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Hoodies Magazine



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HOODIES
MAGAZINE

Welcome to
2024





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Welcome to 2024 and Issue 10 of Hoodies.

My new year's resolution is that I'm not talking about how Hoodies came to be anymore rather that it is now one of the most important online publications found in Australia. The history of the magazine and how it came to be will always be of huge significance and importance, but with Issue 10 now out and 2024 ahead of us we have some huge plans for what we do next, so as ever watch this space.

This focus of this issue is about leadership good and bad, it's about optimism and the future of things like sustainability. In the time I've personally been interviewing people for Hoodies one of my most enjoyable experiences was talking to CEO Jorge Holtegaard Sloth Eskesen of Danish furniture company Skovgaard Jensen 1903 | SJ1903 where we talked about not only SJ1903 but also how important authenticity and sustainability are in life and furniture design.

We chat to a hero of mine Justin Langer about leadership and where he thinks modern leadership currently sits and we are joined by social commentator Liv Larsen who gives us her views on the world around us. Personal Trainer and exercise legend Eric Couto joins us and we pack up our 2024 time capsule with a range of predictions for the year ahead to be unsealed in January 2025.

We have all our regular contributors and as ever talk; fashion, music, culture, business, society, technology plus offer our Hoodies view of the world.

I should explain this months cover for those of you looking at and wondering wha? So it reads anti clockwise. You have a child keeping an eye on the world, looking towards their future and you have people of all racial backgrounds accepting the responsibility to look after their future, with the final picture being of children putting their trust in society to protect and defend their future. I think it reminds us of what our real responsibilities are as a society and how important kids are to the future.

As ever thank you to all our contributors and of course to you our readers...remember to keep asking, why Hoodies? Because it matters!

Ben Logan
Founder & Editor
Hoodies Media



THE EDITORIAL.

H O O D I E S I S S U E 1 0 J A N 2 4



‘If you can talk with crowds and keep your virtue,
 Or walk with Kings—nor lose the common touch,
 If neither foes nor loving friends can hurt you,
 If all men count with you, but none too much;
 If you can fill the unforgiving minute
 With sixty seconds’ worth of distance run,
 Yours is the Earth and everything that’s in it,
 And—which is more—you’ll be a Man, my son!’

Rudyard Kipling

in profile.

people & business.

by Ben Logan.

LEADERSHIP ACCORDING TO JUSTIN LANGER

It's often said that you should never meet your heroes because they could quite possibly let you down when you do come to meet them or interact with them, this was nowhere near the case when I got to talk to former Australian test cricketer, coach, motivational speaker and writer Justin Langer.

Langer is a busy man and as he waited for his plane home after the quick end to the Adelaide test he gave me some of his time. Langer is a man that unquestionably considers everything he says, but when he talks you best listen because what he has to say on things like leadership are unequivocally in tune with the modern world both from a sporting and business perspective. Leadership and motivation are Langer's stock and trade. All of us witnessed his heroics on the field often in partnership with close friend and equally heroic Matthew Hayden and then in his post cricket life he has dedicated himself to inspiring others and showing what real leadership is all about. His book 'Seeing the sun rise' is without doubt a guide to achieving your goals and fighting through adversity, a book in which he says you must keep your eyes on the sunrise and not at the ground. A well read man Langer is often heard to be quoting poetry and other forms of literature with one of his favourite poems being the famous Rudyard Kipling piece 'IF'...

'If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you...

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!'

As a kid I was given this poem and it has stayed with me my entire life and like so many good and passionate Leaders Langer himself can see the validity of 'IF' in leadership of any kind.

According to Langer and I'm not sure many would disagree leadership within any organisation be it corporate, sporting, political, council or whatever is they absolute key to its success, without good and inspiring leadership the organisation will either fail or not function the way it could. The responsibility of the leadership team or the leader within that organisation is to devise, deliver and implement the values of the organisation to the people they are wanting to lead. They have to live and breathe those values, they cannot expect anyone to follow them on the journey if the values are not being lived by those that lead.



JUSTIN LANGER

As a Dad myself and having seen attitudes in all walks of life change from when I was a kid to now I was curious to know from Langer what he thought about modern leadership. Is it softer? Are leaders not what they used to be, have we made it too easy for our kids and handed out too many participation medals? His answer is no. He tells the story of being bowled to by the great West Indian fast bowler Ian Bishop and says even when Bishop bowled at his head and hit him no matter how badly he was hurt he was never going off the ground, nobody did, but today the game is different and sporting organisations, corporates and other groups have a legal duty of care to players and people within the organisations. The same is said for the mighty NFL try and get Barry Sanders or Ray Lewis off the ground back in the day if they were injured, but today the game has evolved for the safety of the players. There is nothing wrong with any of that rather it's about adapting to the world you live in, the world you play in and the world we are all part of.

Even though leadership is about adapting to the modern world Langer believes that the fundamentals of leadership have not changed for thousands of years and that leadership is still hard, it's not for everyone. People are naturally risk averse and when it comes to facing up to Ian Bishop I'd have to say I wouldn't be putting my hand up to volunteer, but becoming a leader or at least aspiring to be one is also a risk. You're the go to person for any issues that arise, the first one in, the last one out, you cop the heat when things are on the slide and you never stand in the way of the team being praised over your own efforts and work. Here in Australia leaders from all industries, sporting organisations and corporates also have to contend with the tall poppy syndrome when they do achieve great things, but it's all part of wanting to take people to levels they didn't think they could achieve. Your only real fulfilment comes from within and you take pride in what you've helped those around you achieve, but as soon as one mountain has been conquered it's onto the next sunrise and there's no looking at your feet.

To Langer leaders need to earn respect, but when they have earned it they need to keep earning it, they're the ones that preach excellence and can never deliver mediocrity, they have to drive the organisation each and everyday to be living the beliefs and expectations, but not all leaders have titles or wear the hat of leadership. Walking out to bat with Hayden to start an innings both men lead the way for the rest of the team they set the tone for a run chase or for an innings total and showed that facing Ian Bishop was possible even if he did whack you on the head.

Some people are natural born leaders, some are never heard of but all good leaders whether they wear the title or not will leave the people around them better than they were before they met them and take them to places they never thought they could go. The only real issue I have with Justin Langer is that there aren't more people like him because we could do with a few more leaders in our lives and the modern world we all inhabit.



SJ|1903

welcome to the world of
SKOVGAARD JENSEN 1903

We live in a world where sustainability is an ever increasing issue and yet to understand it better we need but look to the past and what a Danish furniture company called SJ 1903 has been doing for more than 100 years.



SJ|1903

DESIGN IS THE
KEY TO
SUSTAINABILITY
& the future.



There is something about authenticity and sustainability in modern society that is really starting to connect with people, not just here in Australia but throughout the world. In my musings on LinkedIn I have been lucky to connect with people I have no real right to being in touch with at all really. Senior leaders within corporations, overseas politicians, entrepreneurs, business people, business owners, creatives all successful and inspirational people who have mostly been happy to converse and engage with me on all manner of subjects.

One of these people was Jorgen Holtegaard Sloth Eskesen who is the CEO of the Danish furniture company 'Skovgaard Jensen 1903' or SJ.1903 for short. As you can see by the photos spread across the article the furniture of SJ.1903 is visually striking and are indeed works of art, but the story goes beyond the actual furniture and its timeless design, it goes to the heart of what sustainability and creating an experience are all about.

SJ.1903 was founded in of course 1903 in the village of Hornslet Denmark by Jens Skovgaard Jensen. Jensen being the industrious Dane he was quickly developed ways in which to build quality furniture quickly and then send it across the world, which by the 1930's saw his sons Axel, Peter and Rasmus with multiple factories across Denmark.

THE *beauty of design*

In the post second world war 1950's Denmark like so much of the rest of the world was experiencing a huge growth in creativity, in design, in music, in fashion and more specifically to Denmark in architecture. In the early 1950's Finn Skovgaard Jensen decided to develop working relationships with three men who were designers and architects, men whose designs would become the very essence of what sustainability is all about or at least should be about, Arne Wahl Iversen, Erick Buch and Johannes Anderson. Buch and Iversen were both furniture designers with Anderson being an architect, but all have left their lasting impressions on SJ.1903.

The design of the SJ.1903 furniture is simplistic at one level but then at another is complex beyond measure. You look at the Buch designed Model 49 chair and on the surface it's a chair but if you look beyond the chair itself and then at the chair in detail you see the incredible design of this piece of art. The way in which the legs of the chair become the arm rests, the way in which the arm rest connect to the back of the chair, the craftsmanship and design. The way in which the back of the chair is rounded and at an angle to give support to anyone that rests up against it, the actual beauty of what is really a long lasting piece of sculpture.

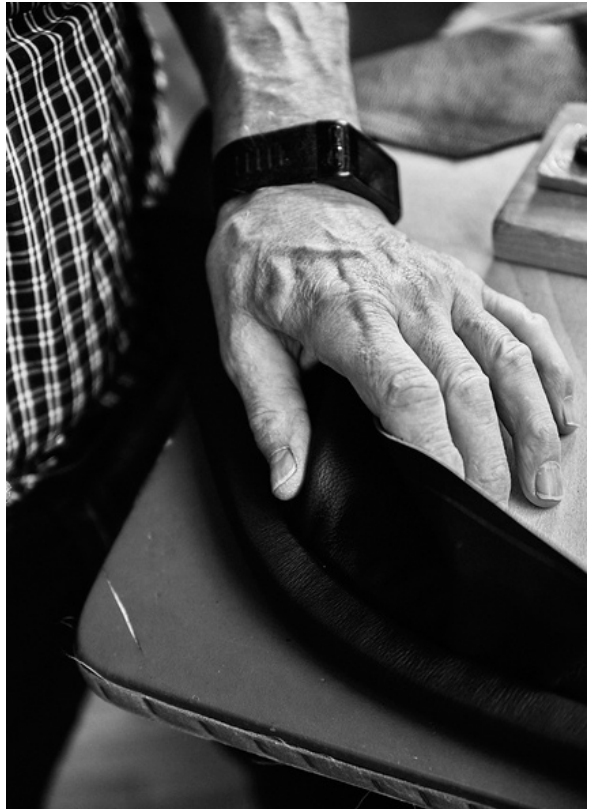
Both Iversen and Buch were men constantly drafting ideas and designs and thankfully for SJ.1903 and the furniture world at large the designs of both men have been preserved and will see SJ.1903 be able to roll out designs from these two men who passed away decades ago for many years to come.





sustainable

DESIGN





In the modern world we are asking about real sustainability, we are beginning to ask if we are indeed going to drive EV's then what are the pitfalls of them and how do we make them even more sustainable. We are asking for more authenticity in our lives, from our politicians, from our media outlets and in our jobs and yet we haven't yet asked or really begun to talk about what does sustainability in design, in furniture look like? The answer to that question is found in what SJ.1903 have been doing since 1903, since they teamed up with Iversen, Buch and Wahl when they came together to make products that were not only visually appealing but were made to standards unseen in many places in the world. Furniture that did indeed serve a purpose and have functionality, but it was furniture built to last both from a design perspective but also quality one as well.

Jorgen himself is incredibly passionate about what SJ.1903 is doing today, he is a man who loves what he does and is extremely excited about what the future holds for the 121 year old furniture company. For me coming from a hospitality background as well as a creative arts one creating experiences for people is what gets them to come back to restaurants or to come and see you perform again, for Jorgen it's the same with furniture. Jorgen connects experiences to furniture and went so far with one friend to ask him to look for the SJ.1903 marking on the base of the chair because he remembered sitting in a certain chair in his friends office and wanted to know if it was indeed one of theirs, needless to say it was.

We all seem to be talking about the benefits of sustainability and authenticity, which in the year 2024 we should be, but while we're still working it all out we would do well to remember that there is a remarkable 121 year old Danish furniture company preserving the very essence of what sustainability and authenticity are all about and we have much to learn from them.

Timeless design, long-lasting quality, products that themselves create memories and an individuality in each piece that suggests functional art 'Skovgaard Jensen 1903' is a leader and guiding light in what the modern approach to sustainability and authenticity should be all about.

skovgaardjensen1903.dk

Location
Location
Location

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**SMARTER
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Building your future



#FinanciallyFitFamilies



Christine Williams
Dip. FMB REIV PIAA
Investment Property Strategist

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Revolutionizing Law: How AI Could Reshape Our Democratic Process

LIV LARSEN

The integration of Artificial Intelligence (AI), particularly Large Language Models (LLMs), into our legislative process isn't just an innovative idea; it's a critical step to rescue our faltering democratic systems from the pitfalls of modern law-making. The Rule of Law, a fundamental pillar of democracy, is under threat, not from the advancements of technology, but from our own complacency in adhering to outdated legislative processes.

