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livewire.ZINE

**MADE JUST FOR
TEENAGERS •**

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Q & A **BAKER BOY** WITH

AUSTRALIA'S NEWEST hip hop sensation, *Baker Boy*, sits down with Rep_Isabella from **Livewire Online** to chat all things music, dance moves, and good vibes.

HOW DID YOU GET INTO MUSIC? I have always been into music, right from when I was a kid. My Dad and Uncle were the Original Baker Boy's touring around Arnhem Land dancing. They were such an inspiration for me growing up — always playing me music.

WHAT WAS IT LIKE GROWING UP IN ARNHEM LAND? I enjoyed it, it was my normal, I didn't know anything different. I spent a lot of time fishing, hunting and doing normal kid things and spending time with all my family.

HOW DID YOU GET INTO ACTING? When I finished high school I went to a performing arts school in Brisbane for a year. While I was there I learnt lots of new skills, from ballet to

acting to hip hop and everything in between! I was always a bit of a cheeky kid, so acting was always in me!

WHERE DID YOU LEARN YOUR DANCE MOVES? My Dad and my Uncle, like I said, they were the original Baker Boy's. They introduced hip hop back to Arnhem Land in the 80's. I always watched them dance as a kid and of course couldn't help joining in — they taught me most of what I know!

HOW DO YOU COME UP WITH IDEAS FOR SONGWRITING? I write about what inspires me so that I can inspire other people when they listen to my music. My music is all about

making people happy, getting them involved and making them want to dance. That's what music is about for me.

HOW DO YOU WRITE SONGS? I start with a beat — the producer will send me some music and it just grows from there. For me it's all about creating a vibe in the studio with my friends and other musicians to write music that we all really love.

AND LASTLY, BUT MOST IMPORTANTLY, DO YOU HAVE ANY PETS? I do! I have a pet *Australian Eastern Long Neck Turtle* called Martin. ◀



QUICK FIRE FAVES

FOOD: My favourite food would be seafood. Growing up on an island we ate a lot of seafood! That's what I miss most about home. Going fishing and cooking up what we catch on the beach!

COLOUR: My favourite colours are red, green and blue — I can't choose between them!

SPORT: My Favourite sport is AFL. I always like to think if I wasn't making music that I would have been playing AFL and hopefully for my favourite team, Essendon.

MUSIC: It's hard to pick favourite music, I like music that matches my mood. I guess I can't go past 80's hip hop though, that's what I grew up listening to.

BY REP_ISABELLA

Mindfulness

more
than just a
buzzword

BY HANNAHLW

THESE DAYS IT seems we are getting more and more aware of the benefits of self-care, and the importance of taking time out to look after not only your physical health, but you're your mental health too. However, with that awareness can sometimes bring confusion, and with all these buzzwords floating around it can be so hard to keep track of it all!

what actually is mindfulness,
and why should we
care about it?

To be mindful means to pay attention to something in the here and now in a non-judgmental way. So the practice of mindfulness basically means to set aside time where you can bring your attention to something sensory (*like your breath, the way the sunlight is hitting a spot on the floor, or the sounds around you*) on purpose and in the present moment.

Basically, our brains are amazing! When you practice mindfulness your brain can tell your body to illicit the relaxation response. This means that our brains are sending out little signals to the rest of our body saying, "Hey guys, everything's fine! We're not in any danger!". Those signals can then tell our blood pressure, heart rate, digestive functioning and hormone levels to all return to their natural state [cue fancy word: *homeostasis*]. Which can all be suuuuper helpful if you're feeling a little anxious or worried.

what's so good
about it and
how can it help?

sounds great
and all, but
how do we
do it?

The best thing about mindfulness is it can be done anywhere and at pretty much anytime. You definitely don't need any fancy equipment, just your fancy self and your fancy brain!

1) You can try this yourself by sitting in an upright position, either in a chair or crossed legged on the floor – or you can totally do it while laying in bed too!

2) Try to maintain your attention on a particular focal point – like the sensation of your own breath flowing in and out.

3) Each time your attention wanders to other thoughts or feelings (it will and that's 100% fine!) simply take notice of the thought and try to let it go.

