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**MADE JUST FOR
TEENAGERS •**

ISSUE EIGHTEEN

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ISSUE EIGHTEEN

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RAISING A BRIGHTER FUTURE

YOUR STORY

JESS

WE'VE BEEN CHATTING

to Livewire members about their lives. This issue, we are talking to Jess and Charlotte.

My World, My Paradise —

Four walls, windows, a roof, and a welcome mat. This is how most people would describe a home. My home is different compared to yours. It consists of seven seas and waves crashing down onto the shore. As I swim alongside the creatures that lurk beneath the waves I am reuniting with my family. The ocean has always been my passion and my home. It's a sanctuary I long to escape to throughout every second of my life. It's the place I feel the most spiritual and I find my sense of belonging. When I am apart from the sea, I feel homesick. Saltwater runs through my veins and supplies me with oxygen. The ocean is my world, my paradise, nothing will occupy my mind more, but my world is heading down a path of destruction.

Coral bleaching, global warming, overfishing, habitat destruction, ocean acidification, marine debris, coastal pollution. It's like a never-ending tsunami of annihilation. 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. I am a product of actions against our natural world, they created me. I am a figure in the name of the oceans. It causes my cause. Growing up, I was always considered different, odd, peculiar, but not for a second do I wish I was ordinary. I found refuge away from land. A heaven I could escape to.

For my thirteenth birthday, I went to Lady Musgrave Island, the Southern Great Barrier Reef. The reef there is considered relatively lucky and offers people the ability to see buoyant colours in various locations surrounding the island. However, compared to thirty years ago, the vibrant colours are decreasing.

Throughout my childhood, I would always dream about the Great Barrier Reef. The radiant soft and hard corals. The diverse ecosystems. The sensation I would feel when my skin came into contact with the water. When I was younger, I was always told about how colourful, how vibrant the reef was. It would keep me awake at night!

I was born in the year 2006. In the last thirteen years, coral bleaching has increased drastically. Headlines appearing everywhere. 'The extent and severity of this bleaching is off the charts.' Since 2016, half of the Great Barrier Reef has been bleached. Coral bleaching is a global crisis, caused by increased ocean temperatures driven by carbon pollution. The change of just a few degrees spells the difference between life or death. For coral that inherits the Great Barrier Reef, this century could be their last.

Over the past fifty years, the west coast of the Antarctic Peninsula has been one of the most rapid warming parts of the planet. Rising temperatures of the Antarctic Peninsula is resulting in changes towards the physical and living environment of Antarctica. The distribution of penguin colonies is declining, as the sea ice conditions alter. In recent years, many glaciers have retreated and ice shelves that formerly fringed the Peninsula have been observed to retreat, several have already collapsed completely.

Creatures dying. Delicate ecosystems altered. Ocean heatwaves. Mass bleaching. Oil spills. Species becoming endangered, the population decreasing. Climate change and marine debris negatively impacting our Natural World. What is legal in our oceans is unjust, and when injustice becomes law, resistance becomes duty.

In my short life, I have been labelled with many names, but I have the values expected of any good person, I merely apply them to a different world. Finding like-minded people has always been a hard and long battle of mine. I frequently feel alone and ignored, but my passion has always led me to strive for my goals and make a positive change. I am dedicating my life towards saving the oceans and our Natural World. As a younger generation, most of us find it difficult to understand that we do have a voice and we can make a difference. Never underestimate your voice and your power. It is time for us to take our oceans back, and we must take them back alive! ◀

YOUR STORY CHARLOTTE

INTERVIEWED BY REP_MCTRUIDES

Hey, I'm Charlotte (*CharlotteF on Livewire Online*). I'm a 16-year-old girl from Victoria who will graduate high school in 2020.

My medical condition has no 'syndrome' or 'name', so I normally just describe it. It involves a few joints dislocating very frequently such as both shoulders (*my right shoulder has been dislocated continuously for two years*), my tibia/s, and my shoulder blade (*dislocates to under my armpit, it once got stuck for 6 months!*). I also do get some snapping hip, but that's pretty easy to sort out.

Since I haven't been diagnosed with something specific, everyone is still pretty confused as to why my joints decide to constantly dislocate. I do hope to be diagnosed in the future though, and maybe get some more answers!

On the daily, whenever I externally rotate my leg past around 45 degrees, my left tibia will dislocate. So I can't really cross my legs and I have to be careful when picking something up off the floor. When my shoulder blade was dislocated for six months I did have some movement of my right arm but would try and use my left arm instead (*which dislocates too*). I try and carry on daily tasks/activities and do whatever I need to, only stopping if it becomes too painful. I'm able to work in fast-food, and my local one is very accommodating even when I need to take leave for many months.

