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zine

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**BLACK SWAN
PRIZE WRAP UP**

**MACKIE'S
STORY**

**THE BEST
DOGGOS EVER**

MADE JUST FOR
TEENAGERS •

ISSUE FIFTEEN
2018 / FREE

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fifteen

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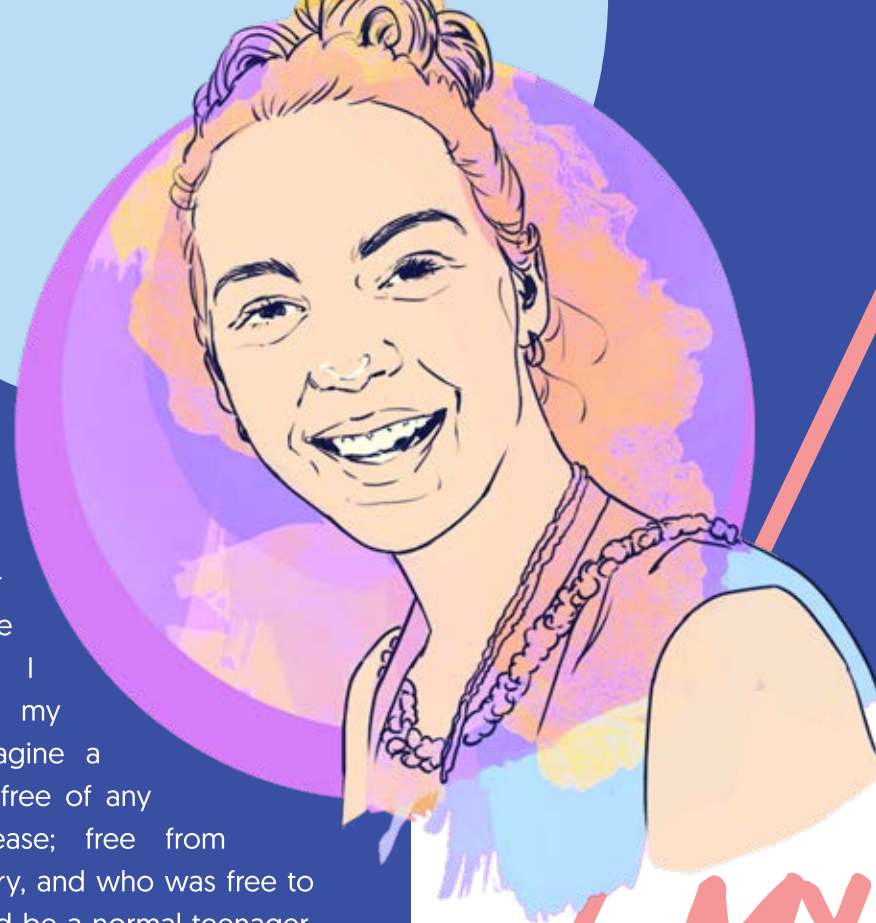
Livewire is delivered online to people aged 12-21 who have a serious or chronic illness or disability, and is also open to siblings.

It's a safe, fun place where you can be yourself, chat with people who understand where you're at, and be part of the broader Livewire community.

Joining is super easy, visit at **LIVEWIRE.ORG.AU** or **LIVEWIRE.ORG.NZ** or scan the QR code to sign up today.



IF ONLY our dreams were reality. Then I could close my eyes and imagine a girl who was free of any crippling disease; free from pain and misery, and who was free to run around and be a normal teenager. Unfortunately, my life has been far from the dreams I imagine. I never got to experience that so called 'normal' childhood, it was utter chaos. I feel as if I received a terrible letter inscribed with the unfortunate detailed events that I would endure in my life: physiotherapy, blood tests, frequent trips to the hospital, tear jerking doctor meetings with the bonus of bad news. 43 surgeries and procedures, pain and tears, depression and anxiety; the one thing that stood out on the letter was: Cerebral Palsy.



**I MY
STORY
● BY
MACKIE**

I don't know how my parents felt when they received the news that their little girl was born with a neurological incurable disease and she would never walk. I'm sure they felt a piece of their heart break. But in that very moment the confirmed diagnosis only motivated them to make sure I had the best life possible.

"MY JOURNEY IS FAR FROM OVER. I NEVER THOUGHT I WOULD BE WHERE I AM TODAY."

