

ISSUE TWELVE / 2017 / FREE
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**BLACK SWAN
PORTRAIT
PRIZE**

**LIVEWIRE
OLYMPICS**

**MAKING
COMICS WITH
LOUIE JOYCE**

Me, Myself and I
Melissa Burrows
Black Swan
Portrait Prize 2017

MADE JUST FOR TEENAGERS
ART / MUSIC / CRAFT / COMPETITIONS / STUFF

LIVEWIRE

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LIVEWIRE MAGAZINE
IS PROUDLY SUPPORTED BY

Greater
Charitable Foundation

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THIS IS LOUIE

LOUIE WRITES COMICS

BROUGHT TO YOU BY GREATER BANK

No, that doesn't mean he draws funny pictures - Louie Joyce is a professional comic book artist - and thanks to **Greater Bank**, he recently came to **John Hunter Children's Hospital** to run an illustration workshop with Livewire.

WHEN DID YOU START DRAWING?

I've been drawing as long as I can remember, really. Ever since I discovered comics as a young kid and realised that these amazing stories and worlds and characters were all basically created with pencil and paper! I've always drawn to some degree but mostly it was something

I did for fun (and I was never

particularly gifted at it). After working some jobs I didn't really enjoy, I decided drawing was something I wanted to try and do for a living. So I went to study Illustration at the **Enmore Design Centre**. It was here that I gained the skills to be able to work as an Illustrator.

HOW DO YOU BECOME A COMIC BOOK ARTIST?

Lots, and lots, and *lots* of practice! Comics are a lot of hard work and there's so much drawing involved. The best thing to do to is just start making comics. Find writers and other artists to collaborate with; read lots of comics and books about comics. Don't get too caught up in making a perfect comic the first time, just try to finish one and move onto the next. The very best thing to do is make work that you enjoy and are passionate about because it will show in the work and drive you keep making!

WHAT INSPIRES YOUR ART STYLE?

I've always been (and still am) heavily inspired by Japanese Anime and Manga,

as well as European comics and the superhero comics I grew up reading as a kid. Creators like Hayao Miyazaki, Chris Bachalo, Becky Cloonan, Moebius - to name a few. These days, though, I'm finding most of my inspiration comes from spending time with my family and getting out into nature as much as possible. It's important to look beyond other comics for inspiration to help you bring something unique and personal into your work.

WHAT SOFTWARE DO YOU USE TO DRAW?

I use a mixture of Clip Studio and Photoshop for colours, plus a bunch of traditional mediums like inks and watercolours too.

HOW LONG DOES IT TAKE TO FINISH A COMIC BOOK FROM START TO FINISH?

Normally with my artwork I try to complete one full-colour page a day, and can usually produce around 20-25 pages a month. But, it also depends on a lot of factors including: how big the comic is? What is the genre or style? How much of the workload is mine (writing/

artwork/lettering etc.) and how much belongs to my collaborators?

WHICH OF YOUR COMIC BOOKS AND CHARACTERS ARE YOU MOST PROUD OF?

That's a tough one, I feel very lucky to have worked on some amazing comics with some amazing creators. The easiest answer is that it's usually whatever I'm working on at the moment, though the main trio of Past The Last Mountain hold a special place in my heart and I do miss drawing them regularly.

LASTLY, HOW DO YOU STOP SOMETHING YOU LOVE DOING FROM FEELING LIKE A CHORE?

Make sure you're working on comics that you would want to read! That's the best thing you can possibly do. Other than that, find the fun in every project and focus on that. There will always be times where it inevitably feels like work, but if you're passionate about the comic you'll be able to push through those times and your passion will show in the final comic! ◀



TO SEE MORE OF
LOUIE'S WORK HEAD TO
LOUIEJOYCE.COM



ISSUE TWELVE 3

HOW TO:

CREATE YOUR OWN COMIC CHARACTER

BY LOUIE JOYCE

BRAINSTORM

Write down some key things about your character, such as:

Age, gender, origin, powers, weapons/tools, personality, appearance, etc.

