills, then they were locked down indefinitely, owing me a truckload of cash, so that was the end of that. Covid also put paid to my small group tours to the Veneto region, designed to showcase the Prosecco Hills, a UNESCO World Heritage site, visiting my favourite producers and restaurants

THE PROSECCO QUEEN

Onwards and upwards, with a marketing, events, and PR background I've channelled my energies since into more events (corporate, social, and ticketed), and working with businesses to help increase their brand awareness, and a little wine writing on the side.

We also run Whitty Cottage, an Airbnb in the King Valley -the home of Australian Prosecco – a 1900's miner's cottage which we renovated in 2017.

Oh, I also make a nuisance of myself on social media with my latest food and wine discoveries.

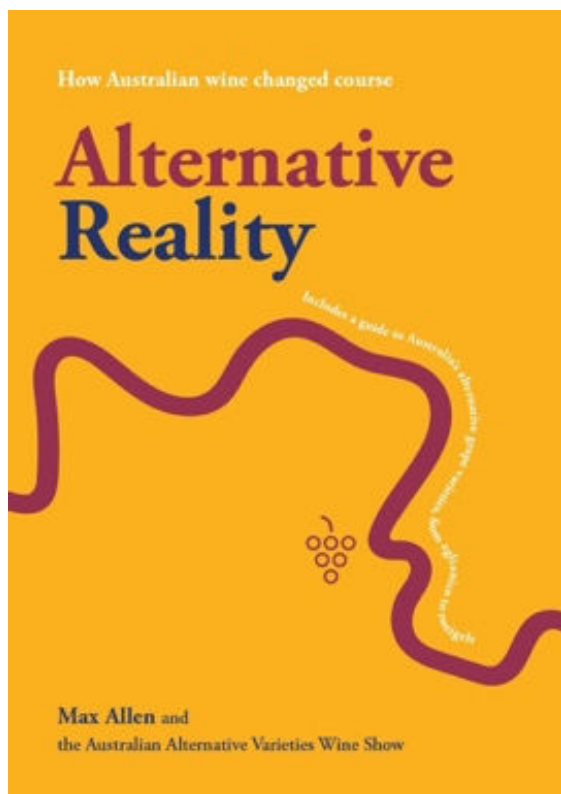
So here we are, in the middle of the 7th issue of Hoodies and from here on in, I'll be sharing what's new, what's in my glass, and which cellar doors are worth a visit.



First off, I should say I'm friends with all the wine, as long as it's good.

WHAT'S NEW

Alternative Reality is the latest book by the venerable wine writer and author [Max Allen](#), which charts the course over the last 20 years of the 150 alternative wine varieties that are currently thriving in Australia, and which are celebrated each year at the Australian Alternative Varieties Wine Show, held in Mildura. The book introduces the award-winning grape growing and winemaking pioneers who took a leap of faith and planted the likes of Fiano, Nero D'Avola, Sangiovese, Vermentino, Nebbiolo, Barbera, Grüner Veltliner and so many more (including Prosecco of course!). Apart from the history of alternative varieties in Australia, the book also contains comprehensive tasting notes to help readers discover their new favourite drop.



WHAT'S IN MY GLASS

Here in Melbourne, we've finally made it through another long Winter - no more sitting by the fire swirling a glass of red of an evening - now the sun's out, I'm invariably reaching for the white wine. I'm a massive Chardonnay fan so that's usually my first choice and failing that it will usually be something Italian like a Fiano or a Vermentino. A white wine I tried recently which really made my tastebuds really sing (staying with the alternative varieties theme) was the Patch Wines Nebbiolo Bianco. Even with all my wine drinking experience I had literally never encountered this wine style before. Nebbiolo sure, but a white version? Nope. So naturally my interest was piqued and I dove straight in. Patch wines was borne from a collaboration between winemaker Kirrily Gordon (Bowerbird Wines) and sommelier and wine sales pro Matt Talbot. With Nebbiolo fruit sourced from the Yarra Valley, you'll find ample notes of ripe lemon, zesty lime juice and cantaloupe, complemented by delicate hints of white blossoms, and a gorgeous textural complexity. Great with food, just as good without.



hit the images for the links



ROAD TRIPPING

Given my well-documented love of Italian wines, it was inevitable that we would find our way to Vinea Marson in Heathcote. Apart from Shiraz - Heathcote's calling card - Mario Marson (of Mount Mary and Jasper Hill fame) and his daughter Maddie are making Italian-style wines together using that heavenly red Cambian soil to turn out skins-y, textural Friulano, silky Sangiovese, glorious Nebbiolo, and a delicately sweet Piccolit (dessert wine). There's also bright, crisp Prosecco with fruit sourced from the Alpine Valleys of North East Victoria. From our first visit to their tiny cellar door years ago, they have grown and added to the space, and now host regular events featuring That's Amore Cheese and Ladro Pizza. There's a large undercover outdoor area with tables and chairs and whimsical vintage crockery, fresh flowers, generous antipasto plates, and flowing vino. The hospitality is warm, easy, and unhurried, everyone is treated like family, and we always look forward to every visit. Also, an added bonus, they're dog friendly! (The family's Cavalier King Charles Spaniel Maggie May and her daughter Alba are regularly featured on their Instagram.)

www.vineamarson.com



Phil the chef is away...

while phil
is away
let's have a
look at
Chefs

Well with Phil the Chef away for this issue it's been left to me to fill the void so to speak. So Chefs...knife throwing psychopaths or misunderstood introverts who just want to feed people? After 35 years of being in kitchens all over the world it's probably 60/40 misunderstood introverts, although many of them will still try to kill you if you fuck up an order.

I started washing dishes in kitchens when I was 15 in an Italian restaurant in Greensborough and really despite my best efforts haven't really been out of them since. I didn't however end up as a chef rather I ended up as one of the people out the front of the restaurants who helped prevent said restaurants coming to a complete stop. Insert rolled eyes of every chef in the world that reads this. Yes chefs I'm sorry but it's a team effort and we know it's your food but without the front your food ain't going out there. Again insert rolled eyes of every chef that reads this, but regardless of me trying to wind up every chef that does read this Professional kitchens are un like any other workplace on the planet.

If you work in a corporate office environment dispute resolution is done by HR and in meetings in a professional kitchen its done by yelling things like... "if you do that again I'll fucking kill you! You stupid fucking C***!" Now we all know times have changed and that hospitality workers have actual rights believe it or not but the pressure during a busy meal service is not something the average person can comprehend.

C H E F S

As I said I come from the front of house world, a world chefs generally think is a bunch of useless arseholes, but a necessary one none the less and while the front of house usually think the kitchen is home to a bunch of Neanderthals its hard to describe what it takes to actually co-ordinate food onto a plate in a restaurant, cafe, or food service venue. Imagine you have say a dozen things on a menu and a table of four order four different things and have all manner of intolerances to add pain to the chefs misery. It's the chefs job to co-ordinate his team and to get all that food out on plates at the same time for the wait staff to take it out to the dining room. Not only get it out but to make it good enough so the gluten free lactose intolerant vegan who arrived late, but wants to eat their main at the same time as everyone else won't pick up their phone and post a negative review on what ever bullshit restaurant review app they've been posting to for the last five years because they seem to think they have the right to hammer someone's restaurant they'd have no fucking idea in the world how two run any better! You can sort of see why chefs get upset at the world in general.

Good chefs are nowadays hard to find. Good ones do it because they actually like food, they like cooking, they like the combination of flavours, good ones like our regular contributor Phil, but the good ones are becoming few and far between. The sad reality is that when Chefs got onto the skills shortage list for immigration pre covid Australia was flooded by people who took up commercial cookery for a Visa. There's no doubt that it worked and in many cases now some of the best chefs and hardest workers are people that took advantage of the immigration visa, but it's also had it's downside. The downside is that you got a lot of people who got easy qualifications and who really had no decent skills that could see them help hospitality businesses.

The chefs that were a huge and important part of the hospitality industry were left high and dry when those overseas students and temporary visa holders were thrown to the wind by the federal government during covid. Go home Australia is closed and we don't care what you've done for us before. Many restaurants and hospitality operators were feeding some of these chefs because they literally didn't have any money for food.

The advent of Matserchef, of MKR, of Baking programs and the like have given the life of a chef a somewhat unrealistic spin. For those of you transfixed by Masterchef and MKR etc...it's all bolox and while some contestants may well go onto owning their own venues I bet none of them will say that the TV shows were any where near the realities of owning their own venues. The other reality of the chef is that its hard to actually make money owning your own restaurant. How many celebrity chefs are there that own venues? Many of them of them got out of owning venues to take on book deals or to go into TV or to be a figure head for a larger company. The stark reality of being a chef is that it is brutally hard work for not much reward for effort and if they do indeed still own venues much of their income from books, endorsements or other wise goes into funding the restaurants.

So the next time you're at your favourite restaurant give a thought for the chefs in the kitchen. Don't pull out your phone like a dickhead and post your inane comments of drivel, rather try and understand the staggering amount of work that goes into feeding you. As the summer months hit and if we're indeed in for a hot summer spare a thought for the people working in 50 degree temperatures pushing out food that not only looks good, but is on time and delivered straight to your table. Some chefs may well be knife throwing maniacs but we need chefs because many of them still care about the food that goes on your plate.



Lamaro's
HOTEL



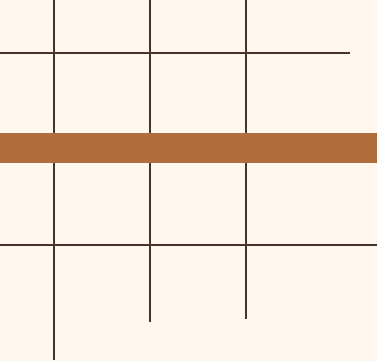
CATERINA BORSATO

“

The Kevin Luscombes of the world are such a rarity. What a national treasure he was!

