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ISSUE EIGHT

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ZOE'S JOURNEY THROUGH THE GALAXY



We all go through journeys. Some good, some bad, some small, some big, some will take you far away and some will completely change who you are. For Zoe, her journey has been pretty amazing. Diagnosed with leukemia at the age of two, she left her home town of Kalgoorlie to seek treatment. Now fit and healthy at fifteen, Zoe is taking on her next challenge as a Miss Teen Galaxy finalist. We sat down with the motorX riding country kid right before she jets off to see where her next journey will take her.

What is Miss Teen Galaxy?

It is a pageant where they get girls to come in and do things — you all go to a place and compete against each other. It is over a week and you spend every day with each other.

Girls come together. It builds their confidence, gets them out into the community. What they have to do makes them get out and show themselves. It is pretty full on.

What kind of things do the judges look for?

Confidence. Confidence is massive.

How you walk. How you portray yourself. Their pose. How you speak. Plus all the charity and appearances determine the kind of person you are.

Sorry, how you walk?

There is a certain kind of walk you have to try

and do. It is a pageant walk.

Do you wear the tiara around a lot? Do people notice you wearing it?

Yeah if I am doing anything for Galaxy I have to wear it. People definitely stare.

There are lots of bonus points for media appearances and charity work. And if you don't have the tiara and sash on, they don't count.

So you have those four days. And they are judging you that whole time?

Yep.

Then you have a pageant at the end? Has the winner already been determined or are you still judged even



up to the last minute?

Yeah, so they do some activities and you can win a sash for each of them. But you don't know if you win them until the final night.

Have you been to the Gold Coast before?

Yeah I have been three times before. It was my wish when I was little to go to the Gold Coast. So I went then. It's weird how I will be heading back there but now for completely different circumstances. It's kind of nice.

Say that you win the national competition. What then?

If I win I get to go to America to compete in the world finals.

Oh wow! What is it about pageants that you like?

I just like getting dressed up. Pretty much. Hahaha

Because normally you get a whole week. A whole week of just doing my thing. And I like doing motor cross. So it's like going from dirty to pristine which I like. Which is pretty cool.

Do all the girls usually get along?

If I had a problem with someone or a little bit of a tantrum I would probably go and vent at my mum. But I don't think there will be any problems. Everyone is very nice.

I JUST PUSH MYSELF FORWARD AND I KNOW MY MUM WILL ALWAYS BE BEHIND ME TO HELP

During a pageant I assume you get nervous?

Haha yes very much

How do you cope with the nerves on stage, while in massive heels trying to do the pageant walk?

Oh usually I just stare out or look up at the roof and don't look at anyone so I can't see anyone, then I forget.

Have you always been confident? At school and stuff?

Not at school. I am more comfortable if I don't know the people in the audience than if I do.

What has been your biggest motivation?

I just push myself forward and I know my

mum will always be behind me to help.

Who is your role model? Is it your mum?

Yeah my mum for sure, and also Fifi, my photographer. She used to be a model.

Is she a role model for what she has done? Does she reflect what you would like to be?

Yeah, she has just done so much. She was an international model and now she takes my photos. She has got me in so many magazines and done so much for me. She is definitely someone I look up to.

So what has been your favourite pageant moment so far?

Probably just getting ready. Throughout the whole week. Oh and for the photoshoots

Who does your make-up?

Mum usually does them but for photoshoots and during the finals we will probably get someone in.

Do you spend a lot of time striking poses in the mirror?

Hahaha I just take selfies. It's a lot easier.

What is the hardest thing about pageants?

The leading up and organisation and coming

from Kalgoorlie has been really hard. Because it is really small. But having the community behind me was great.

Do you find coming from Kalgoorlie has helped in some way?

It would have been easier in the city, but the community in Kalgoorlie has been amazing. To help fundraise and get me the things I need.

Where do you see yourself in five years?

Modelling? On the billboards haha

Thanks for chatting and good luck in Queensland.

No worries. Thanks.

Written by Mike-LW

THE FUTURE^{OF} TRAVEL

Travel has always been a big part of modern society. It all started with the wheel, then the horse and kart, then the boat, the train, the car and the plane. As the technology to move us improves, the demand to go more places and in less time (and still have wifi) also grows. But how will we travel in the future? Here is a list of technologies that have just begun but I am sure will redefine how we get from A to B, even if B is a very long way away.

HYPER LOOP

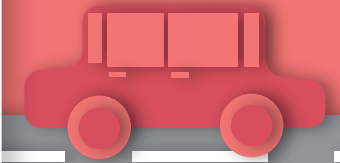
Sounding more like an amusement park ride than a next generation technology, this concept train is already on track to becoming a reality. The Hyperloop is a tubular shaped train carriage surrounded by magnets. It is placed inside a very long tunnel where the air is removed from one end causing a pressure difference. The result is a frictionless bullet shooting from one place to another at an expected top speed of 1200 km/h. To put that into context it could get you from Sydney to Melbourne in about 45 minutes. What could go wrong?

SPACE TRAVEL

In my opinion, the recent advancements in space travel and possibilities for the future are the most exciting thing in this list. From SpaceX planning manned trips to Mars to Virgin Galactic offering anyone a flight in space for a holiday. Space is turning from an unreachable mystery to a future where your school holidays will be spent relaxing on a luxury space station rather than in your Aunt May's caravan.

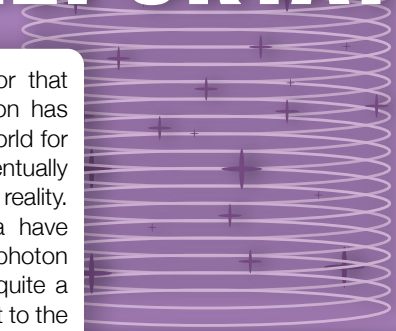
DRIVERLESS CARS

You have seen them on the news or possibly on your street. An autonomous vehicle or better known as a driver-less car. Crazy stuff. Cameras combined with satellites and sensors allow a car to navigate its way around the streets while you sit in the back and take selfies. No driver, no steering wheel, just seats, and directions to your local drive-thru. Futurists believe this technology will completely redefine the way we use transport, own vehicles and connect with our community. Let's just hope the robotic car doesn't hold any grudges.