My parents were armed with determination that the disease would not affect the dream and desire of their little girls' heart for she will end up doing amazing things. Although Cerebral Palsy is incurable, there are ways to reduce the condition and its side effects. Something so simple as stretching, and so every day mum would do ballet stretches on me. Until this very day I am so grateful to have such amazing parents who were so determined and did everything within

their power so I could live a life that was close to normality. It wasn't until I was two years old that all mum's hard work with me every day began to reap its rewards: I walked! Slowly. But it proved that the doctor's prediction was wrong — I was born outside of the box. I went against the tide and did what was thought to be impossible. I

am a walking miracle, thanks to the tough love my mum gave and my two brothers — we are triplets — because when I saw them walking I longed to walk to, and so I did. This was just the beginning of an emotional

rollercoaster ride I would never forget. I had my very first surgery to correct my legs when I was eight — I was mortified! I didn't know what was going to happen, all I knew was that this surgery was going to change my life for the better. And it did! Before theatre all I remember is the worried, sad face a father gets when their princess undergoes something unimaginable. "I love you daddy" was the last thought I had before everything went pitch black.

Eight hours later, I slowly opened my eyes, shaking off the anesthetic. It was only then I realised, in the fuzziness of my brain, how difficult it was going to be to get back up again knowing all the challenges I would need to endure and overcome. During this time I felt alone, like the world was crumbling down in and around me. I had so many unanswered questions. "Why me?" I felt like giving up, I felt I had no purpose, I felt my life had always deceived me. It was extremely hard to undergo such trauma but also manage to keep a smile and stay positive.

My parents still don't know how I continue to do it, to be happy when inside I was breaking and rotting from the core. I figured then, and even now, no one is given something they cannot handle. I knew there were people in a more trailing situation than me, and I grew to understand I wasn't alone. I couldn't have asked for better family and friends. They have been such a blessing to my life and have always been by my bedside, even on Christmas day, supporting me, continually comforting me and restoring my faith that things *do* get better. They were the light and hope I needed to keep going and never

give up. With them by my side I am so invincible that I can do anything, even reach for the stars.

And that's exactly what I did. Physiotherapy was tough business. Every day traveling back and forth from the hospital undergoing two hours of physio at a time was exhausting. But I knew I was one step — one stretch closer to walking again. It was painful, but I am ever so grateful for such an amazing man, my physio, Tim, who pushed me to go further than what I thought I could do. He believed in me and that's all I needed. My journey is far from over. I never thought I would be where I am today: a teenage girl living a life full of triumph, and similarly, pain. I still have those bad days, but I know now where I stand. I stand proudly to say my life is perfectly imperfect and I **WILL** walk in High heels for my formal in 2020! ◀

If you would like to tell your story for the Livewire Zine, send us an email at livewirezine@starlight.org.au and get sharing!