In Australia, as in many democracies, the legislative process is a labyrinth of complexities, often inaccessible to the very public it serves. Bills are drafted, debated, and passed through stages that are, in theory, transparent and equitable. Yet, the reality is starkly different. The intricate and convoluted nature of contemporary legislation is a barrier to public understanding and engagement, effectively silencing the voice of the common citizen. This is not just a failure of process but a betrayal of democratic principles. Consider these examples:

The Mining Amendment (ICAC Operations Jasper and Acacia) Act in New South Wales.

The New South Wales State Government passed the Act in response to an ICAC investigation into Doyles Creek Mining's exploration license. This act led to the cancellation of the exploration license held by NuCoal Resources, which had acquired Doyles Creek Mining, without any compensation. Consequently, NuCoal and its shareholders, not implicated in wrongdoing by ICAC or the NSW Supreme Court, faced substantial financial losses. In circumventing standard legal procedures and due process, the Act contravened the principle of legality and the protection of property rights, both critical to the Rule of Law.

Similarly, the Telecommunications and Other Legislation Amendment (Assistance and Access) Act 2018 (TOLA Act) highlights these issues. The TOLA Act, passed hastily, expanded surveillance powers without sufficient scrutiny, affecting privacy and freedom of expression.

According to Australian Human Rights Commissioner Edward Santow:

"The commission and the public have not been given a sufficient opportunity to review and comment on yesterday's amendments prior to them becoming law. If Parliament has failed to strike the right balance on national security and human rights, harm to individuals cannot be undone after the fact."^[1]

The Online Safety Act, also rushed through Parliament, lacked thorough consideration and public scrutiny, raising concerns about legislative transparency and due process.

These pieces of legislation, passed with minimal public scrutiny and transparency, are glaring examples of the democratic deficit in our current system. They represent a worrying trend of legislative opacity and complexity, which Large Language Models can, and must, address.

The capabilities of LLMs in demystifying legal jargon and rendering legislation comprehensible to the average citizen are not just beneficial; they are essential. By transforming dense legal texts into plain language, LLMs can bridge the chasm between lawmakers and the public. This is not about undermining the role of human legislators but about augmenting their ability to create laws that are truly of the people, by the people, and for the people.

Those who doubt the integration of AI into law-making often overlook the fact that the Rule of Law is already being compromised under our current human-led process. The integration of AI in the legislative process is not a choice but a necessity to counteract the growing disconnect between the law and those it governs.

Implementing LLMs in law-making requires careful planning and an unwavering commitment to transparency and accountability. Government bodies must be mandated to disclose the use of AI in the legislative process, and robust legal frameworks must be established to ensure AI's compliance with human rights and democratic values.

Incorporating AI into our legislative process is a bold step, one that can reinvigorate our democracy and restore faith in the Rule of Law. We must not shy away from this technological evolution; instead, we must embrace it as a tool to enhance democratic participation and transparency. The integration of AI in law-making is not just a technological advancement; it is a moral imperative to ensure that our laws reflect the collective will and wisdom of the people they are meant to serve.

The use of AI, especially LLMs, in the legislative process is a critical step forward in upholding and rejuvenating our democratic ideals. It's time to move beyond the archaic confines of traditional law-making and embrace the potential of AI to create a more inclusive, transparent, and effective legislative system. The future of our democracy may very well depend on it.

Liv Larsen is a Juris Doctor candidate at RMIT University, holding a Project Management Professional certification from PMI and a Certificate in AI Business Strategy from MIT Sloan. With a BA in Politics and History from the University of Melbourne, she has extensive experience in leading procurement projects for government and enterprise organizations.

THE USE OF AI, ESPECIALLY LLMs, IN THE LEGISLATIVE PROCESS IS A CRITICAL STEP FORWARD IN UPHOLDING AND REJUVENATING OUR DEMOCRATIC IDEALS.



THE BUSINESS



ONE PERSON
ONE DECISION
ONE
OPPORTUNITY
AWAY FROM
WHERE YOU
WANT TO BE
SO BE READY
EVERYDAY



Christine Williams

FINANCIALLY FIT FAMILIES

In the world of real estate investment, the obsession with pinpointing the perfect time to buy often overshadows the more crucial consideration of location. While timing is important, its impact tends to fade over a five-year period. Instead, the focus should be on identifying promising locations poised for growth before market prices catch up.

A key principle to grasp is that signs of a thriving area come before visible shifts in pricing. Relying solely on price changes is like driving using only the rearview mirror – it shows past events rather than predicting future trends. By examining indicators and data suggestive of upcoming prosperity, investors can position themselves advantageously in emerging markets.

It's vital to understand that cities consist of diverse micro-markets, each with unique economic dynamics. Instead of solely looking at property prices, savvy investors pay attention to understanding the underlying economic drivers of an area. Factors such as job growth, infrastructure development, and economic stability offer insights into the long-term potential of an investment.

One common mistake for investors is falling prey to media sensationalism about market fluctuations. Media often exaggerates market movements to grab attention, prioritizing excitement over informative analysis. Therefore, investors should approach media coverage critically, seeking objective insights rather than succumbing to alarmist stories.

Contrary to popular belief, the relationship between rising interest rates and property values isn't always straightforward. While higher interest rates theoretically reduce demand for property, broader economic conditions can counteract this. In cases where the economy remains strong despite rising interest rates, property values can stay robust, highlighting the complex nature of market dynamics.

Demographic changes seen in cities like Sydney and Melbourne began before COVID-19. Remote work arrangements, accelerated by the pandemic, simply sped up existing trends rather than creating new ones. These shifts underscore the importance of recognizing long-term economic trends that go beyond temporary events.

Additionally, economists, while skilled at analyzing broader economic trends, often struggle with predicting property markets. The complexity of property markets, influenced by cultural nuances and historical factors, goes beyond traditional economic models. Therefore, I encourage you to supplement economic analyses with insights from experienced real estate professionals familiar with the intricacies of local markets.

Remember there is a considerable time lag in market dynamics. While changes in supply and demand can happen quickly, corresponding adjustments in pricing often lag behind. This temporal gap emphasizes the importance of taking a long-term view, avoiding short-sighted speculation in favor of enduring investment strategies.

In essence, successful real estate investment in Australia goes beyond timing and sensationalist stories. By focusing on location analysis, economic fundamentals, and careful observation of market dynamics, investors can navigate the complexities of the real estate landscape with confidence and foresight.

Fast tracking your success can be as simple as engaging in a qualified proven strategist or utilising their extensive research. Scan the QR Below to access a complimentary eBook sharing the areas YOU need to be considering in 2024 for your next investment.



IS THIS A MID-LIFE CRISIS?

Paul Breen

I woke up the other morning realising that I'm about two-thirds through my life. It's a reality that I've got less years ahead of me than behind me. The funny thing is I've never had a life plan, a financial plan or any other type of personal plan. I've never needed it and I suspect they would have slowed me down anyway. The furthest I think ahead is one year. And that's usually to decide where to go on holidays.

However, now that I've realised that I don't have unlimited years left I might tweak a few things. I'll increase the pace of what I do. I'll do fewer things that feel repetitious. I'll set hard, short term goals and push myself to achieve them. I'll continue to learn and force myself to do things that are difficult and new. I'll only work on the opportunities and causes that I find interesting, stimulating and worthwhile. I'll spend less time in airplanes and more time with my family. I'll see my great (and old) mates more regularly and let them know how important they are to me. Ditto for my parents.

What I don't plan to change are my disdain of flashiness (cars etc), my \$18 haircuts or my one and only suit which I've worn twice in my life. I'm also unlikely to start worrying about what people say about me.

Is this a mid-life crisis? Hardly. It's just a realisation that time ticks on and you need to make the most of every moment and do your best at all times. Whether you are at the start, middle or end of your life, these are the days of your lives. The only ones. Your curtain call will come eventually. That's unavoidable. But it shouldn't mean we sit back idly waiting for the days to run out. That would be a waste.

No doubt there will be moments of wonder, desolation, panic and joy ahead. That's inevitable. And you probably can't influence much of it anyway. But you can stay current and positive and force yourself to move ahead no matter what challenges are thrown your way.

For me, I'll just move faster in whatever I'm doing - that's the only change I'll make. Other than ramping the volume up a notch or two on the remainder of my journey...



"DON'T BE INTO
TRENDS. DON'T
MAKE FASHION
OWN YOU BUT
YOU DECIDE
WHO YOU
ARE, WHAT YOU
WANT TO
EXPRESS BY
THE WAY YOU
DRESS AND THE
WAY YOU LIVE"

GIANNI VERSACE

Fashion with Lucy Laurita.



WHO WILL BE CROWNED THE NEXT DCE MODEL IN 2024?

The 2024 DCE Model Search In the heart of Canberra, a unique event unfolds each year, blending the worlds of fashion, events, marketing, and modelling into a vibrant tapestry of opportunities.

The Danielle Cleary Events (DCE) Model Host Search, now in its glorious 7th year, has become a beacon of hope and a launching pad for aspiring talents in the creative industry. This prestigious competition, far from just a typical model search, offers a holistic experience encompassing mentorship, professional development, and invaluable exposure to the industry's inner workings.

DCE has a Legacy of Unearthing Gems

Since its inception, the DCE Model Host Search has celebrated the triumphs of names like Lorna, Ruby, Grace, Ainslie, Coco, and Alexandra. Each year adds a new chapter to this legacy, with the 2024 event eagerly awaiting to add another name to this illustrious list.

These winners symbolize the event's commitment to recognizing and nurturing talent, showcasing not just beauty, but the essence of being outstanding community members.

**This is More Than Just a Competition:
This is A Mentorship and a Journey**

The DCE Model Host Search is not your ordinary competition. With over \$20,000 in prizes and a comprehensive 12-month mentorship program, it offers a unique 'on the job' learning experience. This initiative is not only about winning but about growing, learning, and connecting with industry professionals in a creative and encouraging environment.

Danielle Cleary, the visionary behind this event, shares her enthusiasm for the 2024 edition:

"We're excited to meet our newest talent interested in our dynamic events & marketing industry. Our Model Host Search is my favourite time of the new year, when we unearth our next hidden gem! We help guide & nurture their brand & introduce them to our world of brand activations; creative content photoshoots, media & more."

A Platform for Real-world Experience

Finalists in the DCE Model Host Search gain more than just a title; they receive real-world experience. They participate in photoshoots with award-winning portrait and fashion photographer Steven Lloyd, whose accolades include being a National Finalist for the National Portrait Gallery of Australia in 2020. The exposure doesn't end there – these photographs often find their way into national and international fashion magazines, giving the finalists a taste of real-world recognition.

Fostering Fashion and Business Acumen

I have been blessed to be a steadfast partner with DCE since the beginning.

"It's an uplifting event to be a part of, I appreciate the opportunity to be involved in supporting young talent and witnessing how their confidence grows through the competition. Although I am Melbourne based my designs have been exclusively stocked at Momento & Frockaholics since 2005, I love being a part of the ACT/NSW community. Over the years the DCE MHS finalists have been amazing role models, which I remain connected with, many of them have continued modelling Lucy Laurita gowns at Canberra Fair runways. Many have also featured in international magazines photographed by Steven Lloyd. "

Roslyn Wright from Momento Dezigns emphasizes the importance of supporting young people in the community and helping them thrive. Her quote underlines the responsibility and joy of aiding these young talents in their pursuit of personal growth.

“Momento Dezigns & Frockaholics.com love supporting this event as not only a brilliant opportunity to showcase our unique and beautiful designer fashion but also contribute to the young candidates. Generally, there are a couple of more confident candidates, but for the main part the finalists are going out of their comfort zone in pursuit of personal growth.

At Momento/Frockaholics we see it as a huge responsibility to respect and encourage their individuality, allowing them to feel confident in their own skin with the added bonus of wearing beautiful gowns individually styled to suit them. We love supporting young people in the community and watching them thrive. The event's commitment to fostering not just models, but well-rounded individuals, who become role models in their own right”



The Impact of Fashion on Business Partnerships

The DCE Model Host Search is more than a competition; it's a convergence point for fashion and business. It creates a symbiotic relationship where fashion serves as a catalyst for fostering business partnerships. These collaborations go beyond the typical sponsor-model dynamic, developing long-lasting relationships that benefit all parties involved – the models, designers, photographers, and event planners.

Looking Ahead: The Future of DCE MHS

Danielle Cleary's vision for the DCE Model Host Search is clear – to continue nurturing talent in the Canberra region and foster the next generation of event planners, influencers, media personalities, and models. It's a vision that resonates with hope and possibility, offering a platform where dreams are made and realised.

The DCE Model Host Search stands as a testament to the power of dreams, the importance of mentorship, and the impact of practical experience. It's an event that transcends the conventional boundaries of a modelling competition, delving deeper into the realms of personal growth, professional development, and community involvement. As we look forward to the 2024 event, one thing is certain – the journey of discovering and nurturing new talents in the dynamic world of events and marketing continues, brighter and more promising than ever.