CHARACTER SILHOUETTE

Draw as many silhouettes for your character as you can.

Play around with different shapes and sizes **e.g.** huge head-tiny body; tiny head-long legs etc.

When creating this, think about their personality too: Are they quite angular, hard-edged, tense etc.

Look at some other characters, **e.g.** Squidward – the hands on the hip suggests he is a bit up-tight or matter-of-fact.

BREAK YOUR CHARACTER INTO SIMPLE SHAPES

A good character design can be broken down easily.

This means using basic squares, rectangles, circles and triangles for each the body parts to practice your characters form.

COSTUME/OUTFIT DESIGN

Use the outfit as another storytelling device – it should show who they are.

Think about the purpose of the outfit.

Think about the environments they would be wearing it in. ◀

This is a QR code. Try scanning it with Snapchat, download a free QR reader from the app store, or go to: goo.gl/FPxNzo



TELL US MORE

LIKE WHAT YOU'RE SEEING? Don't like it? Want to see more **sports, music, puzzles, DIY's**, or just think we should include **more cats**? Tell us about it here!

Take our two minute survey and help us make the Livewire zine even better.



This is a QR code. Try scanning it with Snapchat, download a free QR reader from the app store, or go to:

surveymonkey.com/r/LWZINE

GET STRETCHIN'

WITH HANNAH_LW

THIS TIME OF YEAR, it's easy to get stuck in a stressful study-bubble and sometimes we may forget to relax our shoulders every now and then. If you're anything like me, and spend most of the day hunched over staring at your phone/laptop/book/doggo then you may also feel a little tense in your shoulders and neck at the end of the day. So here are a few nice and simple stretches you can do while sitting down to ease some of that stressful homework induced tension.

QUICK NOTE Please do not attempt these stretches if they will cause you any pain or discomfort. You know your body best, so only do what you are comfortable with, and stick within your limits.

1. With hands together at your heart take in a deep inhale, then exhale.



2. Inhale as you raise your arms out and up, looking up at the sky.



3. Exhale as you bring your arms down towards the ground, and slowly roll your back over and downwards, one vertebrae at a time.



4. As if you were drawing a line upward with your nose, slowly raise your head as you inhale gently and arch your back.



5. Exhale as you gently roll your shoulders forwards, looking down at the floor.



6. Bring your hands back to your heart as you inhale. Repeat steps 1-5 as many times as feels good for you!



ART CHAT

FEATURING

Ruby

RUBY IS 12 YEARS OLD, from Sydney, and loves to draw. Clare_LW caught up with her to chat all things creative.

WHEN DID YOU START DRAWING?

Around about year two, but I've really developed my main styles this year.

WHAT ARE THE THINGS THAT INSPIRE YOU TO MAKE YOUR ART?

Loads of things inspire me! Like YouTube videos, films, and other artists; especially those online.

WHAT IS YOUR FAVOURITE DRAWING/PROJECT YOU'VE CREATED SO FAR?

I couldn't tell you. I love everything I work on! But specifically, I love drawing people that exist in real life, in my own style. I draw pictures of my friends favourite YouTube stars for birthdays and they love it.

WHAT MATERIALS DO YOU USE FOR YOUR ART?

Most of the time I use

pencils and an inking pen on paper, but recently I've been trying other mediums like posca pens on wood.

WHAT ADVICE WOULD YOU GIVE TO OTHER TEENS THAT WANT TO MAKE THEIR OWN ART?

Try, try and try again. DONT GIVE UP. Inspiration is a key element. If you have an idea, google it! Use references and sometimes, tracing can help you grow. Don't throw anything away, even if you don't like it. Look back on it. And LEARN. ◀

FIND A WORD

CREATED BY COURTNEY AND ELYSSA

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

GLITTER
ESCAPE
LAUGH
WARD

APPOINTMENT
HOSPITAL
STARLIGHT

LIVEWIRE
ARTS
GAMES

FIND
WORD
CAPTAINS

"TO BE CONTINUED..."