TELEPORTATION

Think Star Trek, the Power Rangers or that lizard guy from the X-Men. Teleportation has been the ultimate fantasy of the sci-fi world for over fifty years. So it is no surprise that eventually humans would attempt to make it a reality. Scientists at the University of Geneva have successfully been able to teleport a photon a whole 25km. Now I know that isn't quite a whole person from one side of the planet to the next, but hey, we all have to start somewhere. Good bye traffic jams, hello lunch on Everest!



VIRTUAL REALITY

Although a little different compared to the rest of this list, recent advancements in virtual reality technology are moving it forward to be a real game changer in the way we travel and explore. From virtual tours of famous museums to the Microsoft HoloLens which combines cameras, augmented reality and virtual reality together to redefine our environment. Soon you will be standing in Sydney while virtually talking to someone in London, while you're both standing on the surface of the moon. The next step... the Matrix.



LUKE RENARD

DRONE PILOT / FILM MAKER

It's no surprise drones are taking over the world...the world of film-making that is. With their cat-like agility and easy to use controls, drones can be used to capture aerial shots previously attainable only by helicopters and superheroes. We had a chat with Luke Renard, a drone film-making pro, to give us the low-down on how these fancy new gadgets work.

So what is a drone?

A drone comes in many different shapes and sizes but is essentially a remote controlled helicopter that is mainly used to put a camera in the sky in order to get amazing shots and perspectives for movies. You control both the camera and the drone from a remote controller in your hand similar to a video game controller or a remote controlled car.

Sounds tricky! What kind of videos do you make?

I make videos for a lot of different companies. From weddings and real-estate to films for tourism companies such as extreme sports (snowboarding, wakeboarding, mountain biking, scuba diving, etc.) all the way to nature shooting involving waterfalls, lakes and the best that nature has to offer.

What's the best thing about working with drones?

The best thing about working with drones is the new perspectives that you are able to capture, like seeing old places in new ways. It's incredible how much can change by seeing things from new perspectives.

Where do you get your inspiration from?

I find inspiration in many different things. The outdoors is a big one for me. Going on a hike, seeing a new waterfall, or just going outside and doing something active gets my creative juices flowing! Another thing I find inspiration in is watching videos on YouTube. I find that it makes me think of cool shots I can get in a different circumstance. An example of that is I was recently watching a video about snowboarding and there were a few drone shots in the video that got me thinking about how I can get similar shots but of wakeboarding.

What are you working on right now?

I am currently working on a project called 100 Days. Through this project I will be travelling around the world for 100 Days and making a film every single day. I will be travelling around the U.S, New Zealand, Iceland, Amsterdam, Africa, Switzerland, Italy and many more, experiencing what their culture has to offer and helping people complete their dreams along the

way.

Awesome! Where did you get that idea from?

100 Days is based off the idea of taking something that you want to be good at and doing that thing for 100 days straight to see how much you improve and how much your life improves as a result. Whether it be waking up for the sunrise every day, going for a run, taking time out of every day to give someone a compliment. I have chosen to make a film every day for my 100 Days. Through this project I will be making many different types of films including vlogs, documentaries, aerial projects and films to help communities around the world.

What's your favourite type of landscape to film?

Waterfalls! Seeing waterfalls from the sky is such an incredible thing. So many of my favourite waterfalls in Oregon (USA) look even more incredible from the sky.

If you could film anywhere in the world, where it would be?

Filming the incredible waterfalls, volcanoes and glacial lagoons in Iceland! Iceland has some of the most amazing natural scenery in the world, filming there would be as good as it gets.

What's the weirdest thing you've ever come across while filming?

That would have to be seagulls trying to intimidate the drone. I was in New Zealand filming a surfing video at a beach where there was a very high population of seagulls that were not very happy about the drone flying around with them. They continually flew at the drone, dive bombing it and squawking for about 10 minutes before they decided to leave it alone.

Have you ever lost a drone?

Drones go missing all the time. I have had different flights where the drone has gone out of sight due to different reasons, but luckily for me I have never lost my drone.

If you're keen to learn more about Luke and how he does what he does, jump online to lukerenard.com or head over to his YouTube channel to check out some of his videos!



YOU DON'T HAVE TO LAND TO SIGHTSEE

A SHORT STORY WRITTEN BY SERENA
PHOTOGRAPH BY BART-LW

The numbers on the screen in front of me told me that we still had two hours until we would land. I sighed and laid back in the seat, trying to find room for my long legs. I stared out the window. The clouds created a soft white layer, a few feet below us. Above that, the moon shone a faint light into the aircraft. If I hadn't seen it many a time before I would be amazed, taking photos every five minutes.

The plane was full. Not a single seat to be spared. While this is great for the airline and tourism of Australia, it caused the plane to be incredibly stuffy. I leant forward and removed the curved airplane pillow from behind my neck. I sighed heavily as the cool air brushed on my sweaty neck. I switched off the movie I was watching and looked around the cabin.

In the seat beside me sat an old man. He had only a few tufts of silvery-grey hair above his ears. Perched on his nose were a thin pair of glasses. The rims and the parts that he placed on his

ears were bright orange. Earlier on the flight he'd told me the reason he was on this very plane. His wife of 55 years had passed away and he was travelling to Australia to spread her ashes in the Australian ocean. I had tried to give him my condolences, but he wouldn't listen. "No, no," he had said. "She wouldn't want me to be sad. She would want me to be happy, to enjoy this trip with her." With that, he had plugged some ear-plugs in and watched a movie. Shortly after, he'd fallen asleep and he still was, his head drooping to one side.

In the aisle across from us, sat a teenage couple, their hands linked together. One of them – a boy with bright blue hair and a band t-shirt – had fallen asleep, his head on his boyfriend's shoulder. His boyfriend had shaggy blonde hair and was scrolling through his phone, sneaking a selfie with his sleeping boyfriend every now and then.

In the seat in front of me, sat a young mother and her daughter, who looked to be in the stage you would call, "terrible twos". She wore a pair of sunglasses with flowers on the rims. Her hat was perched on sideways and every so often she would turn to her mother and declare, "Mum, I'm going on a holiday. You go home. I'm a big Mum. I don't need you to come!" Her mother would reply every time with a short laugh and a witty comeback, all based on the fact that this little girl was not quite independent. I leaned forward between the seats and whispered. "Are you potty-trained?" The mother burst into fits of laughter and the young girl just glared at me. I winked and leaned back in my chair.