How to Enter: The Gateway to a Dream

Entering the 2024 DCE Model Host Search is a straightforward process aimed at uncovering passionate individuals from Canberra and the surrounding region.

If you are 17 years and over, simply email your details to danielle@danielleclearyevents.com and make sure you include your name, date of birth, height, photos of yourself showing your face & full body, Instagram handle if you have one, along with a personal statement explaining what it means to you to win.

Entries are open to Canberra & regional talent who must be available to attend both the Top 10 Meet & Greet brunch on the 24th of February 2024 & Finalists Showcase on March 18th 2024.

Keep in mind, that entries close on January 31st, 2024, so if this sounds like something a great opportunity for you, don't let it pass you by and enter NOW!

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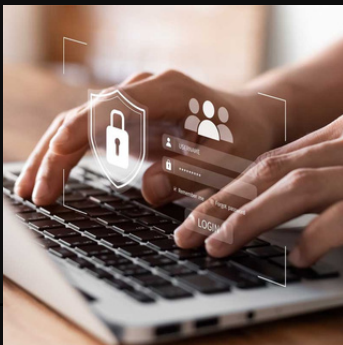
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SICARIUS

FOOD, WINE & LIFE 2024



2024

“I cook with
wine, sometimes
I even add it to
the food...”

10

WC. Fields



Well Buon Anno & HNY!

I don't know about all of you, however after the age of 50, the years just seem to fly by at a rapid speed.

Not so long ago, there I was in a panic about Christmas trade & the gruelling hours that I was about to subject myself & the whole team to. Late nights, double shifts, moving furniture to accommodate large groups, making room for the regulars when you are fully booked (one must always repay yearlong loyalty), dealing with staff who call in sick at the last minute (& desperately finding replacements) and the list goes on. And let's not forget the management of a huge wine list with more than 500 different labels. You may only carry 6 bottles of this & only 2 bottles of that, and during a service of 100 people, it is easy to sell out of certain items. We all know how annoying it is when a venue says, sorry, we don't have it in stock! Argghhhh I hate that too, however sometimes, it is, just how it is! Of course, I am not talking about the large venues that are run by corporations with layers upon layers of management and staff. I am referring to small business that makes up the real fabric of hospitality & those small run venues that have to run it so tight & often don't have the luxury of changing their tombs of wine lists at the drop of a hat. I should know, as that is my job alongside every other part of managing a small business. So, you always have to be on top of sales & managing the cellar to avoid customer disappointment. No mean feat during those Christmas weeks.




Caterina Borsato

Alla Prossima!

In any case November & December pushed this body to 70 hr plus weeks. I hope the dining public can spare a wee thought about hospitality workers & what they actually endure during these busy periods of trade which can last for 2 months ... and then if you are in the right zone, it is followed with all the tennis hype and the hordes of management teams & their loyal followers that can make dining, hard, fast & usually, alcohol free. You are on show for a minute & it can often be feast or famine going forward, depending on how you handle it.

To be fair, the most important thing for any business is repeat trade unless you are in a tourist driven area where you rely on foot traffic & rents are usually reflective of this. For me, the repeat custom is paramount to my ongoing survival & ongoing success. We work like crazy during Christmas so that we can buy ourselves a holiday. When one reopens in January, all the December bills come flooding in & you sure as hell hope that you banked enough money. It's been 28 years of trade & every year it is the same. I still remember during the early days when we first opened & it was like Russian roulette as to who we could or rather should pay first. Meat, fish & vegetable suppliers were all equally important but I had to wait to bring in a function to make the big payments. I soon learnt to have lots of little suppliers so that one didn't have the power over me to just cut supply until payment was made. Smart business is constantly evaluating the business when the going is good, not when the going is bad, as by then, it's inevitably too late.

During the break, we virtually had no Summer as the weather was so wet & definitely not hot. So rather than travel down the coast to The Cape, which is usually colder & windier than any other beach in Victoria & a family tradition of the past 20 years, I used my time to stay in Melbourne & explore the hospitality scene. This little quest allowed me to research how new operators were doing things. Several observations were notable.



Firstly, everyone appears to still be going to drinks or dinner earlier than we use to pre Covid. Hence, it is often difficult to get the 6/6.30 pm or 7 pm time slot. Staggering bookings of course, is essential to ensure a good ease of service. It annoys me that I have to pay for bread. Yes, I know that there are so many specialty breads that are premium & costly, however as an Italian, I usually always have 2 helpings. The norm appeared to be between \$7 to \$11 per individual serve, which for me & my family became a \$14 to \$22 charge per person. Hmmhhh, not happy but I get it & this appears to be more common place than ever. I know the Italians have been charging 'Pane e Coperto' forever but I think especially when you are presented with saucy dishes, bread should be part of the offering or at the very least, bottomless! I would prefer to see a few extra dollars added to the actual course. I noticed smaller menus. Some restaurants/bars offered such limited choice with only 3 main courses. You lost me. I can't understand one fish, one meat & one steak to be enough choice for the average lay person.

Not winging but it is a deterrent for me. Next, I noticed that the chefs themselves came & delivered food to the table. Fantastic but I wish I could have talked to them for a lengthier period of time however, as a business woman, time is money! Now the wine list. Well, this was & is the most annoying part for me. I believe that no matter the size of a list, you must give diners a good cross section of styles but especially varied price points. So often there were wines listed around \$80/\$90 plus but then a jump to \$150 was annoying. I just like having the choice of what I want to spend & not what I am forced to spend. I have struggled with any love affair with orange wines but I will persevere, so the jury is out on that for now. Also, I would like to be able to recognize some labels. Some wines are so obscure that even I, who is in the business, struggled to make choices. I took my mamma out several times & I often thought that she herself, would have been at a complete loss without me. I have plenty of older clientele that come to me & I just feel that I don't want to make their decisions difficult. People are often intimidated by sommeliers. They are trained to impart knowledge, suggestions & they are trained to sell. They do however play an important role in any restaurant.

Uniforms or rather lack of them is fine but I personally like to see wait staff beautifully attired, much like those gorgeous uniformed Italian policemen. I am after all a fashion tragic that loves well dressed people. It gives them presence. This is an observation, not necessarily a criticism.

All in all, Melbourne does food so well that I am in still in awe of new trends, new concepts and I do love staff that look you in the eye & engage. That is part of the romanticism of eating out. The odd flirt, the odd snippet, the odd commentary makes for a better night out. I had a great sunless holiday but it was worth it.

Alla Prossima!
xxx



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As much as I love potato gnocchi, the amount of time I need to make it at home is just too much time I want to invest on my day off. So instead at home I make Gnudi for which all the ingredients are similar to potato gnocchi but instead use ricotta to replace the potato. One way I have served it in restaurants is with a salsa verde or basil pesto and green veg. But when I make it at home I keep my sauce very simple with just a nice burnt butter with lots of lemon and sage

Gnudi

Ingredients

150g of baby spinach
500g ricotta
1 whole eggs
1/2 teaspoon of nutmeg
50g of parmesan
½ teaspoon of dry mint
200g flour

Burnt butter and sage

Ingredients

200g
2 lemons juiced and zested
7 leaves of sage

Method

Drain ricotta for 1 hours in a strainer with a cloth

Sauté the baby spinach till wilted, let cool, then squeeze out any excess moisture.

Roughly chop spinach with a knife.

mix all ingredients except flour in a bowl

Start off by only adding 150g of flour and mix to a dough.

If wet, add remaining flour.

Using a a tablespoon scoop out some mix and with flour hands roll gnudi into a ball or and desired shape

Put a pot of water on the stove on high heat and season the water and bring to the boil.

Once boiling, place a small batch of Gnudi in the boiling water.

Once all Gnudi rises to the top let cook for 45 more seconds and then with a slotted spoon remove from water and drain. Set aside in a bowl and repeat with the rest of the Gnudi.

Once all the Gnudi are cooked and divided, place a pan on medium heat and when the pan starts to get warm add butter, butter should start to bubble and foam when it hits the pan.

Keep the butter on the heat stirring occasionally till it starts to look brown and smells nutty. Once this is achieved add lemon juice, zest and sage.

Pour butter over Gnudi and enjoy.

Tips

Gnudi freezes really well if you want to do this on a flat tray in the freezer with the gnudi not touching each other. Once frozen you can store the gnudi on top of each other and they wont stick. From this point you can just grab some Gnudi from the freezer when you feel like it. Gnudi cooks really well from frozen just add to boiling water but in even smaller batches and put a lid on when cooking because it will drop the temp of the water quickly



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WINE & NEWS WITH MELISSA

hoodies - issue 10

Melissa Brauer aka The Prosecco Queen

Wine educator, freelance writer, digital marketer and event guru, creator, and director of the annual Prosecco Festival (now coming into its 7th year).

Every edition I share what's new, what's in my glass, and which cellar doors are worth a visit.



summer 2024

What's new

Torino Bar, Driver Lane, Melbourne

From Hamish Goonetilleke, the hospo stalwart who brought you G&Tea, the Rum Diary Bar, and Beneath Driver Lane, comes Torino Aperitivo bar, perfectly positioned just off Elizabeth St behind the GPO and filling a niche in the area for solid knock-off drinks with indoor and outdoor seating, and enough room for the whole team, whilst still giving cosy vibes. This is no tiny hole in the wall, but a beautifully stylish bar (think sage green leather booths and white subway tiles), with a great playlist and a killer menu (including some delicious Spritz options). Whether you're up for the ridiculously good marinated olives, and some bresaola with crostini, Nonna's meatballs and a Sangiovese or a bowl of silky pasta and a glass of Chardonnay, they have you covered with a well-priced wine list, and some seriously mouthwatering food.

Visit the website [here](#)

What's in my glass

St Leonards 2023 'Ruby' Cabernet,
Rutherglen

The second offering from St Leonards 'Pilot Project' range (the first of which was the stunningly different "Marsie", an aromatic Marsanne and Muscat blend), RUBY is made from 100% Ruby Cabernet, and is designed to be drunk chilled on a hot summer's day. With juicy Ribena and blackberry, and notes of mint and vanilla, it's a medium bodied red, refreshing thanks to its tight acidity, with just the right amount of tannin to add a bit of texture. Fun in a glass, perfect for your sunset sips, paired with a charcuterie board or a BBQ and a salad.

Grab yourself a bottle [here](#)



HOODIES TEN



Road tripping

Five Vineyard, Mernda

Not the place you'd normally associate with wine, Mernda is located about 26 kms north east of Melbourne, in the city of Whittlesea. The last 10 years have seen many of the paddocks rezoned into residential estates and the train line extended to meet the growing population demand.

Long-time residents the Vella family previously owned a large amount of land in Mernda which was used for farming beef cattle, but in 2017 applied for a subdivision to allow redevelopment, and 30 hectares was set aside to plant grape vines and build a stunning restaurant, cellar door, and function space.

When we visited on an overcast Saturday for lunch in mid-January, the place was packed to capacity, buzzing with conversation and laughter, the smell of deliciousness wafting from the kitchen.

The menu was comprehensive, with plentiful sides and share plates, and mains ranging from pizza and pasta, to chicken cottoletta and a lamb shoulder for 2. There was something to tempt everyone, including some pretty spectacular desserts.

The cellar door was bright, airy, with marble-topped counters and Alex Vella was on hand to take us through the range which includes a Blanc de blancs, a Pinot Gris, as well as Chardonnay, Rosé, Pinot Noir, Sangiovese and Shiraz.

The welcome was warm, the experience was fabulous and we're looking forward to a return visit on a sunny day to soak in the views from the gorgeous terrace which has city views on one side and mountain on the other.

Check out their website [here](#) .

DIARY OF A WORKING MUM




They're over! Praise the Lord! Kids have gone back to school!

Did we survive? Yes, but are we looking forward to the next holidays? Ummmm yeah nah, well sort of.

The hardest thing about school holidays is obviously the balance of working, child minding and entertaining and not feeling like an arsehole for not spending time with your kids when you've got x piece of work to get done asap.


Our holidays were as ever about animals, about trying to keep all the balls in the air and working. We didn't go away this year thanks to interest rates and Dona man working on his new businesses, so money was as for a lot of people tight. I was lucky to get a work bonus at the end of the year which took the pressure off for presents, Christmas food etc but Dona man and I did sympathise with those who weren't so lucky to get a couple of grand bonus around Christmas. It irritates me beyond measure that politicians go off on their holidays and wish everyone a merry Christmas and happy new year when there have been so many people doing it tough.





Dona man worked throughout the holidays but was at home so we shared the load. Before he set up his little business of I'm not exactly sure what he was in the city five days a week on split shifts and I don't actually know how we managed, but we did. So regardless of what Dona man does it was good to have him around with the kids.