THE VERY FIRST LIVEWIRE STUDIO ALBUM

BY BART_LW

HELLO, and welcome to the first **never-ending** Livewire album. A compilation of both original songs and covers performed by patients at the **Sydney Children's Hospital** in Randwick, and the **Royal Children's Hospital** in Melbourne. The songs were recorded over the course of the past three years, with the exception of *Make Some Noise*, which was recorded in Livewire's first year in hospital [2012].

Initially the plan was to produce a few songs and release an EP, but the project kept extending so we kept recording. Next minute, we had more than enough for a short album.

As everyone reading this has probably spent some time in hospital, you would appreciate the lack of space and privacy available. One of the most amazing things about this album is the way it was made. With all the shortcomings of using a hospital as a music studio, patients used the power of positivity and creativity to make it happen. I want to thank all the patients involved: from those that contributed the quietest clap, to those that sang harmonies in a crowded ward surrounded by noise (*listen out for beeping machines in the background*).

I'm looking forward to making more music with you all, to add to the album, and to continue shaking up what time spent in hospital is like. ◀

Album artwork by **Beastman**
Beastman.com.au

To listen to "TO BE CONTINUED..." type the link
goo.gl/WLP9Gf into your browser.

Or scan the QR code above. Try scanning it with Snapchat
or download a free QR reader from the app store.



THE livewire. PODCAST

HAVE YOU HAD A LISTEN YET?

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 peaks into some of the workshops we run in hospitals - plus heaps more - so make sure you subscribe!

To find our podcast, search for '**Livewire**' in the iTunes store or check out the QR code below.

For any questions or suggestions for upcoming episodes jump online to livewire.org.au and let a Chat Host know your ideas. ◀



This is a QR code. Try scanning it with Snapchat, download a free QR reader from the app store, or go to: soundcloud.com/livewire2017



OLIVIA'S RECIPE

CHILLI AND LIME FISH PARCELS

INGREDIENTS

- * Olive oil cooking spray
- * 4 (150g each) salmon or ocean trout fillets
- * 1/2 cup coriander leaves, chopped
- * 1 tablespoon brown sugar
- * 1 teaspoon fish sauce
- * 1/4 cup lime juice
- * 2 tablespoons sweet chilli sauce
- * 3 green onions, thinly sliced diagonally
- * Fresh coriander, lime wedges and jasmine rice, to serve

PREHEAT oven to 200*c. Spray 4 30x30cm sheets of baking paper with the olive oil. Score thickest part of fish twice with a knife. Place fish onto baking paper.

COMBINE coriander, sugar, fish sauce, lime juice and sweet chilli sauce in a small jug. Brush fish with mixture.

TOP fish pieces with green onions. Bring long sides of paper together and fold over twice. Then, fold short sides in to form a parcel.

PLACE parcels, seam side up, onto a baking tray. Bake for 12 minutes or until fish is cooked through. Open parcels. Top with coriander and serve on a bed of jasmine rice with lime wedges. ◀





This page (l-r): Pieces Maddison, Kyrie Living Chris, Me Everyday Olivia, Self Portrait Rochelle, Lady Blue Maddison, Opposite page: Untitled Caisyn

BY BRETT_LW

FOR OVER TEN YEARS, the Black Swan Prize for Portraiture Youth Award has been providing young Australian artists with an opportunity to showcase their creative talents and challenge them from an artistic perspective through the field of portraiture.

Patients at **Princess Margaret Hospital** and students across years 7-12 were invited to create a portrait of a well known Australian, an Australian they respect and admire, or a self portrait.

The works had to be executed in painting, drawing, or mixed medias [*no sculpture, photography or digital media*] and took roughly five months to complete.

During that time we invited local artists Elizabeth Marruffo and Elle Campbell into the hospital to teach professional techniques and help with submissions. The works are professionally framed, and hung in Brookfield Place in the heart of the CBD of Perth for two months.





