

ISSUE SEVEN / 2016 / FREE
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Mick Fanning

An interview with a
surfing legend

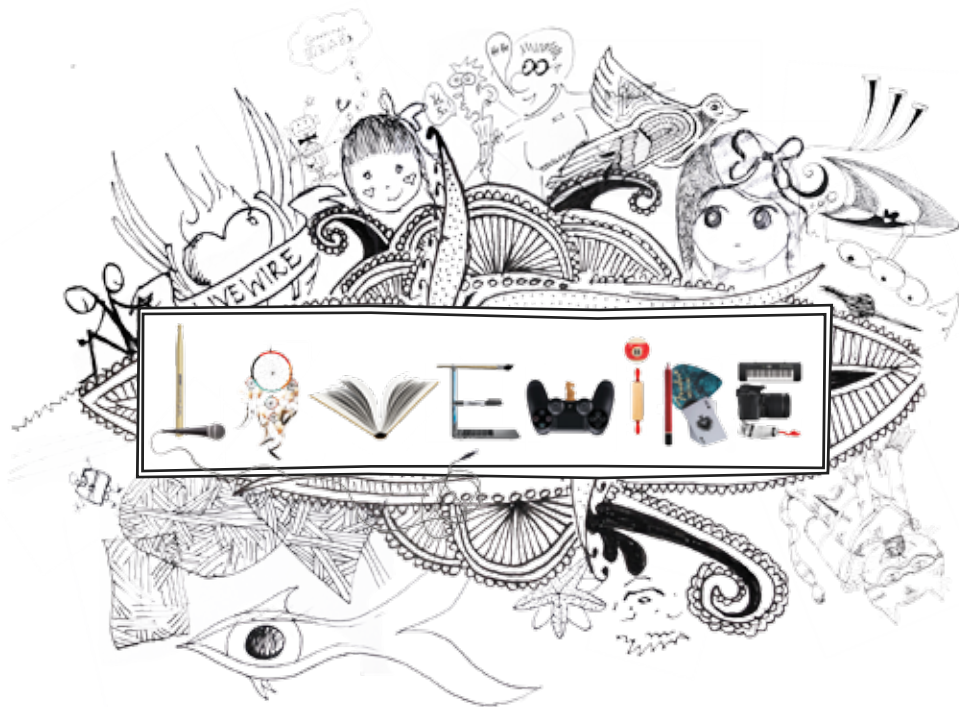
Your Summer Playlist

Plus Apps to help you
make your own

ANXIETY

It's time to talk about it

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



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) .



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ON THE JOB

FIRE FIGHTING

Interview with Matt
Written by Lauren

What do you do?

I'm a Retained Firefighter with Fire and Rescue New South Wales. Essentially that means I'm an on-call firefighter, so whenever an incident occurs in our area, my pager goes off, and if I'm available, I respond. We deal with the full range of fire, rescue, and HAZMAT incidents, but we also undertake education and community engagement activities, prepare and maintain our equipment, and conduct regular training to hone our skills.

Why do you do it?

I do it because I love it – for me it really is that simple. It's my job to help people, which I find incredibly rewarding, and I get to do that with a team of like-minded guys and girls who I now consider to be close friends – I don't think you can ask for much more!

How do you get into it? What qualifications and experience do you need?

Fire Rescue isn't really looking for particular qualifications or experience, there are a few basic requirements, but it's more about attributes and aptitudes.

What makes a successful firefighter? What skills/traits?

I think there are a lot of things that make a good firefighter. You need to be a team player – everything you do as a firefighter you do as a team, so you need to know how to work well with others, respect people's differences and do your bit for the team. I think the right attitude is important as well – if you're not in it for the community and to help other people, I think you might struggle when the going gets tough. Aside from that, I think a desire to never stop learning is essential, as is a focus on safety, and making sure to always look out for your mates.

Best/most satisfying part?

The most rewarding part of the job would have to be making a tangible difference to someone's life. Obviously in the most extreme cases that would be saving someone's life or property – and I think every firefighter relishes the opportunity to make those big

differences - but as well as that, I find even the small differences we get to make are very rewarding, whether that's rescuing someone's pet, reassuring someone who's been involved in a car accident or just helping people to be better prepared in case of a fire. We get to make a positive impact on people's lives and for me, that's a really great feeling.

The other great thing about the job is getting to work with such amazing people. We have guys and girls from a really wide range of backgrounds but everyone shares a lot of common values that I think drive people to this kind of work. I feel very lucky to be able to call my workmates my friends and getting

every fortnight, and conducts a PR event or education activity every few weeks.

Most memorable experience?

I've had a lot of really memorable experiences working for Fire Rescue so it's difficult to pinpoint a specific one. Something I do think every firefighter remembers is their first proper house fire. As much as you've been trained for it, and preparing for it since you first signed up, it's still a bit of a shock to the system - nothing compares to the real deal. The sound, the heat, and the organised chaos are all things that I think you have to experience in person to understand. In my first house fire

definitely one of my first. I remember my pager going off and racing down to the station with visions of a big fire or a complicated rescue in my head. I got into the station all ready to go, and asked one of the senior guys what the call was, his reply? 'Ahh, there's a cat stuck in a tree' I laughed nervously thinking it was a joke on the new guy sort of thing (like a left handed screwdriver), but it turns out he was 100% serious. Up until that point, I'd thought firefighters only did that sort of thing in the movies! I think it was a good introduction to life in the Fire Brigade though, as it really reinforced the idea that we're there to help the community in whatever way we can, whether

"EVERY FIRE FIGHTER REMEMBERS THEIR FIRST HOUSE FIRE"

to work in such a close team is definitely one of the great things about being a firefighter.