Despite the fact that we weren't up at our usual 5.45am we never really slept in and I was for the most part on horse feeding duty with little kid sometimes coming along. Dona man would retreat into his dark pit of desk, papers and zoom calls and emerge when hungry or feeling he had neglected us too much or when I yelled at him to come out. I took three weeks off so did the lions share of the child entertaining but we all managed to do things together be it trips to town, trips to the arcade, horses, play dates and the watching of Netflix.



I think the whole thing about school holidays for me is not handing over the iPad as the default setting. I absolutely hand it over when the needs arise and probably relent too often when said child whinges at me to hand it over, but where we could we would be out doing things, out at the farm, out with the dogs, out in the garden. Things don't need to cost a fortune for kids to get joy and excitement out of. The garden one was a huge thing for us these holidays.

Dona man and I are not green thumbs by any stretch, in fact when we bought our house it had ready made garden beds for fruit and veg, but we killed everything we planted. Tomatoes dead, lettuce dead, beans dead, corn dead...we killed everything. I think it was late 2023 we had a huge old gum tree sadly cut down not because we didn't love it but because it was about to fall on the house so cut down it was. In its place was now obviously the stump, but also an open patch of ground which little kid asked if she could grow tomatoes in. Yes we said of course thinking there's no chance tomatoes will grow but bugger me if they didn't grow!

Not only did they grow the kid planted cucumber and strawberries all of which are now thriving! We bought some stakes for the tomatoes and now have real tomatoes growing in our garden which if you knew us you'd understand is extraordinary!



So despite the length of the holidays and the lack of financial resources to go away we made the most of it. We grew our own veggies, we had a nice Christmas, played with animals who were of course sick some of the time, but we spent it together and as much as I can be a cranky old bag we made a few more daily memories we will cherish forever.

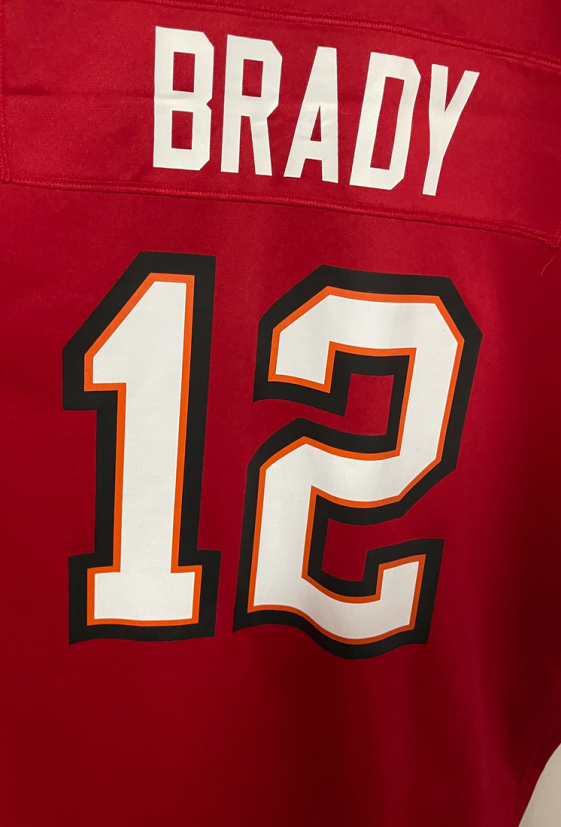


2024 PREDICTIONS

OK so I was inspired to put together a time capsule for 2024 because I recently saw an episode of Family Guy (yes I know you watch it as well) in which they tried to do what The Simpsons have done so successfully by predicting future events, their biggest one ever I'd suggest was Trump becoming President. So with an eye on what 2024 could hold for us, here are the Hoodies Magazine predictions for 2024, which will be reviewed in the January 2025 issue of Hoodies.

1. Albo will resign as PM by the end of July
2. Trump will be President again
3. We will see interest rate cuts and inflation return to where the RBA wants it
4. Russia will win the war in Ukraine
5. Sally Capp will not be Lord Mayor for another term
6. Carlton will win the 2024 flag
7. Pat Cummins will resign as Australian Cricket captain
8. John Pesutto will resign as Liberal Party leader
9. Woolworths will have a new CEO
10. Eddie McGuire will be Lord Mayor of Melbourne
11. It will be announced that bike lanes will be removed from the CBD
12. Safe injecting rooms will be established near hospitals
13. Jacinta Allan will still be leading in the polls
14. The Chiefs will win the Super Bowl
15. E Scooters will be banned from CBD footpaths
16. The AFL will be embroiled in a sex tape scandal
17. The AFL will be embroiled in a drugs scandal
18. The AFL will be embroiled in a trade scandal
19. The AFL will be embroiled in a betting scandal
20. Luke Beveridge will quit as Western Bulldogs coach during the season
21. Jobe Watson will be given back his Brownlow
22. Hugh Jackman will remarry
23. Taylor Swift and Travis Kelce will get engaged
24. Jason Kelce will officially retire
25. Melbourne will have 10 days over 30 degrees
26. Ross Lyon will be sacked as St Kilda coach
27. Daniel Andrews will move to China permanently
28. Petrol companies will be found to be price gouging and Labor will clamp down on it hard
29. Supermarkets will be forced to give farmers a fair go
30. The Greens will abandon labor both at a federal and state level on all matters that come into the parliament

Time will tell and we actually will tick them off as they come true via our social media handles.



Tom Brady in Melbourne

We can argue until the cows come home who the greatest athletes of all time actually are; Michael Jordan, Tiger Woods, Kobe Bryant, Shane Warne, Serena Williams, Don Bradman, Federer or Nadal or Djokovic, Messi or Ronaldo, but one person I think is unquestionably the GOAT of the NFL is Tom Brady. In one of his last games for the Tampa Bay Buccaneers Commentator and NFL hall of fame quarterback Tory Aikman said of Brady "He's the greatest ever to do it..." which when you think about it is a fairly staggering thing for Aikman given who he is himself, but he wasn't wrong.

Brady did it longer, better and more successfully than anyone before him and will hold NFL records for decades to come. The only current player anywhere near Brady is Patrick Mahones but for the moment Brady is out on his own. So being the NFL but that I am I was more than thrilled when Santa gave me a ticket to see the great man in Melbourne.

Brady was appearing at two sessions in the Crown Palladium with tickets ranging from \$100 all the way up to an eye watering \$4,000 a ticket that got you a photo with the GOAT, a hand shake and an autograph, which to be honest if Santa had had the money he would've brought me but I wasn't that fussed really. The Crown Palladium enables decent viewing from wherever you sit plus there were half a dozen large screens in the room so seeing and hearing the great man wasn't an issue.

People filed into the Palladium dressed in their Patriots tops, their Buccs tops, hats, t shirts and the like all eager to hear from the great man. Then the lights dipped and the announcer came out to introduce the dude that was interviewing Brady. Ok thats a bit weird but sure, JT Foxx ladies and gentlemen. JT Foxx is according to himself is a wealthy entrepreneur and business consultant who is friends with everyone from Brady to Messi and gees does JT like to talk, so much so as he continued to talk about being the best you can be, that your business can be so much better and that you're the only one that can get it done people were starting to look round at each other asking what the hell is this?

I have to admit I didn't actually mind JT and his concepts of business. I even sent him an email to address he posted on the screen to see if he would reply given he said he would but nothing as of yet, but regardless JT was a bit like Tony Robbins, all positivity and lots of you can do it, but the crowd was growing restless for TB12.



So JT eventually decides that not giving Australian crowds what they want could be a health hazard and says ladies and gentlemen Mr Tom Brady!!!! And out walks the man himself. Brady standing 6'5" looking like he could still suit up for the Buccs is in a bone coloured suit, white shirt and brown boots. He walks like a tall person which means he doesn't glide, rather he sort of slops across the stage. Hey guys thanks for having me he says and takes a seat next to new best friend JT Foxx.

Foxx is all about business and how do we prepare for the future, what can we do as leaders, what does the future hold for Tom Brady and Brady for the most part is razor sharp talking about the fact that he's had to work at everything his entire life. In High School he wasn't the starting QB, in College he starts at the 7th QB, but leaves Michigan as the starter only go to the NFL as the 199th pick in the draft and ending up as the third string back up on the Patriots roster.



As much as I think many in the audience would've liked to hear about Brady at the Patriots, how he beat the Falcons and how he won with the Buccs he didn't really talk NFL, rather he and JT Foxx went down the path of making your own decisions to be better, to be prepared and to be ready for your moment when the opportunity arises.

Again I quite liked hearing all this stuff as I'm a bit into the positive mind set stuff, goal setting, being the best version of you etc...but there was a little bit of annoyance online post the shows, but who actually cares? We saw the GOAT here in Melbourne, he threw a couple of balls around the room and we heard him talk about making the most of each and every opportunity that comes along in life and I for one will remember all of it for a very long time even if JT Foxx doesn't write back to me!



How awesome is Jelena Dokic during the Australia Open? How good was it to see an expert on TV that didn't fit into the cookie cutter model of what a TV sports presenter should look like, say and do? There is absolutely no doubt we need more of it, we need real people telling stories about real life and being authentic.

Authenticity, honesty, telling it like it is, giving people what they want not what out of touch corporates and governments think they need or want to hear. People are sick and tired of being dictated to, tired of being told if you're not this you're that, tired of being shamed for their appearance, people are done.

I can't remember a time when a major corporation has got their messaging so wrong and it wasn't really until Woolworths started to see their staff persecuted and sales drop that they had to back track. The backtracking was so poor from their CEO that you wonder if he didn't sack the entire marketing department after he got metaphorically beaten up across nearly every radio and TV station in the country.

The issue in particular with Woolworths was that they would celebrate all kinds of other events, but when it came to Australia Day that was canceled and the follow up was that plastic paraphernalia was bad for the environment, I'm sorry what? The whole Woolworths thing was about them trying to be drive a moral code that would see them as leaders in the community, when really it was all garbage. When they did work out they'd made a huge mistake and were struggling to work out how to handle their decision over Australia Day a Morgan poll suggested more than 65% of Australians didn't want to change the date. See while Woolworths will have at least some employees that believe in their social responsibility messaging when you're heavily invested in the gaming industry and try to hide it and when you've been ripping off your customers for month in the face of a cost of living crisis you can't really be the moral compass for society.



hoodies 10

Woolworths aren't the only ones though, as much as Elon Musk is a genius and as much as EV's are here to stay for the moment how are we dealing with lithium batteries in EV's? How are we moving EV charging points off diesel generators? So while Musk and his customers are allegedly saving the planet how are they exactly? Why are we not highlighting what Toyota are doing with hydrogen and showing them to be at the forefront of social responsibility? As with Toyota there are however a great number of corporates doing the right things when it comes to social responsibility and are leading the way in technology, construction, sustainability and the fight for equality, but the ones that are successful at it are genuine about it.

Authenticity is unquestionably the way of the future. People that are honest and direct are going to lead countries. Companies that say they will do something and then do it will make money, media outlets that start employing people that bring a sense of the reality to their shows and broadcasts will see ratings fly because people are done with fake, with insincerity and being taken for a ride.

The Albanese backtrack on tax rates was seen by some as adaptive politics and by others as a broken promise and really it was both and remains to be seen if it will spell the end for Albo but what it did mean was that the truth means nothing in politics. Now ok we already knew truth isn't high on the priority list for politicians in general, but what politics represents is a real test case for truth and authenticity. With a federal election in 2025 and with local council elections due later this year voters are going to be more than ever looking for some actual authenticity and I think which ever party and individuals can actually deliver it will walk in their respective elections.

One of the articles in this months issue of Hoodies is the 2024 time capsule and one of the key things in the time capsule for 2024 is authenticity because those that find it and go with it this year will be the real winner for 2024 and beyond.

FITNESS

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andre obradovic

The Crucial Role of High-Quality Protein in Preventing Sarcopenia

As we age, maintaining optimal health becomes an increasingly significant concern, and one aspect that often takes center stage is nutrition. Among the key components of a healthy diet, protein plays a crucial role in supporting various bodily functions. Dr. Gabrielle Lyon, a prominent expert in the field of muscle-centric medicine, has extensively researched the importance of high-quality protein in maintaining muscle health and preventing sarcopenia – a condition characterized by the loss of muscle mass and strength, commonly associated with aging.

The Significance of Protein in Health:

Proteins are essential macronutrients made up of amino acids, the building blocks of life. They play a fundamental role in numerous physiological processes, such as the synthesis of enzymes, hormones, and antibodies. However, the role of protein becomes even more critical as we age, as it directly impacts muscle health.