Youth Portrait prize winners receive *thousands* of dollars worth of art supplies and creative workshops, as well as exposure through one of Australia's largest art prizes. This is a great project to help identify emerging talent while encouraging young artists to have faith in their developing skills. Special thanks to **ARTrinsic Inc.** for getting involved with Starlight to provide patients with this exceptional opportunity. ◀

[l-r]: Little Red Tamzyn, Untitled Taylah, Bazil Faith, Untitled Jermayah, Paul Pogha Tom.

CROSSWORD



ACROSS:

1. Head of an eagle, body of a lion.
2. Something scary under your bed.
4. Snakes instead of hair.
6. Horse with a horn.
8. Woman with a fish body.
10. Small woman with wings.
11. Head of a human, body of a lion.

DOWN:

1. Small garden creatures.
3. Evil magic woman with pointy hat.
5. Large lizard with wings.
7. Horse with wings.
9. A Christmas creature.

FIND THE ANSWERS ON PAGE 29 ◀

BRING BACK THE 90'S

BY HANNAH_LW

EVER HEARD OF FIMO CLAY? It was something that was popular in the 90's and we're bringing it back baby! Fimo is a form of polymer clay (sort of like *plasticine*) that you can bake in the oven to harden like plastic! We use it all the time with Livewire in-hospital, so I thought I'd share with you one of my favourite things to make (and eat): **DONUTS!**

NB: Fimo is not edible, so as delicious as they look, you unfortunately cannot eat them.

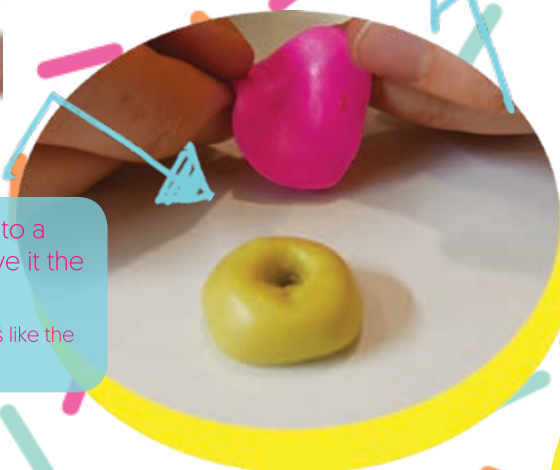
Roll your donut base into a small ball, and then gently press down on it to make it a donut-y shape.

Then, **use a pencil** or **pen** to poke your donut's hole in the centre.



Choose your **icing colour** and roll it onto a small ball, before flattening it out, to give it the thickness of oozy icing.

Pro tip: I like to stretch out some parts so it looks like the icing is dripping down the side.



Decorate your icing any way you like!

I like to make teeny tiny multicoloured balls so it looks like **sprinkles**, but you could also do chocolate **drizzles**; make it as simple or detailed as you like.



Now you can **cook** it! Make sure your oven is on a **LOW HEAT!** No higher than 130 degrees, and generally about **30mins** is long enough for it to harden (45mins if it is bigger than your fist).

WHERE CAN I GET IT?

You can buy fimo on **eBay**, it's super cheap, generally starting at around \$4.

Let us know how you go by posting a pic on **livewire.org.au**, or hashtagging

#starlightlivewire on your socials! ◀

ARE YOU CREATIVE?

GET PUBLISHED IN
THE LIVEWIRE ZINE!

Do you do cool things?

ARTWORK Do you paint, draw or sketch?

PHOTOGRAPHY Got some cool photos you're proud of?

How about **SHORT STORIES** and **POETRY**?

RECIPES What are your favourite meals?

Have you got some nifty DIY **CRAFT TUTORIALS**?

PUZZLES?

LETTERS TO THE EDITOR Want to let the world know what you're passionate about? Have a kooky hobby? Kick some awesome goals lately?

Well now is your chance to get published! Email us at

livewire.zine@starlight.org.au with whatever you would like to share, and we'll be in touch to make it happen! ◀

COMPETITION TIME

CREATIVE WRITING can take so many forms. Short stories; long stories; poetry; songs; haikus; scripts; memoirs; personal essays.