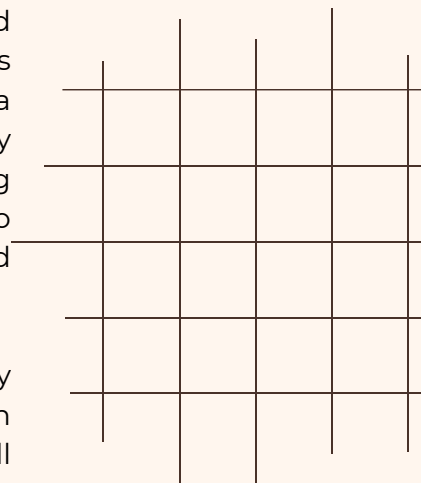
Well, it's fast approaching the festive season & I have been thinking about service, or rather, the lack of it, and how I was shaped by the people that I have met along the way. Apart from assuming the title of restaurateur, which of course encompasses so many things, such as boss person, cleaner, dish washer, often the backup apprentice, mentor, problem solver etc. etc., service is high on my priority list. It is one of the things I am most passionate about because it is where my hospitality career began ... on the floor. Service is such a broad term, as it is not just working the floor, serving food & drink. Skills can always be taught if the mindset is right. Service comes in many forms. I am nearing my 28th year at my current business & Tania, my manager & trusted foe & I have interviewed so many people for positions that we nearly have it down pat. Well sort of. Sometimes we get it wrong, as there are plenty of impostors out there, however there are a few traits we look for immediately.

Firstly, is the person on time for their interview. Even 5 minutes late has me stomping my feet & already dismissing them. A courtesy call would appease me. Our transport system has a lot to answer for, however, being well ahead of schedule, is paramount. You see being late for an interview, could mean being slow getting to that all important customer. The immediate eye contact when someone walks through the door can make or break the experience. Is the prospective staffer looking for some quick money or are they a hospitality professional. Asking for pay rates is fair, but if they ask for guaranteed tips, then the job is already lost to them.



When I began my hospitality life, I had a crude & nearly heartbreaking initiation. My first employer attempted to force me to eat meat, as I was a fully fledged vegetarian. Be it because I grew up on a farm & meat was a regular part of my mother's cooking or that I was a country student on limited wages, renting in Carlton & could not afford exotic food such as eye fillet, market purchased vegetables were my necessary evil. My employer thought that I could not possibly sell food if I did not know what it tasted like. I declined all staff meals. However, there was a method to his madness & I researched the food, the origins & cooking techniques. That's how I sold food. I was totally interested & committed to those clients, actually his clients, but I loved the job. You see I didn't just want to take orders & be a plate carrier, I wanted to provide service. Even during those early days of my early hospitality life & the poor service that haunted so many eateries along the Lygon St strip, 'Little Italy' as it was known, I sensed I wanted to do better than that. Mr. Santisi & his Santisi bistro was a good training ground for me, even amongst all the shonks that worked the street.

Even though there were other jobs in between where I honed my skills, my second significant job was at the Carlton Football Club. I began in marketing but within the year, I swiftly moved to the dining room. I still remember Mr. Pannam. He was classy, egotistical & meticulous all at the same time. He terrified me. I was so young & so raw. One day he ripped the top cloth off a table, glassware & all. He said, next time Caterina, make sure the staff set it properly. You see, he could see that I was meticulous as well & he had immediately made me the floor manager. I just didn't check the staff's work. A big mistake & huge learning curve for me. Assume all responsibility & don't blame anyone else, quickly became my motto. The clanking of cutlery & shattered glass as it hit the floor, has stayed with me to this day. I can't stand when the staff don't line up all the side plates, cutlery, napkins & glassware. I want to see straight lines, as that is what the customers see as they enter a room. Don't get me started on crooked tablecloths or wobbly tables. I guess this was all part of my early training & it has definitely defined me. I hope my staff will forgive my under breath mutterings as I charge through my dining room on a daily basis, checking that they have embraced my philosophy & made me proud.





Aside from the job and the training, it is also a question of the people you meet on the journey that can have a profound influence on one's career. Whilst I have been planning what to write this month, I must digress, as I want to pay tribute to one of my most treasured mentors & friend, who passed on grand final weekend. I haven't stopped feeling sad or teary. The Kevin Luscombes of the world are such a rarity. What a national treasure he was! Just to put you all in the picture, Kevin had a lifetime interest in the food & wine industry, both here & abroad. My friend & another guru, Andrea Polmear has given me some precise information. You should know by now, that I am methodical in my approach & a stickler for facts. He began his early career working with Tony O'Reilly, CEO of HJ Heinz, as a marketing gun in Pittsburgh. In 2003, the Victorian government appointed him to the MFW Board, where he served for 17 years. He chaired the selection committee for the MFW Creative director role & appointed Matt Preston, who remained in the role for 5 years from 2004 until 2009. In 2020 Kevin himself, was honoured as a 'Melbourne Food and Wine Festival' Legend. He was also the winner of the Australian marketing Institute's 'Charles McGrath' award.

He was a genius as a strategist & a compelling lateral thinker. I mean, in the restaurant world, being a lateral thinker, can sometimes mean the difference between success & failure. Kevin would go on to say that people make decisions on how they feel & not how they think. That's why he had such an influence on me. Emotions! Drinking and dining involves emotions. Service involves emotions. You see if the food is great, but the service is garbage, you won't go back. However, if the food is ok & the service is amazing, in most cases, the customer will return one more time.

Kevin made me the best that I could be. Even as his body was failing him, he wouldn't take the lift. He would say that exercise keeps one sound, of body and mind. But I was taking none of that. I would sneak my arm through his, (and if it wasn't me, then it would be Tania, my manager of 28 years, who has embraced my familial philosophy that service goes beyond the 'moolah', the ka-ching, ka-ching!) and we would walk up the stairs together. Then it was an embrace & a simple ciao, as I knew he was safe & I would see him soon, sitting at table 9, drinking his preferred pinot bianco, sometime soon. However, this is no longer to be. This was the man that rang me weekly during COVID to see how I was coping. You see what I mean. Service can come in many forms. Being kind, listening, seeing beyond the physical transaction. He focused on 'ask the right question' as the first principal in seeking solutions. He made me strong & driven.

I now ask, hey Kevin, did I ask enough of the right questions, as you are now no longer able to give me advice. I guess he has passed the mantle to me and now I will try to do for my team, what he did for me. Hmm, I think I have seriously moved from topic, but I think you all get the gist. The dedication to craft can be shaped by many things, situations & of course people!

Alla prossima

Caterina

A weekend in Paris with Catherine Cervasio

There's no question Paris' reputation as the 'city of love' is well earned. The sprawling city is scattered with delightful cafes, traditional bistros and examples of exquisite architecture. The golden lights which line the streets and bridges as far as the eye can see, are mesmerising as they twinkle at dusk and dawn, only adding to the romantic allure. Oh, and did I mention that iconic tower and the delightful river that magically weaves its way through the heart of this city?

Many famous, romantic movies were filmed here including *Midnight in Paris* and *Before Sunset*. If for only a mere day or two, Paris is well worth pencilling in for even a side-trip or long weekend during your overseas travels. These are my top tips for squeezing the most out of this romantic city in just two days.

Whilst two days may not seem long, it's possible to pack some fabulous experiences into this seemingly tiny window of time, in one of the most spectacular cities in the world.

I drop my luggage at the hotel and am on my way. This trip I choose the uber-cool SO/ Paris – part of the Accor group; it's 'art meets fashion' in the best possible way. After being greeted at reception by the team, all wearing a statement, chic bold-striped knits and enormous smiles, I begin the morning in Parisienne style with café and pastries. If you're happy to while away an hour 'people watching' in the queue at Angelina on Rue de Rivoli, be my guest. A local institution named after the daughter-in-law of Founder Anton Rumpelmayer, Angelina is famous for its exquisite cakes and rich hot chocolate. It boasts an ornate interior complete with bevelled mirrors and frescoes reminiscent of the French Riviera – worth a peek however, not on my list when we're time poor. Instead, head to Café des Tuileries for an inexpensive flaky croissant and espresso. With the Jardin Des Tuileries directly opposite, it's a perfect opportunity to wander through this oasis located right in the centre of Paris. Spread across more than 50 acres, the formal garden is filled with sculptures and ponds; paths wind their way throughout the picturesque space which spreads from The Louvre at one end, across to Place de La Concorde at the other.

Rich in history, boasting more than 130 museums and places of cultural significance, Paris is a veritable haven for culture junkies. Of the many to choose from, including one dedicated to Edith Piaf, another to 'chocolate' and of course The Louvre – home to Leonardo da Vinci's Mona Lisa, my pick is a visit to the Musee d'Orsay. Located along the Siene River in the 7th Arrondissement, it's best to pre-book your ticket (online or through your hotel concierge) which allows you to 'skip the queue'; choose a mid-week excursion – pre noon time slot, and you'll minimise sharing the experience with the usual throng of tourists. Housed in a repurposed Belle Epoque train station built in the late 1800s, this museum is touted as having one of the largest collections of Impressionist and Post Impressionist works including Monet's Water Lilies and Van Gough's Starry Night.



After a couple of hours spent marvelling at the exhibits, which also include paintings by Cezanne and Renoir as well as various sculptures, photographs and even antique furniture pieces, lunch in the d'Orsay restaurant is essential. The grandeur of the dining space is evident even prior to stepping inside – decorated with frescoes which are sprawled across the ceilings, enormous crystal chandeliers and gilding fit for a palace. Even the restaurant's stunning polycarbonate chairs are a sight to behold – each individually hand made by Italian manufacturer Edra. From the menu I chose leek with miso vinaigrette with marinated salmon and dill accompanied by sesame cream cheese washed down with the obligatory glass of French rose'

A walk along the Siene is compulsory; the leisurely twenty-five minute stroll from d'Orsay (or if you prefer, ten minutes by taxi) to the cathedral of Notre-Dame is a perfect way to take in the beauty of Paris. Whilst still under repair following the devastating fire in 2019, Notre-Dame is still one of the finest examples of French Gothic architecture in the world. If you opted to walk this route no doubt you've worked up an appetite, oui?

Dinner at Le Grand Colbert - now classified as an historic monument, is a perfect way to end the day. Made famous for the restaurant scene near the end of the film *Something's Gotta Give* (starring Jack Nicholson, Diane Keaton and Keanu Reeves) and more recently, a scene from the hit Netflix series *Call my Agent*, this place is a local institution. First built in 1637, the original mansion had several owners before being demolished in 1985 to make way for the building we see today and the restaurant which now occupies the space. Complete with mirrored walls which subtly reflect the soft lighting, you'll find unique mosaics on the floor, six metre high ceilings, leather booths and breezy palms which perfectly set the scene for classic French fare. Expect all the favourites including frog's legs, foie gras, chateaubriand and for dessert, flambeed crepes suzette. I ordered oysters, escargot from Burgundy and grilled octopus served with creamy polenta accompanied by a glass of Chablis, voila! You'll find this Parisienne favourite at Rue Vivienne in the 2nd Arrondissement. I arrive back at my hotel room, pull back the curtains and tumble into bed to watch the last of the Eiffel Tower lights sparkling like diamonds against the deep blue night sky. Bonne nuit.