Across from the mother and daughter sat a man who looked to be in his twenties. He was wearing thermal track pants and a woollen jumper. On his head sat a knitted beanie. Sticking out of the sides of his hand luggage were a pair of large goggles and gloves. He looked a sight, and not at all like someone who would be travelling to Australia for Christmas.

I leaned back, unable to see anyone else in the plane. I tried to imagine why they were all coming to Australia, minus the man next to me whom I'd chatted with before. Maybe the young couple was on their first trip together. Maybe the mother was taking her daughter to see relatives. Maybe the rugged up man a few aisles forward was on his way home from a skiing trip. I snuggled back in the chair, laying it into bed mode.

"Excuse me ma'am." I jolted awake at the sound of a loud male voice honking through the cabin. The man with warm clothes had called over a flight attendant, and also woken up everyone on the plane. 'Are we going to be landing in Alaska soon, I can't wait to go skiing again.'

The plane went silent. The flight attendant was red. "I uh.. uh... ah.." she stuttered. "This flight is headed to Australia."

The man put his head down and began wailing. The flight attendant patted him on the back awkwardly. Suddenly, the man stood back up and belted out a musical number from a Broadway play. A few minutes later he sat back down. The whole plane began to clap and cheer. "Thanks", he muttered. "Can I get a connecting flight?" The attendant nodded and handed him some paperwork.

My mind began to buzz and I pulled out my notebook. A flood of writing ideas had flown into my head. This very trip was meant to spark some ideas for my novels and it already had.

When the pilot's voice came over the loudspeaker to say we were landing, I sat back in such contempt that the man beside me grabbed my hand. "You look happy, darling" He smiled at me. "I am. I truly am." I told him. "So, have you learnt anything on this long flight?", he asked me sweetly. I turned to him and nodded. "You don't have to land to sightsee"



AMELIA J DOWD PHOTO GRAPHER

Written by Hannah_LW

Did you know there have been more photos taken in the past year than in the entire history of photography? That seems legit when you realise there are a billion photos on Instagram and 300 million photos are uploaded to Facebook every single day. To put that into perspective, researchers now believe that soon there will be more photos in the world than grains of sand. Now that's a lot of selfies!

So we figured we better call in an expert to help us brush up on our photography skills. Amelia J Dowd is an established photographer based in Sydney who specialises in fashion shoots and headshots for actors. Her photographs are known for their naturally beautiful aesthetic and her photography skills are next level.

What made you first want to be a photographer?

I always had a camera around me for as long as I could remember; I really wanted to take candid photographs of my family when I was little. I've always been obsessed with working out the way some photographs force you to look at them. I'm especially impressed by portraiture that does that, I really wanted to create that.

an iPhone! Different cameras make different pictures, so if you want to experiment, try some cameras other than your phone.

What's one piece of advice you could give to teens just starting out in photography?

Don't let people tell you your creative voice isn't good enough, and take photos as much as possible, of as many things as possible.

“DON'T LET PEOPLE TELL YOU YOUR CREATIVE VOICE ISN'T GOOD ENOUGH”

What has been the most exciting shoot you have worked on?

Every shoot I'm about to do is the most exciting shoot.

What's the best time of day to take a selfie?

When you feel like taking a selfie! ;)

Does the type of camera you have matter in how the pictures turn out?

It doesn't matter what camera you have, the light and subject is the most important thing.

Best Instagram filter to use?

A sense of humour.

If you want to find out more about Amelia J Dowd and check out some of her work jump online to ameliajdowd.com

So it's ok to just use my iPhone?

There's been a whole feature film shot on

LIV PHYLAND LIVING IT UP



INTERVIEWED BY JACK
WRITTEN BY BART_LW

Liv Phyland is a Starlight Ambassador, as well as a TV Presenter (ABC3 and The Loop) who visits Livewire in the Sydney Children's Hospital once a month. I asked her if she'd like to be interviewed for the Zine (YES!) and Jack agreed to write the questions. Here's the result.

How did you get into Television?

I love this question (*laughs*)...So, I kind of fell into it. I was very lucky. All through school I knew I wanted to be a presenter, but then I got to year 12 and I looked at all the courses and there were NO set courses that guaranteed a job. So, I thought 'This is such a risky career, I think I'll go and study something else I love', which was Health Sciences. So I went to Uni and did Psychology and Occupational Therapy, while planning to do short courses on the side for presenting...which I didn't.

I got to my third year in Psychology and everyone was saying, "So, Liv, so you're going to be a psychologist?" and I was like, "No no, not at all, I'm hopefully going to be a presenter", and they're like, "Three years and

so they took the top eight from Victoria, 4 girls and 4 boys. Do you remember Amberly, the original cast member from ABC3? Well, she always used to rap, so I thought, 'I've gotta rap'.

I CAN NOT RAP!...that's what I'm now known as at ABC3, the person that CAN NOT rap to save themselves. So, I rocked up to the audition trying to rap and kept having to stop. It was horrendous, but one of them said there was something in my original audition, so they had to give me another chance.

I got a call back two weeks later for another audition and it was a bit better and they went around the circle at the end and asked, "Thanks for coming in and could we just

"I DRESSED UP AS A GIANT CHOCOLATE M&M AND WENT THROUGH THE SUPERMARKET...IT WAS RIDICULOUS."

you still haven't done ANYTHING". So, then I just started doing some volunteering and sort of doing some stuff on photoshoots... and then some random person that, honestly, I would not know if they walked past me on the street... they overheard me telling someone that I wanted to be a presenter, and they sent me a link to an application. They were doing a nationwide search for presenters for ABC3. I looked up what it was and thought, 'This is my dream job! I've always wanted to do kids presenting...'