Sarcopenia and Aging:

Sarcopenia is a condition that can significantly impact the quality of life in older adults. As we age, there is a natural decline in muscle mass and function, but inadequate protein intake can exacerbate this process. Reduced muscle mass can lead to frailty, increased risk of falls, and a decline in overall mobility and independence.

Dr. Gabrielle Lyon's Research:

Dr. Gabrielle Lyon, a physician specializing in muscle-centric medicine, has dedicated her career to understanding the intricacies of muscle health and the importance of protein in maintaining it. In her book "The Muscle-Centric Medicine," Dr. Lyon delves into the significance of incorporating high-quality protein into the diet, emphasizing its impact on muscle preservation and overall health.

High-Quality Protein vs. Low-Quality Protein:

Not all proteins are created equal. High-quality protein sources from animal foods provide a complete profile of essential amino acids, crucial for optimal muscle synthesis and repair. Sources such as lean meats, fish, eggs, dairy, offer a diverse range of amino acids. Do not get sucked into the narrative that you can get the same quality amount of Protein from plants, it's simple you can not.

Low-quality protein sources, often found in highly processed and refined foods, lack the necessary amino acid composition. Relying on such protein sources can contribute to muscle wasting over time, accelerating the onset of sarcopenia.

Protein Quality and Bioavailability:

In addition to the type of protein, its bioavailability is a key factor. High-quality animal sourced protein are not only rich in essential amino acids but are also easily absorbed by the body. This ensures that the nutrients are readily available for muscle protein synthesis, promoting muscle growth and maintenance.

Preventing Sarcopenia Through Nutrition:

Dr. Gabrielle Lyon's research underscores the importance of adopting a muscle-centric approach to nutrition, especially as we age. Ensuring an adequate intake of high-quality protein can play a pivotal role in preventing sarcopenia and preserving muscle mass. Combined with resistance training and regular physical activity, a protein-rich diet becomes a cornerstone in maintaining overall health and vitality in the later years of life.

Key Points:

In conclusion, the research conducted by Dr. Gabrielle Lyon highlights the critical role that high-quality protein plays in preventing sarcopenia and promoting healthy aging. As we strive to prioritize our well-being, incorporating a balanced diet rich in essential amino acids from quality animal protein sources becomes a key strategy for maintaining muscle health and overall longevity. By embracing the principles of muscle-centric medicine, individuals can empower themselves to age gracefully and enjoy a higher quality of life in their later years.

And do not forget appropriate resistance training no matter what age or your background is a key to build strong muscle and health as we age. I am 58 and have 12% Body fat and Muscle Mass of 58.1kg and I weight 66kg, I eat close to 200 Grams net protien most days and yes it is a struggle to eat that much, but then it will also be a real struggle to be sick and frail.

Whats stopping you from being the best you can be?

www.andreobradovic.com



Fitness with Eric Couto



Eric Couto is a good friend of mine and he has taken himself on his own fitness journey. Eric came to Australia as a barista and after ten years in the hospitality industry gave it away to become a full time personal trainer. Eric has worked his tail off and is now running several gyms and his own PT studio.

It's great to have the Gringo on board with the Hoodies Magazine.

Regular exercise is essential for maintaining overall health and well-being. This workout plan encompasses a balanced combination of warm-up, strength training, and cool-down exercises, targeting various muscle groups and promoting flexibility. Here's a general overview of the workout and why everyone should incorporate exercise into their routine:

The warm-up exercises serve as crucial preparatory activities, engaging various muscle groups and increasing blood flow. The Crab Walk and Pelvic Tilts enhance joint mobility, while Shoulder Blade Squeeze and Rear Delt Squeeze activate the upper back, improving posture and reducing the risk of injuries during the main workout.

Chair Squats and Body Weight Squats target the lower body, promoting strength and stability essential for daily activities like walking and climbing stairs. Seated Abduction with Band strengthens the hip muscles, contributing to improved balance, crucial for tasks involving lateral movements.

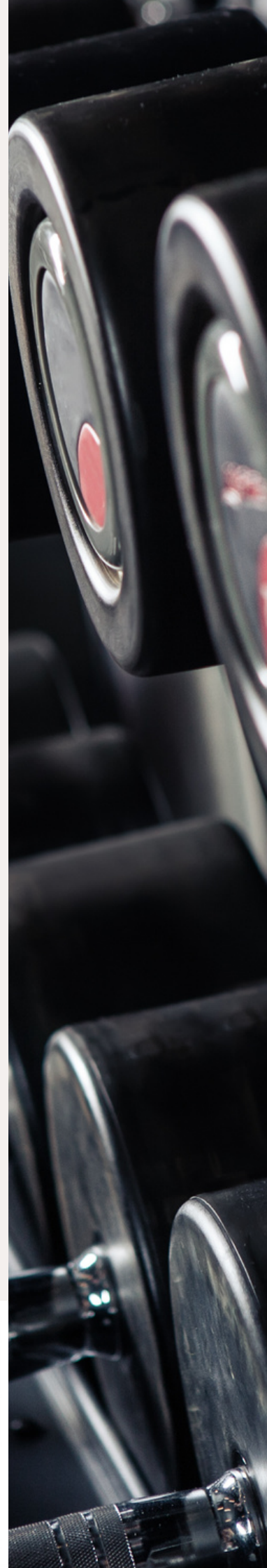
Chair Toe Tap and Calf Raises focus on lower limb coordination, aiding in activities such as quick foot movements and maintaining balance. Step-Ups enhance overall leg strength, translating to improved agility and functionality in tasks that require stepping or lifting.

The inclusion of push-up variations and Overhead Press contributes to upper body strength, benefiting daily tasks involving pushing, pulling, and lifting. The Row with Band exercises further enhance back and arm strength, vital for activities requiring pulling motions.

The cool-down stretches, including Standing Quad Stretch, Hip Flexor Stretch, Hamstring Stretch, and Shoulder Stretch, promote flexibility, reducing muscle tightness and aiding in recovery. This flexibility is beneficial for daily movements, preventing stiffness and improving overall mobility.

Why Everyone Should Start Exercising:

- **Overall Health:** Regular exercise contributes to cardiovascular health, weight management, and a reduced risk of chronic diseases like heart disease and diabetes.
- **Mental Well-being:** Physical activity releases endorphins, reducing stress, anxiety, and depression while enhancing mood and cognitive function.
- **Strength and Flexibility:** Exercise improves muscle strength and flexibility, enhancing daily movements, preventing injuries, and promoting better posture.
- **Energy and Stamina:** Regular physical activity increases energy levels and stamina, improving endurance for daily tasks and reducing fatigue.
- **Better Sleep:** Exercise is linked to improved sleep quality, helping regulate sleep patterns and promoting restful sleep.
- **Social Connection:** Group exercises or team sports provide opportunities for social interaction, fostering a sense of community and support.
- **Longevity:** Studies show that regular physical activity is associated with increased life expectancy, contributing to a longer and healthier life.



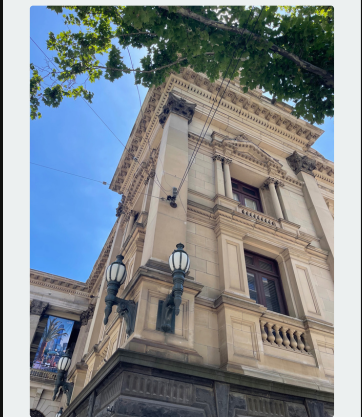
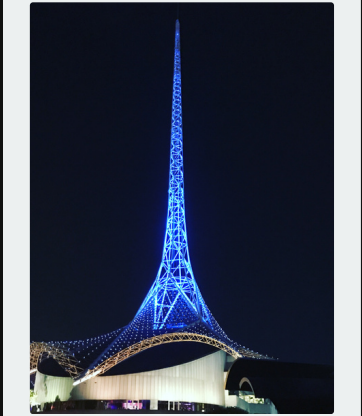
Warm up:		Workout:		Cool-down:	
Crab Walk with band	2x 30 seconds	Chair Squats or body weight squat	3 x 15	Standing quad stretch	30 seconds each leg
Pelvic Tilts	30 seconds each leg	Seated Abduction with Band	3x20	hip flexor stretch	30 seconds each side
Shoulder blade squeeze	2 x 30 seconds	Chair toe tap	3x20	hamstring stretch	30 seconds each leg
Rear Delt squeeze with band	2 x 30 seconds	Calf raise	3x15	shoulder stretch	30 seconds each arm
		Step up	3x10 each leg		
		Wall push up or knee push up or standard push up	3x10		
		Overhead press (use any weight)	3x15		
		row with band	3x15 each hand		



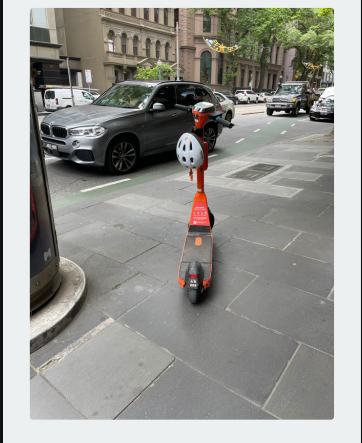
hoodies issue 10

politics & society

In 2024 Victorians will vote in local council elections, but the biggest battle is for the City of Melbourne and the battle lines are being drawn.



THE BATTLE FOR THE CITY OF MELBOURNE



The battle lines are drawn for the City of Melbourne. Later this year local council elections take place across Victoria with the battle for the City of Melbourne being one of the most important in living memory and there is a war brewing as people are tired of our once great CBD being the dilapidated mess that it currently is. People from all over Melbourne are having meetings, are having discussions about who will run for council, who will run for Lord Mayor and who will ultimately run Melbourne and hopefully return it to its former glory.

A key issue in who gets to wear the Mayoral Robes and run the billion dollar a year council will be the safe injecting room. The debate over the safe injecting room has CBD traders and residents pleading with the council and the state government not to put it anywhere near their businesses or homes, but so far both the council and the state government have gone quiet on the matter, now why is that?

With the safe injecting room in Richmond being a hugely contentious issue the state government under then Premier had former top cop Ken Lay work out where the best place for any future facilities would be. The report was due sometime ago and is indeed complete so there are only really two things to draw from that; 1. The state government didn't like what lay suggested or 2. The state government and the City of Melbourne are going to announce closer to the council elections that any new safe injecting rooms wont be in the CBD and use it as leverage to win votes. The third and highly unlikely suggestion would be that the state government and the council are just going to blaze away with their plan for the Bourke Street site and stuff the consequences, but stranger things have happened.

So while the safe injecting room is unquestionably going to be a key election issue for the council anyone that does run is going to need a decent counter argument to what the state government and current council will put out in the public domain about the CBD. Crowds are up at night they'll say and they'd be right, but crowds and day time trade is down especially seeing as the public service haven't really come back to the CBD. Bike lanes, scooters, accessibility to the CBD, parking, graffiti, rubbish, closed businesses, Southgate, the green wedge proposal are also all going to be huge issue when the election campaign kicks off and whoever is planning on running will have to have a plan in place to argue for and against each one.

It's not just about bike lanes and safe injecting rooms though its about economic and financial management, it's about making the CBD a place where everyone can and wants to come, a place where they can feel safe, where they can easily get to, a place where everyone is welcome and no one is made to feel like an outcast. For too long the City of Melbourne has picked sides in political issues and while they absolutely must work with governments and corporates a like they're first priority and their key priority is to the rate payers of Melbourne. The Melbourne CBD is a show case for Victoria, it's our capital city, its a place that should represent everything good about the state, but for too long now it's not been about the people and the place it's been about pandering to government and driving around in chauffeur driven cars.

I have told this story before, but I remember standing outside Di Stasio Citta in April 2020 talking to Sally Capp on the phone and her asking me how the council could help traders, what would abc mean, or how could xyz help. That was nearly four years ago and what happened to that lady? The proud Melburnian who wore her heart on her sleeve? Capp has served Melbourne and done her part good and bad, but now it is time for fresh ideas, it is time for a new group of people and a Lord Mayor to come to the fore and rebuild the City of Melbourne because we need our CBD back and we need it now.

The lines are drawn, who will win the battle for the City of Melbourne?



I AM A FORTUNATE MAN

RON HODGSON

HAS AUSTRALIA LOST ITS TRUE IDENTITY ?

I love this narrative, it is a metaphor, for the opportunities, responsibilities and sentiments, it offers to all Australians that call Australia home, it is a symbol of the values that make this a wonderful country.

I AM A FORTUNATE MAN

I am a fortunate man.

Few others in the world enjoy the freedom that I sometimes take for granted.

On this broad continent, I answer to only one man.

The same man I look at in the mirror at the beginning of everyday.

I spend my days doing what I love, and my nights surrounded by my family and friends.

I do not own this land any more than it owns me.

I am only a steward and on a journey to the future.

I will do my part to improve it. Caring for it until the time has happened to pass it onto the next generation, and I will do my part to teach them the same respect I have learned.