I currently receive treatment at the Royal Children's Hospital Melbourne (*RCH*). Treating my condition requires lots and lots of physio exercises which, over time, can help strengthen my joints and eventually stop the dislocations. Possibly having a growth spurt helped tighten my joints as well, but I'm a bit old to have another one now!

There is a brace that helps with my shoulder dislocations, but no brace at the moment will stop my knee dislocations. Since my right shoulder capsule is overstretched from the past two years of dislocations, there is a possible surgery to help tighten it — but I won't know for a little while yet. My shoulder blade dislocations are most likely caused by muscle spasms which can be reduced with Botox injections.

If there's something that bothers me about my condition, it's how it looks, and how it feels, to re-locate my shoulder. Although re-locating my joints isn't too painful (*which I'm thankful for*) I would definitely rather them just always be in the right place.

When it comes to coping with the challenges I face with my body, I try to be proactive. If I'm really not happy about something I will tell my mum and we may end up telling my physio or doctor. Otherwise, if I'm an in-patient I love going to the livewire night workshops to meet with other teens and do something slightly out of the usual, which is lovely.

Being a part of the Livewire community has also definitely helped me cope with things! Just being able to pop on and write a post on the feed or if the chat room is open then I can talk about what I'm going through with whoever's online. It's a great distraction and because we can all relate to each other and not receive judgment it feels great!

From weekly *DOOLs* (*with questionable acting skills*) to 'The Know Show' and 'Catchphrase', there are many chances to discuss LW only topics. Such as "*catchphrase is suffering due to *someones* (aka. Adam's) lack of skills*"

And if you are reading this and are going through a hard time right now, my advice would be: **JOIN LIVEWIRE!!!**

There are so many people online like myself who are happy to talk to you and will be happy to hear you vent. Even the chat-hosts or reps might have some good advice, they always do! ◀

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

GAMING IS X GOOD FOR YOU

BY KIRSTY_LW

EACH YEAR IN OCTOBER PAX Melbourne opens up its doors at the Melbourne Convention and Exhibition Centre. If you haven't heard of PAX before, it's a celebration of all things gaming – tabletop, PC and console, there's something for everyone! There's always so much to see and do, from dedicated tournaments for popular games, areas to play up and coming titles, and panel discussions with industry professionals.

One of the panels at PAX 2019 was called “*Gaming Is Good For Your Health*” where a panel of mental health professionals, game developers and professional game reviewers dove into the research that has currently gone into playing games, and it's effects on your health and wellbeing.

Currently the research backs gaming, i.e. *gaming is good for you* (hurray!) and positive correlations have been found between gaming, mental health, pain management and boosting rehabilitation after surgery.

Sound too good to be true? Probably because like all good things, it's all in the details of *HOW* you game. We were told that the mental health big 5 include getting enough physical activity, sleeping, eating, social engagements and having meaningful engagements from either work or study. So I guess shutting yourself away for 3 days while you play Fortnite by yourself is much less beneficial than playing a game of Mario Kart with your friends.

High on the beneficial list were immersive games, games where you can step away from where you are for a short amount of time. The panel suggested that VR is currently one of the most recognised gaming platforms in the research, but that it had a long way to go with motion sickness before it would top the list. And the great thing is, there are so many games that do this across a bunch of other gaming platforms. The professionals rounded out the panel by listing some of their favourite games that are great for their health and wellbeing.

Looking for some inspo? Here's their list:

- **BREATH OF THE WILD**
- **MARIO KART**
- **BEAT SABER**
- **THE SIMS**
- **DRAGON AGE**
- **TETRIS**
- **MUNCHKIN QUEST**
- **TICKET TO RIDE**
- **TOO MANY MONKEYS**
- **MINIATURE PAINTING**



X X X X X X X X

So no matter if you just like playing board games, or if you love your PC, there is something there for everyone. Now excuse me while I try to finish Pokémon Sword and Shield... ◀



PIXEL & BITS

ESSENTIAL GAMES OF 2019

RIVER CITY GIRLS

Way Forward [PC, SWITCH, PS4, XBOX]

The Classic 'Beat 'em up' genre is back with *STYLE!*

Play as butt-kicking teenagers **Misako** and **Kiyoko** as you fight to rescue the heroes of **River City High** (*who also happen to be your boyfriends*).