Worst/most challenging part?

I think the hardest part of the job would have to be the times when you feel like you can't really help someone as much as you want to. For example, it's not a good feeling when someone's house or business is destroyed, because you want to help that person, but you can't undo the damage that has been done. For me, in those situations it's important to just do everything that you can, whether that's just offering support and comfort to an individual, or doing the little things that might help. For example, I remember after one house fire that destroyed an individual's home, I was able to salvage some family photos and return them to the homeowner. That sort of thing doesn't change what happened, but it can make it a little bit easier for them.

Typical day, what % of time spent doing what?

There really isn't a typical day as a Retained Firefighter, simply because we're on-call, so we respond to the station from our home or other workplace. On average our station gets just under two emergency calls for every 24 hour period, train for at least two hours

we also faced some challenges

with water supply and with electrical hazards, so it also really reinforced to me how dangerous and unpredictable fire actually is, and how we always have to prioritise safety. In the end, I was guided through the experience and challenges by some of my more experienced teammates, and we were able to save all of the surrounding properties - which was a really positive outcome given the circumstances.

Do all firefighters do the same thing?

All RFFs do essentially the same job which is frontline firefighting. There are however different roles within the crew while at a job, such as the motor driver (who is responsible for getting everyone safely to the job and providing water and equipment as needed), the 'B.A. Crew' (who are the ones who don breathing apparatus and actually operate the hoseline), and the team leader (who is responsible for the performance and safety of the crew).

How was your first day on the job?

I'm not sure if it was my first job, but it was

that's dramatic and dangerous, or whether it's as simple as getting someone's cat out of a tree for them!

Career to date

I joined Fire Rescue my first year out of high school, so I've been a Retained Firefighter for almost 4 years now. In that time, I've gone from being a newbie with no real knowledge about firefighting, to being confident and competent enough to offer some guidance to new recruits at our station (although I am definitely still always learning myself!). Because of my experience with Fire Rescue, I've also managed to become an on-call Advanced Firefighter with Forestry NSW, and up until recently I was working full-time in bush fire risk mitigation with the NSW Rural Fire Service. I can confidently say that I wouldn't have been able to secure either of these positions had it not have been for the skills and experience I have gained with Fire Rescue. In the new year I'm moving into another full-time career within the emergency services, and again, I think my experience with Fire Rescue would have significantly boosted my value to the Service I am moving into.



D.I.Y

chalky clipboard

CREATED AND PHOTOGRAPHED BY
LAURA & LISA @ WESTMEAD

YOU WILL NEED

Plain Masonite clip board
(found in most stationery/office supplies stores)

Tape
Blackboard paint
Mod podge glue
Magazines
Acrylic paint (optional)
Chalk



HOW TO MAKE IT

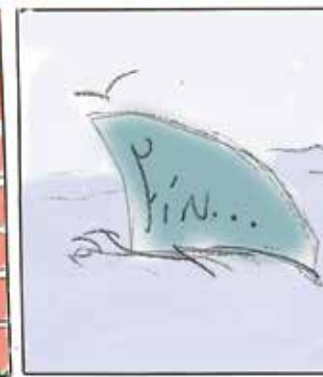
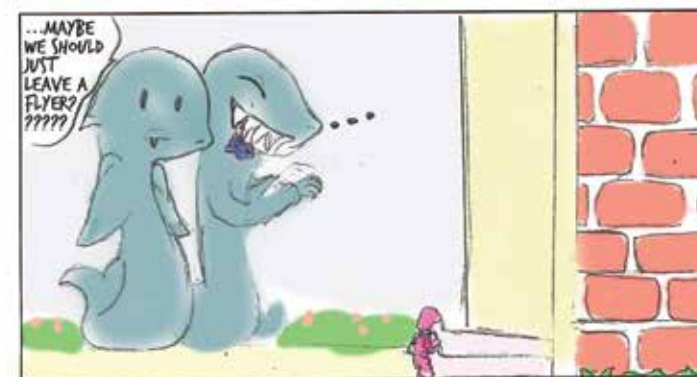
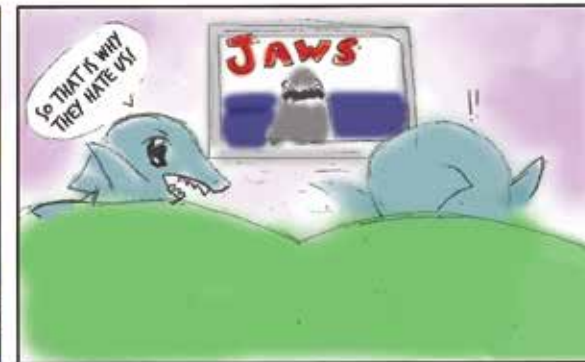
Use the tape to measure out where your blackboard area is going to be on the front of the clipboard. The tape should make a nice rectangular border.