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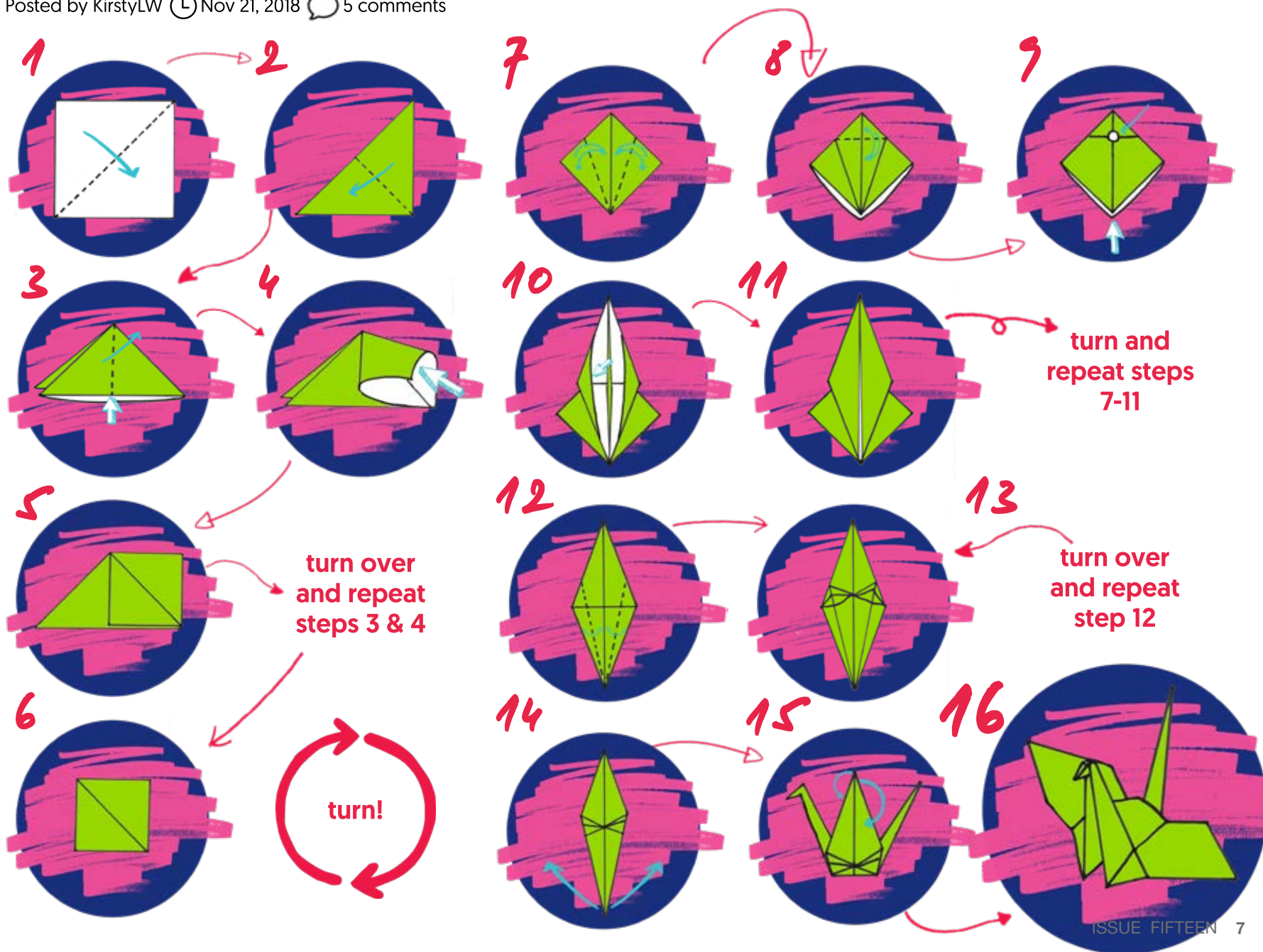
To make a great crane wall hanging go to the Workshops On Demand group page of **Livewire Online** by scanning the QR code below:



Or go to **LIVEWIRE.ORG.AU** or **LIVEWIRE.ORG.NZ** and search for **Workshops On Demand** in the groups tab!

WORKSHOPS ON DEMAND

Posted by KirstyLW (L) Nov 21, 2018 5 comments



HANNAH_LW **RECENTLY** sat down with the incredibly inspirational Leal Minnis, a 28 year-old dude living with cystic fibrosis who knows his way around adventure.

SO GIVE US THE RUNDOWN: WHAT HAVE YOU BEEN UP TO? Well last year I rode a motorbike from London to Mongolia, through the Middle East and Europe, for the *Cystic Fibrosis Queensland* charity. Then this year I trekked from Nepal to base camp at Mt. Everest.

OH MY GOSH, TELL ME EVERYTHING! WHAT MADE YOU DECIDE TO DO IT? One part of this is creating awareness for the lack of accessibility to **Orkambi**, a drug that is really useful for helping people with CF. The problem is, it's

crazy expensive — think \$300,000 a month! The second and more important part is people who have CF get told 'no' a lot. Their doctor tells them they shouldn't do this or that, that they can't travel, can't have a job, etc. This is all to help them but I think there's a fine line between concentrating on your health and living your life.

HOW CHALLENGING WAS IT? Psychologically, the Everest trek was absolutely the hardest thing I have ever done. Because it's not like you slog your guts out for the day and then get to a tea house and relax. As soon as you finish for the day you have to force yourself to drink and eat and you're just burning through calories. I lost 9 kilos over 15 days. Your body is trying to get every bit of energy and at night everything gets worse — it's colder because you're not in the sun anymore so your body slows down and that's when you struggle to breathe.