Punch, kick and throw your way through waves and waves of enemies. Level up, learn new moves — rinse and repeat. Sounds simple, but with beautiful pixel art and stunning character design, you'll find hours and hours of fun. So get ready for an amazing single-player or co-op brawler.

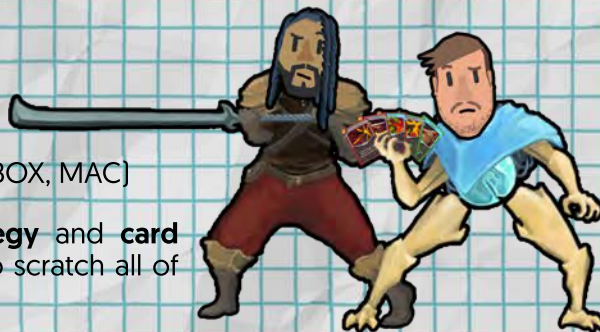
P.S. Those boss fights can be tricky!

SLAY THE SPIRE

Mega Crit Games [PC, SWITCH, PS4, XBOX, MAC]

Dungeon crawling, turn-based **strategy** and **card** collecting!? *Slay the Spire* manages to scratch all of these itches, all at the *same time!*

Select one of 3 types of character and carefully make your way through the board game-like dungeons, encountering all sorts of tricks, traps and baddies! All the while building up your deck of cards to turn the tide and find treasure galore!



UNTITLED GOOSE GAME

House House [PC, SWITCH, PS4, MAC]

HONK! HONK! What's that? It's fun and mischief all rolled into one cute feathered friend?! Geese, in general, are notorious for being ill-behaved but get ready to take control of one downright **DIABOLICAL** fowl.

Set in a quiet village, your goal is to try and bother as many of the townspeople as possible.

Steal the gardener's rose, scare the boy into a phone booth — the village is your playground! Just flap your wings, press the **HONK** button, do anything and everything to fill your role as the town menace!

