



ambedo

magazine

#5

TAKE ME
IM FREE

WELCOME

Ambedo aims to inspire readers in making a positive impact in their lives and those around them, and create a better awareness of the local arts, music, events, business and most importantly, youth culture. Your are our content and inspiration. Our core team has helped put together everything that you'll see here-reviews, artwork, reports, interview, promotions, discussions, photography, and occasionally you'll see us discussing our own personal learning along the way. Our goal is to create something that the local youth can rely on as a portal into the community of Bendigo and everything it really has to offer. As people, we want to be as open and honest as we can with our content, so that you, the reader, can feel like you are genuinely part of our community, because you are!

Welcome, enjoy, and get involved!

AMBEDO; noun. A kind of melancholic trance in which you become completely absorbed in vivid sensory details-soaking in the experience of being alive.

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Letter from the editor

Firstly: introductions. As the newest (and oldest) member of the ambedo team, I'm pretty excited to be joining on as an editor. When I was a kid living in Bendigo, nothing like this existed to let young people publish. Magazines are important; both as a place for ideas and art, and as a space to speak up, to share your voice. If you have something you care about, tell everyone! More people need to hear and listen to young voices.

Sometimes we're afraid to speak up- that's normal. Speak up anyway! The ambedo team is here to help young writers and artists get their works out there, and we want you to get involved! But wherever you go, take every opportunity you can to raise your voice, and others'. Be bold, be loud, and keep an open mind- the world will listen to you.

♥ GEMMA

FRONT AND BACK COVER ARTWORK BY:
MIKHAILA ALEXIS



CITY OF GREATER
BENDIGO



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LET'S (ACTUALLY) TALK ABOUT SEX

BY LOLA SHOWELL-ROCHE

Sexual Education could have either been your favourite or least favourite class of the week, all depending of course, on your ability to make dick jokes. Grainy videos from decades gone by, depicting kids learning about their changing bodies and crash courses on how to use deodorant are common shared memories, and who could forget the highly anticipated lesson on fitting a condom on a banana? This is the high level of education we are gracing our children with.

Years go by and it quickly becomes apparent that the education wasn't as comprehensive as once thought. High-school Sex Ed is a slight improvement and sees the mention of these things called STI's (sexually transmitted infections) but most of the lessons are just the same as the 90's films we saw in primary school. The education system can't seem to find an appropriate age to actually be teaching safe sex.

A condom clad banana and a brief mention that you could get an STI was all that was provided, not preparing students for the sexual world, and even less so, the world of safe sex for LGBTQ kids.

Heterosexual interactions seemed pretty straightforward, teachers hinting to wear a condom; but without even the mention of orientations that stray from a man and a woman, how could questioning kids even guess at what other types of safe sex could look like between say, two women? This lack of education sees many LGBTQ children growing up into LGBTQ adults who don't know the practices of safe sex in their own relationships. It is this lack of education that contributes to larger-scale problems, like the HIV/AIDS epidemic that effected both hetero- and homosexual people in the 80's.

Sex should no longer be a taboo subject; it has caused topics such as STI's (and those who have them) to become demonised by mainstream society, those who suffer become shunned by those around them, and are not being treated as any other person with an infection would be. Introduction of LGBTQ subject material into the sexual education system has been met by some saying that it is "sexualising our children", but I disagree. All it is doing is providing our children with the information they need in order to explore their sexuality in a safe and healthy way, not just LGBTQ children but heterosexual children as well. An overhaul of the system is needed for children of all sexualities, education leads to both prevention and understanding; we need to eradicate the taboo cloud which currently hangs over the debate.

A Sex Ed system overhaul is badly needed for children of all sexualities.

she was an intruder
invading the hand i once called my
home



you left me because you thought
i was too much
but in reality
you were never enough



he had hair like fire
i should've known he was a dragon



i never wanted to lose my
faith in love
but

HOW TO ACHIEVE YOUR NEW YEAR'S RESOLUTION

BY MICHAEL WATSON

What did you plan on achieving this year? Be healthy and fit? Stop procrastinating? Learn a new skill? Whatever changes you envisioned to enact on 01/01/2018, I'm sure 99% of you soon gave up, why is this?