→ 4) The key is to do this without judgement. So instead of getting annoyed at yourself if you're getting distracted, tell yourself it's ok and then bring your attention back to the breath. ◀

Like the sound of this?
Awesome! Here are some
of my top app selections
to help you on your way to
mindfulness

headspace

bhuddify

smiling mind

WHEELIE GOOD

BY KIRSTY_LW

WHEELCHAIR RUGBY ORIGINATED in Canada with a group of guys who affectionately dubbed it “*murderball*”, which might provide a little insight into this full contact sport. Played on a regulation sized basketball court, four players take on their opponents in what is described as a mixture of wheelchair basketball, ice hockey and American grid iron.

Livewire had the pleasure to sit and chat with gold medallist *Paralympian Ryan Scott* to find out a bit more for the **Livewire Podcast** – here is a bite size bit of their interview!

TRISTAN LW

Can you talk us through going from just playing this sport to becoming a professional athlete? What was that process like for you and what was the motivation to go from playing this sport to competing in the Paralympics?

RYAN

I guess I'd always had a bit of a drive to play sport and compete and then when I started playing locally with the South Australian team, three of the guys were training to compete in the Sydney Paralympics, so I went and watched them. They played in front of ten thousand people and they won a silver medal and it was just amazing.

I was probably struggling a little bit with, I guess, my disability and finding out who I was. Once I left rehab, I sort of went back thinking 'my life is just going to be the same' and I'd just go back to hanging with all my mates again and things would just return to normal. But, unfortunately, that wasn't the case, and it wasn't from a lack of trying. It was just things were different, unfortunately.

When I saw what those guys had and they were traveling the world and competing at such a high level. I think I wanted a part of that life and just started focusing on

rugby and got right into it and started taking it really seriously. It all kicked off from there and thankfully I got to see the Sydney Paralympics and that was what really turned the switch for me and gave me the drive to become an elite athlete.

TRISTAN LW

Have you got any advice from your own experience that you could give to young people with an illness or disability, wanting to get into sport?

RYAN

Again, yes, just give it a go. One of those things that I always find that when you're sitting around or you're doubting things and it's quite easy to focus on those things that you can't do anymore and your disability becomes a little bit more heightened, I guess. But when I see people play sport the whistle goes and they just completely forget their disability for that period of time and they just want to win. They get competitive again and they're just not even thinking about what they've been through.

And that's another great thing about our team is that they've been through some pretty bad stuff but when I'm out there, it sounds insensitive, but my team mate doesn't care that I had a car crash. He doesn't worry about that, he wants to win and he wants to be competitive and that's something that's actually good. You don't be out there and feel sorry for each other, you want to win and yes it's good fun. It's something that we all enjoy and when people come off the court after they're first time, they just absolutely love it. ◀



For the full interview and other interesting stories, you can find the Livewire Podcast on iTunes, Soundcloud and Spotify.

your

WE'VE BEEN CHATTING

to Livewire members about their lives. This issue, Rep_McTruides is talking to Matt.

story

my world,

My name is Matt. I am 16 years old, I joined livewire on the 22nd of September 2018, and I have a condition called Inflammatory Bowel Disease (IBD).

When I was first diagnosed with my condition in March 2010 I was very scared of what was going to happen to me, because a lot of doctors were telling me that I might not survive the night. My mum felt under-equipped within herself to process everything that was happening and especially when we all struggled to get enough sleep to function.

My medical condition affects me in many ways. Because of my condition I get very tired very quickly, and my condition can flare up at any time. I can be fine one minute and bad the next.

My condition isn't curable but I can help it by having my medications in the morning and having my infliximab treatment every 8 weeks at the hospital

The thing I hate the most about my medical condition is the fact that

when I have a lot of pain it's very hard to sleep, and I feel bad about the hospital being like my second home because I'm in a lot.

When I was at the old Royal Children's Hospital, the *Wonder Factory* helped me take my mind off my pain, and school helped a bit too. Since the Queensland Children's Hospital has opened they have helped out a lot too.

The Livewire community has helped me so much, especially HannahLW always being there for me when I have been in hospital, and I would like to give a special thank you to Mackie for being the first to welcome me to Livewire when I joined. And helping and listening to me when I've been down.