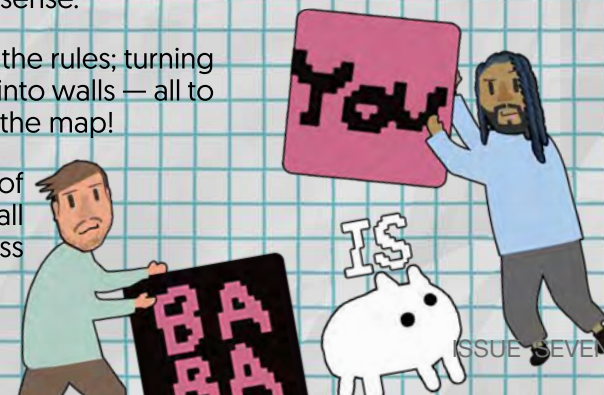
BABA IS YOU

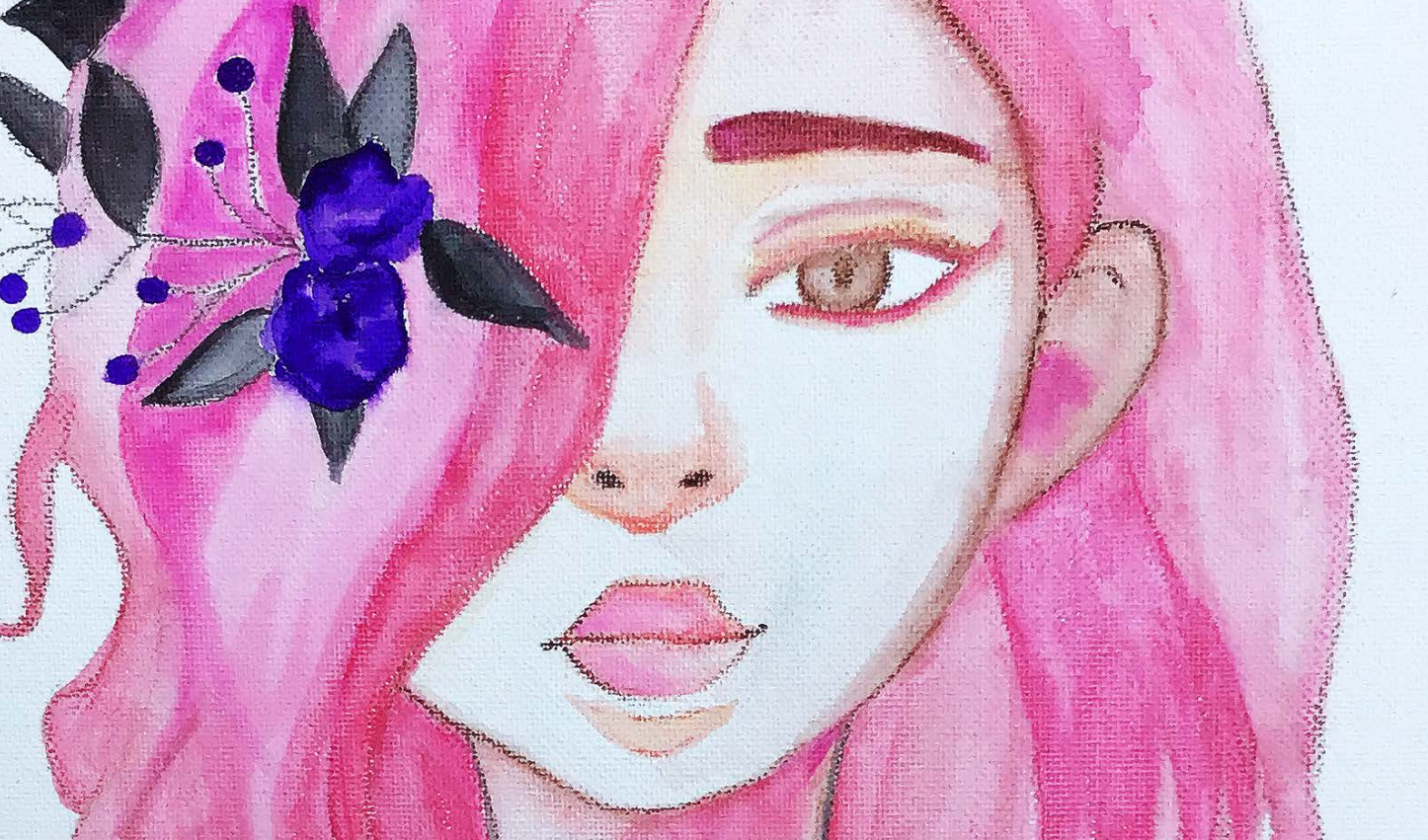
Hempuli [PC, SWITCH, MAC]

What is **BABA**? *BABA IS YOU!* Confusing? Maybe at first, but no more than two screens into this amazingly simple, yet deeply challenging puzzle game, and everything starts to make sense.

Pushing blocks to change the rules; turning raps into bridges, flowers into walls — all to find the answer and clear the map!

If you fancy yourself a fan of crosswords, riddles and all things puzzling, don't miss out on **BABA IS YOU**. ◀





meet the artist

ELLY

BY LORI_LW



Talented artist Elly shares her art and insights with us.

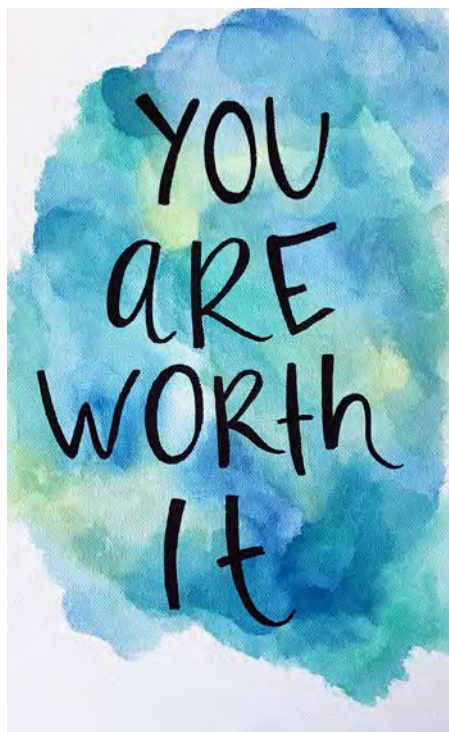
WHAT DO YOU USE TO DO YOUR ARTWORK? My favourite medium is alcohol-based markers (eg. Copic markers), but I also use watercolour paints, graphite pencils and sometimes I draw on my iPad with my apple pencil.

WHAT KIND OF THINGS DO YOU LIKE TO MAKE AND DRAW? I love creating characters or drawing people from books or tv. I also love doing quotes.

WHERE DO YOU GET YOUR INSPIRATION FROM? I get lots of ideas off the internet, or Instagram, but also art books.

ANY TIPS FOR OTHER PEOPLE WHO'D LIKE TO GET INTO ART? WHERE SHOULD THEY START? Don't try to be perfect, just let whatever comes onto a page come out.