Paint the blackboard paint inside the tape border. Wait for it to dry (if you're impatient like me you can use a hair dryer!) then do two to three more coats of paint, waiting for each layer to dry in between coats.

Peel the tape off once the paint is dry to reveal the border. Now you're ready to customise it! Use the magazines to collage & paint to decorate the border and the back of the clip board.

Once this is dry use the mod podge to seal the back and create a fancy pants gloss finish.

Voila! Super simple, practical and fun!





MICK FANNING PRO SURFER, ABSOLUTE CHAMPION

"I LEARN A LOT FROM THE WAY THE OCEAN CHANGES"

Although you started surfing young, when did you realise it would become your career?

I was 12 and I actually was meant to go and sign up for soccer that year and I accidentally went the wrong day to sign up, and so instead my brother took me surfing. That day my brother got sponsored by Quiksilver and somehow I managed to get sponsored too.

Do you remember the first time you jumped on a surfboard?

I was really young when I first jumped on a board - about five years old - and my older brother pushed me into the surf at Coffs Harbour. It was one of those situations where, being the youngest, my brother asked me to make my own way, so that's how I learned! I stood up after a couple of waves, and have enjoyed it since.

If your life had gone in a different direction, what might have become if not a professional surfer?

If soccer sign up had been on that fateful day, maybe I would have been into professional soccer! Definitely something in sports!

What does a typical day for you look like?

It all depends but normally I get up, have some brekkie, go for a surf, and if I'm at home, I'll go to the gym for a little bit, and then have an afternoon surf, and somewhere in my day, having a nap!

What do you do to escape and relax after a stressful day?

I like to cook; preparing food takes my mind off things. To stay at the top of your game you must focus a lot on staying fit and healthy.

Is there anything special you do to stay fit and at the top of your game?

I train smart so I don't push myself and burn out. Food-wise, I don't diet - I just know what's good for me and steer clear of fast food.

What keeps you motivated and energised to run out into the waves everyday?

The ocean is a special place because every day is different. I learn a lot from the way the ocean changes; that's the exciting part.

Who is the surfer you most respect. Past or present?

Australian surfer Mark Richards (OAM) and American surfer Taylor Knox. They've been my heroes since I was a little kid and I really like the way that they carry themselves; they are super humble and real people.

What has been your proudest surfing moment so far?

Winning the World Titles stand out as my proudest competition moments.

What is the BEST part about being a professional surfer?

I get paid to travel around to the most beautiful places on Earth; I'm extremely

lucky in that aspect.

After winning three world championships and being crowd surfing royalty, what is next for Mick Fanning?

I'm not sure! I have some different business ventures going but I'm always going to surf if it's for work or for play! I suppose I'll figure it out when I get there!

If you could give your 15 year old self one piece of advice, what would it be?

Just have fun!

What advice would you give anyone who wants to pursue their dreams? Can you think of any mistakes that should be avoided?

There's always going to be people who say you can or you can't do something. But it's about listening to what's inside of you and if you believe in yourself - that's the most powerful tool anyone can have. Follow what you believe you can do.

FIND YOUR GROUP!

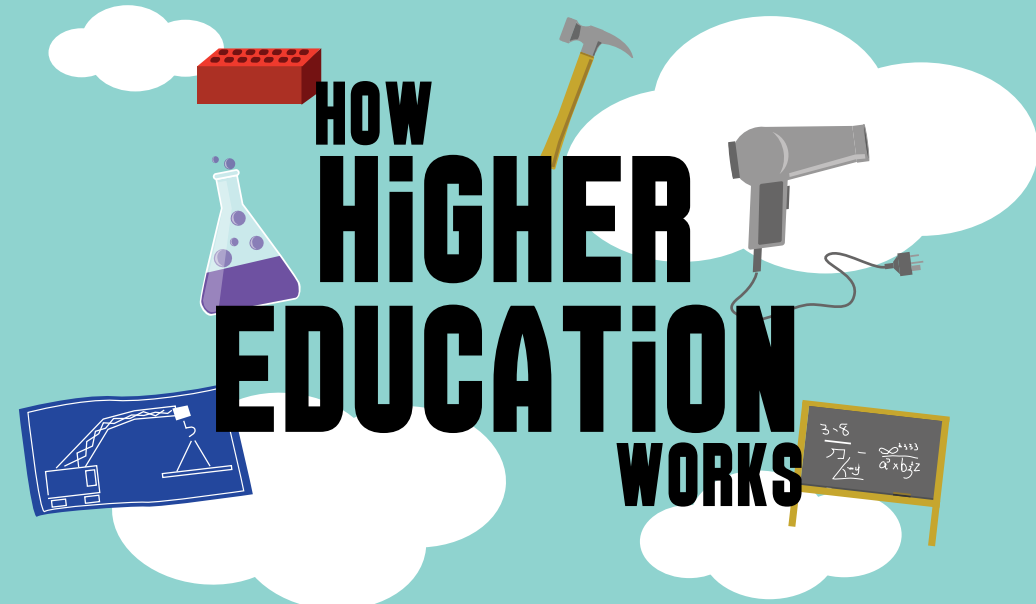
AT LIVEWIRE.ORG.AU & LIVEWIRE.ORG.NZ

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ANIMAL LOVERS
ANIME FAN CLUB
ANXIETY GROUP
ARTHRITIS & OSTEOPOROSIS NSW
ASTHMA AUSTRALIA
AUSSEE GROUP
AUTISM SPECTRUM
CANCER GROUP
CARA
CAT LOVERS
CEREBRAL PALSY SUPPORT
NETWORK
CHOCOLATE LOVERS
CHRONIC PAIN GROUP
CLEFT PALATE
CROHN'S AND COLITIS GROUP
CYSTIC FIBROSIS
DIABETES GROUP