And so I made an audition tape doing some ridiculous things, like, I dressed up as a giant chocolate M&M and went through the supermarket, and I was Bananas in Pyjamas, rapping.... It was ridiculous. I sent it in, got called up for an audition, which, last time they did it, six thousand people applied, so I was like, (*in funny pitiful voice*) I don't have a chance, I'll just go back to my exams. Anyway, I got a call up, went in for a day of auditions,

go around the circle and you give us your experience?" and I was like (*massive breath in from shock*) and then everyone was like, "I've been at NIDA, I've been on this movie, I've been on this show..." and I was thinking, make something up, this is your time to lie, just anything, make something up, and it got to me and I was like, "I've been in Bendigo studying psychology for the last few years", and they said, 'Any experience?', and I was like, "No.....but I've had a really great day, thanks so much for having me". And left, thinking I didn't get the job. And then...I GOT THE JOB! And I was on the phone saying, "This is your last chance. You do NOT have to hire me. I do NOT know what I'm doing" But it's a show where... it's just crazy and they wanted someone they could mould into doing ridiculous things, so I learnt everything on the spot. I was there for four years and then I moved over to *The Loop* and up to Sydney. So, I was just so lucky that it all happened at the right time.

So yeah, that's how I got into TV.

Who's your favourite person you've interviewed?

Timomatic. He was always so much fun to interview.

Do you get pranked a lot working with Scotty [The Loop Co-host]?

Scott's been pretty good. I used to get pranked all the time by James, from my old job. They called it "*scare tactics*" and it wasn't part of the show, but every corner I would turn, he would be hiding, and I get scared really easily, so they thought it was great. I would go into my dressing room and he would be hiding in the shower, and I'd come out of the bathroom and he'd be there and he'd be everywhere, so I lived in fear. When I came over to *The Loop* I was like, "*Thank God, I can breathe again.*"

Do you think any of the songs you've had to review are really bad?

Yes, yes and I always say it. The one at the moment by Rhianna, '*work, work, work*' (in

a *Kermit voice*). I'm sorry, but that's not singing, that is whining and it annoys me, so now I just say that on the show. "*How is this still in the charts?*" But then it's one of those songs that you can't stop singing, so, yes that one is a bad one.

What instruments can you play?

Ok...(deep breath)...Nothing. Well, through school I played the piano and violin and did it for about seven years and wouldn't be able to play anything for you right now, so that was a bit of a waste...and now I'm doing guitar. So guitar and I sing.

If you could go out to dinner with any musician, who would it be?

(Sniggers) Celine Dion! I'm a closet fangirl since I was so young. And Beyonce, because she's the queen. Ooh, and Taylor Swift. I'm so predictable.

If you happen to visit Sydney Children's Hospital just ask the Livewire crew when Liv will be in next for a visit.

Livewire.org.au and Livewire.org.nz is a great place for teenagers from around Australia and New Zealand to meet new people, share experiences, and keep up to date on the latest news and gossip. It is also an amazing place to get creative and win some awesome prizes!

**All you need to do is jump online, head to
www.livewire.org.au or
www.livewire.org.nz
(if in New Zealand),
create a profile and start exploring.**



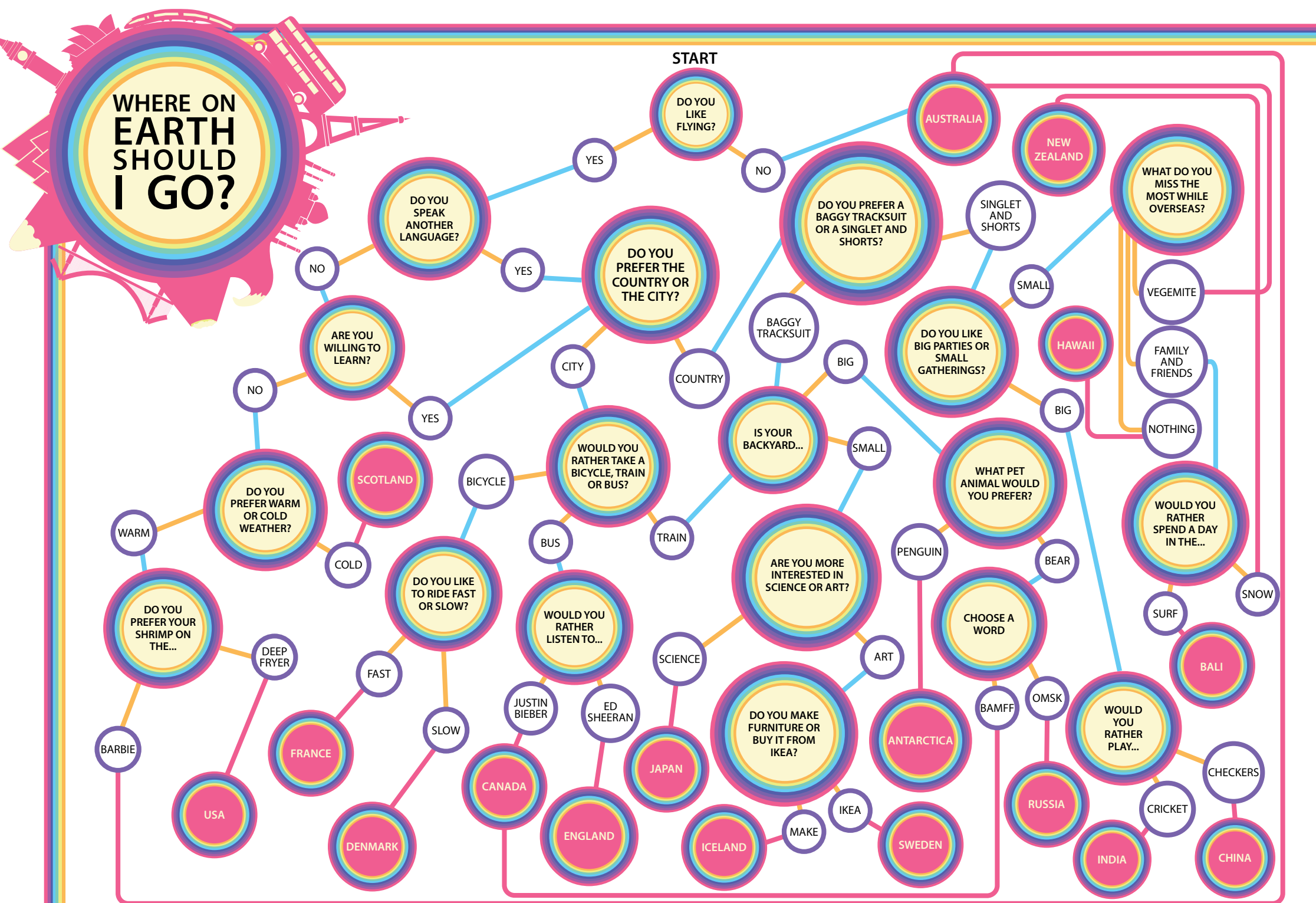




PHOTO COM PETI TION

WIN A POLAROID
CAMERA PLUS HAVE
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THE FRONT COVER OF
THE LIVEWIRE ZINE!