HOW LONG DOES IT TAKE YOU COMPLETE ONE OF YOUR ARTWORKS? It varies. Some of my cartoons take 20 mins, but the more realistic ones take up to two days, and the quotes can take about an hour. Making a t-shirt takes about a day too, so it depends. ◀



meet the artist GOJI

BY LORI_LW

Matthew [Goji] from our Livewire Online community shows us his artwork.

WHAT DO YOU USE TO DO YOUR ARTWORK? I draw on my iPad Pro with an Apple Pen, and sometimes I use PicsArt to make them more frazzzy.

WHAT KIND OF THINGS DO YOU LIKE TO DRAW? Kaiju [giant Japanese monsters], old sci-fi films, dinosaurs, old puppet shows, old cartoons and any obscure monster movie I like.

WHERE DO YOU GET YOUR INSPIRATION FROM? Probably from all the old cartoons I watched when I was young like Woody Woodpecker, Felix The Cat or Heckle And Jeckle [I still watch them].

ANY TIPS FOR OTHER PEOPLE WHO'D LIKE TO GET INTO DRAWING? WHERE SHOULD THEY START? I'd say start off drawing a couple of characters you like, then get to drawing scenes from films/shows, and then start making your own characters!

HOW LONG DOES IT TAKE YOU COMPLETE ONE OF YOUR ARTWORKS? For character portraits or small pieces, around 7-10 minutes. For bigger ones, it could take anywhere from 15-30 mins up to even two days! ◀