DISABILITY SPORT AND
RECREATION VICTORIA
DISNEY FANS
DOG LOVERS
DYSAUTONOMIA AND POTS GROUP
EMERGE AUSTRALIA
EPILEPSY ACTION AUSTRALIA
FRUIT LOVERS
HEARING IMPAIRED GROUP
HEART CONDITIONS GROUP
HEARTKIDS
IDFA
JULIA FARR YOUTH MENTORING
KALPARRIN KIDS CLUB
KNITTING GROUP
LEUKAEMIA GROUP
LGBT GROUP
LUNG CONDITIONS GROUP

MINECRAFT
MONTROSE
MOVIE GROUP
MUSIC GROUP
NAIL APPRECIATION SOCIETY
NORTHCOTT
OTTER GROUP
PHOTOGRAPHY LOVERS
POETRY LOVERS
POLITICAL DISCUSSIONS GROUP
REACHOUT.COM
RONALD McDONALD LEARNING
PROGRAM
SCOLIOLIS GROUP
SONG WRITING
TRAVEL GROUP
WHOVIAN'S ANONYMOUS
WRITER'S GROUP



HOW HIGHER EDUCATION WORKS

It's the beginning of a new year. A great summer is behind you and an exciting new year ahead of you. That is, until you hear that one scary, intimidating question. It's a big one – in fact, it's one of the biggest questions a young person will ever be asked. It does not involve what you will have for lunch or that instagram account you have just started following. It's a question that makes you think about everything you have ever done and ask you to decide about who you really are; who you really want to be. The question is simple, yet can be so complex.

“WHAT DO YOU WANT TO BE WHEN YOU GROW UP?”

You remember answering this question hundreds of times before. Always with bright eyes and a smile “I want to be a dragon”. But now everything has changed. It's no longer hypothetical, it is real. And a question people will keep asking until you decide.

Unfortunately I can't help you to decide, I'm afraid that's all up to you. And if that one question wasn't hard enough, the following question takes it to a whole new level.

“HOW DO I GET THERE?”

HOW do you actually become that thing you want to become? This is where it can get a little tricky because depending on what you want to do may depend on what you do next and sometimes what you want to do has a number of different ways to get there. All with their pros and cons. Over the next few issues we will investigate these various options. Offering you a no fluff outline from people who have actually been there or done that.

For this issue we will explore...

HOW UNIVERSITY WORKS!

HOW UNIVERSITY WORKS



Most people know what a university is. “An expensive school where super smart people attend lectures in huge theatres then sit exams in fancy buildings until they receive a gold pressed certificate that they hang on their office wall”. For the most part this is pretty well true. Universities are usually quite fancy, they do have large lecture theatres and more than likely you will need to sit an exam at some stage. But this is only half the

story. The modern Australian University is a lot more relaxed and accepting compared to the versions you may have seen in movies. Less rowing clubs and leather bound books and more supportive learning and coffee shops. The most common course of study is a 3-4 year full time degree or double degree that can then lead on to further study including; Honours, Masters or PhD (Doctor of Philosophy).

PROS

The people.

The thing about universities, especially the major ones, is that they attract people from all over the world. Making friends from various backgrounds and cultures is amazing. This can open you up to a diverse range of cultures, ideas and can be very handy if you decide to travel later (i.e. free accommodation or personal tour guide)

Expert education.

Universities pride themselves on offering the best possible education. Therefore your lecturers or tutors are often world class experts in their field. Having people like this around you can not only make the learning experience a lot more interesting but also a lot more advanced.

More than just education.

The learning is only one part of the university experience. There is SO much more that goes on. Clubs and societies offer experiences to cater almost any need from ultimate Frisbee to quidditch, medieval jousting, mountaineering and even anime clubs.

You can be a doctor.

Yes, you can train to be a medical doctor at university. But if the sight of blood makes you ill you can actually become a doctor without doing ANY medical study. That's because, provided your grades are high enough, you can continue to study beyond your Bachelor degree, first with Honours or Masters, then finally a PhD. Once complete you can proudly and legally call yourself Doctor (a stethoscope is optional).

You can make a career out of studying.

If you love learning, and I mean love it. Universities are structured to encourage this. Working on your PHD can take many years and scholarships are offered to people to become ‘academics’. Your job is literally to keep learning, to strive to discover new things and then share that knowledge as a professor to students in lecture theatres or to fellow academics from all over the world.

CONS

It's expensive.

Unfortunately university can be quite costly. BUT you don't need to pay for it upfront, in cash. All Australian students are able to get an interest free loan (known commonly as HECS or HELP) from the government, that you pay back only once you start earning the big bucks and it just comes out of your pay like regular tax does, but it is something that can certainly grow into the tens of thousands of dollars.