How would you like to tell your story?

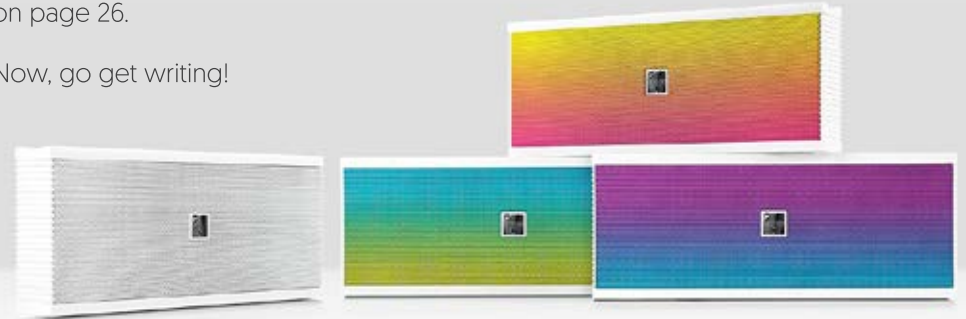
Now is your chance to share it with the world.

We want you to send us your best creative writing. It can take any format you like in 500 words or less. Competition closes **January 31st, 2018**.

The most engaging, creative piece of writing will be published in Issue 13 of the Livewire Zine, and the author will also receive a Soundfreaq Bluetooth Speaker valued at \$150. Email your entries to **livewire.zine@starlight.org.au**.

To get your creative juices flowing, **Lauren_LW** wrote us a poem about her recent trip to the United States, which we are finding inspiring *and* informative. Check it out on page 26.

Now, go get writing!



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 Creative Writing 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, and their siblings. 4. The Livewire 'Zine Creative Writing Competition' starts on Monday, December 4 at 10am and concludes on Wednesday, January 31 at 11:59pm. The winners will be decided on Friday, February 2 2018 by Livewire Staff. 5. For your chance to win a Bluetooth speaker valued at \$150.00 AUD all you need to do is submit an original piece of creative writing of under 500 words. Email the text to livewire.zine@starlight.org.au with your name, age, contact details and title of your piece. 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 \$150.00 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.

Solidarity AROUND THE WORLD

BY HANNAH_LW

OUR DIFFERENT BELIEFS and traditions help to make us the culturally rich and multicultural country that we love.

What do the holidays look like for you and your family?

Here are a few different ways people celebrate around the world:

HANUKKAH



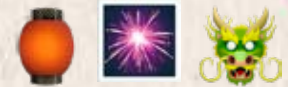
On Hanukkah, many **Jewish** people celebrate by singing songs, eating delicious potato pancakes called latkes, and spinning a dreidel (*spinning top*) to win treats! A special candle called a menorah is also lit for eight days anytime from late November to late December in memory of an ancient miracle.

RAMADAN



The holy time of Ramadan begins each year during the ninth month of the Islamic calendar year. In this time **Muslims** fast during the daylight hours, from sunrise to sunset. At the end of Ramadan there is a celebration which is known as Shawwal, the festival of breaking fast!

CHINESE NEW YEAR



Chinese New Year is a traditional Chinese holiday which can be also known as **The Spring Festival**, or **Lunar New Year**, because the Chinese calendar follows the moon. During this celebration people carry lanterns and take part in a huge parade led by a silk dragon: the Chinese symbol of strength. People throw firecrackers and eat dumplings, fish and spring rolls. Each year is defined by a different animal bringing with it different meanings and predictions of the year to come.

HOLI



Holi is a **Hindu** festival that celebrates the start of spring. Holi is a very colourful festival that takes place over two days. Children spray each other with water pistols filled with brightly coloured liquid, and blow coloured powder on each other through bamboo pipes. Everyone gets soaked with colour to celebrate love, fertility, and the triumph of good vs evil!

Livewire wishes all of our readers a **safe and merry holiday season**, no matter how you celebrate!