HOW DID YOU GO WITH THE LANGUAGE BARRIER? It was extremely isolating at times, you're trying to communicate with people but no one understands, like being on a desert island on your own. But it put us in these amazing situations where we

could meet people we would never have met. We met this one kid and the only English he knew was "what's up?", he was super fascinated and confident, it was amazing.

WHERE DID YOU STAY WHEN YOU WERE BIKING AROUND THE WORLD? Where we felt it was safe, we would stay in a kind of travellers stop, like a little hut set up with a bed and you pay a small amount and stay there. We also

"THERE'S A FINE LINE BETWEEN CONCENTRATING ON YOUR HEALTH AND LIVING YOUR LIFE."

AN EXCELLENT ADVENTURE



camped as much as we could, and stayed with the most kind, loving family in Mongolia. They had no money but they had goats and cows and were real nomads, everything they had was produced by these animals. They fully took us in and we ended up in this amazing cultural experience we just would not have had if we didn't go. We had those amazing experiences across the whole trip.

SO, WHAT'S NEXT? Honestly, I would really like to do the silk road again but take a different route. I'd also love to go through Vietnam and Cambodia.

DO YOU FEEL LIKE A SUPER BRAVE SUPER HUMAN? I don't view it as brave. For me because of CF I never want to be the person looking

at someone else doing something I wish I could do. You can always justify why not to do something, but for me if there is something that I want to do, I have to figure out a way to do it. I use CF as my excuse to do something; to make myself just do it now.

WHAT ADVICE WOULD YOU GIVE TO YOUNG PEOPLE? There's no point living a sheltered life if you're going to regret it. You gotta live! When you look back on your life, you won't remember the challenges and struggles or the preparation and the costs and the risks, you just remember the massively significant life changing events and things you've done. Live your life doing what is important to you, and fit in your treatments around that, it's more important to just live. ◀

● **NOTE:** Since this article was written, Orkambi has received approval by the Australian Government for the PBS. This is hugely in part to the awesome work people like Leal have done to get it there, so thank you for your effort!



BRUNCH PANCAKES

BY KIRSTY_LW

When you want to have pancakes for breakfast and lunch!

TAKES / 15 minutes

MAKES / 4 pancakes

LET'S GET BRUNCHING!

1. Sift the flour, baking powder and salt together in a bowl.
2. Stir through the sugar.
3. Make a hole in the centre of your dry ingredients.
4. Slowly add in the egg yolk, milk and butter, combining with the dry ingredients from the centre to the outside of the bowl using a whisk.
5. Once combined, beat the mix together until it's nice and smooth.
6. Whisk the egg white in a separate bowl until it's stiff.
7. Carefully fold the egg white into the pancake mix – if you mix it too much it will beat the air out of it and you end up with tough pancakes instead of fluffy ones.
8. Spray frying pan with canola oil, or use a small knob of butter to grease it. Heat frying pan to a medium low heat.
9. Use a half cup measuring cup to divvy out the mix.
10. Wait a couple minutes for bubbles to start forming on top – that's how you know its time to flip them and to cook the other side for a couple more minutes.
11. Serve with your favourite toppings!

SIDE NOTE: this recipe also works super well as waffles. *Bon appétit!* ◀

YOU WILL NEED

- 225g plain flour;
- 2 teaspoons baking powder;
- pinch of salt;
- 1 tablespoon sugar;
- 1 egg, yolk and white separated;
- ½ cup of milk;
- 40g butter slightly melted;
- Extra butter or canola spray for the frying pan;
- Toppings of your choice! I love jam and dollop cream, but maybe you prefer sugar and lemon, or nutella and strawberries — any combo is delish!



SUSTAINABLE SEPTEMBER

BY CLARE_LW

FACTS ABOUT WASTAGE:

1. Australia is one of the most wasteful countries in the developed world. **2.** 85% of soft plastics end up in landfill. **3.** One billion coffee cups are used in Australia every year. **4.** It takes 400 years for plastic to break down in water and even so will leave behind tiny pieces that are harmful to marine life. **5.** Glass is *infinitely* recyclable!



During the month of September the **Sydney Livewire Team** decided to put their heads together to run workshops that were ecologically sustainable in an effort to minimise their carbon footprint. **YAY ENVIRONMENT!**

What is environmental sustainability, you ask? The concept and practice of sustainability can be summarised as a way of using our natural resources wisely so that these precious resources are available to future generations, aka. *you guys*. As well as ensuring the survival of important ecosystems that cohabit the earth alongside human beings, aka. *us guys*.