My advice to others that are going through tough times is to not give up, know that the doctors are doing their best, and to have faith that everything will be fine. ◀

Want to share your story in the Livewire Zine? Email us at livewire.zine@starlight.org.au



my paradise.

MY NAME IS JESSICA, otherwise known as *Ocean Girl*, and all my life I have had a passion for the ocean. This passion led into another and I became passionate about photography.

They say a photograph captures a thousand words, and with my photos, I have the intention of capturing a moment that will connect with my audience and tell a story to every individual.

The photos you see here tell a story about dominance. Within each photo, plastic is present. It has engulfed our natural resources and is negatively impacting our planet and our waters. In today's modern age plastic is seen and used daily by people all around the world. With plastic leading the movement of an unsustainable future, it is expected by the year 2050 that there will be more plastic in the ocean than fish.

The Ocean is the mother of all life on this Earth. She is the roots for the Tree of Life and without the roots, the tree will no longer flourish and will come crashing down. As the next generation, we are the youth of today, the leaders of tomorrow, and it is up to us to save our Natural World, because in the end, we will be the ones affected by these choices.



“What humans do over the next 50 years will **determine the fate** of all life on the planet”

Sir David Attenborough

The battle to save our planet is an ongoing concern, but eventually, if we continue to exploit Mother Nature, the battle will end and there will be no victory and nothing left to save, because everything will be gone, except for the impact of our atrocious choices and the disastrous man-made creations that led us down this path of destruction. This is a reality and may become our future, unless we do something to change this. ◀

BY OCEAN GIRL

lemonade scones

BY LAUREN LIEW

FOOD YOU NEED

4 cups self raising flour
300ml cream
300ml lemonade
pinch of salt

THINGS YOU NEED

sifter
mixing bowl
wooden spoon
measuring cups
cookie cutter (or something
to cut circles)
baking tray

HOW TO MAKE

sift flour and salt into a bowl
make a well in the centre and pour cream
and lemonade gently into mix
roll out onto a floured bench until roughly
2–2.5cm thick
cut out circles and place on baking papered
tray
Bake in middle of oven at 220C (or 200C fan
forced) for 10–12 mins or until lightly golden
brown on top ◀

our deadly starlight story

The bookmarks on the following page are inspired by the *Starlight Story* artwork. This awesome artwork has been created by **Jenna Lee**, Larrakia descendant and Senior Artist from Indigenous creative agency Gilimbaa, to represent the Starlight story and a lasting celebration of Starlight's commitment to Australia's First People.

Right in the middle of the artwork is the star, which represents all of you. The star is all the children and young people who we work with.

This symbol might look familiar — it's based off Captain Starlight's uniform and that's exactly what it represents — all the cool Starlight programs we run.

This symbol represents a flower or a sunburst — a symbol of gratitude and appreciation.

The cross is for the health sector, and represents all the hard working doctors, nurses, specialists, allied health staff and everyone else who cares for us when we need it.

The next symbol is about community, and how important community is for children and young people....

... and likewise for this one, which represents family. It shows a ring of support around any cold situations.

Colour in your bookmarks and cut them out! Stick a piece of thick paper or card on the back to cover up the zine print. If you are in hospital, ask your Livewire facilitators or Captain Starlights to laminate them for you. Post pics of your finished bookmarks to livewire.org.au or livewire.org.nz. ◀



Health Sector



Appreciation



Starlight



Child



Family



Community

BEADIN WITH

EDEN

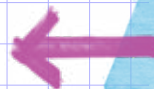
We are always impressed by the cool Perler bead designs Eden [datpinkrhino] uploads to **livewire.org.au**. Check out some of her tricks as she shares her best Perler tips with us!