THE NEXT EDITION OF THE LIVEWIRE ZINE WILL BE ALL ABOUT IMAGES. AND BECAUSE THIS MAGAZINE IS MADE SPECIFICALLY FOR YOU (THE READER) WE WANT TO FILL THIS NEXT ISSUE WITH YOUR IMAGES. SO INTRODUCING THE LIVEWIRE ZINE PHOTO COMPETITION.

HOW TO ENTER

1. TAKE A PHOTO OF SOMEONE OR SOMETHING THAT INSPIRES YOU.

2. SEND YOUR PHOTO TO

LIVEWIRE.ZINE@STARLIGHT.ORG.AU WITH YOUR NAME, AGE, CONTACT DETAILS AND TITLE OF YOUR PHOTO.

3. FINALISTS WILL BE FEATURED IN A PHOTO SPREAD.

4. ONE WINNER, JUDGED BY LIVEWIRE ZINE STAFF AND INVITED PROFESSIONAL PHOTOGRAPHERS, WILL WALK AWAY WITH AN AWESOME POLAROID CAMERA AND THEIR PHOTO WILL BECOME THE FRONT COVER OF OUR 'IMAGES' THEMED ZINE ISSUE.

A SECOND PRIZE WILL BE A 'PEOPLE'S CHOICE AWARD'. IT WILL BE VOTED ON BY MEMBERS OF LIVEWIRE.ORG.AU AND LIVEWIRE.ORG.NZ AND WILL ALSO GRAB A CAMERA OF THEIR OWN.

RULES:

ALL PHOTOGRAPHS MUST BE TAKEN BY YOU DURING THE COMPETITION TIME PERIOD. ANYONE WHO IS IN YOUR PHOTO MUST BE HAPPY TO BE IN IT AND TO BE PUBLISHED IN THE MAGAZINE.


ALL FINALISTS WILL NEED TO PROVIDE COMPLETED PERMISSION FORMS BEFORE BEING PUBLISHED.

MULTIPLE PHOTOS CAN BE ENTERED, HOWEVER, ONLY ONE PHOTO PER PERSON CAN ENTER THE FINALS.

PLEASE READ THE TERMS AND CONDITIONS BELOW.

TERMS AND CONDITIONS

1. The promoter of this competition is the Starlight Children's Foundation trading as Livewire.org.au (ABN 86 123 826013), Level 3, 80 Chandos Street, St Leonards NSW 2065 ('Livewire'). 2. By entering the 'Zine Photo Competition', you agree to accept these terms and conditions. Information about prizes and how to enter form part of these terms and conditions. 3. Entry is open to people aged 12 - 19 years who have had direct contact with medical professionals within the past 12 months or are existing members of livewire.org.au or livewire.org.nz. 4. The Livewire 'Zine Photo Competition' starts on Monday, September 4 at 10am and concludes on Sunday, November 20 at 11.59pm. The winners will be decided on Friday, November 25, by Livewire Staff and invited guests. 5. For your chance to win one of two polaroid cameras including film valued at \$99.00 AUD all you need to do is take an original photograph of something or someone that inspires you. Email the image to livewire.zine@starlight.org.au with your name, age, contact details and title of photograph. 6. All valid entries will be entered into the competition. Livewire accepts no responsibility for late or lost entries. 7. Livewire may decide entries that do not comply with these terms and conditions are invalid. 8. The winners will be sent their prize within one month of being told of their win. Total prize value is \$200.00 AUD. 9. The winners will be told via email and/or by phone. The winner's name will also be posted on livewire online and Livewire Zine. 10. The Judges' decision is final and no correspondence will be entered into. 11. The prizes cannot be transferred and cannot be redeemed for cash. If for any reason the prize is unavailable, Livewire reserves the right to substitute the prize for another prize of equal or greater value. 12. Livewire reserves the right to request the winners to provide proof of identity and proof of residency at the nominated prize delivery address. Identification considered suitable for verification is at the discretion of Livewire. 13. The winners may be requested by Livewire to participate in promotional activity (such as publicity and photography) in connection with the win and their parent or guardian consents to Livewire using the winner's name and photograph in promotional material. 14. Livewire accepts no responsibility for any loss or damage whatsoever which is suffered (including but not limited to direct or consequential loss) or for any personal injury suffered or sustained, as a result of the prize except for any liability which cannot be excluded by law. 15. Livewire may cancel, suspend or vary the competition if for any reason it is not capable of being conducted as planned, subject to the approval of the NSW Dept of Gaming & Racing, and ACT Gambling and Racing Commission. 16. All entries become the property of Livewire. More information on Livewire's Privacy Policy can be found at www.livewire.org.au.



FAME, FANS & PHOTO GRAPHS

MY ADVENTURE INTO THE CRAZY WORLD
OF THE CANNES FILM FESTIVAL

Welcome to the *Festival De Cannes*, a world famous showcase of all things cinema. For two weeks a year, film-makers from every corner of the world come together to talk, sell and celebrate film.

Behind the scenes, business people and producers negotiate lucrative deals, buying and selling films that will end up at your local cinema. On the street however, the small city in the South of France turns from a sleepy tourist town into a buzzing temporary Hollywood where movie studios premiere their latest blockbuster films with glitz and glamour on every corner. To celebrate these films, the finest 'A-List' actors are flown in, dressed in extravagant gowns and attend parties on yachts the size of small cities. And, as you can imagine when people like George Clooney, Ryan Gosling and Kendal Jenner show up in the same location, the paparazzi are sure to follow.

With over 5000 journalists and 200,000 fans heading to the festival, I decided I would spend a day exploring this crazy world. I would attempt to join these 'celebrity hunters' to discover why they are so devoted to these movie stars and hopefully understand why these people are so famous in the first place.