It can be very theoretical.

The learning structure of most universities can be very book heavy. Although some courses do offer some ‘hands on’ experience, be prepared to read a lot and write even more.

A degree does not equal a job.

This is very dependent on your field of choice. But be prepared that some career paths may require you to be an intern for a while, do more study or relocate to another city or country.

The work is tough.

Essays, references, exams, assignments are all part and parcel of most university degrees. They can suck. But at the end of the year, after all your hard work and late nights cramming, you get nearly 3 months holiday to forget it all ever happened.

“If there's one thing I can say I learnt at university, it's how to read and write. Not just like you do in school, but how to think critically about what you read and how to be clear and concise in what you write”.

VERDICT

University is not for everyone. However, unlike school, it's your choice what you study. University is not easy but if you feel it will best suit your goals then it will be very rewarding. The culture, groups, the depth of your study and the friends you will make can stay with you for a lifetime.





are you Smarter than a Facilitator?

One

ON JANUARY 2ND 1960 AUSTRALIA RECORDED ITS HIGHEST EVER TEMPERATURE. (50.7 DEGREES).

BUT IN WHICH STATE DID THIS HAPPEN?

Two

THE POOL NOODLE WAS INVENTED BY STEVE HARTMAN IN THE EARLY 1980'S. WHAT COUNTRY WAS HE FROM?

A) CANADA B) MEXICO C) CHINA D) SWEDEN

Three

IN 1905 FRANK EPPERSON INVENTED THE POPSICLE BY ACCIDENT. HOW OLD WAS HE?

A) 16 B) 21 C) 11 D) 83

Four

GARRETT MCNAMARA SET THE RECORD IN 2011 FOR SURFING THE LARGEST EVER WAVE. THE WAVE WAS?

A) 50 FEET B) 100 FEET C) 86 FEET D) 78 FEET

Five

MORE THUNDERSTORMS OCCUR DURING THE SUMMER SEASON THAN ANY OTHER SEASON.

TRUE OR FALSE

Six

OUT OF THE 69 TEST ASHES PLAYED, HOW MANY HAVE AUSTRALIA WON?

A) 69 B) 10 C) 32 D) 42

Seven

THE LARGEST RECORDED WATERMELON WEIGHED IN AT?

A) 59KG B) 159KG C) 509KG D) 1059KG

Eight

HOW MANY BOTTLES OF COCA COLA ARE SOLD EVERYDAY?

A) 180,000 B) 1.8 BILLION C) 600 MILLION D) TOO MANY TO COUNT

Nine

WHAT IS REGARDED AS THE MOST DEADLY ANIMAL IN THE WORLD?

A) WHITE POINTER SHARK B) HIPPOPOTAMUS C) INLAND TAIPAN SNAKE D) MOSQUITO

Ten

WHAT CITY WILL HOST THE 2020 SUMMER OLYMPICS?

A) AUSTRALIA B) TOKYO C) MOSCOW D) CAPE TOWN

ANSWERS FOUND ON PAGE 25



A JOURNEY THROUGH THE STORM

MY DAY WITH DISABLED SURFERS AUSTRALIA

WRITTEN BY MICHAEL_LW

Sometimes a task might seem impossible. Whether it is trying to kick twenty goals in your next footy match or improve your math grade from a C to an A. The goal can be daunting. But to paraphrase a famous quote - "Sometimes it's about the journey, not the destination".

I recently went on an assignment to spend the day with the Disabled Surfers Association. These guys run events all over Australia with one simple philosophy - 'you can do anything'. They show this by inviting people with disabilities to surf, catch waves and feel the rush and freedom of doing something most people say they can't.

I arrived at a grassed area behind the sand of Leighton Beach, just south of Perth. A number of tents were set up with a small army of volunteers in blue rashies, sausages were being thrown on a barbie and a series of all-terrain wheelchairs were lined up ready for action. The whole area was buzzing with laughter and smiles on everyone's faces. Despite the sour weather and a morning wind (you could only describe as "fresh"), everyone seemed energetic and excited for the day ahead.

I walked up to one of the tents and introduced myself. Michael was manning the sign-in booth and welcomed me to the event - he was a young guy in his early twenties, beach ruffled hair and a smile as big as anyone else. We chatted for a while as we waited for one of the senior volunteers to arrive. He told me about his history with the organisation, starting back when he was in high school volunteering as part of his Phys Ed class and continuing on for the past 3 years. I expressed my concerns about the weather but Michael didn't seem all that worried; explaining that it would be a shame if it had to be cancelled but at the end of the day everyone was there for the social aspect as much as the surfing.

Eventually Lynda joined us. As the former secretary, you could tell she knows what needs to be done and had been busily running around making sure it all happened. Despite this, she took the time to stop, say hello and ask if I would be interested in jumping in the water to get hands on experience of being a volunteer. I sheepishly declined, not because I didn't want to take part in what I am sure would be great fun and a memorable experience, but because in real honesty, the thought of jumping into the freezing ocean ran a surge of panic through my bones. She accepted my excuse and extended the invite for another time in the future, explaining that it takes between ten and twenty volunteers to help one surfer, so they are always on the lookout.