Ultra Game Quiz

Select Difficulty

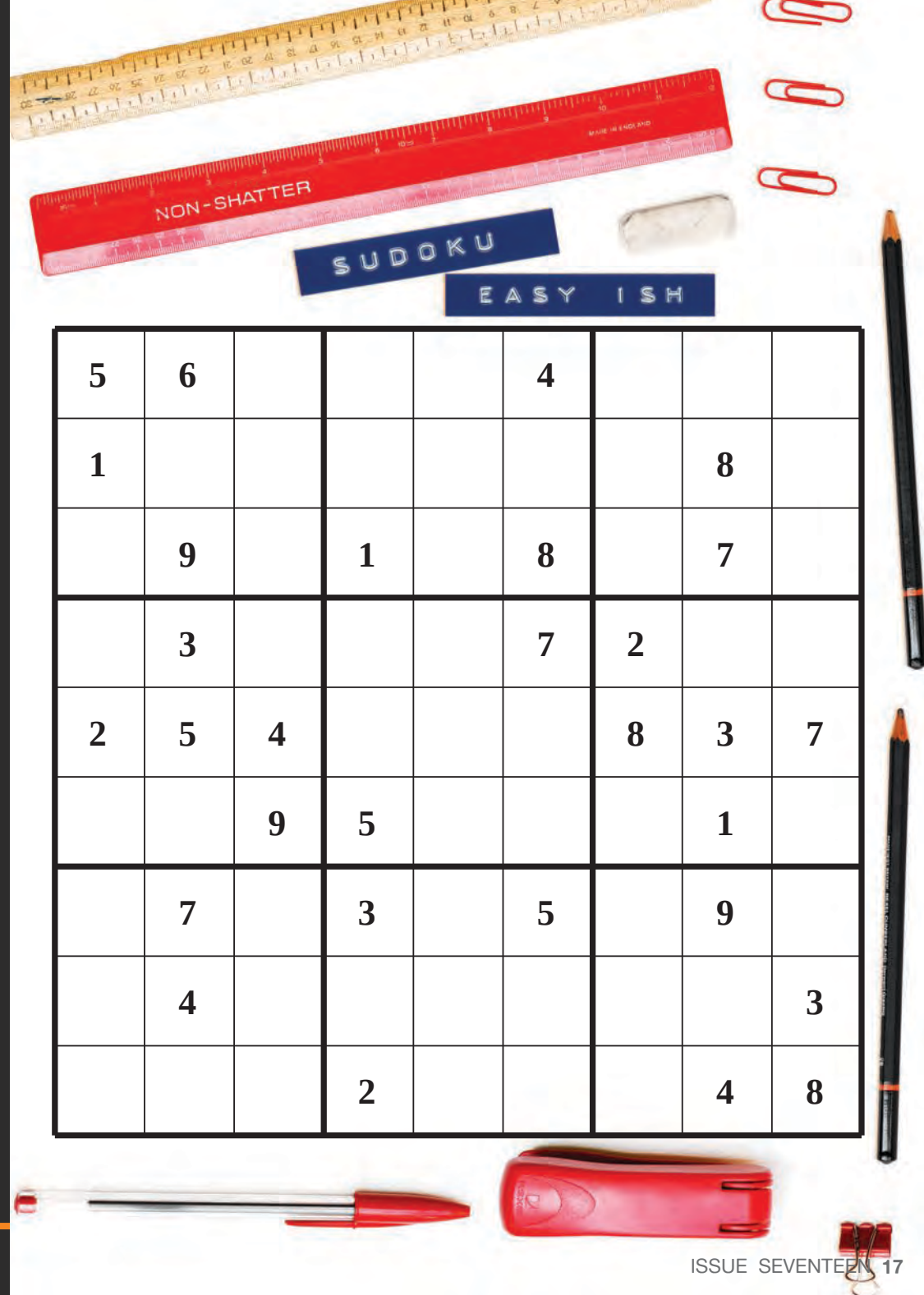
Easy

Normal

Hard

There are 32 names of popular video games hidden in this grid. Some are full names and some are just the acronyms. Didn't think it was tricky enough? Well, we aren't even going to tell you *what* they are. **Happy searching!** ◀

F	A	L	L	O	U	T	K	E	N	F	L	L	O	F	C	A	J
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Z	C	K	G	P	O	K	E	M	O	N	F	H	A	L	O	B	D
W	Z	H	L	E	T	C	S	P	L	I	G	I	W	D	F	G	A
M	A	R	I	O	K	A	R	T	Q	T	G	H	S	L	D	T	N
A	D	E	R	U	U	K	R	E	S	E	I	J	M	K	U	H	C
R	F	S	K	T	S	F	A	R	C	R	Y	K	I	L	T	V	E
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	7		3		5		9	
	4							3
			2				4	8

JUST FOR ONE WEEK

BY BRETT_LW



What if you could transform the Starlight Express Room for one week? What would it look like? What would be added?

The Captains and Livewire Facilitators from Perth asked this question to patients at **Perth Children's Hospital**, and we got lots of suggestions!

In the end, we decided to combine a few ideas and for just one week, the SER was completely transformed and there was a whole new level of excitement in the hospital!

Our games room was converted to a functional arcade stocked with pinball, foosball and a stack of new and retro video games. Our kitchen was converted to a Jurassic wonderland with iPad controlled

robots, plants and a popcorn machine.

Finally, our art room was transformed into a fairy wonderland with thousands of draped floral arrangements, lights and magical furniture and activities.

While it was a lot of effort to transform the space for such a short amount of time, the results were outstanding!

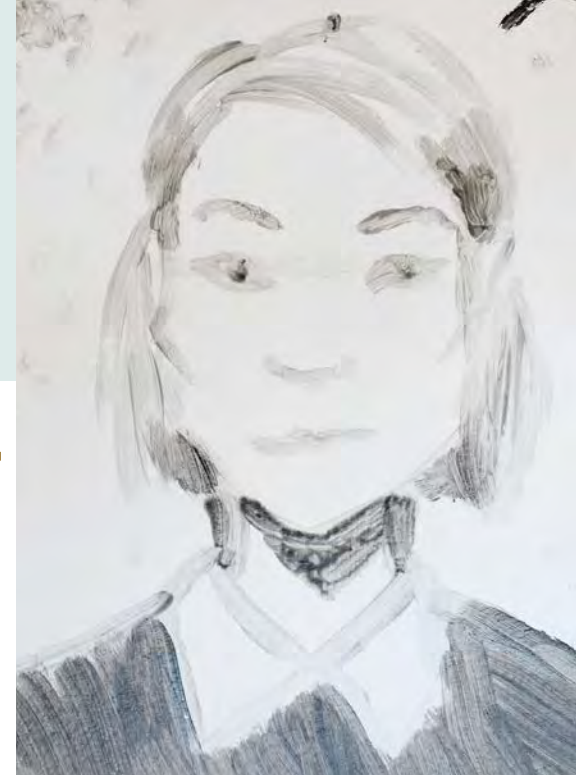
Thanks to the generous donations from Wedstyle, Scitech, Kids Just Wanna Have Fun Amusements, Perth Bouncy Castle Hire, Jays Synthetic Grass, Timezone, Swan Valley Outback Hire and Grand Cinemas for helping our SER dreams come true! ◀