The next morning it's an early start to catch the glorious sunrise from the hotel's breakfast area Bonnie. Voted 'best for views of the Eiffel Tower (Conde Nast Traveller, 2023) the sweeping views across Paris also make this hidden gem a divine spot for cocktails at sunset.

If like me, you're a passionate cook, book yourself in to one of the many classes on offer. Macarons and French bread are just some of what's on offer at La Cuisine Paris. If cooking is not your thing, try a market visit, meander the thousands of stalls at antique market Paul Bert Serpette or indulge in a wine and cheese appreciation workshop - your friends back in Australia will love you for it. I did the three-hour sauce class where we learned ten essential French sauces from bearnaise to bechamel, rich chocolate to salted caramel.

For lunch, head to a local boulangerie and pick up an authentic, crusty baguette. If you want to try the best, head to winner of the Best Baguette 2023 Au Levain des Pyrénées, 44 Rue des Pyrénées. Select a wedge of cheese from one of the many fromagerie (specialist cheese store) and an inexpensive bottle of wine from supermarket Monoprix. You'll need plates and a bottle opener of course so ask the hotel before you head off or simply purchase them. Find yourself a patch of grass or a park bench in one of the many green spaces and soak up the sun for half an hour whilst you savour the tastes of France.

Back to the hotel and it's time to check out but not before one last gaze at the dreamy view of golden lights sparking from the cocktail bar which is located on the top floor. Then it's off to Willi's Wine Bar at 13 rue des Petit-Champs for a final glass of vin blanc and to cast an eye over their art-meets-wine poster in a collection - a collaborative project with local artists that has been ongoing for several decades. Willi's was opened in 1980 by foreigner Mark Williamson. The limited edition 'bottle art' prints are snapped up quickly; a new one released each year. The limited edition prints can be found on the walls of Francophiles and art lovers the world over.

So there you have it - a jam packed couple of days in Paris might just turn out to be the highlight of your trip and leave you wanting for more ...

Catherine Cervasio is founder of Aromababy
Food & Travel writer and media presenter

HOODIES

BECAUSE IT
MATTERS

since
2022



ELEVATE YOUR STYLE - LUCY LAURITA

Hello there, so here I am Lucy Laurita a fashion designer and wellness advocate passionate about shifting conceptions of what a fashion brand is. Showcasing and celebrating the inextricable connection between fashion, art and wellbeing.

What I have noticed with myself and working closely with woman as a womens event wear designer is no matter what our title or status is, our confidence comes and goes in rogue waves. So let me start by saying fashion is not just about the clothes we wear, fashion is part of our life journey. An investment in ourselves.

“When you feel comfortable, you feel confident. And that confidence has a flow-on effect through life”.

Let’s unlock some event wear secrets Don’t let finding the perfect fit and style for your next designer formal dress or evening gown become overwhelming

With so many options available, decision overwhelm is imminent. Unless of course, you understand the different styles, designers, and dress codes to make the right choice. In this guide, we’ll take you through everything you need to know about designer evening dresses, ball gowns, and formal attire, including tips from Australia’s top evening wear designers.

Understanding Different Styles of Designer Formal Dresses

Understanding Different Styles of Designer Formal Dresses timeless designs. These can include designer evening gowns and ball gowns, offering a chic and polished look that’s perfect for formal occasions. Classy, so classy!

What are Flowy Dresses?

You probably guessed it. Flowy dresses, as the name suggests, have a loose, flowing silhouette. These can range from formal to casual, depending on the material and design. For formal occasions, flowy dresses can include designer evening dresses made from luxurious fabrics like chiffon or silk.

What is a Structured Dress?

Great question! Structured dresses have a defined shape and often use heavier materials to maintain their form. These are typically more formal and can include designer evening gowns and ball gowns. They often feature tailored details like seams, darts, and pleats for a flattering fit

Well done, now you know what styles you’re looking for for your upcoming formal event. Or do you? Well, that all depends on how formal your formal event is. Confused? Stay with me.



Deciphering Dress Codes like a detective

Understanding the Three Types of Dress Codes

When it comes to formal events, understanding the dress code is crucial. You don’t want to under or even over-dress, at the risk of feeling awkward and requiring a few self-medicating champers to deal with the traditionally popular social blunder.

If you are at a formal event reading this right now and it’s too late, embrace it, there are no rules. You be you. For everyone else, here’s how to avoid the most embarrassing moment of your life. (I’m kidding!!!!)

The three main types of dress codes you'll come across are casual, semi-formal, and formal.

- **Casual:** While the term "casual" might bring to mind jeans and a t-shirt, in the context of an event, it's a little more upscale. Think cocktail dresses or a nice blouse and skirt.
- **Semi-Formal:** Also known as cocktail attire, semi-formal requires a bit more polish. Women typically wear shorter dresses or stylish separates.
- **Formal:** The most formal dress code, this often means a full-length gown or very chic cocktail dress. Designer evening gowns are often the go-to for these events.

What to Wear to a Formal Event?

Do: This single question can induce anxiety. Especially if you're one to avoid planning ahead. Give yourself plenty of time to browse, and try everything on (even if you don't think it will suit you) so you feel confident in whatever you wear.

Don't: leave it until the last minute. Without proper time to plan and test options, you'll risk a poor fit, a style that doesn't align with the dress code or even colour that only looked good in the store's lighting that was created by magical (naughty) fairies.

Formal Dress Styles

The style of dress for a formal event typically depends on the specific event, location, and your personal style. However, there are a few popular types that are universally accepted.

- **Long Gowns:** These are the quintessential formal attire. Designer ball gowns and evening gowns usually fall into this category. They can be strapless, sleeved, or one-shoulder, among other styles.
- **Cocktail Dresses:** If the event isn't strictly black tie, a cocktail dress can be an appropriate choice. These dresses are usually knee-length or slightly longer, offering a bit more flexibility than long gowns.
- **Plus-Size Evening Wear:** For those with fuller figures, plus-size designer formal dresses are an excellent choice. Many Australian evening gown designers offer inclusive sizing options.

Can Short Dresses be Formal?

While long dresses are the traditional choice for formal events, a short dress can be appropriate depending on the specific event and how it's styled. Typically, a short dress for a formal event should still be quite dressy — think luxurious materials, sophisticated colours, and elegant design details. If you're not feeling confident about your choice, then consider playing it safe and choosing something a little longer.



Elevate Your Look: Dressing Classy

Dressing to look sophisticated goes beyond just selecting a designer gown. It's about understanding how to style the outfit, choosing the right accessories, and carrying oneself with confidence.

Our top 3 uncomplicated tips to choosing sophisticated evening wear

The Three-Color Rule

A simple yet effective rule in fashion is not to wear more than three colours in an outfit. This creates a cohesive, chic look that doesn't appear too busy or mismatched.

Choosing the Right Fabric

The type of fabric can greatly impact how expensive a dress looks. Luxurious materials like silk, satin, or velvet can give a more elevated look than cheaper materials.

Accessorise Wise

Accessories can make or break an outfit. Choose high-quality pieces that complement your outfit, and remember that less is often more when it comes to accessories.

Decoding Dress Codes for Women

Dress codes can sometimes be confusing, with many different categories and a range of expectations associated with each one. Let's refresh on the three common types and master the look for each occasion:

- **Formal or Black Tie:** This is the most formal dress code and typically involves a long gown or a very dressy cocktail dress.
- **Semi-Formal:** This dress code is a step down from formal but still requires a fairly dressy outfit, such as a cocktail dress or a dressy skirt and top.
- **Cocktail Attire:** This dress code is more flexible than the previous two, allowing for shorter dresses and a wider range of styles.

Cocktail Dress or Evening Gown?

The choice between a cocktail dress and an evening gown depends on the dress code specified for the event. For formal or black-tie events, an evening gown is usually the most appropriate. For semi-formal or cocktail attire events, a cocktail dress is a safe bet.

Dress Styles for Different Occasions

Whether it's a dinner party, a formal day event, or a wedding, choosing the right style of dress is key. For dinner parties and day events, opt for a chic cocktail dress or a stylish midi dress. For a formal wedding, an evening gown or a sophisticated cocktail dress would be more suitable.

Remember to consider factors like the time of day, location, and your own personal style when choosing a dress. Make sure you feel great in whatever you choose!

Australian Formal Wedding Attire

In Australia, formal weddings typically require a long dress, although this can vary depending on the specific wedding.

As a guest you could opt for a full length Satin dress, midi-length dresses, and even short dresses can be appropriate depending on the location and style of the wedding. When in doubt, it's best to ask the bride or groom, a close friend or your mum for guidance.

Tea-Length and Knee-Length Dresses

Tea-length and knee-length dresses fall between a full-length gown and a short dress. They can be a stylish choice for semi-formal events or less traditional formal events. However, for very formal or traditional events, a long dress is usually more appropriate.

The Perfect Fit: What to Do When Your Formal Dress Is Too Long

If your formal dress is too long, there are a few possible solutions. Unless of course, you are reading this while at the formal event. The best option is usually to have the dress professionally altered. This ensures that the dress will fit you perfectly and look its best. If this isn't possible, using fashion tape or temporary hemming products can be a short-term solution. If you are at the event trying to solve this issue, open youtube, turn the volume up and search for "MacGyver". Make sure to watch this during the ceremony or speeches. (Obv's kidding again!)

How to Create a Lasting Impression

Ultimately, the most important aspect of formal attire is how it makes you feel. Let's let that sink in for a moment. The most important aspect of formal attire is how it makes you feel.

Choose a dress that you love and that makes you feel confident and beautiful. Don't be afraid to express your personal style and make a statement with your choice of dress. Remember, the perfect dress is the one that makes you feel like the best version of yourself.

