

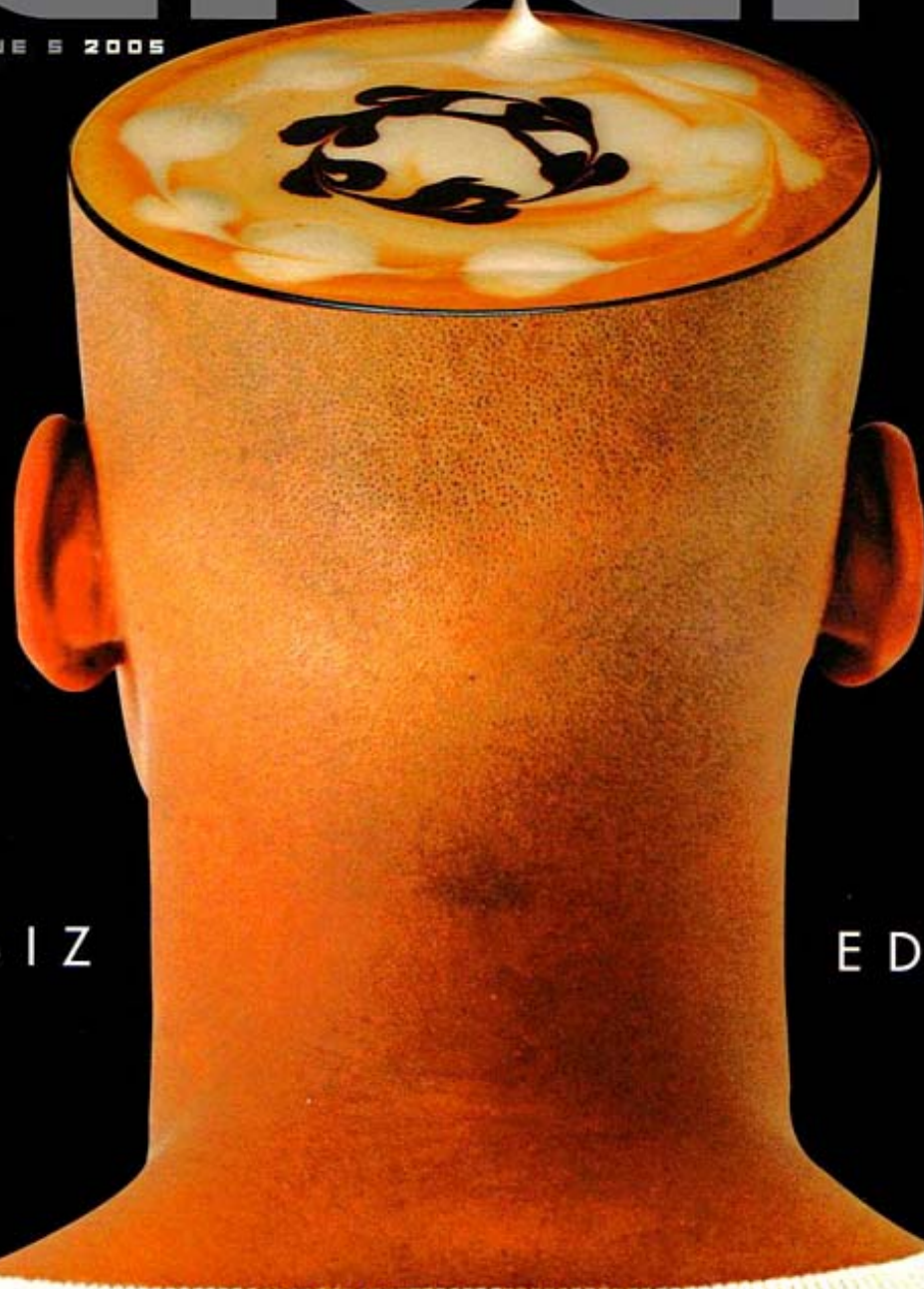
THE MAGAZINE FOR THE CAFE INDUSTRY

CULTURE

CAFE



MAGAZINE ISSUE 5 2005



CAFEBIZ

EDITION

INTERVIEW WITH **Scott bennett**

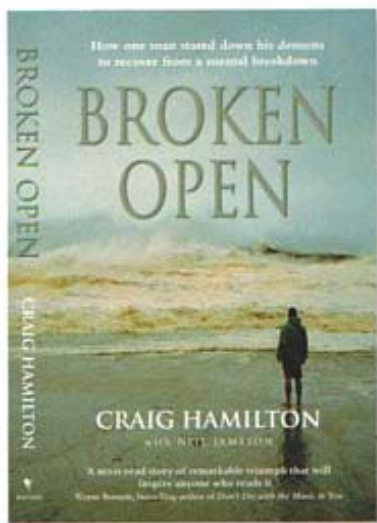
SHAKEN UP **café**

ROASTER **Profile**

PART OF **espresso**

 CafeBiz Network

BOOK reviews



BROKEN OPEN

On a recent consultancy job in Newcastle, I was walking down Darby Street (a renowned Newcastle eat street) when I bumped into an old school buddy I hadn't seen for over twenty years. Craig Hamilton, I remembered, was a natural sportsman and was always receiving sporting trophies at Singleton High. I knew he had gone on to become a radio sports broadcaster and was highly regarded for his work with Australian Rugby League. What I did not know was that Craig had gone through years of personal hell with a mental health problem. Craig suffered from a common mental health problem called Bipolar Disorder or Manic Depression. Part of Craig's rehabilitation program was writing a book to tell other sufferers about Bipolar Disorder.

You're probably thinking, "What's this got to do with a café trade magazine?"

Like all good journalists we should report on all aspects of business life. As an editor of this trade journal, I felt obliged to warn readers what the end result of stress can do to a person's health and well being.

The café industry is a business sector where many people are under mental and physical stress. The failure rate of cafés is one of the highest of all small business ventures. After reading Craig Hamilton's Book, Broken Open, I could compare some my own personal experiences of being a stressed café owner to this real life story.

A little on Craig and his courageous book.

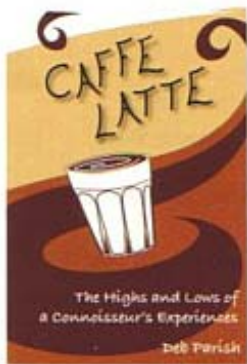
Craig Hamilton joined ABC radio as "the sideline eye" on weekend Rugby League broadcasts in 1995. Since then, he has worked with ABC team members David Morrow and Warren Ryan calling Grand Finals, State of Origin Games and Test Matches involving Australia. Born and raised in the Hunter Valley town of Singleton, he spent 16 years working as an underground coal miner in the Newcastle area before embarking on a radio career. As a talented sportsman, Craig represented both the Newcastle and NSW Country cricket teams, with a career highlight of being selected to play against the touring Sri Lankan side in 1990.