Knowing where to start wasn't going to be hard. All I needed to do was follow the crowd and listen out for the screams. The first location was the Martinez Hotel. Famous for hosting all the top-name celebrities who attend the festival. A crowd of over one hundred people were waiting patiently behind the temporary fencing surrounding the entrance. Everyone had a phone or a camera ready to snap a quick photo. Some had notepads and hand crafted signs hoping to get a close encounter with their silver screen favourite.

I joined the crowd and like a cat through a hole in a fence, squeezed my way to the front. Unfortunately, there was nothing exciting going on. People were constantly moving in and out of the hotel, but nobody that anyone recognised. Next to me there were two teenage girls. Clearly crazed celebrity fans. They were flicking through photos on their phones. Reminiscing about the various

celebrities they had seen. Half way through, one friend said to the other "who is that?", the other replied "I have no idea". (It was Julianne Moore).

I had been standing at the fence for about half an hour. I was bored and sweating from the moshpit style crowd and lack of famous people. Just as I was about to head out and search for a better location, a dozen professional paparazzi sprung from what seemed like nowhere and started running like bulls towards the hotel front door. They pushed through the crowd to gain the most optimal location. Moments later, a black van with equally dark windows pulled into the driveway. Before anyone could recognise who was arriving, the crowd started screaming and flashes from cameras came to life, as if trying to compete against the midday sun. The energy of the crowd grew with every millisecond, as a smartly dressed woman stepped out of the car. At first I wasn't entirely sure who it was, but before I could get my camera lens off, the chanting began. "Eva! Eva! Over here!"

It was Eva Longoria. Not the celebrity I had imagined to be here, but nonetheless a name and face I recognised.

Eva walked around the back of the car, gave a quick wave and a smile to the crowd before heading into the hotel. It was over before it started, and from the energy of the crowd, a little too quick. As soon as the *Desperate Housewives* star was gone, the noise of the crowd disappeared, along with the paparazzi.

Everyone resumed their positions, looking through the candid photos they had just taken and anticipating the next celebrity. I copied the crowd and looked through my own photos. Every single shot was blurry.

After the exhilaration of my first celebrity spotting I decided to move on. I had heard of a few beach-side restaurants along the main strip that often hosted celebrities for lunch. A private place where they could enjoy a meal without disturbance.

A few blocks from the hotel I passed a large



crowd hovering around the entrance of one of these fancy French eateries. It was eight people deep and reminded me of a scene from a zombie apocalypse film. People were screaming, pushing and reaching for someone or something leaving the restaurant. Large bouncers could be seen forcing these thirsty fans away, leaving room for their client to breathe but also the paparazzi to get a clear shot. This crowd of hungry fans was too large to hold back and the celebrity and their entourage were forced to run in an effort to get to their car without being taken by the 'possessed' fans. As they reached the car the fans tried desperately to get close to the main attraction, slamming themselves at the rear windows. Even as the car drove away people took chase on foot before giving up fifty metres down the road. The hectic scene was almost primal in its behavior. Safety was ignored and the objective was 'whatever it takes'.

As I had stumbled into this manic scene late, I wasn't sure who the celebrity was. After asking a number of people who were around me, I was still none the wiser. Did the crazed fans even know who they were chasing?

My final location was the epicentre for celebrity spotting. The Palais Theatre hosts the famous red carpet where every night some of the biggest movies of the year take the opportunity to premiere their creations. For each film, an exclusive list of celebrities are dressed in designer outfits and attend the screening. Tonight was to feature Kurstin Stuart, Elle Fanning and Jesse Eisenberg. Although still an hour away from starting, thousands of people had already gathered. Directly in front of the carpet stood a hundred or so ladders of various sizes. Placed to offer the perfect centre front vantage point for photographers hoping to sell their snaps to gossip mags. Regulars to the festival call this odd construction site, Ladder Island.

The entire red carpet event was designed to emanate Hollywood. From the immaculately dressed ushers, to the dramatic theme music playing over a sound system, and a presenter announcing the arrival of every car, their guests and their cinematic resume. The event created an atmosphere of glamour and excitement. You couldn't help but be drawn into the hysteria of catching a glimpse of that person you have seen in that movie you kind

of liked. If only I could actually see anything.

By now there were thousands of people around me. Everyone was on their tippy toes, with their cameras stretched high above their heads. No one was close enough or tall enough to see anything other than the left corner of a giant TV screen which was broadcasting live.

Massive podiums of photographers surrounded the red carpet and blocked any direct view to the stars and a maze of fences protected by well-dressed yet serious-looking

Spielberg' bow tie. I was always so close, yet so far.

An hour later, the sun had set, the camera flashed 'low battery' and I was walking back to my hotel, I couldn't help but feel frustrated. It had been a long, exhausting day walking and waiting followed by fleeting moments of excitement and exhilaration, but the outcome of all that work was disappointing.

Without realising it, I had been sucked into the game of 'fame hunting', chasing that one perfect picture. With every celebrity

"It was eight people deep and reminded me of a scene from a zombie apocalypse film"

security prevented me from getting any closer.

As the cars rolled in, the roar of the crowd grew louder. I tried my best to find that small gap between the two photographers and an opening in the fence, pushing past people, zooming my camera in as far as I could before quickly snapping a pixelated and blurry image of Jesse Eisenbergs' nose or Stephen

encounter, grew a new desire to find another. Even when I knew the photos would be out of focus or missed completely I had the hope that the next one would be better. How did I become another zombie on the hunt for the famous?

Maybe I will find out tomorrow, rumours are Kanye West is in town.

Words and photographs by Mike-LW





Mindfulness is a popular word at the moment. You might have heard of mindfulness meditation or mindfulness exercises, or maybe your teacher has once told you to be 'mindful when walking with scissors'. But what does 'mindfulness' actually mean?! What does it mean to be mindful?! Well, here's a bit of a guide that might answer some of those questions.

WHAT IS IT?

Today, 'mindfulness' is a form of self-awareness training that has been adapted from a Buddhist practice of 'mindfulness meditation' that has actually been around for a very long time.

Mindfulness is about being aware of the present moment or being 'present in the present'. In other words, not getting caught up in the past or worrying about things that might, or might not, happen in the future. Because sometimes we spend so much time obsessing over these things that we actually forget to enjoy or appreciate what we have today. Being mindful also means trying not to be judgmental about anything we might notice – not to label things as 'good' or 'bad'. But to just 'notice, and let it be'.