Whether you're choosing a designer ball gown or searching for the perfect cocktail dress, there's no shortage of stunning options out there. Hopefully, with this guide to designer formal dresses, you'll be well-prepared to find the perfect dress for any formal occasion.



Image credits

Models - Hannah Boyes, Lucy
Laurita & Veena

Images by - Hello Ro
Photography, Danielle Cleary
Events & Maurice Rinladi
Photography

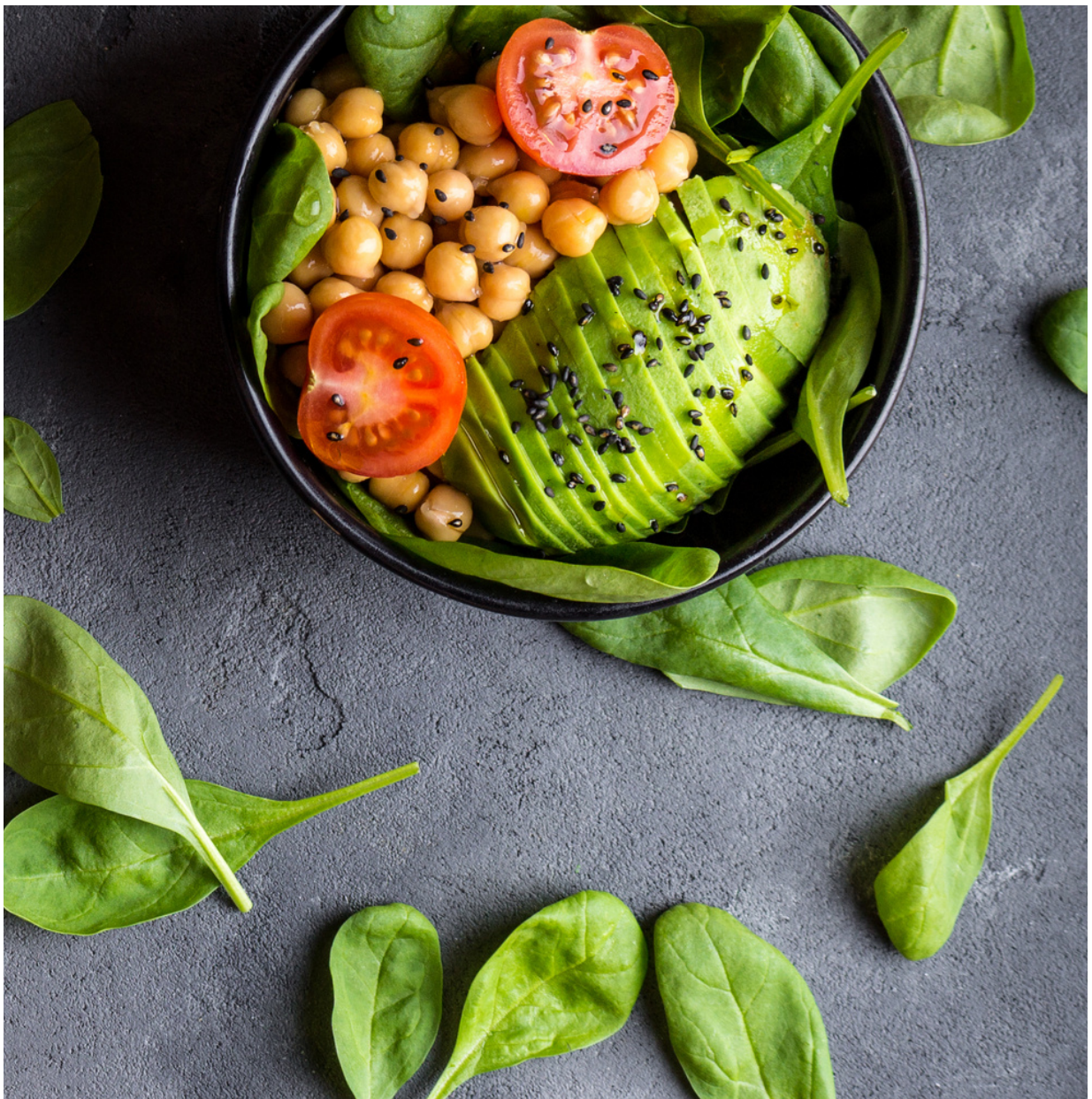




AZZARO
STYLE



HEALTH & WELL BEING



HOODIES



RUSSELL JARRETT

Why you need to take personal responsibility for your health in 2023 and beyond!

I'm big on accountability, personal responsibility and taking control of your life generally. Maybe it had something to do with my upbringing (growing up on the land, responsibility is mandatory) my family environment generally, perhaps it's in my DNA or maybe it's being a coach for my entire adult life.

Whatever the reason, one of my life's philosophies and personal guiding principles is as follows:

You get one body. Look after it. Treat it well. Maintain it. Manage it. Because there no second chances and you can't trade it in and get a new one. Unless of course you're a believer of reincarnation.

Never in my 55 years have I been more certain and committed to this principle. I've always been dedicated to exercise; it's both my shield and my Achilles heel at the same time.

Exercise is my drug of choice.

It calms my mind and energizes my body. In fact as a teenager, I remember being more excited to go to training and practice and work than I was to actually play the game on the weekend. I know, weird, right?

And to this day, I still love the feeling, the energy, the euphoria I get from completing a solid work out. To me, it's like putting some credit in my health bank account, that if needed, I can draw upon at some time when I most require it.

This has become abundantly clear, painfully clear, since March 2020 when everything went spiralling into crazy town. I don't need to quote papers and roll out statistics, the proof was there right in front of us – those that were at greatest risk during those years were people who were elderly, unfit, unhealthy, overweight or battling other co-morbidities.

I doubled down on my health at that time. The strategies that I employed were as follows:

I tried to ensure adequate sleep.

I ate as perfectly as I could.

I hardly drank any alcohol.

I took daily doses of key vitamins

I got as much sunlight (especially in Winter) as I could.

I trained almost daily and from there I just went about my daily routine as best as I could.

I also watched with interest during this time, the variations in people's attitude to their own health profiles and the effort that they did, or didn't put into managing that.

Some people doubled down and applied significant effort and time towards managing their health and being diligent and disciplined towards this area of their lives (see paragraph 1). Others either maintained their current efforts (ranging from pathetic to minimal) whilst the third group looked desperately towards the medical fraternity, government and supposed "experts" to save them.

So what's my point? Well, if you've stayed with me this far, here's some answers.....

Your health and longevity is largely within your control!

Yes, it takes effort, yes, you need to do the work, and no, there are no guarantees. I'm 55. I have an excellent health profile. Cholesterol, good. Blood Pressure, perfect. I'm not overweight. All other bio markers are within range or better. But, knowing how the body works, I could well die tomorrow from some catastrophic heart attack, stroke or similar life ending event. Morbid, perhaps, but I'm a realist and I've seen it happen.

But I have a great deal of faith in the fact that since I was 15 I have engaged in regular, appropriately strenuous exercise, almost on a daily basis. That's 40 years of work put into improving and now maintaining, my health and fitness profile. The odds, I believe, are in my favour.



Here's a few tips and tricks (life hacks) if you will, that you too can apply, consistently and diligently to put the odds in your favour:

1. EMBRACE some form of appropriately difficult exercise daily or at least every other day. It doesn't need to be at Olympic level, just do something that makes your heart rate rise and get you sweaty. Find something that you enjoy as well. If it's being outdoors then let it be that. Bike, Rower, Treadmill, Hike, Box, it doesn't matter too much, just get it done.

1. LIFT! There is nothing as important as maintaining muscle mass and working to stay strong as you age. Through your teens, 20's and 30's it's really quite easy, your body is in its prime. But from age 40 and beyond, the body slowly declines, but you can absolutely slow that decline. It's called anti-aging. And the best medication for anti-aging is to stay strong! Period. Strength Training or lifting weight is probably the most important modality of exercise for humans.

1. SLEEP. There are various numbers and prescriptions, depending on what you read and who you listen to, but generally 7-9 hours is optimal. Yes, you can get through on 4-5 hours, but not day after day. Eventually this will impact both your mental cognition and your physical health. When we sleep, we regenerate. A cool, dark room is ideal. And turn OFF the devices well before you go to bed.

1. DIET. Please, please, please, keep it simple. Listen to your body. Are you hungry? Then eat. If not, then don't worry. Just because the clock says 12:30pm, we don't have to stop and sit down for a meal. It's very important that your food intake reflects your energy output. If you're not moving much, then you don't need to consume fuel to move. Or, like this...if your car is staying in the garage, stationary, does it need petrol? Simply you're eating. If it runs across the ground, grows in the ground or hangs off a tree, then it's good. Avoid highly processed foods that have had significant "human interference". In simple terms, whole foods are best! Learn to prepare and cook at home too. Not only is it cheaper, it's going to be a whole lot healthier too.

1. MOVE. The pandemic of our modern times is lack of movement. Western society is very comfortable. We sit too much, we have many devices and technologies that are designed to make our life easier. We outsource a lot of labour. We simply don't move enough. Sitting for prolonged periods day after day produces a slow by steady decline in our strength, flexibility, mobility and fitness. Ask yourself, when was the last time you purposely did some aerobic exercise, and got yourself into an uncomfortable state for more than 20 mins?

The formula I follow is remarkably simple. Why? Because by keeping it simple, it's easy to follow. Simple allows me to remain consistent and committed. It's never too late to start, so start today and remain consistent.

Now, more than ever, you must "control the controllable" and take personal responsibility for your health and wellness.

Russell Jarrett is founder of @Pilates and former Strength & Conditioning Coach at Cricket Australia

weight loss

andre obradovic

Want to lose weight? No doubt your Doctor or Chemist has possibly talked to you about the new wonder drug Ozempic.

Ozempic is a medication primarily used to manage type 2 diabetes and is known for its potential to aid in weight loss. While it can be effective in helping individuals shed weight, it's important to understand the significant risks and limitations associated with relying solely on such drugs for weight loss without making significant lifestyle changes.

Muscle Loss: Rapid weight loss, often seen with drugs like Ozempic, can lead to muscle loss. Muscle mass is crucial for overall health as it supports metabolic rate, posture, and physical function. Losing muscle can have long-term consequences for your mobility and metabolic health.