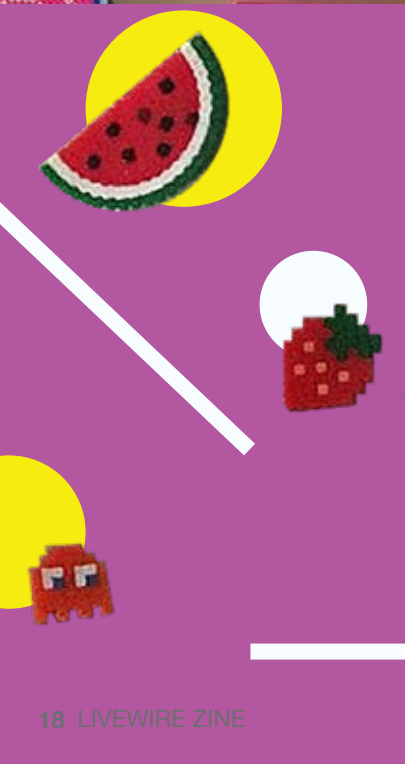
Perler beads are beads that can melt when heated, so when they're put on a stencil and ironed, they stick together creating a beautiful design that you have created.

My favourite designs are the 3D designs because they are harder to make and it gives me a challenge.

I go to the Randwick Childrens Hospital and when I went to the Starlight Express Room in 2018 I found out that they use perler beads. So, I tried them out for the first time and I had no idea what I was doing. When I ironed it afterward, I ironed it so much that it melted onto the stencil!



Use the graph paper to design your own Perler bead creation!



I like making designs of things I like. e.g. I love Harry Potter so I have made many Harry Potter designs, the other designs I make are rainbow designs, making it stand out from the rest.

For 2D designs I wing it and just go with what I got but for 3D designs I have to plan out for each layer thinking of what it would look like if glued together.

My tip for Perler beads are: don't iron the beads a lot because if they are a little loose and fall out, then you can still reuse them. ◀

BY LORI_LW



DO YOU WANT to evolve your developing **Visual Art** skills? Tim is a Livewire Facilitator and Multi-Disciplinary Artist from Western Australia. With years of experience in the Contemporary Art world, Tim's underlying passion is in abstract thinking, experimentation, problem solving and most importantly fun.

These archived vlog workshops emphasize these ideas and more as Tim uses humour and a "hands on" approach to making interesting Art quickly! Many developing Artists often compare their Art to that of professionals and get discouraged. In reality, the final product isn't as important as the creative journey. Tim champions this by stating *"the process is where we exercise our creative imagination; That's where the fun is. Laughing, failing and problem solving. Where there is no right answer, there is no fear of getting it wrong"*.

Hopefully with "Tim's Art Toots" you will learn about the process of creating something fun, absurd and approaching problem solving in a new way. These skills are important not only for your Art practice, but they can be transferable to many obstacles in life. When things get overwhelming, take a step back and change your perspective.



Go to livewire.org.au or liveire.org.nz, make an account, and search for "Toots" to watch Tim's Toots. ◀

featuring
works by
Misty

creative writing edition

My memory isn't the greatest and there may be various disturbing reasons as to why I decided to suddenly breakdown.

Well, I didn't really decide to, I didn't have a choice.

Grief is funny, it isn't a linear pattern like some would expect. It's the rugged hill that takes you a long time to climb. The ground can be solid and stable some days as it uplifts your body's strides in striking ways, and on occasions you will spot a daisy that offers you reconciliation from the softness of its delicate porcelain petals.

On other days, the gravel is loose and threatening, making you do ridiculous deeds you never planned, and you fall down to the very bottom of the hill and are forced to begin the bloodied task once again. With those bruises, cuts and scratches that fill your heart you arise with your head held high; ready for the next tremendous downfall.

In the very least, it is comforting to know that with each fall you slip downwards even less, making it less of a tedious task for your aching heart to mend, the bruises and cuts becoming smaller. One day maybe you will reach the top and your heart will be playing a new song you have never heard, with bandages finally unsealed, and you will hum along to the endearing tone like a child. The innocence uncovering itself, ready to hum along with someone else.

Anyway, I did have a breakdown that deathly night. Each tissue I sobbed into was a memory that I would never have to recall again. With tears pouring over my blood red cheeks, much like the perspiration on the cool windows of my room that trickled downwards into a crescendo. I cried over each white, square shaped, memory of him.

Yet, I had to push to push these feelings down low and swallow whole the feelings I hold.

For I knew I missed him now, but I was just trying to find my footing on the gravel hill of grief and I'd be okay.

I found that I had to accept that I wasn't okay for now, but I would be up top soon.