Lynda then pointed me down a path and suggested I head to the water and find Bruce, the president. "Don't worry, you won't miss him". I followed her instructions and walked along the sandy path which had been carpeted for easy wheelchair access. Immediately I was hit with a scene that was both impressive and a little worrying. Impressive in the set up - a series of tents and flags, more all terrain wheelchairs, surf boards, and another thirty or so volunteers. Worrying because behind all of that organisation and setup, the ocean was backdropped by an enormous dark storm front. Jet black at the horizon, changing into various shades of grey, just enough to highlight the shape and size of the storm cloud. Centred among this bustling scene was one particular gentleman. A salty sea dog wearing a worn Sea Shepherd cap and an equally weathered tee shirt. You could immediately tell he had some great stories to tell and more than likely they all feature the ocean in some way. That is definitely Bruce.

I made a bee-line for Bruce past a crowd of volunteers lifting and shifting poles, tents and signage. As I approached, I could see he was as busy as anyone. Although confined

to a wheelchair he was rushing around helping rip poles from the sand and directing people to tasks. "I want anything metal removed, we don't need tents to surf". I stood around for a few minutes until a momentary window opened where I could introduce myself.

This moment occurred while he was chatting to a friendly observer about a new surfboard they acquired with a built in hole at the bottom. This can be removed and installed with a neat little motor or a shark deterrent. It's very cool.

I finally introduced myself and began to ask him questions about the day, but before I could get a solid question in, another senior volunteer steps in and quietly had a word in Bruce's ear. A noticeable sign of disappointment flushed Bruce's face as he turned to look out at the ocean before he snapped back into action and announced "pull everything in. I don't think it's happening today". Everyone jumped to attention and before I realised what has just happened the impressive setup was gone and the beach is left as it was before anyone arrived that morning.

I would be lying if I said I wasn't disappointed by this outcome. I was definitely looking forward to not only seeing how the organisation gets people on a wave but to also see the expressions and emotions that would undoubtedly result from such a remarkable feat.

I followed the crowd back to the grassed area, expecting to see everyone quietly standing around in disappointment that their hard work had been ruined by mother nature. Instead I saw the opposite. The sea of blue rashies now sprawled between the tents, laughter and chatter washing over the howling wind. Nobody was gloomy or upset, they were still as joyful and optimistic as ever. Maybe everyone was simply happy because, just like me, they were relieved that they didn't have to jump into the freezing ocean, or, maybe Michael was right. Maybe this event is as much about socialising, being part of a group and feeling like a team as it was about catching waves.

To find out more, head to the DSA website by clicking [HERE](#).

"I WOULD BE
LYING IF I SAID
I WASN'T
DISAPPOINTED"



SUN and STYLISH

SOME GREAT STYLES TO STAY COOL IN THE SUN THIS SUMMER



ARE YOU SMARTER THAN A FACILITATOR
ANSWERS
SOUTH AUSTRALIA / CANADA / 11 YRS OLD / 78 FEET / TRUE / 32 WINS / (B)
159KG / (B) 1.8 BILLION C / (D) MOSQUITO / TOKYO

WRITTEN BY LUKA LW

Ever had a great idea for an app or website and wished you could bring it to life? Although it might seem intimidating to begin with, anyone can learn to code and turn creative ideas into products like apps, websites or animations. In fact, coding will soon be a subject for primary school students! The summer holidays are a great chance to start developing a new skill while you have some spare time, so if you're curious about world of coding, read on!

Put simply, code is like a step-by-step list of instructions that tells a computer what to do. Phones, computers, even microwaves use code that is first programmed by a person.

Given how often we interact with technology in our daily lives, it's fair to say that knowing how to create and manipulate these technologies is a pretty valuable skill. In terms of a career, it's a triple win. Demand for computer programmers is increasing across all industries, meaning there are plenty of jobs around. This high demand means that programming jobs come with a pretty high average wage. And lastly, the online nature of the job means there's possibility for flexibility - of being able to work from home, from your bed, just about anywhere with internet connection. That's truly winning.

The ability to work with code is important as it empowers people to innovate, invent and create. From social media and movies to robotics and medical advancements, code is a tool used to facilitate development everywhere. Having this knowledge is a great way to

contribute to and shape the future of the world we live in.

The good news is that if you want to learn to code, it's pretty easy to get started. There are plenty of resources online to learn the basics and, with a bit of practise and persistence, start creating some cool things of your own. Beginners and younger kids should head to **scratch.mit.edu**. Developed by researchers at the American university MIT, Scratch is a programming language that allows you to create animations, stories and games. It's a good, fun introduction to help you start developing your skills.

For the older Livewarriors, you could look to **codecademy.com**, a free interactive code school that teaches real world coding languages used for making things like websites and apps. Just keep in mind that learning to code is just like learning a foreign language, only you're communicating with a computer. It might be tricky at first, but time and lots of practice will soon have you speaking fluently. Don't be afraid to give it a go!

Remember that being able to code means being able to CREATE. So you better get cracking!

[Disclaimer - the websites mentioned are open access? (and free). Livewire doesn't endorse the content. Please check with your parents before you use these sites. After all, they'll be pretty impressed to hear about your plans to become the next Zuckerberg or Jobs.]