Because we make our new year resolutions too unachievable. The minute we lose our initial motivation we give up and revert to our previous ways.

How do we succeed?

To achieve a large goal, one must break it up into smaller manageable goals. This way you're completing your goals more frequently which gives you more motivation to continue.

For example, instead of saying "I'm going to eat 100% healthy and exercise every day" say "I'm going to stop eating chips and exercise once a week." This way, the tasks are so easy you can't justify not doing it. "it's too much work" isn't an option.

I ambitiously wanted to change literally everything about my life and who I was – and having a couple powerfully motivating experiences – I could summon the willpower to go ahead with it. It has been the hardest thing I have had to do – and keep doing.

Some of those major goals were:

1. To adopt reading, practising 3 instruments (drums, guitar, keyboard) yoga, meditating, Spanish and art into daily practice.
2. To Exercise vigorously, eat healthy, convert to veganism, maintain perfect posture.
3. To overcome fear and anxiety, be more present and mindful.
4. To abstain from social media, illicit substances, movies, junk food and pornography.

As you can tell, I had A LOT of goals, and trying to implement it all at once would have eventuated in absolute failure.

So, I broke to these 6 phases;

Phase 1: read every night, meditate and yoga every morning.

Phase 2: + Meditate at night, sleep from 11pm-6am.

Phase 3: ++ Practice Music for 10 mins minimum a day, art every day.

Phase 4: +++ Practice Spanish every day, eat healthier.

Phase 5: ++++ Adopt exercise into practice, refine diet.

Phase 6: +++++ Convert to veganism and maintain posture.

Even though I made it very challenging on myself, it was possible and I am on phase 6 right now. The best thing is, is that YOU can do this too!

If you have a plethora of goals you wish you could achieve – or just one – this method will do wonders for you.

If you want to get Fit:

Phase 1: Exercise once a week (walk for 10 mins).

Phase 2: Exercise twice a week, cut down on junk food.

Phase 3: Exercise 4 times a week, weights + cardio.

Phase 4: Jog instead of walk, increase weight intensity.

Phase 5: Exercise 5 days a week, stop eating junk food entirely.

Phase 6: Maintain 5 days exercise, periodically increasing intensity.

If you want to eat healthy:

Phase 1: Start eating some fruit and vegetables every day.

Phase 2: Stop drinking sugar drinks and eating chips / lollies.

Phase 3: Stop eating fast food.

Phase 4: Start eating nuts, seeds, more fruit and vegetables.

Phase 5: Stop eating all forms of junk food.

Phase 6: Keep substituting foods for healthier alternatives.

The phase 6 goal is continuous so that you can constantly improve – don't stop at phase 6! Strive for constant growth.

This system can be adjusted for ANY goal you might have!

By this time, without a doubt this practice will be set in stone and it would become a habit – you will genuinely look forward to doing it! The more often you do it the more natural it is and less willpower it takes. Eventually you will ask yourself; "how did I ever live without doing this!?"

You know you've made it once you start saying that.

Key things to remember:

- Start small because small wins = increased drive / willpower to continue.
- Break it down into multiple manageable goals, make it ridiculously easy!
- It's okay to relapse, you just must get back on the horse and try again.

Most importantly, Believe in yourself.

This life is yours, your ONE and ONLY.

Once you realise that **this is it**, EVERYTHING **CHANGES**.

You can change your world; if you believe.



Written by Jahmiele Hicks

We chatted to Jess Hope from Don't Fret Club, a positive mental health initiative helping to promote good wellbeing

within the music industry and beyond. We work to raise awareness of mental health conditions like anxiety and depression by providing a safe platform to help educate and empower fans, artists and those working behind the scenes.