In the year 2000, on the eve of the Sydney Olympic Games (where he had been assigned to work as a broadcaster) Craig experienced a psychotic episode and was diagnosed with Bipolar disorder.

He spent two weeks in hospital and, since his recovery, has worked tirelessly as an advocate for mental health issues; speaking at conferences and lobbying for extra funding to support people and their families who have experienced depressive illness.

In 2004, Random House released his highly acclaimed memoirs, "Broken Open", which gives a very personal account of living with Bipolar Disorder.

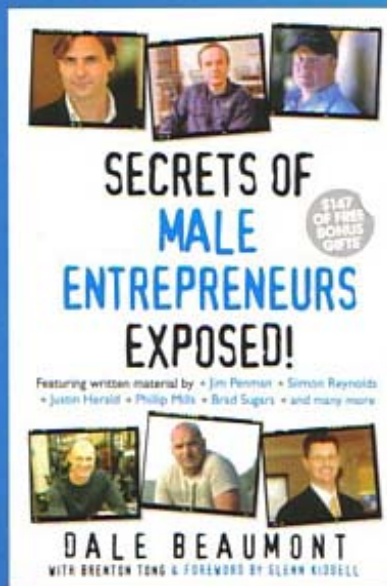
CAFFE LATTE



Caffe Latte is a collection of various weird, wonderful and not so wonderful caffe latté experiences recorded and illustrated by the author over a number of years. Read about the Parfait Latté, the Coat Hanger Latté and the Highland Fling Latté, to name just

a few. This book is a must-have for all those coffee drinkers who insist on their coffee being made to perfection. Deb Parish takes you on a hilarious journey through the high and low points of her search for the perfect latté.

SECRETS EXPOSED



Ever wondered about the secrets behind some of Australia's most successful people? A new series of books called "Secrets Exposed" is about to be published featuring interviews with some of Australia's most successful people. The first book in the series, "Secrets of Male Entrepreneurs Exposed!" will be released in November. Some of the people interviewed for this series include: Jim Penman (Jim's Mowing), Justin Herald (Attitude Clothing & Intimidate), Jim Zavos (Ezy DVD), Phillip Mills (Les Mills International), Tom Potter (Eagle Boys Pizza), Brad Sugars (Action International), Tim Pethick (Nudie Founder) and many more. The candid question and answer format of these books reveals insights into how Australia's most successful people have achieved their goals. For more information on the upcoming series or the author, Dale Beaumont, visit the website: www.secretsexposed.com.au