Can I live a sustainable life? Yessss! There are loads of ways you can contribute to a sustainable way of living simply by changing a few things in your day-to-day routine that have the potential to have a positive impact on our environment. These range from minor changes like choosing natural cleaning products or ethically derived food sources, to bigger changes like using sustainable or clean energy sources like solar power or wind power.



MAKE YOUR OWN JAM!

You will need:

- Glass jars;
- 450g Berries (*any kind you like, we used strawberries*);
- 450g White sugar.

Step 1: Make sure your jars and berries are washed.

Step 2: Combine berries and sugar in a bowl and mix.

Step 3: Pour ingredients into a pan and stir on a low heat.

Step 4: When the jam starts to thicken take off the heat and let the mixture cool.

Step 5: Pour into jars and refrigerate.

EASY SUSTAINABLE LIVING TIPS TO GET YOU STARTED:

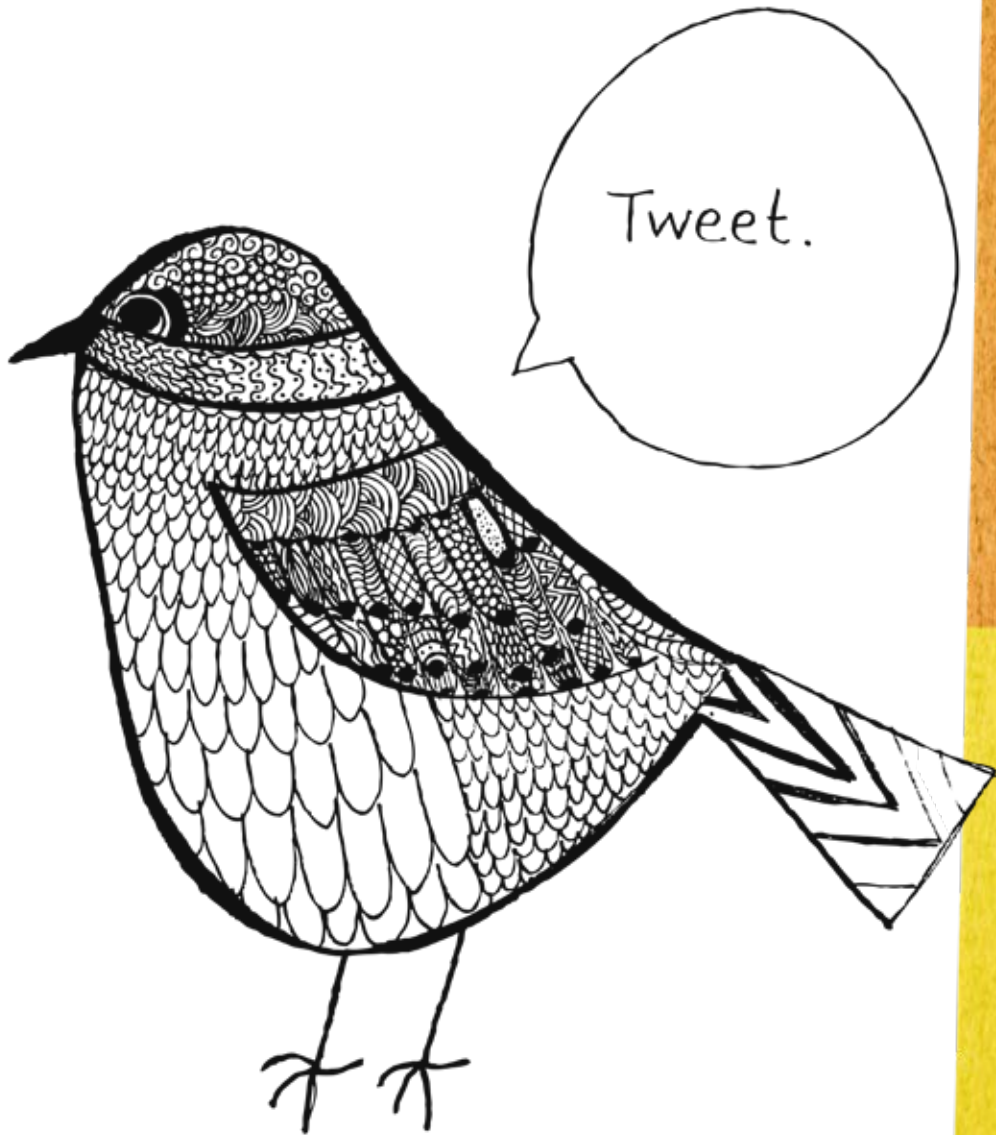
- Buy a keep cup or a canteen in order to avoid buying single-use items.
- Use green bags at the supermarket.
- Grow your own herb and veggie garden.
- Shop at second-hand clothing stores like Vinnies, or conscious online stores like Etsy. ◀