Essentially, it's about clearing the mind. This allows us to:

- Clear our head: to slow down our thoughts, concentrate and relax
- Be more aware of ourselves, our body and the environment
- Help us to cope with stress

WHO CAN USE IT?

Anyone can practice or strengthen their mindfulness. But it might be handy in particular for you if:

- You have trouble focusing
- You often worry about things
- You would like to relax

WHY BUILD MINDFULNESS?

Like a muscle, we can strengthen our ability to be mindful by exercising mindfulness regularly. And there is a lot of evidence showing the benefits of doing so. Being mindful can:

- Help relieve stress
- Help improve your memory, concentration and problem-solving ability
- Help improve your sleep, circulation, breathing and immunity as well as lower your heart rate
- Help manage depression and/or anxiety
- AND just generally make you happier!

I would like to finish on this. I remember a wonderful sign on the back of the toilet door at my best friend's house. For years I couldn't pronounce the title at the top of the poem, but the last few lines I can recite off the top of my head. The short verse has stuck with me until this day, and now I would like to share it with you....

"For yesterday is gone, and tomorrow's not here, don't let a moment of today disappear".

Continues on
next page

MINDFULNESS APPS



SMILING MIND

An introduction to the basics of mindfulness meditation with short age-specific exercises, audio instructions, a progress tracker and the ability to move at your own pace.



1 GIANT MIND

Features step-by-step instructions with a timer and self-assessment, journal and reminder tool.



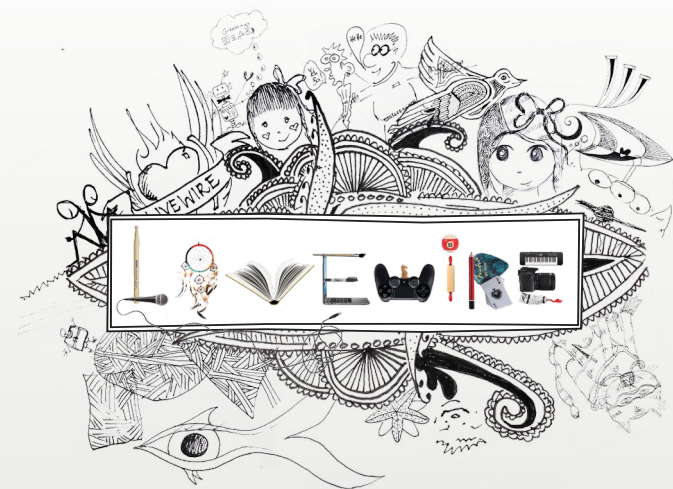
HAPPIFY

Uses brain training games and activities designed to help you think more positively. Start with a questionnaire, choose your targets, then follow new activities each day and track your progress.



HEADSPACE

Described as a gym session for your brain, headspace combines meditation with mindfulness techniques. Although based on a subscription model, it offers planned lessons, emergency sessions and personal tracking.



Livewire is designed exclusively for teens and young people experiencing acute and serious illness or disability. Whether they are in hospital or at home, Livewire connects adolescents through creative workshops, an online community, entertainment and a little partial absurdity.

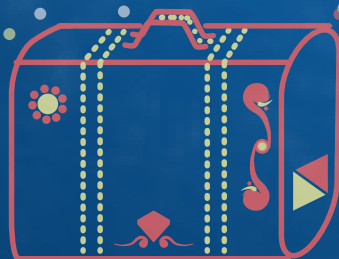
We aim to offer every adolescent a place that makes them feel safe, included, supported and most importantly, free to be a teenager.

For more information speak to your nearest Livewire Facilitator or jump online to livewire.org.au or livewire.org.nz (if in New Zealand).



'ADVENTURE' — A collaborative art piece created at Princess Margaret Children's Hospital by patients in Ward 7 Teen.

Craft your own Adventure



CREATED BY LAUREN_LW & HANNAH_LW

ADVENTURE FUND JAR TRAVEL SCRATCH MAP

SAVING IS TOUGH, BUT NOT WHEN YOU HAVE THIS LITTLE BEAUTY.

YOU WILL NEED:

- A jar with a screw-on lid
- A toy or figurine
- All-purpose glue
- Spray or acrylic paint
- Chalkboard labels

HOW TO MAKE IT:

Clean lid of jar (can be new or used, glass or plastic) with rubbing alcohol to remove any dirt or oil.

Glue your toy/figurine to the lid. (check 'em out online – search 'landmark figurine' or even 'cake toppers')

Apply thin coats of either spray or acrylic paint (make sure to get the underside and wait for each coat to dry before applying the next.)

Add glitter (definitely the most important step).

Then write your motivational quote or travel destination on the chalkboard label (check your local \$2 shop) and stick it onto the glass!

Throw your spare change into the jar to get you one step closer to your next adventure.

TRACK YOUR TRAVELS IN A FUN, COLOURFUL AND CREATIVE WAY!

YOU WILL NEED:

- Printed world map
- coloured pencils / textas / paint
- Laminate (or clear contact)
- Acrylic paint
- Dishwashing liquid

HOW TO MAKE IT:

Find an image of The World Map, Google images has tonnes of cool ones, and print it out on white or coloured paper.

Now you can get colouring. Customise your map by colouring in the countries. The brighter and more colourful the better! Once finished, laminate your map. If you don't have access to a laminator, no worries, simply cover in clear contact or clear sticky tape.

In a cup, mix equal parts acrylic paint to equal parts dishwashing liquid. Use this mixture to paint over all the countries on your map. You may need two or three more coats of paint to give it an opaque look.

Once dry you have yourself your very own Scratch Map! Have a go at scratching off some of the places you have travelled to, and keep it on hand to scratch off your future travel endeavours. Adventure is calling!



Dreaming

The Ultimate Adventure

Written by Lucy

Dreaming is the ultimate adventure. It allows us to experience other worlds and scenarios that we desire or long to see. Dreaming is a collection of thoughts, images and/or emotions in the mind when in a certain sleeping state. Dreaming and sleep can be pathways to magical places and people. Sleep and dreaming is a big part of religion, lifestyle and science and here is some information about it.