the lester prize

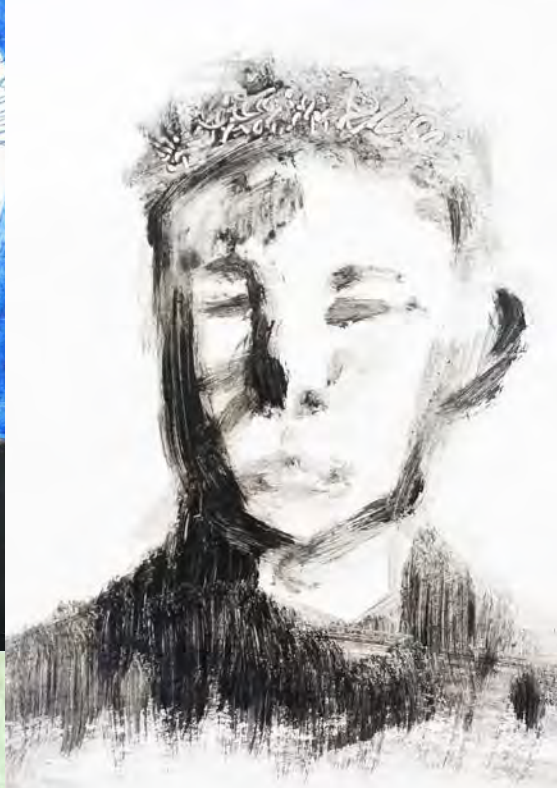
BY BRETT_LW

Formally known as the Black Swan Prize, the newly rebranded **Lester Prize** returned to WA in 2019 as an outlet for artists of all abilities to have their work showcased and win substantial prizes.

Each year we have had many talented patients enter portraits under the *Hospital Category*, coordinated by the Livewire team at **Perth Children's Hospital**.



This page: Australian girl, Haniyya (top); The Building Blocks of Me, Chloe (bottom).



This year we had 8 winners who had their work on display in the *Perth Cultural Centre*, as well as winning art pack prizes from Oxlades in Fremantle. The top prize was \$500!

The prerequisite to enter was that the figure selected for the portrait was an inspiring Australian person. As a result, we had many entries featuring celebrities, athletes, teachers, nurses, friends and family.

We are so proud of the efforts from our patients and will continue to promote Visual Arts in WA! Awesome work everyone! ◀





Home



Messages



Groups



Articles



TV

Find the Nightmare Before Christmas tote 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) Jan 15, 2020 (12 comments)

Love pop-culture *AND* saving the environment? Sick of lugging around boring and bulky bags for shopping?

Well, what a great time to make your own Nightmare Before Christmas Tote in these 3-ish easy steps!

First things first, you will need:

- a black cotton bag;
- water pot;
- white fabric paint;
- plate;
- sponge;
- paintbrush/popstick/guitar pick – basically something that scratches;
- thick paper or card – could be junk mail or recycled paper;
- a stencil printed on sticky paper;
- scissors;
- baking paper for ironing design.

STEP ONE:

Prepping the bag

- Put the card inside the bag. This is going to stop your paint from leaking to the other side.
- Cut out your stencil, peel off the backing sheet and place onto your bag.



STEP TWO:

Paint time!

- Using your sponge, lightly paint the bag you can see through the stencil.

- Work from the stencil into the space that you're painting.
- Resist putting too much paint on at once.
- Try to get as little paint onto the paper stencil (*it's impossible to keep it completely dry*).
- Repeat in layers until you like the solid colour.
- If you're impatient you can use a hairdryer to dry each layer before putting more paint on. For more fiddly designs it may dry all by itself!



STEP THREE:

Peely-peely

- Carefully peel away the paper.
- You can use your scratching tool to press down on the paint edge to create a clean line.
- Otherwise, use your scratching tool and the water to scratch away any unwanted paint and residue from the paper.

STEP THREE(ISH):

Heat treating (optional)

Iron on cotton setting, placing the baking paper on top of the paint to heat treat your design. ◀

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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. ◀

LEARN TO COOK potato bake

RECIPE BY LAUREN_LW

You will need:

- 3/4 — 1 cup cream
- 1-litre chicken stock
- 1 bag of potatoes, sliced
- 2-3 onions, cut in half and sliced
- 3 cups cheese, grated (*or as much as you like!*)
- baking tray (*ideally glass/pyrex*) about 10cm deep

Then you need to:

Preheat oven to 180°C (*160°C fan-forced*). Grease tray with butter or oil.

In the tray, layer the potatoes, then onions, then cheese. Repeat until potatoes and onions are finished.

Add cream and stock so your potatoes are swimming in creamy goodness.