MAKING JAMS — SEWING SCRUNCHIES — BEES WAX WRAPS

CERAMIC DESIGN — COILED COASTERS — NATURAL FABRIC DYEING — BASKET WEAVING



Tweet.



HAVE YOU HAD A LISTEN TO



The **Livewire Podcast** is officially on the charts, and even featured in Apple's 'New and Noteworthy' list - which we are stoked about! New episodes come out regularly and feature everything from gaming, music, mindfulness, and sneak peeks into some of the workshops we run in hospitals - plus heaps more - so make sure you subscribe!

FOR ANY QUESTIONS OR SUGGESTIONS FOR UPCOMING EPISODES, JUMP ONLINE TO **LIVEWIRE.ORG.AU** OR **LIVEWIRE.ORG.NZ** AND LET A CHAT HOST KNOW YOUR IDEAS. ◀

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BLACK SWAN PORTRAIT



PRIZE 2018

BY BRETT_LW



Once again, the young artists of Perth's Children's Hospital have submitted exciting pieces into the 2018 **Black Swan Portrait Prize**.

This esteemed West Australian art prize features some of the state's most talented established and emerging visual artists. Each year there is a youth





category which is open to high school, primary school and young people in hospital.

Every year the submissions from our patients have been outstanding and this year is no exception! The work is varied, personal and powerful. Subjects include Livewire Facilitators, family members, idols and celebrities.

Almost every medium (*excluding photography*) is represented, really showing the range of artistic mastery and creativity from each artist. Thanks to everyone who was involved in the competition this time 'round, and to **Black Swan** for providing the opportunity! ◀



FIRST PAGE [L-R] Morgan *Curly Sides*, Chloe *Two Faced*.

OPPOSITE PAGE [L-R] Jasmine *Dirty Granny*, Ellie *Katy Perry*, Libby *Bindi Irwin*.

THIS PAGE [L-R] Eva *Cathy Freeman*, Yuri *Cara Delevigne*, Echo *ET*.



OF HISTORY FEAT. SMASH BROS

SUPER SMASH BROS. 64

N64 / 1999 12 characters (8 starters, 4 secret)

The first game in the series, this 4-player brawler starring NINTENDO's greatest mascots blended the combat of fighting games, and the chaos of party games, to create a genre all of its own.



SUPER SMASH BROS. MELEE

GameCube / 2002 26 characters (15 starters, 11 secrets)

A delayed launch title for the NINTENDO GameCube, *Melee* has become one of, if not the most popular title in the franchise. Known for its high speed and competitive gameplay, *Melee* still has a presence in video game tournaments around the world today!

SUPER SMASH BROS. BRAWL

Wii / 2008 35 characters (21 characters, 14 secret)

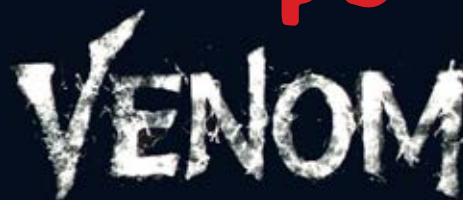
Online play and guest appearances from other popular game series, *Brawl* was an important benchmark for Smash. Featuring a lengthy single player mode and even a level creator, it would be a longstanding title for Smash fans. ◀



AT THE MASSIVE E3 2018 reveal, we could tell that *Super Smash Bros. Ultimate* would be the **MUST HAVE** game for all NINTENDO Switch owners! Freshly released (and just in time for *Christamas*), we thought we'd tell you a couple of things about the history of one of **NINTENDO's** most popular franchises.



POPPING POPCORN WITH POPPIN



STARRING
Tom Hardy
Michelle Williams



Going to the movies and not sure what to watch? **Poppin** from PCH gives you the best popcorn ratings for current releases!