One day, I will get to the top, in result of my blood, sweat and tears, to that foreboding hill. I will see the sun rising on the other side, looking behind at the tears I cried, and be humming that song of dear contentment.

After a long while I might pick through the daisy's to find who I am, who I was and who I really want to be. Each petal being a part of the me I was, and others being the potential of some other love. I will cover my eyes from that bright burning sun, and see the silhouette of a boy that will hum the same song as the one I hold dearly in my heart, a boy that is simply another human like me, and together we will even sing that soothing song in sync.

Blue girl to yellow rose:

Girl woke up early each morning only to see a yellow rose, like sunshine in a desert, staring back at her. Girl failed to smell its beauty and wondered why its luminous powers never filled her with warmth. Girl stretched like a butterfly entering from a cocoon and wondered why no wings came to give her freedom, and when she howled like a lioness she was confused to why no strength came upon her. She seemed to only experience the thorns of the rose each day as she kept failing to recognize her own beauty. She washed her face with diamond pieces of wetness and did not see the ferocity in her eyes, the fire that filled her heart and soul. She danced like a clown in her own lounge room and forgot to feel the action of flying as she swayed. Each night as she slept her mother would bring the roses petals to the Girls nose, in hope she would find her power. ◀



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TV

Find the Baby Groot Pot tutorial online! Head 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) Aug 30, 2019 8 comments

Got too many pens but nowhere to keep them? Maybe you're just really into air plants at the moment? Well what a great time to make your own *Funko Pop!* inspired baby Groot pot in these three easy steps.

First things first, you will need:

- White air dry clay
- Cardboard roll
- Brown paint
- Paint applicator of choice — think sponge or paintbrush!
- Sharpie
- Tools for shaping clay — this could just be a toothpick or a plastic knife
- An easy to clean surface like a plate to work on;
- A small bowl of water

STEP ONE:

Shaping baby groot's head!

- Warm up the clay with your hands and roll out to be flat.
- You can use the cardboard roll to shape your clay into a pot.
- Be careful not to smoosh it into the cardboard as it will want to stick to it!
- Using your shaping tools, you can create the jagged wood look at the top.
- Then carve out some wood cracks, finishing with the line at the bottom to create
- Roll 2 small bits of clay into Baby Groot's eyes.
- Attach them by scoring the clay on the back of the eyes and where you want to attach them to the head. Put a small drop of water onto both scored bits of clay and smoosh together.
- If the clay gets too dry you can use a bit of water to make it damp again.



STEP TWO: Let it dry.

- Clay will have to dry at least overnight before you can paint it.
- You may have to turn it upside down so that the base can dry properly.
- In 24 hours it will be pretty hard.

STEP THREE: Decoration time.

- Paint your Baby Groot pot using the brown paint! Test out different techniques, but using a sponge gives a softer appearance on the white clay.
- You can use the cardboard roll from yesterday to hold your pot while you paint the outside!
- When dry, use your sharpie to colour Baby Groot's eyes black – the sharpie gives a shiny appearance compared to the matte brown. ◀



when Hailey met Sophie

BY BRETT_LW

EXCITING INTERACTIONS

between Sophie the dog and patients have become a regular occurrence in the Starlight Express Room at *Perth Children's Hospital*!

Sophie the golden retriever therapy companion dog and her handler are volunteers from Animal Companions WA. Livewire Facilitator **Hayley** had the great idea to link these visits to both Livewire and the Captain Starlight programs!

An animal lover herself, Hayley recognised that many patients shared her passion and that many children miss their pets while in hospital. Hayley decided to facilitate some pet gift making workshops and to show some appreciation for Sophie by gifting her a personalised kennel, dog bowl and pom-pom patchwork jacket.

The end result has been a massive success. Sophie's handler is extremely proud and it has enhanced our SER, while also strengthening our relationship with Animal Companions WA. To create a welcoming environment for Sophie, we have permanently stored her custom made kennel, dog bowl and jacket in our room. Well done to Hayley for coordinating this successful project at PCH!

Would this project work in your hospital? Know any therapy dogs that deserve spoiling? Chat to your Livewire facilitators or Captain Starlights and see what treats you can make for the best doggos out there. ◀



HELLO
my name is:

meet the members

GET TO KNOW

our Livewire online members! **Rep_Isabella** used her interviewing skills to find out all about our members and what they are into.