What inspired the project to begin with?

Personal experiences, largely, but also the conversations I was having with colleagues and musicians regarding mental health in the music industry. I was working as a music journalist in London, UK and the lack of support in the music industry, on a worldwide scale, just startled me. Difficult topics surrounding anxiety, depression and addiction would often arise in interviews I did with artists, but we lacked a safe and unbiased platform to use when discussing those very personal experiences. Don't Fret Club was born to give control of the conversation back to music artists and fans, all while aiming to positively inspire and empower new audiences.

Why a podcast?

Don't Fret Club was created as a podcast to ensure artists could express themselves without fear of having their words edited or glamorised for editorial purposes. Unfortunately, I think the music media in particular struggles to report on mental health responsibly and better education is needed for editors and writers covering the topic. I wanted to help facilitate a positive and open conversation to raise mental health awareness, so a podcast felt like a natural platform to do just that.

What's been your favourite part of the whole project so far?

Definitely the open and honest conversations Don't Fret Club has been able to facilitate already. I really do encourage everyone, and anyone, to listen to the podcast first and foremost, because the level of honesty that features in every episode is incredible. To have such prominent musicians open up about their own mental health is inspiring to hear, and comforting when you're someone who uses music as an outlet for such raw emotion. I hope it can do the same for others who turn to music in the same way.

What has the support been like?

Overwhelming! I'm truly appreciative of everyone who listens to any of the podcast episodes, or takes the time to like, share or engage with anything on our social media channels. Winning The Unified Grant in 2017 (a music industry grant awarded by the Unified Music Group) was a huge turning point for me personally. To have the podcast recognised as something worthy of growth was amazing, and it couldn't have happened without people regularly listening to the podcast.

What does music/the music industry mean to you?

Music has always been my lifeline, ever since I was young. Live music, in particular, has always played a huge part in my life. I started going to gigs with my dad when I was 11, and becoming a part of a vibrant music community has helped shaped my tastes and my spirit today. While living in London, I'd go to gigs almost every night of the week, and I work in the industry, so that lifestyle is pretty much engrained into me. The music industry can be bitter sweet though. I'd be lying if I didn't say how poorly some sections of the music industry value mental health, and there's still a great deal of work to be done to improve that. It can be done though, and in its purest form, music is such an important

platform to help so many people manage the weight of mental health. I can't think of a single moment in my life that hasn't been soundtracked in some way or another, and I know that's the case for so many people.

You had a stall at Unify Festival this year, how did that go? Was it a success?

It was great to have a presence there, definitely. We were part of an amazing wellness area which focused on providing helpful resources to attendees at the festival. I also spent much of the weekend recording new podcast episodes with bands at the festival and generally meeting new people who may be able to help spread the word about what we do. I'm super grateful for all of the support Unified, and their artists, have given the podcast, and hope to return to the festival again next year.

What might a typical podcast episode include?

Each podcast features an exclusive interview with one musician or band. We'll discuss everything from their latest release to their entire back catalogue, pulling out particularly poignant moments in their recording history. Touring is another topic that is regularly discussed, be it tips on how to maintain good wellbeing while on the road, or personal experiences shared by our guests. We talk directly about mental health topics throughout each podcast, whether it be anxiety, depression or addiction, which has previously raised related topics of loss and grief. It can be a tough discussion to have, but we hope to find a positive resolve, be it coping tips or stories of overcoming those difficult times. It's important that we don't just

feature musicians with personal experience of poor mental health, so we're just as likely to feature individuals who have no personal experience on the topic. It's interesting to see how these factors have still played a role in their lives though, be it through family or existing fan bases. We encourage everyone affected by any of the topics discussed in the podcast to seek support via the helplines listed on dontfret.club/support. All of our podcasts to date have been extremely enlightening and cover a range of topics dictated by our guests.

Any funky plans for 2018?