LIVEWIRE OLYMPICS

LIVEWIRE AT THE **Princess Margaret Hospital** in Perth is excited to announce the inaugural **Livewire Lucky Dip Olympics**! Inspired by the 'Minute to Win it' format, facilitators created a range of activities and games designed to challenge the mind, body and soul. Complete with gold, silver and bronze medals up for grabs.

Patients were given multiple attempts to improve their times and scores which were then tallied up and kept on display in the Livewire room.

The games included random activities such as mini golf using a shoe stick (*literally - a shoe at the end of a stick*), snagging stuff with sticky hands and dividing coloured fruit loops with chopsticks. The games were heaps of fun, and the response was so great that we decided to share our mini games to the Zine community so you can create your own Lucky Dip Olympics at home!

1) GREG NORMAN'S GOLF

Players set up a cup on one side of the room, and position themselves on the other side of the room. The aim is to hit the ball into the cup. The player with the least amount of shots wins.

2) MATCHSTICK TOWERS

This one is a timed trial. Players have one minute to build a matchstick tower. Build a 'hashtag' shaped tower out of matchsticks and the highest tower in the minute wins.

3) CARD THROWING

Each player gets three cards and takes turns in throwing the cards from a designated spot. The player whose card lands the furthest away from the spot wins.



4) FIDGET SPINNER

Another timed trial where the player only has two attempts to get the longest spin. Choose your timeframe for ultimate challenge!

5) STICKY HANDS

In one minute, players must use sticky hands to collect playing cards set out on a table. The most cards collected wins.

6) FRUIT LOOP FUN

Each player gets a cup full of fruit loops and must separate as many of the different colours into other cups using only chopstick. One minute time limit and the player with the most separated fruit loops wins.

7) CUP FLIP

Each player gets five cups and places the face down on the edge of a bench/table. Players get one minute to flip their cups the right way up and most flipped cups in the timeframe wins. ◀



LOZZA IN FLORIDA

A POEM BY
LAUREN_LW

The people are nice, but the coffee is not. It thunderstorms daily, but is still really hot.
The theme parks are incredible. The food is only somewhat edible.
The grocery stores have zero fresh food, And the rides were so scary I nearly pooped.
Universal was the best - It *legit* ran rings around the rest.
We got a photo with Bumblebee, And we also flew home with ET.
We watched a Terminator live action, And a special FX make up attraction.
The Banshee flight, was a spectacular sight,
As was the Disney Castle's majesty at night.
We ate pretzels shaped like Mickey Mouse, But they defs didn't taste that grouse.
They dip them in orange liquid cheese, The sight of which made my stomach queeze.
We saw a Lion King show with Timon and Pumba - But now we can move onto the world of Zumba.
We danced so many rhythms, like salsa and hip hop; My blisters were so bad I had to change into flip flops.
But it was so nice to be around others, That are also self-professed Zumba lovers.
People from just about everywhere, With nothing but love and joy to share.
There was no difference or divide, Just one big, crazy-fun tribe.
But then it was time to come home, Back the same route we'd flown.
It took over 30 hours to get back, And the jet lag got us all outta whack.
But we did it.... and I'd do it again; Just buy me the tickets and say when!

Poet and you know it? Check out our creative writing comp on page 21 ◀

D.I.Y. MANDALA

BY LAUREN_LW

Mandalas are circular, symmetrical shapes and patterns that grow outward from a central point. Traditionally, mandalas represent the universe or are centred around [*pun intended*] wholeness or unity within the self.

CIRCLES

- ✿ Start in the centre of your page with a small circle, the size of a pea or smaller.
- Surround that circle with larger circles.
- ✿ Trace circular objects*, use a compass, or just free-hand it!
- ⦿ You can draw all the circles first, then add the petals later or draw the circles as you go.

*Use transparent objects so that you can see and line up the centre. Plastic containers work well, so get in the kitchen and raid the ol' Tupperware cupboard!