Increased Fat: Paradoxically, while you may lose weight, a significant portion of that weight can be muscle tissue. Losing muscle while retaining fat can lead to even worse body composition, which is not conducive to long-term health and by taking this drug your trying to achieve the exact opposite, i.e better health!

Digestive Health Problems: Some individuals may experience gastrointestinal side effects such as nausea, diarrhea, or constipation while taking Ozempic. These side effects can impact digestive health and overall well-being.

Lack of Sustainable Habits: Ozempic and similar drugs may create the illusion that you can lose weight without making necessary lifestyle changes. This can discourage individuals from adopting healthier habits, as they rely on the medication to do the work for them.

Long-Term Disaster: Relying solely on a medication like Ozempic for weight loss can be a long-term disaster because once you stop taking it, there's a risk of regaining the lost weight if healthier habits aren't established. This can lead to a cycle of weight loss and gain, which is detrimental to health.

What else can I do?

Low Carb Nutrition and Lifestyle Changes: A better approach to long-term health is to work with a qualified health coach (Like me) or integrative medicine practitioner to develop sustainable lifestyle changes. Low carb nutrition regulates blood sugar levels, improves insulin sensitivity, and supports weight management.

I have done this with over 600 people in 10 years from all around the world!

Simple Lifestyle Changes: Incorporating appropriate physical activity for your age and experience, managing stress, getting enough sleep, and practicing mindful eating are essential components of a healthier lifestyle. Reducing consumption of alcoholic drinks is also very important, as the liver can not perform its de-toxification role properly when it is trying to clean itself from the wines you just drank. These habits can have a positive impact on weight management, metabolic health, and overall well-being.

In conclusion, while medications like Ozempic may have their place in certain medical contexts, they should not be seen as a magic solution for weight loss under any circumstances.

It's crucial to work with healthcare professionals and qualified coaches to develop a comprehensive plan that includes not just medication but also dietary and lifestyle changes for long-term health and well-being. Sustainable habits are key to achieving and maintaining a healthy weight and reducing the risk of metabolic and digestive health problems in the long run.



POLITICS & SOCIETY

HOODIES

BECAUSE IT
MATTERS

since
2022

authenticity,

Ben Logan

The world stands on the precipice of profound change. As we watch war again invade our headlines, as we are bombarded with governments telling us what to do, what to vote for, that they're trying to help us, as celebrities vainly attempt to relate to us, as instagram influencers tell us how awesome the products they use are, as we turn the TV on to hear mainstream media delivering words of doom on our nightly news services, as we watch corporate profits rise and wages of the average person stagnate, as social media becomes an ever growing cess pit of lies and deceit, as we pay more and more for petrol, as we are told we have to pay more for utilities so we can cut emissions to save future generations, as politicians give themselves pay rises, as we continue to see more and more jobs for the boys and as we roll our eyes at what we are expected to believe there is an ever increasing desire from people all over the world to get back some authenticity. Some accountability, some realistic and obtainable goals within humanity that sees less bullshit and more positive outcomes for the greater good.

I still maintain that the end of the Covid crisis was and still could be humanity's greatest opportunity in a generation to facilitate real and effective change. Look at the end of WW2, it lead to the 1950's which was an era of great change and advancements in manufacturing, the 1960's saw music and creativity come to the fore, so with people now so sick of the spin, the typical political rhetoric, the virtue signalling and the narcissism the 2020's and beyond is about and should be about authenticity.

The liberal party of Victoria are a bit of a basket case and despite the fact that they think you can't really change politics imagine if they did? Imagine if the party said hey, we're sick of losing and while we're not 100% sure what our policies will be in three years time when the next election comes around we know you're doing it tough, so we're going to promote your small business across our social media handles, we're going to help out at local community shops. We're going to spend the next two years building the bridge back to the communities we were elected to represent and those that didn't. We will absolutely hold Labor to account in the parliament and we will give you a range of policies in the lead up to the 2026 election but now we are serving and helping you, the community.

Imagine if when Also realised he'd misread the room on the voice and said you know what we're going to bring in the opposition and talk about how we can actually help our indigenous people instead of pushing ahead with the virtue signalling rubbish that has unquestionably divided the country. Or if Dutton had said let's do it together Albo, because surely people are the main concern? Aren't they?

Social media has become a trash pit of gutless cowards who feel they can hide behind an anonymous X account and say the most disgusting things to anyone they choose with little or no consequences. Right wing and left wing extremists can go far beyond questioning whether the moon landing was real or that the commies are coming to inciting violence, racism and major criminal activity. Mainstream Media across commercial networks tells us that two plus two equals fish and government owned media continues to drive a dictated narrative to support the government of the day.

The rise of Tik Tok and the video podcast has given voice to people who would not have had one in the past and while some of it is again toxic rubbish some of it is real, some of it is genuine and some of it is even authentic, which only gives more voice to the idea that that is what people want. They want to have their own voice, they're tired of being told what to do, what to listen to and this is their opportunity to have their voice heard. They may not be right, they may not be very attractive, wear a suit nor have nice teeth, but it's how they feel and people are watching it.

A recent NFL documentary called 'Kelce' is about the football playing brothers Travis and Jason, Travis apparently currently dating Taylor Swift. This documentary was made before the Taylor Swift dating, but it also focuses more on older brother Jason. Jason is a close to retirement NFL legend and it goes into the his life and while Jason does not really live the glamorous life of his more famous brother it is real. Jason's wife pulls no punches, Jason is man facing the realities of football and spending time with his family...it is real. Yes I know TV can be manipulated but watch it and I challenge you to not think the same.

People are sick of fake, if you drink this you'll lose this much weight, if you eat this you won't get that, if you buy this your life will never be the same, we're from the government we're here to help you, these chips are on special for 2 for \$12 or of course dishwashing tablets are priced correctly at \$56 for 24 tablets and we're losing money! Give us a break.

With the world changing it means people want authenticity, they're sick of the lies and the spin. Imagine a world where we could actually get things done and that there were personal financial penalties for politicians if they didn't get done what they said they would, significant jail time for CEO's who went out side the box of decency or who to became personally accountable for corporate fines...how quickly would you get authenticity then and or a swift dose of reality.

We are on the precipice of change and it's about time because we deserve much much better and we can indeed handle the truth, but I wonder if our politicians and those who have dictated the terms for so long can as well? Let's find out shall we?



THE END OF DANIEL ANDREWS



The reason you're reading this magazine is thanks to Daniel Andrews. Yes I have a lot to thank the former premier of Victoria for. Had it not been for him closing schools and standing in the way of me educating my children I'm not sure we'd be where we are today building the Hoodies Media empire.

When Somo appeared before us in March 2020 to close down the country for the most part we all got onboard. We worked out business pivots, we got our heads round home schooling and for the most part we banded together and said see you on the other side people! But that was until hotel quarantine came along and someone who no one can remember called someone no one knows to go down to a hotel in the Melbourne CBD and sort out Hotel quarantine for returning Australians, allegedly. 801 people died as a direct result of the failed Hotel quarantine program in Victoria. 801 people whose families never really got any answers as to how they lost their loved ones and yet the Victorian government apparently made decisions and imposed restrictions that saved lives during Covid.

People will believe what they want now about Covid and really any other issue that comes along given the emergence of the far left and the far right but the bottom line is that under the leadership of the Andrews labor Government Victoria has become broke and broken. I know the 'I stand with Dan's' will say he's done amazing things and we have him to thank for Covid not decimating the state, but really?

Day after day we were dictated to, day after day we were told there was nothing to see here, that IBAC were entitled to their opinions, that 'some bloke' or 'that woman' weren't relevant to the job Andrews had to do. Comm games thrown on the money fire and Ayatollah Andrews wanders off to a \$300,000 a year pension for life in retirement. Not a bad reward for crippling the state and killing off small business.

I know that something like 37% of Victorians actually voted for Andrews at the last state election so he did have his supporters, but as someone that wrote a fair bit of copy about the exploits of Dan I can tell you that there were a lot of people that didn't like him. At the height of Covid when we were being told to stay home and as the Dan Bus was making regular trips past Treasury Place what I wrote on LinkedIn could get more than 100,000 hits on it and when I simply posted that he'd resigned my feed went nuts and there were not many messages of all the best in retirement Dan! Instead it was joy that the most divisive and controversial politician this country had ever seen was gone.

Despite the cult of Daniel Andrews he leaves behind him a CBD that is broken, yes the woke folk down at the City of Melbourne have things to answer for with the CBD, but the support for the hospitality industry just as one industry to look at during Covid was nowhere to be seen. Small business was never on the agenda for Andrews, work for the state was the message, work on the big build and help build a better Victoria for future generations. Really?

Accountability was never something Dan was too keen on either and he was never such a huge fan of democracy. At every possible opportunity Andrews would change the rules around preference deals and who could do what with who, Andrews took the democratic system that saw him elected and manipulated it for his own gain. Not only was Dan on a mission to rid the state of accountability and democracy he also did a great job in destroying his opposition. Don't misunderstand me the Libs did a lot of destroying themselves, but Andrews fried them at every opportunity. Andrews comments weren't Keating like they were hammer blows of spite and disdain that left his opposition bleeding on the floor.

With the dawn of a new era under Jacinta Allan we have seen an end to the arrogance and toxicity and despite the Libs dusting off the slogan 'Same old labor' it does feel as if the black cloud of doom has somewhat lifted off Victoria, but we have some way to go to again be one of the best places in the world to live.

Victoria now needs to move on. Allan needs to whack a few heads and show she's not her ex boss's clone, the Libs need to now develop a real long term strategy that sees them rise up as a realistic alternative government in three years time, the City of Melbourne needs to actually focus on cleaning up the streets of Melbourne rather than a \$350 million passion project it can't afford and we need to bring back some optimism to the state. We need industry leaders at the forefront of helping to rebuild the state, new initiatives that unite rather than divide, events that put us back on the map, the end of jobs for the boys and government that is properly held to account.

Summer is coming, Covid is a thing of the past and while times are still tough and as we all now want real accountability and authenticity we can finally say goodbye to one of the most successful and divisive politicians this state has ever seen. Thanks for the memories Dan and I am sure that at some point in the not too distant future we will see you again and once more get to experience all the arrogance and defiance we've all come to love about you.

But until then, parting is such sweet sorrow and adieu Mr Andrews.