So much is in the pipeline, I can't quite believe it! We've just announced another live podcast event with Melbourne musician, Jess Locke. We'll be taking over Bunji Place, a new gallery in Narre Warren, for a live podcast and performance. We'll continue to do more and more events like this, as well as zine fairs and markets to share our print materials. Ultimately though, producing more podcasts is the priority. We have so many artists wanting to be featured on Don't Fret Club, and they all have such important stories to tell. I'm excited to help them do that and hopefully continue reaching more music fans who may need support for mental health. We're also looking at touring opportunities and hope to get out to more Australian cities this year. It's all go!

Where can one find the Don't Fret Club to keep updated?

You can listen to the podcasts themselves on Soundcloud and Apple Podcasts / iTunes. Just search 'Don't Fret Club' there, and on every main social media platform. You can also register for our newsletter via dontfret.club

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PER CENT

OF YOUNG AUSTRALIANS CURRENTLY HAS A MENTAL HEALTH CONDITION

45

PER CENT

OF ALL AUSTRALIANS WILL EXPERIENCE A MENTAL HEALTH CONDITION IN THEIR LIFETIME

33

PER CENT

OF COUNTRIES SPEND LESS THAN 1 PER CENT OF THEIR BUDGET ON MENTAL HEALTH



Tummies Untucked is a Bendigo-based ongoing body-positivity photography campaign/series all about tummies and the diverse world of body love and hate within.

The inspiration for Tummies Untucked first came from a friend who had posted on her social media about the fact that she 'refused to be ashamed about having a tummy because it's natural, necessary, and it's me'. Everyone has a tummy. Some are small, some are bigger, some have hair, some have stretchmarks, some even have scars. All of these things are a part of who we are, and they're all beautiful. Unfortunately, we live in a day and age where most of these things seem to be shamed, covered up and hidden away.



At a time when awareness of mental health, self-care, and self-love has never before been so prevalent, and yet so rare, we aim to create something that everyone can look at and say 'Hey, they're like me, and they're beautiful, and so am I'. Male, female, in-between, old, young, white, black, size 8 or 18, scarred, stretched, smooth or hairy, plain, innie or outie; they're all good, great, gorgeous tummies and we want to show the world. Not everyone featured will have a perfect relationship with their tummy (if anyone), but that's what we're hoping to change! So, from November 2017 onwards, we have been and will be looking for more tummies to join the series as we go - can we have your tummy too?"

The girls at Tummies Untucked - Jahmiele

and Georgia – run open photoshoots almost every week, but also take individual bookings, so shoot them a message on any of their socials, check out their gorgeous website and running portfolio, and get involved!



"We try to make the space as comfortable and welcoming as possible, and if you change your mind before, during, or after your shoot, you have the option of pulling out at any point. We want to respect every participant's wishes as we know how vulnerable this topic can be – come help us, help you, love yourself!"

 Instagram: @tummiesuntucked
 Facebook: Tummies Untucked

45 Mundy Street, Bendigo



Written by Jahmiele Hicks

THE EXCHANGE

BY RYAN PETERSON

Near the end of 2016, a thought popped into my head that I should go on an exchange. The idea was sound-, I'd get to see great places SOMEWHERE in the world, without the massive expense. At the time, I had three options: Kakadu National Park?: No thanks. Pretty it might be, but it included lots of hiking and the potential for crocodiles. Yikes. Next choice was Greece and Italy: VERY pretty, but it was the the most expensive tour relative to its length (\$6,000 for two weeks, and - that's without spending money!) Lastly, the third option,: and the one I chose. France and Germany. The choice was made, supported by my basic German speaking and writing skills. The first week was a sight-seeing tour of the sights around Switzerland, Germany and France. And yes, it was pretty. Very pretty, and very cold (SO cold). Cobbled pathways, old cathedrals and green countryside. Only downside is, you pay for the beauty. Switzerland is very expensive. I think the best time there was the first day in Zürich. We went on a walking tour through the old city. It started to snow, church bells were ringing, and I cried. Good times. The Alps were beautiful too - with the views from Mt Titlis on a clear day being much worth braving the icy weather. Paris, on the other hand, is very different. I didn't think much of 'the city of love' when I first arrived. I definitely wasn't in love. I had imagined a grand, yet quaint city

with cafes and small boutiques everywhere. I didn't see it straight away. What I saw instead was dirty, noisy and rather cheap looking. Only later did I start to find the Paris that everyone imagines. But despite the beautiful old buildings, (e.g. Notre Dame, The Louvre, etc) there was still a feeling that something was going on.