Cover the top with one more layer of the cheese (*for good measure*)

Get a skewer and poke a few holes from the top layer to the bottom (*this allows it to cook all the way through*).

Bake in oven at for at least 45 minutes — 1 hour.

Serve with salad (*who am I kidding?!*) and enjoy the potato-ey hug from inside out! ◀

significant colours

BY OCEAN GIRL

My colour golden, like the fur coat of a Labrador.

Polyps scattered along my stony and cylindrical antler-like branches, stemming out to at least four feet in height and six feet in diameter.

My bush-like growth providing a complex habitat for a diverse range of marine life.

When abundant, I provide shoreline protections from large waves and storms like a sturdy barricade, through my natural formed erections.

I am nature's genius, not man-made. Living, breathing, beautiful, and deserving of respect and accolade.

My home is the Great Barrier Reef, a natural wonder of the world. I am a living sculpture, coiled and curled.

Magnificent and glorious in my natural biology, but I have been pillaged, stripped and torn. Your powerful destruction has left us worn.

Admired for my beauty, my stunning colours. The oceans firework a-blast with life.

An exhibit, famously renowned, but taken from and used, to the point I am now in strife.

I'm fading fast! My colours so significant will soon be a remembrance of the past.

An abstract story of the sea told to children sat on their elders' knee, of what once was, long ago. A tragedy

comes to pass. Nothing but a distant memory. Is this what is to become of me?

My colour ghostly pristine white, like a shimmering snowflake landing in a pile of snow.

The algae living in my tissue, fleeing from a critical catastrophe; hindered to the point of death, unable to grow.

Please think, what are your actions doing? The water temperature around me is rising, and I am demising. Is it surprising?

Even the change of just a few degrees spells the difference between life or disease.

Miles upon miles, all that can be seen is the glistening white of unnatural death, and I am bereft.

Digital editing is the only way to restore the colours that were once mine, I require Photoshop to look fine.

I have become a unit studied in history class, soon I will not be the present, just the past.

Labelled as one of the most drastic events in Australian history. I will no longer be living, just terminology. You can't regain me, so let me be, and live me, breathe me, feel me, save me, Reunite me with my beloved mother Earth and Sea.

As is meant, at one in balance and peace, a living entity. ◀

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

HELLO
my name is

meet the members

GET TO KNOW our Livewire online members! **Rep_Isabella** uses her interviewing skills to find out all about our members and what all their favourite things are.

OceanGirl

NAME _____ Jessica
AGE _____ 13
STATE _____ Queensland

COLOUR I prefer to wear black, but my favourite overall colour is blue. All shades of blue (except cyan), it reminds me of all the colours you see in the ocean. **FOOD** pasta — I love lasagne, rigatoni and penne. **MOVIE** I actually prefer documentaries. My favourite TV Series is *David Attenborough's Blue Planet* and *War on Waste*. **MUSIC** I'm not an overly big fan of music but when I do plug in my headphones I like to listen to songs that express emotion. **BOOK** I'm currently reading a book called *'The Girl All The Gifts'*, and it's already one of my all-time favourites. I also love the works of Captain Paul Watson — the founder of *Sea Shepherd*.

nataleejayne

NAME _____ Natalee
AGE _____ 19
STATE _____ VIC
COLOUR Blue
FOOD Macaroni and cheese
MUSIC Anything country
BOOK *Handle with Care* by Jodie Picoult
MOVIE The Lion King

COLOUR

Aqua/Blue

FOOD

Pasta or frozen yogurt.

MOVIE*Simon Vs. The Homosapiens Agenda***MUSIC**

I love musical theatre!

BOOK*Leah on the Offbeat* by Becky Albertalli**Jess****NAME** _____ Jessica**AGE** _____ 20**STATE** _____ NSW

HAVE YOU LISTENED TO

**JuniorRep_Hufflepuff2001****NAME** _____ Joshua**AGE** _____ 18**STATE** _____ NSW**COLOUR** Green **FOOD** *Steggles*' sweet chilli chicken tenders. **MOVIE***The Greatest Showman* music Also *The Greatest Showman* [as in the whole soundtrack]. **MUSIC** *The Greatest Showman* [the whole soundtrack] **BOOK** I prefer comic books like *Injustice: Gods Among Us* both *Year One* and *Year Two*. ◀

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; make sure you subscribe!

We also **LOVE** to hear from you! So for any questions or suggestions on upcoming episodes, jump online to livewire.org.au or livewire.org.nz and let a Chat Host know your ideas.

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