SUMMERTIME •SMOOTHIES•

• • •

NOTHING IS MORE RELAXING THEN SIPPING AWAY AT A REFRESHING, TASTY DRINK WHILE THE AFTERNOON SUMMER HEAT FADES. HERE ARE TWO GREAT DRINKS THAT NOT ONLY TASTE GOOD BUT ARE AMAZINGLY SIMPLE TO MAKE, JUST THROW EVERYTHING INTO A BLENDER, WIZZ AWAY AND ENJOY. FEEL FREE TO EXPERIMENT WITH THESE INGREDIENTS AND MEASUREMENTS TO MAKE THEM JUST RIGHT FOR YOU.

BANANA AND PEANUT BUTTER DELIGHT

• • •

1/2 CUP MILK
3/4 CUP OF NATURAL
YOGURT
1 BANANA
1/4 CUP OF PEANUT BUTTER
1 TSP OF VANILLA EXTRACT

ICY POLE DREAM

• • •

2 ICY POLES
(OF YOUR CHOICE)
4 LARGE CUBES OF WATERMELON
1 CUP OF COCONUT WATER
1 SMALL BUNCH OF MINT LEAVES



ANXIETY.

I was standing outside the school hall breaking a cold sweat. My hands were gripped tightly around a tea towel I had brought from home and couldn't let go of. My heart was racing, and tears were streaming down my face. I was seventeen years old, about to take my final HSC exam, and having my first ever panic attack.

While that might sound quite scary, and it was at the time, I have to tell you that everything turned out fine. I sat the exam, got a good HSC result and spent three of the best years of my life studying at university. That's the thing about anxiety, in my experience - it feels completely and utterly, end-of-the-world awful at times, but those feelings do pass. Having anxiety can be a real struggle at times, but it shouldn't stop you from going out and living a full and happy life. I chatted to Sydney based therapist Marie-Pierre Cleret to get an expert opinion on what anxiety is, and how we can get help if we need it.

What's the difference between feeling nervous or stressed, and having anxiety?

Well, it's a grey area. Usually, people talk about feeling 'stressed' to describe feeling pushed/ pressured/ worried over something specific - an exam coming up or a job interview for example. In the 'ordinary' version of feeling stressed, people have a specific thing or issue they are concerned about and are spending a lot of time thinking about the outcome. People can be stressed over a good thing as well as something they don't want, like feeling stressed over planning a much wanted holiday or party.

Anxiety is more far-reaching than that. It can arise in relation to the same things I just mentioned, but it can also happen out

of the blue, for seemingly no reason at all. The feelings are very similar and they vary depending on how severe they get, and on the person. Typically, the person doesn't feel good and thinks that bad things are about to happen because of how they feel. It would seem to make sense: if we feel off, surely that must mean that something bad is about to happen? (We reason) We then set out to find reasons for that bad thing, or spend a lot of time trying to plan for every possible contingency we can think of to try to fend off a disaster. This takes up a lot of brain space and a lot of energy. Before long, we're not eating in a balanced way, we're getting more and more preoccupied with our internal horror stories, and we're not sleeping well.

Why do people feel anxious?

Sometimes there are 'objective' things in a person's life that are unknown and whose outcomes will have a significant impact on their life - such as jobs, relationship or financial insecurity or health issues. Sometimes, people's medication, such as asthma medication, can trigger feelings that mimic those of anxiety - heart beating faster, agitation in the chest. And other times, there are no 'out there' reasons for the "alarm in our head" to go off.

From a biological point of view, anxiety is our body's way initially of making us check out what's going on in our environment to protect our survival - like a well-designed alarm signal. But when it starts happening often or lasts for a long period of time, it can become debilitating.

What is happening in a person's body/ brain when they are feeling anxious?

When our body reacts in an anxious manner, the brain sets off an alarm in the amygdala (part of the brain), which then

signals the adrenals to produce stress hormones (adrenaline and cortisol). In effect, the branch of our nervous system – called the sympathetic nervous system – that's responsible for action, defence and response, goes off constantly instead of turning off once we attend to whatever danger we had to check out. For a person in an anxious state, the parasympathetic nervous system, the branch of our nervous system that controls rest/ repair/ and relaxation is shut off.

Once the alarm goes off it activates the 'fight or flight' response – affecting our breathing, our heart rate, our digestion. Our entire body and mind are geared to fight or flee for survival; nothing else matters. As such, our mental focus narrows on survival concerns, and we mentally scan our ideas and our environments for danger. The very biochemistry of the alarm signal of anxiety is enough to convince us that there is something wrong, and we then go looking to confirm what we already 'feel to be true', and on it goes.

What is a panic attack and what does it feel like?

A panic attack is where the anxiety response is turned on maximum and the person's entire mind and body are caught up in a massive reaction as though their life were under threat. People report a combination of symptoms I've listed in this article.

Usually, panic attacks last between 20-30 minutes; they tend to be over within an hour at the most. With the amount of high-intensity adrenaline and cortisol (stress hormones) that's coursing through the body for this period of time, it's normal afterwards to feel very tired and even sore. It's as if you've run a marathon running for your life.

What do you think are some things you can do to help yourself feel better when you're not feeling mentally well?