PETALS

- ⦿ Experiment! Try different sizes of the same shape or different proportions.
- ✿ Try repeating the shape around itself, **e.g.** a big petal with many little ones around it, or filling the space between circles with "brick layout" petals where each new row is shifted half a scale over [*like mermaid or fish scales*]
- ⦿ Try using asymmetry, **e.g.** instead of bordering a circle with the same size petals, try starting small and gradually increasing size as you go around it.

LEAVES

- ✿ You can put leaves between all of the petals, or between every second pair; maybe even just one on either side of the finished mandala.

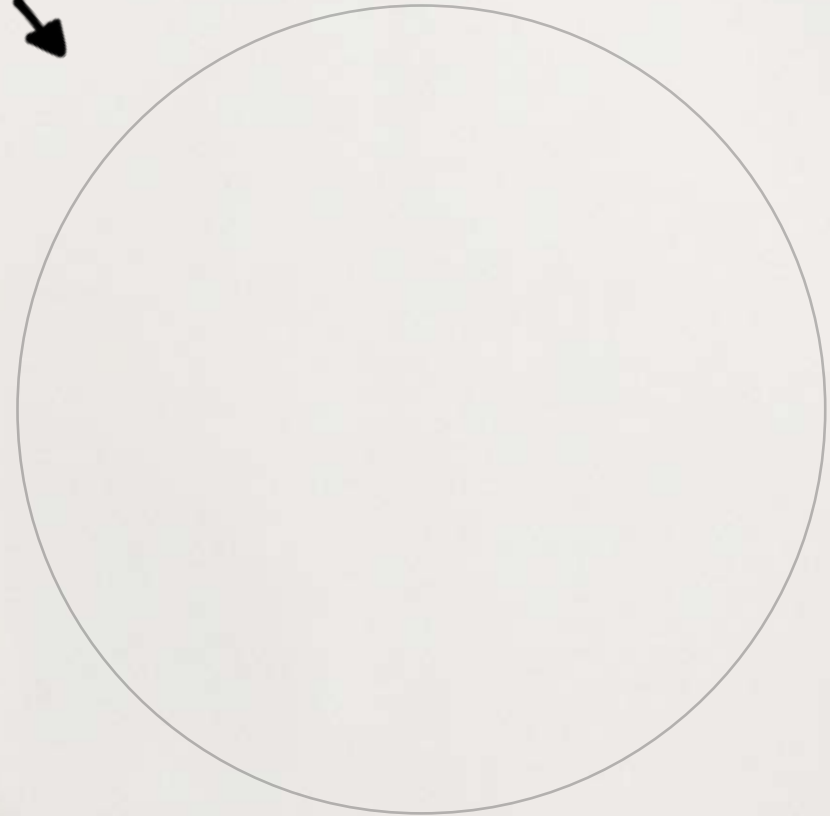
TIPS

- Don't be afraid to go with the flow – sometimes your mistakes can give you inspiration.
- Don't worry about getting it perfect! There are so many patterns involved that you don't even notice mistakes. Plus, asymmetrical designs look wicked.
- ✿ Think of balance with colours and shading, **e.g.** If you fill the petals with block colours one row, consider leaving the petals blank on the next.
- Same goes for patterns – if you're going to draw intricate patterns around one circle, then balance the next out with big, simple designs or, just leave it blank.
- ✿ Try channeling a specific pattern style to populate your mandala, **e.g.** Tribal, Aztec, Oriental, etc.

Spoilt for choice? Ask someone to choose a number between 1 and 8 at each step and go for gold!



TEST YOUR MANDALA



ACROSS: 1 GRIFFIN, 2 MONSTER, 3 WITCH, 5 DRAGON, 7 PEGASUS, 9 ELF.
DOWN: 1 GNOMES, 2 MONSTER, 4 MEDUSA, 6 UNICORN, 8 MERMAID, 10 FAIRY, 11 SPHINX.

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.

To login, either head to livewire.org.au and hit the 'Login' link,
or scan the QR code below!

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: _____



Try scanning the QR code with Snapchat, download a free QR reader from the app store, or go to:

livewire.org.au/user/register