Venom is the origin story of the iconic anti-hero from the world of Spiderman. You might remember his big screen cameo in the 2007 release of '*Spiderman 3*', however this version is quite different. Namely that he has no connection to Spiderman or Peter Parker.

The film tells the story of Eddie Brock (Tom Hardy), a washed-up journalist whose body gets invaded by the alien life-force known as *Venom*. We see *Venom* at the beginning as the villain of the story, working with the aliens that want to eat all the humans on Earth. During the process of being in Eddie's body, *Venom* changes his mind. He realises that humans are okay and he joins the human race in trying to defeat the alien threat.

When I first saw the trailer for *Venom* I knew I had to see it. For starters, I love *Marvel* and I love Tom Hardy. Thankfully the film did not disappoint, that's for sure. Like all of *Marvel's* films it has that beautiful mix of humour and action; something that its competition *DC* has yet to master. In saying that though, it lacked a little in the storyline as they had so much information to fit into a short space of time.

Overall it's easy to watch and I thought it was a great film full of action, humour, friendship and love. Tom Hardy as Eddie/Venom does a brilliant job and it's nice to see him in a comedic role for a change. And as with all *Marvel* films they left it open for a sequel in the near future with a classic post-credit teaser. I'm definitely looking forward to the next installment. ◀

**POPCORN •
SCORE •**



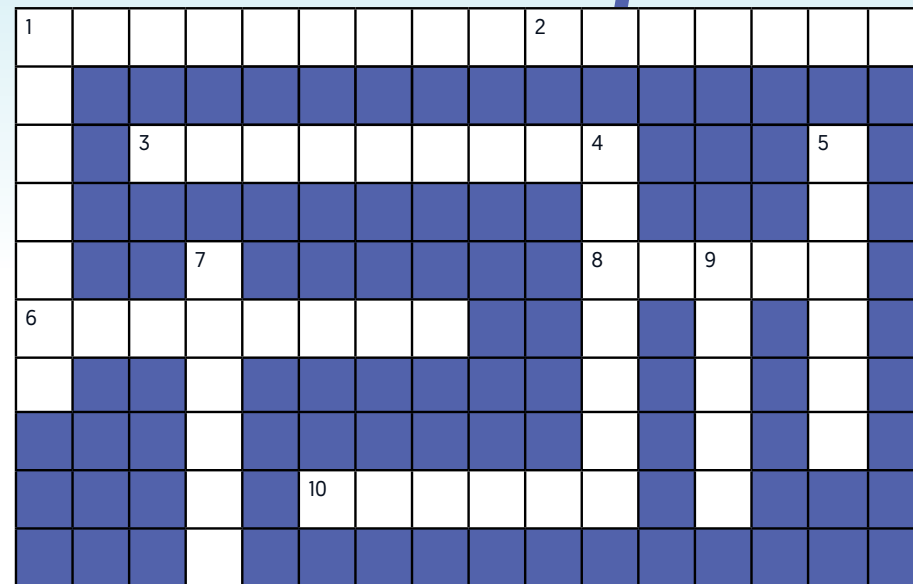
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WORDS

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KNOW YOUR APPS?



DOWN



ACROSS

HOT GLUE
GLUE

WATERCOLOURS

TEXTAS

MASON JARS
BRUSHES

PIPECLEANERS
FLOWERS

PAINT

ANSWERS ON PAGE 27

ISSUE FIFTEEN 23

our favourite doggo heroes

part two

BY HANNAH_LW

NANOOK the Alaskan Malamute

This not so little doggo visits the kids in the Lady Cilento Children's Hospital in Brisbane every Thursday night, as well as hanging out with the folks in a local aged care facility. What a good boy!

He has a special connection with the patients in hospital, as he has had his fair share of health issues himself.



Beautiful Nanook had six seizures last year, so he too needs lots of cuddles and cheering up sometimes. We will cuddle you Nanook, don't you worry about that!

FAVOURITE TREAT: Sweet potato and cheese!