THE YES CASE LACKS CONVICTION

Prath Balasubramaniam

Around the edges, advocates for the YES campaign say the Voice to Parliament is:

- 1. practical;
- 1. it will do no harm;
- 1. it is a generous offer;
- 1. it is not racially divisive; and
- 1. it is a vote for hope over fear.

This hides the uncomfortable realisation that at it's heart, there is no conviction and certainly no substance. There is no clear coherent reason to vote YES.

As the emotional bullying escalates, it is important to keep grounded.

There are five reasons we should not blindly trust that the Voice will make the grass-roots impact that is needed. And why we need the courage to withstand the moralistic coercion and vote NO.

Will the constitutional reform lead to practical change?

The referendum is about inserting words into the Constitution. Recognising indigenous Australians as the first Australians is accomplished by making the amendment.

However the Voice advisory body has to be set up at a later point by legislation. Whether that body will make any real impact naturally depends on its constitution, the representatives, their conviction and ability to work with each other and the Voice's unknown powers and functions. And importantly, the will of Parliament and the Executive arms of government and the political climate at the time.

On the evidence available to us, that the Voice is a structure and system capable of making a practical impact is an unknown. Right now, it is the exact opposite of practical, it is merely words.

Is the Voice a generous offer?

For it to be a generous offer implies that the advocates compromised down from a harder or more favourable position. You cannot assess this without the context of what other proposals could, hypothetically, have been put forward.

We can speculate that whether it is generous depends on what is ultimately desired by the lead architects. To understand what the architects might really be working towards, you need to read all of the pages of the Uluru Statement from the Heart. The long-form Uluru statement is a document setting out the outcomes of a process that key leaders have run for some 15 years.

From it, you can glean the Voice forms part of a journey to “treaty” and “truth telling”. Even campaign leader and Founder of the Cape York Partnership, Noel Pearson, has publicly declared that the Voice is the first step. It opens the door. To what, nearly all other Australians – except the advocates and lead campaigners – are blind. Other prominent advocates have also declared that step two is a treaty.

The Uluru statement says that Makarata is another word for “treaty” or agreement-making and that “it is the culmination of our agenda”. It goes on to say that “...a Treaty could include a proper say in decision-making, the establishment of a truth commission, reparations, a financial settlement (such as seeking a percentage of GDP), the resolution of land, water and resource issues...”

In the context of the words of the lead advocates and the longer-form Uluru statement, that the Voice is a generous offer is a lie (and at best a noble lie). The available evidence demonstrates that it aims to be a stepping stone, a carefully crafted entry point, to secure the real political outcomes.

Is there “no harm” to the reform?

No reasonable person observing the public discourse and campaigning from all sides can deny that the Referendum itself has been socially divisive and damaging. Calling those who earnestly want to understand more about the reform “conspiracy theorists” and “racists” is regrettable and shows the sheer desperation and lack of care to engage in meaningful public discussion. But grossly mismanaging the expectations of a vulnerable community, and exposing them to this hurtful process, is inexcusable and shows the advocates and “leaders” are not up to the task.

But more to the point, how can one claim what the benefits or harms of the Voice will be when we do not know what powers the body will have, who will sit on it and how it will go about making change. If nothing eventuates from the constitutional reform, then perhaps the harm will be “minimised” to the damage caused by the Referendum. However if the Voice becomes a dysfunctional bureaucracy (like past bodies) then it could result in the permanent diversion of funds and resources away from those who are truly in need. And this could just be the start.

This is not fear mongering or misinformation. This is a potential reality based on evidence, past experience and history. After the Voice is enshrined in the Constitution, what happens next could be beneficial or harmful.

That the Voice is not racially divisive?

In an ABC QandA episode, on 2 October 2023, Noel Pearson argued that it is not racially divisive because Aboriginal and Torres Strait Islander peoples are “first Australians” and not a race. The Director of the Centre for Indigenous Training, Wesley Aird, a man of aboriginal heritage, rebutted that regardless of them being the first Australians, they are still a race.

This is the biggest lie at the heart of the YES campaign.

Of course ATSI peoples are the first Australians AND they are also a race or races.

This artful charade is necessary to deflect attention away from the indisputable fact that the Voice will grant a preferential legal right to a group based on their race. In principle, the Voice is racist. How this all plays out in practice will largely be a social experiment that could end up being racially divisive. Wesley Aird made the insightful comment that by enshrining a permanent Voice, it could also be enshrining permanent ATSI disadvantage, because the implicit assumption is that the body will need to exist in perpetuity.

Is voting YES a vote for hope over fear?

When all else fails, the case hones in on aspirational motives. Is it a vote for hope, optimism and positivity? No doubt this is a very subjective thing.

Is it hope or stupidity to trust the same people who, by their own admission, have failed over and over again, with something as big as this? Is it optimism or delusion to vote in favour of a constitutional change that, on the evidence available to us, suggests that it will make absolutely no difference to the lives of the those most disadvantaged? Is it positive or patronising to think that you can miraculously make, or somehow compel, Parliament and the arms of government “listen” to you when we are told they have failed to listen for decades?

Is the Voice a real and practical vehicle for self-determination and grass-roots empowerment or a phoney, all talk and no action, political junket of the elites?

We all know that we have to balance our heart with our head, our emotions with our intellect, hope with preparation and dreams with planning.

If we don't, it's delusion and irresponsible.

We need conviction to make real change

There is a reason that many turn to emotional blackmail and name calling. It's because they cannot make a reasoned case. There are many “moral” calls to action to vote Yes, an ironically well-funded corporate public relations and marketing campaign and high-energy chest-beating.

But all of this hides that, at its heart, the affirmative case lacks conviction.

The lack of conviction alone is evidence enough that, should the Referendum get up, there is a real risk the Voice will fail as a vehicle for self-determination and empowerment enshrining permanent disadvantage. If the Referendum fails, then there is a need for fresh people, thinking and ideas to make real change on a “needs basis” and create a brighter and united future for all Australians including the most disadvantaged.

divide & conquer?

When was the last time any of us can remember Australia being so divided? The post Covid world should've been about unity, should've been about saying that was the past and this is the future and yet here we are, divided.

So what happened?

Well you've got to say that both sides of the political fence are to blame. Good leadership is about unifying behind a common cause. Leadership is not easy, it doesn't really make you many genuine friends and if you're going to lead you have to be able to convince people that following you is worthwhile for them. When Albo gave Australians his tearful announcement about the Voice referendum taking place not everyone bought into what he was selling. Given Labor gave the Libs a bit of a hiding at the last Federal election, and pretty much every other state election in the last few years, Albo could be forgiven for thinking anything he touched would turn to gold, but 'twas not to be. When a great many Australians refused to drink from the same cup as the PM there wasn't really a plan B.

Realising Australians weren't jumping on board a Plan B was hastily put together on the fly. Plan B became a whole bunch of virtue signalling, celebrity endorsements of nothingness, allegedly smart people talking down to those who dared suggest they were thinking about voting no and then came the racism.

Kandiah Kamalesvaran better known as Kamahl has been something of a polarising figure during the whole Voice saga. A regular user of social media Kamahl voiced his decision to vote no and was absolutely hammered by the yes camp, who went so far as to suggest he was a racist. Kamahl then went yes and was hailed by the PM as the example of what doing some research on the topic can do to opinions. However Kamahl then turned up on 'The Project' to announce he was back to being a No and again became the subject of some fairly nasty online abuse.

Now if we leave the whole voice thing to the side for a moment it's good to remember who and what Kamahl is. He's one of Australia's most well known singers and if you didn't know, he's black. Remember his famous words on that variety show? "Why is everyone so unkind to me?" Kamahl wasn't just a great singer he was also an actor and was seen in the 1967 Australian movie 'Journey out of Darkness'. Kamahl played an aboriginal man that was to be brought to justice under the law of the? You guessed it, the white man. Now we know Kamahl isn't of aboriginal origin but on the film set in 1967 it didn't really matter who was playing who because black was black and white was certainly white no matter how much make up someone had on. When lunch was called the white members of the cast and crew would all head off to the sheds for their lunch while Kamahl and his fellow genuinely black cast mates were given a round of sandwiches each and told to go and sit under a tree. 1967, the same year indigenous people were counted rather than heard.



So we live in a world where black people are being called racists and dickheads if they aren't prepared to do some research on the Voice and vote no (Not sure where that leaves Kamahl given he did do his research) while on the other side of the argument extremist No voters have jumped on the conspiracy theory train to nuts ville. Not one person from either side of the campaign has done anything to unite the country in the lead up to the vote, nothing! If you go and speak to people about the Voice debate regardless of if they are a yes or a no what you do hear is that the issues indigenous people are having to deal with absolutely need to be addressed, of that there is no doubt and yet the referendum looks doomed to fail.

What it all means is that people are sick and tired of the virtue signalling rubbish. Greens MP Max Chandler Mather recently made a speech to parliament in which he said people have had enough of over paying for groceries, they've had enough of over paying for utilities, they've had enough of watching corporates make billions while they struggle. We all know the Greens will never actually run the country, but Max wasn't wrong. People are sick of being told how to behave, sick of being told what to believe and what rules to adhere to.

Once Albo realised his voice referendum was in trouble he should've put an achievable plan in place that actually changed minds rather than driving the wedge of division deeper into the country. While Albo should've changed his strategy Dutton should've put his smart cap on and come to the party (so to speak) with Albo and nattered out a plan that would've seen the referendum vote become a resounding Yes. Imagine if the Libs had decided to work with the government on a cohesive and effective plan for the future of indigenous Australians? Even if Albo had said no to Dutton the opposition leader would've had a plan in his hand that showed he was prepared to help and that would've been worth untold votes at the next federal election.

I remember sitting in the Potential candidate training course with the Liberal Party of Victoria (before I realised a political MP job was not for me) and being told by then state director, Sam McQuestin that we shouldn't think we could change politics because we can't. Well if Politics and politicians had actually changed and not reverted to type in the face of one of the most defining moments in the history of this country there is no way we would be as divided as we are today.

It is time for politics to change.