I have learned the nature of business and strive to understand the business of nature.

Trials and tribulations compose the natural cycle of living. I will not get carried away by the peaks or destroyed by a hurdle. I will move steadily on. Tomorrow I will return to finish what I did not accomplish today.

I will rest when the work is done.

I do not toil with the hope that I will get noticed. I am proud of what I do, and that is all I need.

I must plan and prepare for the future even though; I can only speculate at what it will bring.

I will keep an eye on the future and a foot in the past. I will continue to build, I must seek out and embrace new, more efficient technologies and business practices that give me an edge.

I will not only survive, but I will also succeed. I will hold my head high because I am a committed Australian and an extremely fortunate man!

Author Unknown

The Quintessential Australian Characteristic

Our great Australia has been built on the preparedness to embrace diversity, to accept people from different countries and racial backgrounds and to become accustomed to the many cultures and religions that are now around them. Australians also have readily accepted new innovations and technology, rather than stick with things just because they have worked in the past.

Australians are known for being friendly, laid-back, and easy going. They often have a good sense of humour and are known for their love of the outdoors and sports. Australians also tend to value fairness, equality, and a "mateship" culture, which emphasizes loyalty and camaraderie.

Australian values mutual respect, tolerance, and compassion for those in need, and equality of opportunity for all. Multiculturalism has come of age in Australia. You can tell because there is little self-consciousness and even less tokenism expressed. The cultural mix is in our national DNA, it is part of our lifestyle- it is who we are.

JANUARY 26TH 1778 MARKS THE LINE BETWEEN ANCIENT AND MODERN AUSTRALIA

Australia's first peoples—are known as Indigenous Australians—Indigenous peoples migrated here and have lived on the Australian continent for over 65,000 years. They are a diverse and culturally distinctive group; they are represented by over five hundred different clan groups or "nations," within the continent. Many have distinct cultures, beliefs, and languages, spread throughout Australia. About 3.8% of Australia's current population identifies as having Indigenous heritage. Indigenous Australians and Torres Strait Island Australians in modern times are many and are an equal part of all heritages that make us Australians.

The British colonisation of Australia began in 1788, and waves of multi-ethnic migration followed. The existence of a democratic system of government draws upon the British traditions of Westminster government, parliamentarianism and constitutional monarchy, American constitutionalist and federalist traditions, and Christianity as the dominant religion.

Federation in 1901 established our sense of national identity which had developed over the latter half of the 19th century. The World Wars profoundly impacted Australia's national identity, World War I introduced the ANZAC legend, and World War II seeing a reorientation from our founding modern country Britain to the United States as the nation's foremost ally. After the second war, 6.5 million migrants from 200 nations brought immense new diversity. Over time, the diverse food, lifestyle and cultural practices of immigrants have been absorbed into mainstream Australian culture. Australians share a belief in a "fair go", which is said to be a key part of Australian culture and Australian society. One accepted definition of a "fair go" in this Australian sense is "a chance of an adequate opportunity. Often used to describe a fair and reasonable course of action, the right to "a fair go" has been found to be the most highly rated value on published surveys of the opinion of Australian citizens. This belief sustains bipartisan support for strong public health and education systems in Australia, as well as equal opportunity legislation to ensure people are not excluded from jobs or positions by their race, gender or sexual orientation or religion. There has been ongoing public and political discussion of the place and future of "the fair go" in Australian society. Australia's standing as a "lucky country" is underpinned by its lifestyle, living conditions, weather and climate, natural landscape and the view that we are living in the land of opportunity.

Where did our identity go?

We are One we are all Australians. To me, at the moment, Australia is losing its Australianness. Our relaxed, optimistic attitude, the characteristic of the quintessential Australian, has been replaced by pessimism, malaise, and a loss of self-confidence. There is a growing dissent that things have gone very wrong and our way of life, and unshakable belief that Australia's is the Luckiest Country on the planet has disappeared. Politicians are disliked and distrusted. Unelected Bureaucrats, ideological Politicians that are supposed to serve the people are not complying to the views of the egalitarian electorate, who should punish their arrogance and glory-seeking behaviour. Unfortunately, the Political Class are out of touch and have abandoned, the middle majority, of Australian values, in favour of their personal ideologies and Australia's middle majority have lost electoral influence on a lopped sided electoral system that favours minorities.

We once had a proud history of self-sufficiency and industry epitomised by the 29 November 1948, the day the first commercially sold Holden rolled off the assembly line at Fisherman's Bend in Port Melbourne. The Holden was "Australia's own car." The first car "made in Australia, for Australian conditions. The Holden was more than a car, it was a symbol of our national success and hope for the future. Subsequently a tune was created that optimised the true love of the Australia car and Nation. "We love football, meat pies, kangaroos and Holden Cars." In case you are wondering a quintessential song that identifies us as luckily and privileged to be living underneath, the southern star, the verse of football, meat pies, kangaroos and Holden cars, said it all and it all made sense to me. The verse portrays the nature of our optimism and strength. It was a time when every Australian who wanted a job had one. And every one of those jobs was stable, full- time, and available to Australians of any cultural background, skill level, or occupation. It was the era that gave birth to the Australian dream of owning a home in the suburbs on a quarter acre block. It was a time of great productivity, a time of great education opportunity, a time of immense pride. Fast forward to the 26th of September 1983, off the coast of Rhode Island, the yacht Australia II crossed the finish line to win the America's Cup. Australian Prime Minister Bob Hawke (a great, if not best ever, Labor Prime Minister), 27th September 1983 said; Any boss who sacks anyone for not turning up today is a bum. Australians loved his dry, irreverent and ironic sense of humour. It was the quintessential statement of Australian attitude.

AUSTRALIA LOSES SELF SUFFICIENCY

A startling report released by the Australia Institute, revealed that Australia is ranked last among its global peers of 'developed nations' when it comes to measuring a nation's manufacturing self-sufficiency, with struggling global supply chains dramatically hindering the nation's security and resilience.

Time to reignite Australian industry.

Australia as a nation, like many Western contemporaries, has been an economy and nation traditionally dependent on producing its own goods for consumption and exporting excess for economic trade – capitalising upon the continent's wealth of natural resources including coal, iron ore, copper, zinc, rare earth elements and manufacturing, particularly in the years following the end of the Second World War.

Post-war the economic transformation of many regional nations, including Japan, Korea and China, India and the long-term, nation building policies implemented by these nations has enabled these countries to emerge as economic powerhouses. Recognising this incredibly competitive global industry and the drive towards free trade agreements with nations that continue to implement protectionist policies buried in legislation, Australia needs to approach the development of nationally significant industries in a radically unique way, recognising the failures of the past. Australia should be a Nation self-sufficient and the supplier of our excesses and resource to our near neighbours in Southeast Asia supplier with competitive advantage and quality.

The most recent example of our failure is the loss of the Australian-made white copy paper production at the Maryville mill near Traralgon in eastern Victoria on 21 January 2023. Strictly a result of ideological (false ideology) Green Legislation and the loss 150 green redundancies, jobs lost as a direct result of government- driven decisions. Opal Australia the mill owner could not get timber after the Supreme Court of Victoria shut down critical operations of Vic Forests last year. The Socialist, Green supported Andrews Labor government's legislated to phase out native timber logging by 2030. Like all manufacturing companies, Opal was under pressure from energy supply and costs, which have been rising under the Socialist Greens Labor's plan to reduce carbon emissions at breakneck speed. Humanities greatest ever hoax "Net Zero"!

The long-term, plan, should be to manage expectations and deliver and create hope.

Unfortunately, Australia's political class make ideological and short-term decisions based on the election cycles across Federal, State and Local Government. Our forebear politicians, planned for the long term with a vision of the future, they built Nations knowing that if they did an excellent job, they would be more likely to be returned at the next election and at the same time, built legacies of success for future generations. It is time for Australia to have a political plan and a political change in thinking for the next 100 years, not the next term of local, state, territory or federal government and to have Politicians do the job of service rather than career in providing policy consistency, vision for the public and surety in a period of rebuild for Australian Self Sufficiency.

This requires more than candidates of political ideology and implementation of vanity programs, it requires a strategic approach to a number of highly significant impact public policy areas, including:

Infrastructure development:

Australia is a broad landscape canvass with abundant opportunity in addressing the critical links between hubs of economic prosperity including regional hubs and metropolitan centres – such as improved, faster and more reliable road, rail and air transport links. This would build infrastructure, employment and economic prosperity. It would also disperse population overcrowding in the CBD centres of Australian major cities.

Water security:

Australia is a continent of extremes, "droughts and flooding rains". In countries like Saudi Arabia and Israel for example, using technology they have built and perfected water desalination systems and adequately channelled and stored water resources in desert environments. Australia should expand and develop our broad continent as Arable land suitable for agriculture and economic expansion. Furthermore, in Australia we have vast quantities of water, which falls naturally which are not sufficiently saved– now is the opportunity to promote economic stimulus through infrastructure investment for storage, while supporting innovative technologies for water creation for Australia's agricultural industry and drought-proofing the continent.

Energy and resource security:

In Australia we are closing Coal and Gas fired baseload power resources (our nearest major manufacturing competitor, China, is building new coal powered baseload power stations at the equivalent of two plants every week). We have failed to address the nation's lack of strategic resource and energy supplies which have crippled households and business capability with exorbitant energy costs. The ideological Government and Climate Zealots have destroyed the nation for such challenges of a lack of economic power supply whether natural or manufactured. This requires an about face on ideology and more pragmatism in building Energy infrastructure to support Australian Self Sufficiency.

Defence Security and Sovereignty:

The Australian Defence Force mission and purpose is to defend Australia and its national interests in order to advance Australia's security and prosperity. It is time that politics and ideology got out of the way of the mission. A well-resourced and equipped defence Force has in the past and will in the future be capable of Defending Australians and Australia. Time to rebuild the mission capability.

Sovereignty capability concerns the industrial, economic, logistical, research and educational capabilities required by a country to achieve objectives including safety, defence, health and wellbeing, food security, energy and key materials supply, infrastructure security, and environment. Time to rebuild our sovereignty and identity as a Sovereign Country not a Globalist out post.

HAS AUSTRALIA LOST ITS TRUE IDENTITY:

Well, we might have momentarily mis-placed it! But if we conceive and believe, we will achieve.

Each of the issues in this article contribute to the nation's sovereignty and security at a time when many of the principles that Australia's post-Second World War public and strategic policy is based upon are coming under threat, from socialist and green ideology and globalism. The Australian people's goal should be to make Australia a more reliable economic, political and strategic

partner amid a period of great power competition. Furthermore, to make Australia more resilient to manufactured and natural shocks, resistant to coercion, and become economically competitive, robust, and self-sufficient. We are at a time when the Australian public are calling for leadership, forward planning and vision and a change to political representation that supports the middle majority, opportunity growth and security.

If it is to be, it is up to you Australia to enact Change.

Ron Hodgson

Author

A truly fortunate man

Note: various information in this article may have been sourced from public record. Where it is not attributed, I fully acknowledge the authors rights.





MOHAMMAD ALI AND WAR

January 17 would have been the late Muhammad Ali's 82nd birthday.

His unparalleled and undisputed greatness was defined by his epic battles in the boxing ring. But his most defining battle was against the United States Government when in 1967 it tried to draft him to fight in the Vietnam War.

Ali was a leading voice in opposing the war:

"Why should they ask me to put on a uniform and go ten thousand miles from home and drop bombs and bullets on brown people in Vietnam while so-called Negro people in Louisville are treated like dogs and denied simple human rights?"

No, I am not going ten thousand miles from home to help murder and burn another poor nation simply to continue the domination of white slave masters of the darker people the world over. This is the day when such evils must come to an end. I have been warned that to take such a stand would put my prestige in jeopardy and could cause me to lose millions of dollars which should accrue to me as the champion.

But I have said it once and I will say it again. The real enemy of my people is right here. I will not disgrace my religion, my people or myself by becoming a tool to enslave those who are fighting for their own justice, freedom and equality...

If I thought the war was going to bring freedom and equality to 22 million of my people they wouldn't have to draft me, I'd join tomorrow. But I either have to obey the laws of the land or the laws of Allah. I have nothing to lose by standing up for my beliefs. So I'll go to jail. We've been in jail for four hundred years."

The man with the gift of a powerful jab and gab could always unravel the deep complexities of life, politics, society, race, faith and war with his simple eloquence and poetry. At the time, Ali was called a traitor and coward and on British television, popular talk show host David Susskind famously called him a “a disgrace to his country, his race and....his profession” and a “simplistic pawn and a fool.”