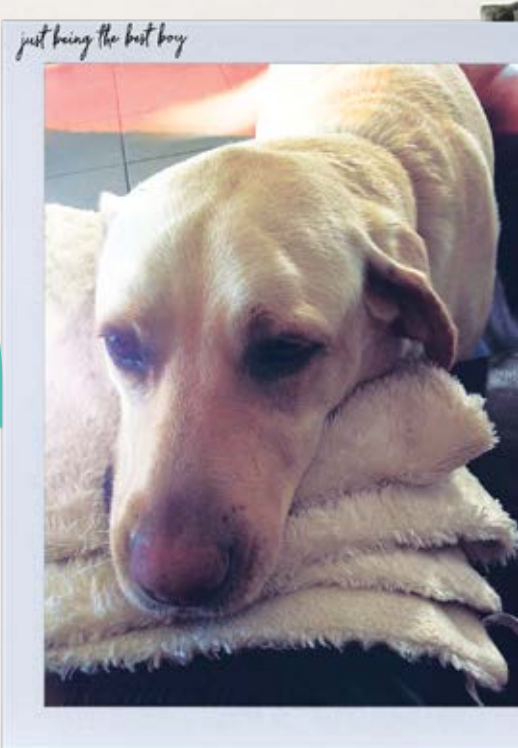
Not all heroes wear capes; some of them wear collars and leads! Introducing two more woofing legends that are out there visiting patients across Australia. Livewire presents: **Our Favourite Doggos Part Two!**

CHASE the Golden Labrador

Chase loves to visit the patients in the Lady Cilento Children's Hospital in Brisbane and has been a therapy dog for 4 years.

He loves to put his head on the bed and try to touch the kids with his funny little wet nose. He's got a few tricks up his paws... he can even balance a treat on his nose until his Mumma says the right command! Then he tosses the treat high into the air and catches it in his mouth! What a clever doggo!

FAVOURITE TREAT: EVERYTHING! ◀



THE DELICATE PIANO

The delicate piano sat silently in the empty study,
desperately wanting to be played.

Each time an occupant of the dwelling walked peacefully past the piano,
it was as if it was daring them to play a meaningful piece.

It had been months since the room had been filled with the songful notes.

It was odd, as the piano looked rather beautiful today — the light was reflecting
onto it, causing vibrant rainbows to appear.

It was such a shame that no one was playing it, really.

Despite being old, it could still produce the most exceptional chords and melodies!

The songs that were once played on it were soft and smooth, almost mysterious.

Yet another day goes by where no hands are placed on the keys.

It would be used again someday soon, hopefully.

The delicate piano sat silently in the empty study,
desperately wanting to be played.

Makayla M, VIC

DOUBLE PUMPED HEART

two heart chambers; two types of heart.
one is the heart muscle; right and left side.

both pump blood and oxygen.

other heart is love; love is strong.

true love can't be broken;

love from the bottom of the heart.

Rezwan, QLD

P T C N
O R O E
E Y R R

CROSSWORD ANSWERS — ACROSS: 1. Snapchat, 2. YouTube, 3. Pinterest, 6. Facebook, 8. Insta, 10. Tumblr.
DOWN: 1. Spotify, 4. Twitter, 5. Shazam, 7. Wechat, 9. Skype.

SEND US STUFF

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puzzles, letters to the
editor; you name it, we
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the lookout for cool
things that are made
by our readers.

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and we'll be in touch to make it happen. ◀

MAKE YOUR OWN JUGGLING BALLS

BY BRETT_LW

you will need



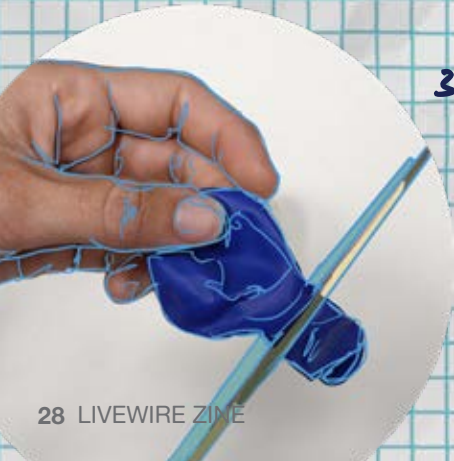
1. Lay glad wrap so that it lines the bowl and pour $\frac{1}{2}$ cup of rice inside.

NOTE: It's important to have the same amount of rice in each ball so they remain balanced for juggling.

2. Twirl glad wrap to encase rice inside.



3. Fold back onto itself and stick down with sticky tape.



4. Stretch balloon and cut opening off.



5. Pull the balloon over the glad wrap and repeat the process until the ball is covered with multiple colours!

6. It's optimal to make three balls to juggle with, but now you can make as many as you like! ◀



Have fun juggling!





discover

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