Rep Isabella

NAME Isabella

AGE 19

STATE Queensland

my favourite

COLOUR purple **FOOD** I love chocolate especially *Kit Kat* chunky cookie dough and mac'n'cheese. I also really like cheese toasties and cheese and garlic pizza **MOVIE** *Greatest Showman*, *Bohemian Rhapsody*, *Mamma Mia* — anything with music and dancing in it. **MUSIC** that's a hard one but my favourite artist is *P!nk*. **BOOK** I like reading books written by *John Green* and *Rainbow Rowell*.

NAME Jaslina

AGE 14

STATE WA

Jaslina

my favourite

COLOUR Rose gold **MOVIE** *Five Feet Apart*

FOOD Pasta **MUSIC** *My Immortal*

BOOK *Everything Everything*

REP-KENZIE

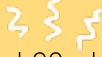
my favourite

NAME _____ Mackenzie
AGE _____ 14
STATE _____ Victoria

COLOUR  Teal, pastel mint and baby blue.

FOOD  I love so many pasta dishes and curries! I really enjoy spaghetti bolognese [with a meat based sauce]!

MOVIE I enjoy quite a few movies. At the moment some of my favourites include *Miracles From Heaven* and *Kiss Then Cry*. I love movies with a medical theme as I can relate.

MUSIC  At the moment I enjoy music from the 70s, 80s and 90s, but am also loving *Coldplay* and *Kate Miller-Heidke*.

BOOK  I **LOVE** *The Hate U Give*, *Paper Cranes Don't Fly* and *Five Feet Apart*. I could name so many more though!

Serena

my favourite

NAME _____ Serena
AGE _____ 18
STATE _____ South Australia

COLOUR I like to wear black or grey but I also love light pastel colours, especially pastel pink. My room has a lot of blue/aqua colours.

FOOD I love chocolate, pasta, curry, mushrooms, roast, veggies, dip, chips, potato, pudding, cake!

MOVIE I love a lot of movies in the MCU especially *Avengers: Endgame* and *Spider-Man: Homecoming*.

MUSIC Musical theatre, singer/songwriter, country.

BOOK Some books I love are the *Harry Potter* series, *Flowers for Algernon* and *Never Let Me Go*. ◀



NETFLIX ORIGINAL

THE NETFLIX LIVE WIRE FIND

2019 12+ 1 Season

[▶ NEXT QUIZ](#) [✓ MY LIST](#)  

L A D X K T G M R U L O L S W
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- | | |
|-----------------|----------------|
| BLACKMIRROR | SHERA |
| FULLERHOUSE | STRANGERTHINGS |
| GRACEANDFRANKIE | THECROWN |
| HOUSEOFCARDS | THEDARKCRYSTAL |
| JESSICAJONES | THEGOODPLACE |

SUPER HERO CROSS WORD



DOWN

- 1** The primary protector of Earth against magical and mystical threats.
- 3** Crime-fighting web spinner.
- 4** A radioactive accident gave him 'radar sense'.
- 5** The king of Wakanda.
- 10** The God of lightning.
- 11** I AM

ACROSS

- 2** Genius, billionaire, playboy, philanthropist.
- 6** Also known as Carol Danvers.
- 7** Also known as the first Avenger.
- 8** The secret is: He's always angry.
- 9** Francis "Frank" Castle, born Castiglione.
- 12** Rebellious archery member of the Avengers.
- 13** Tough x-men antihero.

SEND
US
STUFF
AND GET PUBLISHED
IN THE
LIVEWIRE ZINE!

We love stuff!
And we are always
on the lookout for
cool things that are
made by our readers.

Artwork, photography,
short stories, poetry,
recipes, craft tutorials,
puzzles, letters to the
editor; you name it, we
publish it!

Email us at
livewire.zine@starlight.org.au
and we'll be in touch to make it happen. ◀



discover Livewire Online.

When you're a teen living with a serious or chronic illness, or a disability, it can be hard – and let's face it, sometimes people just won't get what you are dealing with!

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created
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a place for people
like you.

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