Regardless of what anyone says we still live in a democracy and the referendum will give us all the opportunity to have our say, but please no matter how you vote or what you think, do not sit in judgement of those who know what it's really like to sit at the back of the bus because we are all better than that.



music & the realities of life

the great Puccini - Jonathan Tetelman



Ah to be tall, young, talented and good looking, such is the life of rising Operatic tenor, Jonathan Tetelman. I know how Jonny feels for I to am tall (ish) and ummm, yeah I don't like him, but regardless of what I think of the man and I do actually like him his love for Puccini is on full show for all to hear in his new recording called 'The Great Puccini'

Despite me being a middle aged fat guy of average height and being well past my use by date there was a time when I could sing a Puccini tune. From first hand experience there is nothing like it. Puccini wrote music that could make your heart sing, music that could tell a story and take your audience on a journey through an array of emotions.

Tetelman at 35 stands on the precipice of a great career. Don't get me wrong he's sung in the best opera houses with the best people and orchestras but this new Puccini disc will see him step it up a gear. A young tenor starts out in the world singing arias from the book '24 Italian songs and arias', he then graduates to Handel and Mozart where he develops line and breath control. It's at this point in the tenors journey where it becomes clear if they're going to become an Italianate tenor that sings heavier repertoire like Puccini, Mascagni, Leoncavallo and so on or they're going to stay a lyric tenor singing Donizetti, Rossini, Mozart etc...Tetelman is very much on the path of the Italianate Tenor.

His voice has a ringing and glorious top to it that could do with a bit more cut, but is currently sitting in the right place for the repertoire he's picked. The biggest issue for the young tenor is not to go too hard too soon. The biggest mistakes young Italian tenors make is while they have the good looks and the talent to match they can end up being put on stage in big opera houses being asked to perform big roles over and over again. They end up straining, pushing their voices, developing wobbles in their sound and swallowing their voices, ie losing the cut they need on their voices. It's the cut or the edge of a singers voice that will get their voice over an orchestra. There are tenors that just have bloody huge voices but 95% of singers need the cut. Time and time again history repeats seeing tenors in their 30's blowing out their voices and fading quickly into obscurity.

Puccini's music as mentioned is incredibly emotive, if a young singer doesn't control the emotion they'll over sing and push which will see the abrupt end to their careers. The other thing with Puccini is that some of his music is on a par with the lyricism of Donizetti ie 'La Rondine' but a great portion of it 'Madam Butterfly' starts Italianate and heads to dramatic pretty quickly 'La Fanciulla del West', 'Turandot', 'Il Tabarro' so while a tenor might sing Rinuccio in Gianni Schichi it's unlikely they'd sing Calaf in Turandot or Dick Johnson in La Fanciulla. In this new recording Tetelman sings pretty much all of Puccini's best tenor tunes.

So we come back to the issue for the rising young tenor, don't blow out your voice when you put it out there you can sing all these arias if you're not actually ready. Now having said that though this disc is without question one of the best Puccini discs to come out for some time. Over the last 20 years there have been probably four other tenors who got in the recording studio with a whole bunch of Puccini tenor arias; Jose Cura, Roberto Alagna, Jonas Kauffman and Marcelo Alvarez. Cura went too hard to soon and decided Otello was a good idea at 34 and bye bye despite being the most talented tenor of his generation. Alagna has been and is a legend, Alvarez who started off in Donizetti has developed into one of the best tenor in the world today and despite Kauffman being flavour of the month the jury is out for me on whether or not he'll be the next Cura.

Personally I don't think Tetelman should be singing Turandot, Il Tabarro or Fanciulla. Don't get me wrong he can sing the notes and may well end up being able to sing all three, but right now he's at the Butterfly, Boheme, Tosca and Manon Lescaut stage. Despite everyone hating Pinkerton in Butterfly and yes I know she gets the big tunes etc...but Pinkerton is brutal to sing for the tenor and here Tetelman is on fire. He also sings a fantastic Recondita from Tosca and his Che gelida manina is everything Rodolfo should be. I think if Tetelman went to see the astonishing Salvatore Fischella for a lesson or two the great man would have Tetelman's Top C a little brighter, but the young terror sings it brilliantly none the less.

Any tenor recording a Puccini disc of course has to sing Nessun Dorma and Tetelman certainly gives us his rendition, which is full throated and powerful, but he's not a Calaf yet. Listen to what I call the edges of the notes or the ends of each note and you hear the slight struggle. The notes aren't quite connected and you can hear a little pressure or thinness. In the Calaf of Corelli or Bjorling those edges aren't there, but Tetelman's top B is certainly there and while he may not yet be a Calaf if he keeps a lid on his talent he certainly will be one day.

I am a terrible tenor snob. Not only that I'm obsessed by tenors. Tenors lives on the edge of what his physically possible and always have the opportunity to be one of the stars of the show if they can nail all their top notes. They are given such stunning music to sing and Puccini unquestionably gave his tenors some of the greatest music ever written. This Tetelman disc shows again why Puccini is a genius and shows a young man on the precipice of becoming one of the greats, he just needs to take it slowly and be who he is meant to be in his own time.



THE STONES AT 80?



BA BAAAAA BA DAAA DAAA DA DA DA DA DA DA DA... OK SO IT'S HARD TO BRING TO LIFE A PIECE OF MUSIC ON A PAGE BUT I RECKON MOST PEOPLE CAN PUT A TUNE TO THE RHYTHM AND THEN KNOW THAT IT'S THE OPENING GUITAR RIFF OF THE FAMOUS ROLLING STONES SONG 'SATISFACTION'. THE SONG 'SATISFACTION' IS NOW MORE THAN 58 YEARS OLD, LET THAT SINK IN! 58 YEARS OLD! WE ALL KNOW THAT TIME STANDS STILL FOR NO ONE AND THAT SADLY WE ARE ALL GOING TO MEET OUR MAKER, BUT TIME HAS ABSOLUTELY NO CONTROL OVER THE MUSIC WE LOVE BECAUSE IT'S IMMORTAL. THE MUSIC WE LOVE IS THE SOUNDTRACK TO OUR LIVES. I ABSOLUTELY GUARANTEE THAT EVERY PERSON READING THIS ARTICLE HAS AT LEAST ONE SONG, IF NOT 50 OR MORE THAT TELLS OF A TIME IN THEIR LIFE.

THE ROLLING STONES ARE ABOUT TO RELEASE A NEW ALBUM CALLED 'HACKNEY DIAMONDS'. THEY'VE RELEASED TWO SINGLES FROM THE ALBUM ALREADY. THE FIRST WAS THE 'START ME UP' INSPIRED 'ANGRY' AND MORE RECENTLY THE SECOND IS CALLED 'SWEET SOUNDS OF HEAVEN' FEATURING THE ASTONISHINGLY TALENTED LADY GAGA. IF THESE EARLY RELEASE TRACKS ARE INDEED A GLIMPSE INTO WHAT THE ALBUM TO BE RELEASED ON OCTOBER 20TH IS REALLY LIKE, THEN THE LATEST OFFERING OF THE STONES WILL ONCE AGAIN PUT THEM AT THE PINNACLE OF THE ROCK N ROLL. LISTEN TO WHAT IS MORE THAN LIKELY IMPROV AT THE END OF 'SWEET SOUNDS OF HEAVEN' TO KNOW WHAT REAL MUSIC GENIUS IS ALL ABOUT.

THE STONES ARE NOT ALONE THOUGH, THE BEATLES ARE ALSO PLANNING NEW (ISH) MATERIAL LATER THIS YEAR AND REMAINING MEMBERS PAUL AND RINGO HAVE TEAMED UP WITH DOLLY PARTON ON WHAT IS A NEW SPIN ON THE LEGENDARY SONG 'LET IT BE'. AT THIS POINT IT'S WORTH REMEMBERING THAT MICK JAGGER IS 80, KEITH RICHARDS TURNS 80 IN DECEMBER AND RONNIE WOOD, WELL HE'S JUST A BABY AT 76 AND CHARLIE WATTS PASSED AWAY AT 80. PAUL MCCARTNEY IS 80, RINGO STARR 83, PAUL SIMON 81, ROD STEWART 78, DOLLY PARTON 77, BRUCE SPRINGSTEEN 74 AND THE FOUNDING MEMBERS OF KISS BOTH IN THEIR MID 70'S WITH ALL STILL ENTERTAINING. IT'S EXTRAORDINARY LONGEVITY BUT WHY, HOW?

WELL IT'S BECAUSE THEY WROTE THE SOUNDTRACKS OF OUR LIVES AND THEY WERE ALL AND STILL ARE ALL BLOODY INCREDIBLE, BUT WHO WILL REPLACE THEM, WHOSE MUSIC WILL BECOME THE SOUNDTRACKS OF LIFE? TIME WILL ONLY TELL AND WE CAN LOOK AT THE LIKES OF DAVE GROHL, THE RED HOT CHILLI PEPPERS, COLDPLAY, PINK, LADY GAGA, MARIAH CAREY, MICHEAL JACKSON, PRINCE, PUBLIC ENEMY, DR DRE, EMINEM, BEYONCE, JAYZ AS VOICES OF ANOTHER GENERATION, BUT THE SONGS THAT WERE WRITTEN IN THE 60'S AND THE 70'S SEEM TO HAVE CROSSED GENERATIONS.

My father was from Liverpool so the Beatles were on constant play back when I was growing up and as I went on to become a singer I learnt how astonishing their music really was. But musical composition skills weren't just the property of the Beatles, look over at one of the greatest music minds in history in Brian Wilson, himself now 81 was doing with the Beach Boys. His beach inspired tunes sound simple enough but have a look at the harmonies and the over all musical structure of his compositions and Wilson sits along side Lennon, McCartney, Jagger and Richards. In fact Paul McCartney rates 'Pet Sounds' as one of the greatest albums of all time.

Music from the 60's and the 70's may not be on the Spotify playlists of my teenage daughter or her friends but I guarantee they'll all be singing along to the Beatles and the Stones at some stage in their lives because music is timeless. Possibly the most cringe worthy era of music was the very late 70's and the 80's but New Order were and still are legends, KLF gave life to trance and who'll ever forget to catch the last train out of Sydney? It doesn't really matter what era of music you look at there are songs of life throughout history.

The music coupled with a concert or an event is what keeps it alive for us. For me I was a techno lover from the early 90's. KLF anyone at the Metro? Two Unlimited at the Chevron? What about Aussie Rock? Who was at Australian Made? Bon Jovi at what is now the Collingwood training base? From a classical perspective being a Speer carrier in the arena show called Puccini Spectacular put on by the now defunct Victoria State opera gave me a love of all things Puccini.