But Ali stood firmly grounded in his conviction and asked the most obvious questions. Why should he fight for a government that oppresses its own people? Why get embroiled in a conflict elsewhere in the world? Who has greater freedom: the man in prison for his beliefs or the man who risks his life to fight in a war that he does not believe in? Does a society need to make sure it has its own backyard in order before it looks to sort out a conflict far away and risk creating new enemies?

The champion famously said “I ain’t got no quarrel with them Vietcong.”

Ali was stripped of his titles and risked jail time. He was booed. His character and bravery were questioned. He was subjected to daily taunts and ridicule. But like all his epic battles with the likes of Joe Frazier, George Foreman and Larry Holmes, Ali didn’t mince his words and put it all on the line. He was prepared to lose it all.

Ultimately as time allowed reason to re-surface, he stood on the right side as the intervention in Vietnam proved a humanitarian and political disaster, like Iraq and Afghanistan, killing, maiming and displacing so many innocent lives and making the world a more dangerous place.

2024 seems like a defining year.

With serious and deadly conflicts between Ukraine and Russia and in the Middle East, it seems ever more important to channel Ali’s fighting spirit. The spirit to fight with words and diplomacy. To ask the most important questions when the mob wants blood. To speak for the voiceless: the innocent fathers, mothers, children, farmers, shop owners, teachers, doctors, priests and aspiring boxers that are lost when guns, thugs and bombs are indiscriminately unleashed for political agendas.

The true cost of war is the human cost.

The lives lost and forever scarred for those who live.

There is no virtue, or morality, in war.

Prath Balasubramaniam



is albo a one hit wonder?



Do you think Bill Shorten looks back and thinks, it should've been me? There is a view within the Labor party that Shorten was the one they wanted but Albo was the one they got. If Shorten thinks it should've been him then Albo must be thinking everyday how is it him?!

Regardless though Anthony Albanese is the Prime Minister of Australia and you can't help but wonder if it's going to be all over from him sooner rather than later. The biggest issue for Albo of late has been stage three tax cuts and while he and his government had to make some drastic changes and help ease the cost of living crisis he lied. Now yes the argument has been that adapting to different circumstances is an important part of being in government even if it means going back on a promise, but the fact remains Albo lied. Again I know there will be those that say its benefiting more Australians etc...and they'd be right but the what the lie did was get people to vote for him.

In the last federal election campaign Albo was all about yes I'm going to go ahead with the stage three cuts blah blah and off the back of that there would've been people that voted for him given Morrison was by then so toxic people were looking for reasons not to vote for him. So as a result of said election promise Aldo gets votes, but then goes back on it and says he did it for us.

Yes I know politicians lie and elections have been decided by what become broken promises, but are we really going to continue to put up with all the BS? If we leave the lie aside for a moment that other issue with it is that why did it take so long for Albo to react to the cost of living crisis? All throughout last year people were crying out for help with cost of living, supermarkets were making billions, oil companies apparently running on pricing cycles that had nothing to do with school holidays etc...inflation, interest rates, it was a bad year, but when Albo's approval rating started to tank what did they do? Called everyone to Canberra to address the cost of living crisis. Suddenly supermarkets were in the gun and we were getting tax breaks.



This isn't to suggest that we don't see lies on both side of the political divide I mean the magazine isn't long enough to start talking about the Morrison era during covid but the point is that political parties for too long have been winning elections and making major changes to the ways in which will based on lies.

How do we change it? Well in Victoria we could start with some decent opposition but the bigger picture thing is to hold politicians to account and don't listen to the spin. Yes ok I'm prepared to say Aldo is on a 50/50 split in regards to tax cuts, but you cant help but ask had there not been a change in polling data like it was with Andrews would we have seen the lie appear? We will never know but the reality is that politicians aren't really acting in the best interests of the people they've been elected to represent instead they're acting for the sake of themselves and only when people become frustrated with them do we see any kind of genuine empathy for the plight of the average person.

Here in Australia there is unquestionably a move away from the identity politics or we're doing this because that hurts their feelings or whatever but we are nowhere near seeing the kinds of changes being seen in Europe and South America where people really are fed up with the same old same old. The reason? I think it's because regardless of the lies and the spin we are still unbelievably lucky here in Australia but what we need now is to understand that politicians and their bureaucratic equalivants work for us and that polling data shouldn't be the only way in which we see changes in this country.

accountability

THE EMERGENCE OF THE RIGHT OR *of common sense*



Javier Milei.

This is a bit of an easy question, but what two things did Buenos Aires and Melbourne share during the Covid crisis? They were both the most locked down places on earth during the crisis.

Here in Victoria we re-elected the government that locked us up, mainly because the opposition so poor and that the former premier had shifted the goal posts, but in Argentina they threw out their government and replaced it with a right wing populist by the name of Javier Milei.

Argentina had been in trouble before Covid came a long, but Covid really killed it. Inflation sky rocketing, scandal after scandal and people demanding change, enter Milei. Milei is no fool and despite some trying to portray him as a right wing extremist he's actually got some serious credibility with a background in economics and economic mathematics so he knows what he's doing.

In a recent interview with the Wall Street Journal Milei said he intends to privatise everything he can as quickly as he can, cut back on state jobs and that he has no plan B. Skeptics are saying he'll increase inflation and that his plans will see Argentinians worse off than ever before but Milei is not going to be stopped from doing what he thinks and his people think is common sense. Giving people what they want is how he got elected. Why are we sending money to this cause or that when our own people are suffering? We of course empathise with people and countries being persecuted and we must be good global citizens but Milei is looking after his own first and makes no apology for doing so.



The issue for the right wing parties here in Australia is that they haven't come to terms with common sense yet. At the federal level they're probably closer than at state level but to be seeing the names and the occupations of people that are in the running for Liberal Party seats at the next federal election you have to wonder if they know what they're doing anymore. The Voice vote showed that inner city conservatism is dead and buried and yet the Libs haven't spread their wings to the electorates most in need of the common sense touch of freedom and the like.

In Victoria and more specifically Melbourne where we share that special bond with Buenos Aires we haven't even really got an opposition and certainly not one based in common sense that can resonate with voters. Labor while running out of money and embroiled in everything from cost blow outs to cancelled events is still in the lead, but that's more about the lack of opposition and anyones ability to genuinely connect with voters over them being any good.

So the question has to be asked can we see a political party base their next campaign on common sense that actually resonates with voters? The answer is yes but it's going to take a group of people who are sick of government spin and lies and actually engages with those doing it toughest. Red Bridge Director and die on the wall Labor man Kos Samaras has said himself that which ever party can connect with the outer suburbs and those doing it tough will romp in any upcoming election.

So while the so called extreme right take control throughout Europe and in South America one wonders when anyone from the right side of politics here in Australia will actually come to understand what common sense is all about because there seems to be something to it, well at least overseas anyway.

MUSIC

& THE CREATIVE UNIVERSE



**WHEN WORDS FAIL MUSIC
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MAESTRO REVIEW



There's a documentary about the recording of the famed Leonard Bernstein recording of West Side Story in which Jose Carreras who sings the role of Tony isn't doing what Bernstein wants of him with Bernstein getting quite annoyed at Jose. It's quite the scene with Carreras who was one of the leading tenors in the world at the time getting to the point where he packs his bag and walks out of the studio only for Bernstein to quietly sing within in ear shot of those around him... "Carreras, Carreras I'll never stop saying Carreras..." In this scene alone of the documentary you have absolutely no doubt that Bernstein is first and foremost a genius musician and conductor, but when you sit down and watch the Bradley Cooper movie Maestro while you do indeed get a sense of Bernstein's genius but it's sort of on the back burner in favour of highlighting the great man's sexuality.

As someone that used to sing, perform and was actively involved in the arts sexuality isn't really much of an issue within the arts community. The creative arts aren't really about someones sexuality they're about what's inside someones soul and in the case of Bernstein music was who he was. I understand that tales from the inside of someones private life can indeed be of great interest to the general public, but when you're talking about a modern musical genius the people that would go to this movie want to know about the music of the man and how that part of his life came to be and progressed through the years.

It seems to have been totally forgotten in the movie that Bernstein was such a genius of composition and not only that but his partnership with Stephen Sondheim, the partnership that gave the world West Side Story and was unquestionably one of the greatest musical partnerships in composition history. In addition to his composing genius Bernstein conducted the best singers and musicians in the best opera houses and concert halls across the world, again facts not really gone into in the movie.

Cooper it must be said though is extraordinary as Bernstein and the Mahler conducting scene although a little over the top was indeed amazing, but in the scene alone sort of states the case of why wasn't there more of a focus on his music and what he accomplished as a musician? The rest of the movie is bit meh, the performance of Carey Mulligan as Bernstein's wife Felicia is great, but you'd be forgiven for thinking her character didn't actually like music, which was certainly not the case and the rest of the cast are fine, but it's the focus Cooper puts on Bernstein's sexuality that really detracts from the film as a whole.



I just think for a movie about one of history's greatest musical figures it could've all been so much better. It should've been about what made Bernstein the great genius he was and continues to be, his music rather than a somewhat salacious look into who he did and didn't sleep with. My hope though is that Cooper doesn't abandon what seems to be his interest in films based around musicians because I'd quite like him to have a crack at the life of Giuseppe Verdi or Mahler himself, but then again I'm not sure if their sex lives are really that interesting.

Maestro is out now on Netflix

BRADLEY COOPER



**opera has a soul
everyone should
understand...**

hoodies
issue 10

The whole idea of this magazine, what I write and what other people write for it is to bring a new style of authenticity and accountability to the world. I know it sounds a bit grandiose when I say the world but with an audience of more than 35,000 people a month and that audience genuinely being spread across the world I'm not being grandiose at all. I'm passionate about my family, music, authenticity, accountability, standing up for what is right and fair and making a success of both this magazine and Staff Finder. I'm the heart on the sleeve guy and given I know have a platform from which to change hearts and minds one of my passions is going to be on the agenda a whole lot more, that passion is Opera.

From the day I saw Carmen with the old Australian Opera I was hooked. I was 16 at the time of seeing Carmen and now 20 years later (Ha!) I am more passionate than ever before. Part of the reason for this continued passion is my own desire to keep learning but also because I have actually started singing lessons again.

Singing for me as been part of my soul for more years than I care to remember and I have had singing teachers before but now I have a teacher in Italy who I see online weekly, a tenor by the name of Giancarlo Monsalve. Monsalve is a singer of great repute and teaches a style not seen a lot in Australia but is based on the old school traditions of opera singing heard from the mouths of greats such as; Del Monaco, Corelli and Gigli. Monsalve himself has had a distinguished career and now spends his time teaching online and performing across the world.

The basis to what Monsalve teaches is that the body does the work for the voice and that voice is a result of the actions, but further to that the technique that he teaches is a genuine and deep connection to the person singing. There's no wishy washy sing as if you're floating, or any other ethereal concepts it's real, it's breathe, open sing and work hard to make the right sounds for your voice.

The way in which Monsalve teaches though is also relevant to opera as an art form because despite Opera being frequented by the wealthy and disinterested the art form itself is one of great passion, of great stories and of authenticity. Of love, of hate, of jealousy all things we as humans deal with throughout our lives.

Like any industry there are people within the Opera world that live a life most of us cant comprehend so for the majority Opera singers are your average people in the street. They have families, partners, interests, sports they play and things they do that make them just nice normal people. The stories that could be told just from backstage at the State Theatre in Melbourne would fill volumes and ask anyone old enough to remember Aunty Sue's you'll get a big smile. The unfortunate thing for opera as art form is that its seen as elitist when really it never started out that way.

In Europe and the US opera is a big deal and attended by the alleged elite of society. Opening night galas are long dresses and tuxedos worn by wealthy people who for the most part wouldn't know a Puccini opera from a Mozart one or a Tenor from Baritone which is more of a tragedy than La Boheme (google it). Opera did indeed start out as an aristocratic art form performed for the royal and the wealthy but by the time the Verismo composers of Puccini, Mascagni, Leoncavallo and Giordano to name a few came along people from all walks of life were packing into the cheap seats at the top of opera houses throughout Europe.

Singers and conductors were the rock stars of the day. The famous male castrato know as Farinelli was probably one of the first ever music superstars and then jump to the 1950's and you have an era of singers that were the rat pack of opera. Men and women of astonishing talent, but also of cool and style. The Verismo operas of Puccini et al unquestionably lead the development of Music theatre which today is a multi billion dollar commercial industry whereas Opera is for the most part government and privately funded industry that is virtually impossible to make money in.

How do we break down the barriers of elitism for Opera? Well in my own little way each month we'll talk about an opera that I love or sometimes don't and recommend the recordings you should listen, who were the great exponents of the roles and who the composer was.

The first cab of the rank next month will be the one act Mascagni Opera, Cavalleria Rusticana. An opera about love, jealousy, revenge, loss and rage which features one of the most well known pieces of music ever written.