What Dreams Mean

Dreaming can mean different things to different people. Throughout history, civilisations analysed dreams varyingly. The ancient Egyptians saw dreams as signs of advice, warning or predictions for the future. And the ancient Chinese saw dreams as another realm or portal to another world. Nowadays, scientists don't actually know why we dream but there are a lot of theories explaining why we do.

Interpreting Dreams.

Some people are trained in the study of interpreting dreams. This means they can find out what some of your dreams mean. But here are some common dreams and their supposed meaning.

Falling - A dream where you are falling can mean that you are struggling with a major problem in your life. This can be to do with relationships, school or something else.

Teeth falling out - A dream where your teeth are falling out of your mouth can mean that you are experiencing confidence loss.

Showing up to school naked - this means that you are having a state of vulnerability. Taking a test - this dream may mean that you need to stay more alert or that you are stressed.

Being chased - being chased actually may mean that you should face a problem that you have been dealing with.

Flying - flying in a dream means that you have an out of control situation in life or you may need to let go and let things fall into place.

Meeting a celebrity - meeting a celebrity in a dream may mean that you want recognition.

Daydreams.

Daydreams are what happens when you 'drift away' from your immediate surroundings. Reality and fantasy can be confused with one another and you can often mistake things for not actually being there. We are often told that daydreaming is

a waste of time and energy but daydreaming is a way of gaining freedom and happiness in our daily lives.

We daydream for a variety of reasons, to give closure on something that happened in the past, prepare us for the future, a source of creative inspiration or maybe another reason altogether. How we daydream is unknown but when you daydream, in your brain, when you don't really have much going on around you and you are just sitting/standing/lying there with little to stimulate your senses is known as the default mode of your brain. Like the home screen of a video game. This is thought to be the state of your brain during a daydream. Did you daydream while reading that?

Lucid Dreaming.

Lucid dreaming is when the dreamer knows when they are dreaming. Some lucid dreamers can control their dreams, so for example, they could fly if they wished. Lucid dreamers can vividly remember their dreams as well. A lucid dream can be manipulated into anything the dreamer wants it to be. A lucid dream can occur for one person just once or every night. Everyone is different. You can train yourself to be able to lucid dream but it does take a lot of work and persistence.

Fun Facts.

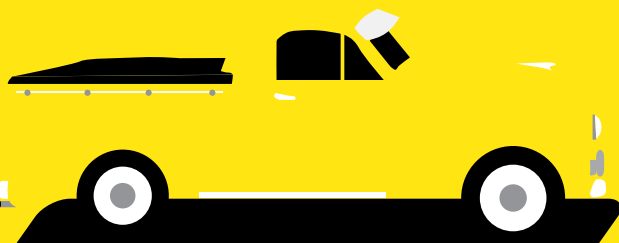
- Most animals sleep. Most birds and mammals experience REM sleep. So they may have dreams.
- We dream every night. But we just don't remember it in the morning.
- You have more than one dream a night. We actually have over 100,000 dreams in an average lifetime!
- You are unable to read inside a dream. Or tell the time. If you are ever unsure whether you are sleeping or not there is a way of telling.
- Sharks continue to swim while they are asleep.

ROADTRIPPIN'

Word Finder

M W L K Q Z K P V C F G C Z V N E X Y E
 G W V A F C Q U B R Y K T W N L N D B D
 N R P H X Z H E M O O Q F L F E O O S V
 T K W C C D T I K O Y E L E I I T J I O
 H C X R H D A G N J E D B E G A S I T U
 A S W O W G R D T K X V T T B N P V X V
 R D R O R X A U E K A T O O M B A U B B
 W N I K W K L B C L R P I M W V L R R E
 A C N W M L L N D C O N O S R N O Z O F
 G V D E Y I A I X R G N H O C O F I K W
 A W Z L V Z B P O B G N G L K B B A E X
 W O O L L O O M O O L O O L O O R B N X
 A L L I H C N I H C E J Y L D R E E U T
 G N D V F J N P W V A N A N A B C Z M D
 A X O S S G C W R R I S M T M N B V A E
 D W A D E Y E W O G X G H Q P D I C F N
 R Z C R P K D I N G H A M M I V T B Z N
 P C K I H N S I R C H I L D E R S J U O
 D W X B V U G X D E V W B E R R Y J O R
 M B E D P N P Q X L K Y D P Q C E E B Y

ADELONG	BROOKLYN	DUBBO	ORANGE
BANANA	CASHMERE	GIN GIN	OZEMKADNOOK
BINALONG	CHILDERS	INGHAM	PIMPINBUDGIE
BIRDSVILLE	CHINCHILLA	KARRATHA	THARWA
BOING BOING	CHINKAPOOK	KATOOMBA	TULLY
BOYDTOWN	CROOKWELL	LAPSTONE	WADEYE
BROKE	DAMPIER	MOOLOOLOO	WOOLLOOMOLOO



LIVEWIRE ONLINE MEMBERSHIP FORM

Livewire.org.au and livewire.org.nz is an online community for young people with chronic health conditions, or disability, and their families. It is a safe, online space where members can connect and share experiences, chat, create blogs, enter competitions and read up on the latest news, reviews, interviews and videos. If you would like to sign-up to be a Livewire member please complete this form and hand it to your closest Livewire Facilitator or if you would prefer simply head to www.livewire.org.au or livewire.org.nz (if in New Zealand) and create your profile.

MEMBERS DETAILS

Full Name:	
D.O.B:	Female / Male / Other
Email:	
Contact Number:	P/C:
How long will your injury, illness or disability last?	
Less than 6 months / More than six months / No illness (I am a sibling)	

PARENT / GUARDIAN DETAILS

Parent / Guardian Name:
Email:
Contact Number:

Parent / Guardian Signature: _____

Date: _____

Once this form has been completed, a Livewire Facilitator will create your membership and make you a temporary Username and Password. This can be changed as soon as you are able to login yourself.

A Livewire official will be in touch to confirm these details.

Please read the terms and conditions online before engaging with livewire.org.au or livewire.org.nz.

LOGIN DETAILS

Create a unique username and a password that contains at least 8 digits, a capital letter, a number and a symbol.

USERNAME: _____

PASSWORD: _____

To login, simply head to livewire.org.au and hit the 'Login' link!