- Learn to re-set your biochemistry – practice adjusting your breathing; take slow, deeper breaths, counting as slowly as

you can from 1 to 6 IN and 1 to 6 OUT (a 12 second breath) and repeat that cycle for 8 – 10 cycles. That will calm your breathing down, calm down your nervous system, and calm down your thoughts.

- Cultivate calming habits – such as meditation, and mindfulness habits, relaxation training, listening to calming and soothing nature sounds and calming music doing yoga and yoga nidra, colour in, go for a walk.

- Learn to 'ground' yourself – sit in a chair, feel the chair under your body, feel your feet on the floor, feel the chair against your back, and get as aware of your body in the chair as you can, the clothes against your skin, the temperature of the air on your face.

- Maintain good sleep habits – attempt to sleep the recommended 8 hours.

- Get some exercise – make use of all that adrenaline you're generating!

- Journal – refocus your brain to make yourself write out a list of all the things that are going right in your life each day. The

main direction with anxiety is to remember to move towards what scares you. That takes courage and determination.

- Talk to a therapist about learning how to better manage your mind and its habits. Don't battle this on your own.

What is a good way to ask for help if you're not feeling mentally well?

Contact your GP and tell them what's going on. Describe your symptoms, your thoughts and feelings, and ask who they can refer you to. Your GP may refer you to a psychologist, social worker, psychiatrist or therapist who can help you learn to manage your symptoms and deal better with your life situation. Your GP might suggest you take a medication to help calm your system down as well – ask your GP about side effects before you take any medication.

**Interview with Marie-Pierre Cleret
Written by Laura_LW**

ANXIETY SYMPTOMS

Anxiety symptoms are different for everyone but can include: nausea, a tight feeling in the chest, difficulty breathing, a knot in the stomach, shaking hands and legs, a sinking feeling in the pit of the gut, rapid heart rate, a feeling of dizziness

Some people might think that having anxiety is about being nervous or stressed all the time. For me, anxiety is about courage. Being brave enough to push through challenging experiences or negative thoughts, to ask for help when you need it, and to really practice the art of taking care of your self every day.

I used to be afraid to talk about my anxiety. I thought that people might see me as weak, or not funny anymore, or that they wouldn't understand. What I've realised is that it is incredibly empowering to share your experiences – you never know who is going through a similar struggle, and by speaking out not only can you receive help for yourself, you can also lend a helping hand to others.





SEARCH SPOTIFY ○ LIVEWIRE.WESTMEAD ○ LIVEWIRE ZINE - SUMMER

Cool for the Summer
Demi Lovato

Magnets
Disclosure, Lorde

Hey Everybody!
5 Seconds of Summer

WILD
Troye Sivan

Summer Thing!
Afrojack, Mike Taylor

Can't Feel My Face
The Weekend

Search Party
Sam Bruno

Fine Without You
Best Coast

Sorry
Justin Bieber

Get Down
Jess Kent

Never Forget You
Zara Larsson, MNEK

Pedestrian At Best
Courtney Barnett

Stitches
Shawn Mendes

Dynamite (feat. Aliday)
Asta

Focus
Ariana Grande

Awkward
San Cisco

On My Mind
Ellie Goulding

Sugar
Robin Schulz

The Trouble With Us
Marcus Marr, Chet Faker

Fast Car
Jonas Blue, Dakota



APPS MADE FOR

WARNING: EXCESS DATA USAGE AHEAD!

Although most of these apps are technically 'free' they do actually require the internet so you better check how much data usage your phone or home wi-fi plan can handle.

SHAZAM

If you don't know what the song is you're listening to, Shazam will tell you.

SPOTIFY

It's like the audio version of YouTube. Stream any song you like, make playlists of your own. Dance like no one is watching.

PANDORA

Like Spotify it is a music streaming app. However, it will create custom playlists that suit your taste. No need to pick each song and a great way to discover new music.

MAGIC PIANO by SMULE

This awesome app lets you learn how to play the piano 'sort of' in a super fun and easy way using thousands of popular songs.

LOOPY

Use Loopy to record your voice and other sounds then loop them all together with crazy effects to make killer tracks.

DRUM PAD 24

Hundreds of different sounds to choose from and arrange, then sit back and spend hours creating your own songs. You can get lost in a trance playing with this app.

THE VOICE

Based off the popular TV show, this app lets you sing karaoke, create your own songs and then piece them all together with pop star like video clips. A must have for any fan.

Livewire
.org.au

left hospital and want to



left hospital and want to make friends

left hospital and want to stay in touch with livewire

left hospital and want to chat about cats

left hospital and want to share my experience

left hospital and want to win heaps of cool prizes



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.

LIVEWIRE ONLINE MEMBERSHIP FORM

Livewire.org.au and livewire.org.nz is an online community for young people (10-20yrs) with an illness, chronic health condition or disability (+ siblings!) 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.

Sign up today by heading to www.livewire.org.au or livewire.org.nz (if in New Zealand) or (if in hospital) complete this form and hand it to your closest Livewire Facilitator.

MEMBERS DETAILS

Full Name:	
D.O.B:	Female / Male
Email:	
Home Address:	
	P/C:
Contact Number:	Medical Condition:

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

(TO BE COMPLETED BY A LIVEWIRE STAFF MEMBER)

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

USERNAME: _____

PASSWORD: _____