So until next month why not head to Spotify or Apple or whatever and just type in the name Puccini and just have a listen to a few tunes from the great man and maybe it will be the beginning of a life long passion or even just a realisation that Opera isn't too bad after all.

The Top 10 Albums of all time according to Hoodies Magazine

How many top 10's in music are there? How many times has Rolling Stone or some other magazine or radio station given us their top 10 of guitarists (Eddie van Halen), of drummers (John Bonham) lead singers (Freddie Mercury), Bands (The Beatles, Led Zeppelin, Pink Floyd, Public Enemy and U2) of bass players (John Paul Jones) of Albums. So with my new platform here at Hoodies Magazine for this issue I count down the Hoodies Top 10 Albums of all time, well of my time and according to me.

So I make no apologies for my choices and I stand by them although I am more than aware there have been some extraordinary albums made in the history of music that do not make the Hoodies list. I'd like to acknowledge; The Beach Boys - Pet Sounds, Pink Floyd - Dark side of the moon, Led Zeppelin - Led Zeppelin, The Beatles - The White Album, Abbey Road and Revolver, Miles Davis - Kind of Blue, Bruce Springsteen - Born to Run...I could go on and on, but with all that said and with my apologise made this is the Top 10 Albums of all time according to Hoodies magazine.

10. U2 - The Joshua Tree

The Joshua Tree was the fifth studio album for the Irish mega group and had Brian Eno as part of the production team who had also worked on the bands 'Unforgettable fire' album. From the opening song of the album 'Where the streets have no name' you can hear that it is an epic piece of musical composition...a distant keyboard comes in to be met with the Edge's distinctive guitar sound then followed by Clayton's bass and finally the Mullins drum beat all climaxing as Bono comes in with the line 'I want to run...' From song one you're hooked and the first three songs are all now modern classics, with the rest of the album being a reminder that U2 were now one of the best bands in the world. The Joshua Tree remains one of the bands biggest selling albums and combined with Bono's incredible lyrics and the bands overall musicality it's hard to deny that U2 gave us one of the greatest albums of all time.

9. Pink Floyd - The Wall

By the time Pink Floyd lead mainly by Roger Waters came to release the Wall in 1979 the band had also released 'Dark side of the moon', 'Wish you were here', 'Meddle' and 'Animals' which would lead some to suggest that their best work was behind them and that may well be true but The Wall is to me their best work. The Wall is what is called through composed for much of it, meaning there are no breaks in tracks, it becomes almost operatic in its form. There are of course stop and go points in the double album, but the journey that the band takes us through the world of rock star Pink is uplifting, brutal, sad and ultimately tragic. Despite the fact that Rogers was indeed the main driving force behind the Wall album it doesn't detract from the fact that Dave Gilmour gives one of the greatest guitar solos of all time in the song 'Comfortably numb'. Other band members drummer Nick Mason and keyboard player Richard Wright also shine in their moments in songs like Run like Hell, the show must go on and The Thin Ice. People will also know the film of The Wall in which Bob Geldorf played Pink which like the wall tour brought a whole new audience and understanding of the album, an album that today still stands the test of time.

8. Jose Cura - Puccini Arias

Ok people will read number 8 and go wha? But bear with me. In the early 1990's the great Spanish tenor Placido Domingo created an opera singing competition called 'Operalia' and in 1994 a young Argentinian tenor by the name of Jose Cura was one of the winners of Operalia, singing the Puccini aria 'Ch'ella mi creda' from the Opera la Fanciulla del west. Cura was in Aleague of his own and had a top that did need a bit of work but at 32 was by far one of shining lights for up and coming serious tenors. In 1996 Cura came to Australia to sing in a staged concert called the Puccini Spectacular, it was a concert I also sang in. Cura was leaving Australia to head to Turin, then to Milan, Covent Garden, the Met etc...the man was a star. Being now a well regarded tenor Cura signed a record deal with Erato, a division of Warner brothers, where Domingo was also an artist. With Domingo conducting and Cura singing the pair came together to record every major Puccini tenor aria the composer had written. The album covered all of Puccini's operas from Edgar right through to his final work Turandot and Cura sang all the arias. Now this is no mean feat because the Gianni Schichi aria for example is sung by a young lyric tenor, La Boheme by a more substantial voice and Turandot by the big boys, but Cura sings all the arias with a beauty and passion unlike many of his contemporaries. But it's not just Cura who shines Domingo is a singers conductor and you can hear especially in Nessun Dorma the light and shade he gives the orchestra. This album saw the birth of many other tenors try the same thing, but to this day none have surpassed what Cura and Domingo created together.

5. Puccini's Turandot - Zubin Mehta

Turandot was Puccini's last opera, in fact he didn't actually finish it, he died before doing so. It was finished by a student of Puccini's by the name of Franco Alfano under the very watchful eye of conductor Arturo Toscanini. In recent years another ending was composed and performed written by Luciano Berio, but I prefer the Alfano ending. Turandot is the biggest thing Puccini wrote, its orchestrations, the singers have huge parts, the chorus is big there are gongs going off everywhere, it's just big. So when Decca decided to record Turandot in 1973 they had a couple of singers ready to go, those two singers were Luciano Pavarotti and Joan Sutherland, but, neither singer really sang their respective roles on stage. This is possibly one of there greatest ironies in Pavarotti's career because the aria Nessun Dorma is from Turandot and the great man only sang the role a handful of times live on stage. The same for Sutherland whose roles were mainly bel canto with Turandot being outside her fach. Regardless of these side issues Decca went ahead with putting together one of the biggest recordings of Turandot ever made. Using the London Philharmonia and singers such as Caballe, Ghiaurov, Krause and Pears Zubin Mehta had with him one of the greatest casts ever assembled for the opera. Casting this would've been a bit like saying ok, we'll have Lockett at Full Forward, Matthews in the pocket, Franklin at half forward etc...the performances are staggering, Pavarotti's top in 1973 was in full bloom and Sutherland is an astonishing Turandot. Singing the role of Liu is another legend in Moseratt Caballe and Sir Peter Pears as the Emperor. If you want to listen to Turandot this is the recording to get but understand no one on the planet today can sing any of these roles like these men and women did back in 1973.

7. Wagner's Ring Cycle - Sir Georg Solti

There is a documentary about the recording of the Solti Ring cycle on You Tube and for those interested to hear and see how this mighty recording was made please go and watch it because it is astounding. The four operas that make up the ring were recorded between 1958 and 1965 with the famed Vienna Philharmonic orchestra with the legendary Sir Georg Solti conducting and an array of the greatest Wagner singer ever assembled for a recording. Hotter, Vingassen, Nielsen, Frick, Sutherland, Crispin, King, London Ludwig there just aren't these kind of singers around anymore and yet Solti and Decca managed to somehow get them in a studio together. The first thing with the Ring is that it is one of the greatest compositions in the history of music, but it also one of the most complex, with its instrumentation, Wagner's use of instruments he designed himself and there length of it not only make it hard to stage but to record almost impossible. In the control booth for all of the recording sessions was the genius Jon Culshaw. Culshaw who's path into music was not unlike that of George Martin's was a brilliant man and knew how to bring the entire thing onto record. Anyone that does watch the documentary will see the different attitudes to smoking to today, but regardless the ways in which Solti and Culshaw brought Wagners music to life unlike many others before or since is truly one of the greatest accomplishments in modern recording.

6. The Beatles - Sgt. Pepper

There's a story that Brian Wilson tells about Sgt pepper and he says they were sitting around feeling pretty good about themselves and their success and where they were at and then someone played Sgt Pepper to them and they all groaned, nit because they didn't like it, but because it was the Beatles again taking music to a whole new place. I should say Wilson is possibly one of the most underrated musical geniuses of all time given his compositions, but this is about the Beatles. From the moment the album starts they've got you and they take you on a joinery through a myriad of sounds lyrics and music unlike anything anyone had heard before. The thing the Beatles did was take everything that was happening around them and put it into music, they were the voice of regeneration and for those of us that came afterwards they left us behind musical ideas and concepts that formed the basis for new styles for generations to come. Had it not been for the Beatles we would today be without countless bands and musicians who were inspired to pick up an instrument because of them. The album is also the perfect mix of the Lennon thoughtfulness and the McCartney inspiring tunes pulled together with Harrison and Starr being their backbone. Its hard to even compare another album to Sgt Pepper, but why would you?

4. Michael Jackson - Thriller

Have a look through who helped put Thriller together and then tell me it's not one of the greatest albums of all time. Jackson was already a superstar when Thriller came out but this album made him a mega star. With Quincy Jones as the albums producer Jackson and Jones put together an album that when broken down into its parts is a masterpiece of production, composition and musicianship. The songs themselves on the surface sound upbeat, tuneful and show off Jacksons talents beautifully but listen to the drum parts, the guitar parts played by Eddie Van Halen, keyboards, rhythm sections and you can hear how detailed and totally precise the work done by the entire production team and the musicians on the album. The album won countless awards and to this day is one of the greatest selling albums of all time and long may it live because it is a piece of art.

3. The KLF - The White Room

Ok this is another one where people will say, I'm sorry what? But in the 1990's popular music was in transition mode and the KLF despite all their histrionics were at the forefront of changing musical styles. Jimmy Cauty and Bill Drummond were indeed musicians but they were both also artists, Cauty especially being interested in performance art. The two had done dance gigs but hit the jackpot when they came up with a tune called 'Doctor in the Tardis'. Sampling the original Doctor Who theme song the duo remixed it with a thumping base line and shouted lyrics, it was huge hit. The KLF were the leaders in a new style of music called Trance and while trance had been sort of atmospheric it didn't really do much, but with the release of the White Room Cauty and Drummond changed the rules. With a deep understanding of multiple genres the album starts off with an almost blues soul feel only to be taken over by the thumping 3am Eternal and then later 'the last train to trans central and what time is love. The album was unquestionably the duo's biggest hit and angered at the whole farce they thought the record industry was they firstly burnt a million pounds and then withdrew their entire music catalogue from sale turning their backs on the industry. I always think the KLF could've been anything they wanted, but this album gave us an insight into the genius of two men who did make a difference in music if only for a short time.

2. Public enemy - Fear of the Black planet

I should preface this by saying I'm a middle aged fat guy and I have absolutely no idea what it is like to experience the level of racism endured by black people, but if ever there was an album that did indeed stand up for those black people and give the rest of us an insight into what that is like this album is it. Written by and performed by the godfathers of hip hop and rap Public Enemy were thought to be dangerous back in the day and to some degree that possibly wasn't untrue given the gang affiliations they had, but this band and this album wasn't about and of that it was about giving a voice and an outlet to their frustrations in the US at the time and then the world at large. Not only did each track of the album tell a story of racism and the issues faced by black people in the US the band itself was at the cutting edge of technology and finding new ways in which to record sound and their sampling. The single Fight the power was a global hit but also became an anthem for people and oppressed groups throughout the world who themselves were having to face racism. Chuck D acknowledged years later that Fight the power was indeed the most important song the band had ever released and featured in the Spike Lee movie 'Do the right thing'. An album that has stood the test of time because the genius within its composition but also because the issues of race and prejudice are still with us today.

Number 1 - Led Zeppelin - IV

Released in 1971 Led Zeppelin IV was an album in which the extraordinary talents of four men all came together to deliver us the greatest album of all time. Jimmy Page with his almost spiritual guitar playing and solos like on Stairway to heaven, Plant with his soulful passionate high pitched vocals, John Bonham a man not for this world delivering a drum beat like no other and accompanying them possibly one of the greatest rock geniuses ever, John Paul Jones on Bass Led Zeppelin deliver an album that has tenderness, has soul, has hardcore rock and moments of beauty and that stand it on top of the world as the greatest of all-time. It's at the top of the list because it combines everything music is, it's technical foundations, its lyrics, the way in which it sounds the rawness to it, the authenticity to it, the way in which everyday instruments are played and the way in which it all comes together for a little over 42 minutes. These men came together in a recording studio and played like there was no tomorrow and left behind them an album that is indeed one of the greatest albums ever made and according to Hoodies Magazine the greatest album of all time!

thank you

That's it for Issue 10. A especially big thank you to Justin Langer and Jorgen for taking the time to talk to me and our audience.

I think what this issue has brought to the fore is that now more than ever we are moving into a world where we want to see more authenticity, where we want do indeed want sustainability but we want to know how we get it.

I am more than aware that my style and the style of this magazine isn't the norm when it comes to news delivery and to magazines, but what we are is real. We are doing authenticity and accountability our way and while forging your own path is often the hardest way to go what would we be if we didn't try to forge new pathways?

Thank you for continuing to be part of the Hoodies journey and thank you for sharing our magazine and please stay tuned for more outstanding people, interviews and articles that will always be authentic and offer a new form of accountability.

Remember to always ask, Why Hoodies? Because it matters

Cheers
Ben

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