Music is what gives us our soul and I think the even greater thing that the likes of the Stones, The Beatles, Rod Stewart, Dolly Parton, KISS and so on understand is that they know how important their music is to us. It was the same when Disney went back to the Star Wars series. They treated it with respect and understood how much it meant to so many people.

With the release of the new Stones album in mid October they show very few signs of slowing down and after careers spanning more than 60 years long live the Stones because music is the soundtrack of life and our lives are better for having had them and many others write the tunes that mean so much to all of us.





toothless no more

We all know that Collingwood are the team people that don't support them love to hate and yet after their win yesterday Melbourne is still standing when many of us thought if they did win it would be the end of civilisation as we know it! So what happened?!

Well welcome to modern leadership, sports management and good social media management. If you have a look through the Collingwood controlled social media content since the final siren went you will struggle to find a single beer in shot, you won't hear any swearing nor will you see any inappropriate actions, instead what you'll see is family, joy, inclusivity, celebrations and a group of young men soaking up a much deserved premiership. Now we know social media can be manipulated, but what the Collingwood social media and club management have done is put Collingwood in at the top of what an AFL team is all about.

Teams though have leaders and with CEO Craig Kelly and head Coach Craig McCrae serving as key leaders you can see what outstanding leadership does to an organisation. Kelly has been in and around football for years and as CEO of Collingwood has ushered in an era. An era that moves away from the maniacal and sometimes questionable behaviours of the past to run an organisation that embraces the history but knows the spotlight is always on it. With McCrae you see a Head Coach who told his players what he wanted but gave them room to be themselves even having on the TV on in the rooms to watch some of the pregame entertainment.

Collingwood played with joy and fearlessness. Look at their Captain as he lead his team out onto the ground, the man was smiling, soaking it in, sharing the experience with his team and encouraging them to do the same. The game itself was epic and a bounce of the ball like it was for St Kilda the ultimate difference between winning and losing, but Collingwood did win and it has cemented them as Australia's Premier sporting organisation.

The lessons to learn out of the Collingwood win are huge. Wins like these, teams like the Steve Waugh Ashes side, like the New England Patriots sides lead by Tom Brady, like the Chicago Bulls teams, like the Matilda's World Cup campaign, like what Ange Postecoglu is doing with Tottenham are what inspire people in all walks of life. Leadership is hard but good leadership gets it and finds the right way to win.

Winning Grand Finals, having vastly successful businesses, being a strong leader within a great team none of it is easy, but if this Grand Final has shown us anything it's that outstanding leadership and allowing people to have their own identity while being part of the overall vision of the team is without question a new way to find the ultimate success.

As a North Melbourne supporter and as the Dad of two daughters who support Collingwood congratulations to the Collingwood Football Club it was a win for the ages and Clarko will see you next season!

diary of a working mum

SCHOOL HOLIDAYS SUCK, ESPECIALLY WHEN YOU HAVE A HOUSE FULL OF ANIMALS (NON HUMAN) AND TWO HORSES THAT PREVENT YOU GOING AWAY FOR MORE THAN AN AFTERNOON AND THE FACT THAT MORTGAGE RATES HAVE WHACKED YOU HARDER THAN YOU'D PLANNED FOR. DON'T MISUNDERSTAND ME I LOVE MY CHILD AND DOONA MAN (SOMETIMES) BUT INTO THE OFFICE THREE TIMES A WEEK, TWO DAYS FROM HOME, DOONA MAN DOING WHATEVER HE DOES, AND CURRENTLY LIMITED RESOURCES, IT KIND OF MAKES THE WHOLE SCHOOL HOLIDAY THING A BIT TRICKY. DESPITE THE HOUSE HOLD BUDGET HAVING TO GO FURTHER THAN EVER BEFORE WE DID MANAGE TO GET OUT AND ABOUT TO DO A FEW THINGS, BUT SCHOOL HOLIDAYS ARE WITHOUT DOUBT A STRAIN.

ONE SCHOOL HOLIDAY TRIP WE MADE APPARENTLY HAD TO INCLUDE A TRIP TO THE MELBOURNE ROYAL SHOW. NOW I COULD LIVE WITHOUT THE SHOW NOT HAVING GROWN UP WITH IT (I AM A FOREIGNER IN A STRANGE LAND) BUT DOONA MAN HAS SAID NO CHILD OF HIS WILL NOT NOT GO TO THE SHOW! SO A DAY OFF WAS TAKEN BY YOURS TRULY, AND WITH A HYPED UP CHILD AND 'NO CHILD OF MINE WILL NOT NOT GO TO THE SHOW' DOONA MAN OFF WE ALL WENT. WHILE I DOTH PRETEST ABOUT HAVING TO GO TO THE MELBOURNE ROYAL SHOW I REFLECTED ON TWO THINGS OUT OF IT. THE FIRST WAS THAT IT WASN'T ALL BAD AND I DID ENJOY IT AND THE SECOND WAS THAT IT WASN'T HALF AS BUSY AS IT HAD BEEN IN PREVIOUS YEARS.

WHATEVER I SAY ABOUT DOONA MAN HE DOES COME UP WITH THE GOODS WHEN THERE'S A PLAN TO BE MADE. HE MADE SURE WE HAD OUR FOOD WITH US FOR THE WHOLE DAY, WE HAD PRE PURCHASED TICKETS AND SAID CHILD (NOT DOONA MAN) WAS ALLOWED THREE SHOW BAGS, IF BEHAVED. ARRIVING BY 10AM DOONA MAN BOUGHT US COFFEE WHICH TOOK NO MORE THAN 5 MINUTES, CHILD GOT ONTO RIDES WITH BARELY A QUEUE AND THE SHOW BAG HALLS WHILE BUSY WERE BY NO MEANS THEIR NORMAL CHAOTIC BUSTLE. IT WAS BUSY BUT NOT 'SHOW CRAZY' AND IT LEAD ME TO THINK THAT THESE SCHOOL HOLIDAYS WERE FOR MANY OF US MORE OF A STRAIN THAN WE'D HAD FOR QUITE SOME TIME.

DESPITE THE FACT THAT TWO HORSES ARE A STRUGGLE AND AS I SAID LAST MONTH ARE NOT QUITE THE ROMANTICISED DREAM I'D HAD OF RIDING ALONGSIDE MY CHILD OR EVEN OF ANT MIDDLETON RIDING WITH ME THEY HAVE NONE THE LESS PROVIDED HUGE RELIEF TO ALL MEMBERS OF THE HOUSEHOLD. DOONA MAN WHO IS NOT ANT MIDDLETON (SADLY) AND WHO CAN'T RIDE A BIKE TO SAVE HIS LIFE LET ALONE A HORSE COMES TO THE AGISTMENT WITH US FROM TIME TO TIME JUST TO WALK AROUND THE FARM. WE KNOW HOW LUCKY WE ARE TO HAVE A REFUGE OF SORTS AWAY FROM WORK, WASHING, AN OVER GROWN GARDEN AND CARS THAT MAY OR MAY NOT START, BUT MANY PEOPLE DON'T.

BACK AT HOME DOONA MAN HEADS OFF TO WHEREVER HE'S SUPPOSED TO BE AND I'M LEFT WITH CHILD WHO IS BORED AND WANTING ATTENTION. I GET ON A TEAMS CALL TO SEE MY PHONE POP UP A FACETIME CALL FROM SAID CHILD (WHO IS IN THE NEXT ROOM) WANTING TO TELL ME AGAIN SHE'S BORED. CUPBOARDS BANG, WATER RUNS, DOORS CRASH, DOGS BARK, CATS MEOW ALL WHILST I'M SUPPOSED TO BE WORKING FROM HOME! ON THE DAYS I HEAD INTO THE OFFICE IT'S LIKE A BREATH OF FRESH AIR. EVEN THOUGH I'M UP AT 5.30AM PUNCHING DOONA MAN AS I SHUFFLE PAST HIM, HE'S IN A DEEP SLEEP, AND AS I HAVE TO FEED THE HORSES BEFORE I HEAD OFF TO THE CITY I HAVE A SENSE OF RELIEF KNOWING I WON'T HAVE TO DEAL WITH SCHOOL HOLIDAYS FOR THE NEXT 8 HOURS, WELL UNTIL THE PHONE STARTS RINGING FROM DOONA MAN OR FROM SAID CHILD WANTING TO KNOW WHEN I'LL BE HOME. LITERALLY THIS STARTS FROM MID MORNING!

I remember having to drop said child off at day care when it was nearly two years old feeling like the worst parent in the world, but knowing if I didn't work it would be bye bye house and now with school holidays it's a similar feeling. Both Doona man and I need to work to keep all the balls in the air and when school holidays do come around you feel rubbish because you can't just say of course we'll go to the movies today, or yes we'll go to Queensland for a holiday or go and buy another ten squish mellowes. You've just got to make the most of the time you do have, do what you can when you can and what you can afford.

It's apparently the case that by the time your kids are 18 you will have spent more than 80% of the time you have with them. Then it's special occasions and so on. So as much as the house is a pit, as much as I don't really get the show, as much as I'd like to head off on holidays and drink negronis with Ant Middleton, sorry I mean with Doona man we did ok these holidays and we did make a few more family memories for the instagram account. I can now spend the next 10 weeks silently worrying about how I'm going to juggle Christmas holiday break!



Thank you

Thank you.

Well that is it for our biggest issue yet. Thank you to all our contributors new and regular and thank you to our advertisers, but most of all thank you to you for joining the 'Hoodies Media' Journey.

This magazine is only the beginning and we are so grateful to Adem Manderovic for joining the Hoodies team as our Sales and Marketing guru. A video podcast, an up to date news service, a clothing line, a hard copy of the magazine and of course the online magazine are all in the pipe so as ever watch this space!

For the November issue we're already finalising content, but in the meantime please feel free to share Issue 7 of Hoodies far and wide.

Lastly, Australia recently lost one of its brightest ever music stars in Jacqui Dark. Jacqui was an outstanding opera singer, a music theatre performer, a cabaret performer, a TV star and had a smile that could light up a room. Jacqui leaves behind her soul mate the outstanding tenor Kanen Breen and their son Xander.

Go safely into the night dear woman, we are so desperately sad you have left us, but we will never forget the joy that you brought to all our lives.

See you next month.

Ben