This unease came from a state of emergency, declared by France after a series of terror attacks. It sounds scary, but it's important to understand and accept that 'that's just how it is'.

For the most part all it meant was that there were more police about. In fact, the day we visited the Louvre, I saw police on rollerblades chasing away peddlers- not something you see every day! After leaving Paris, we said goodbye to half of our group (who stayed in France) and headed out on a TGV towards our new home for the remaining five weeks, Stockach. The tour group, myself and the families that we were staying with host families all got along really fantastically, but one word of advice. In my 19 years of life and all that goes along with it, it was one of the hardest things I've done. The feelings of loneliness and isolation that I just couldn't shake, the language barrier, and the changes to daily life (such as a lack of independence and or good coffee) made things difficult. But the sights of regional Germany made it worth every cent. If you get the chance to go to Europe, be aware, take some time to learn the languages, and do it. You won't forget it!

INTERVIEW WITH:

OrphFund^{Bio}
Helping street children around the world

By Ashley Eadon

How would you describe Orphfund in 25 words?

A 100% volunteer based organisation who are passionate about providing education and opportunities to some of the most vulnerable children in Africa.

What is the history of Orphfund, how did it come about?

OrphFund has been around for 12 years now, and was founded when Steve Argent (CEO) grew tired of working in other NGO's and seeing how little of the money actually went to supporting the main cause (in this instance, kids). It has grown and changed over the 12 years, but the main goal remains – to invest 100% of donations straight into supporting our kids.

What are some of the challenges Orphfund faces on a daily basis?

Being 100% volunteer based, there are many challenges. Most people who work for OrphFund are doing it in their spare time, so it can be hard to get people to always commit to running a market or pulling together an event, which we totally understand.

Another obvious one is distance – our three Children's Villages are in Africa, which we only get to once a year. We're lucky that we have a great team on the ground over there.



What part does Bendigo play in the work of Orphfund?

Bendigo has been a great supporter of ours, mainly through the Moonlight and Trove Markets, which we attend every month. We're also hoping that people will get behind our photographic exhibition at Exhibit B, which ran from February to March. We're so lucky to have a space like this to show our photos from our trips and are so thankful to the Council and Bendigo and Adelaide Bank for supporting it.

What makes Orphfund's child sponsorship program different from other NGO's?

Everything – from the organisation structure to what we achieve.

We truly believe that we are a one of a kind organisation, and the people who know us well and work with us know it too. If we weren't different, we wouldn't be able to survive on volunteer power alone, but we continue to year after year. So, in short, we're different because ALL of the money that you donate to your child, goes to supporting your child, not to paying some CEO on a 6 figure salary or fancy inner city office. We're small, we're modest, but we get the job done.

Obviously young people can support your organisation with sponsorship and donations, but what ways other than financially, can a young person support Orphfund?
We love market volunteers! If you're interested in being one, drop down to see Steve at either the Moonlight Market or Trove and have a chat about what you can do.

Can you tell us a little bit about your online shop and products?
To be honest, we love it when people shop at our markets over online. Being volunteer based, our online store is not always up to date, but at a market – you can get what you want on the spot and can see that it really is great quality. When you do come to a market, our photo blocks are always our best sellers, probably because there are so many differ-

ent pictures to choose from and they are a good size – they won't take up much room even if you're only renting a bedroom. If you're not into 'things', we are



always looking for donations, you can follow the link in the bio on our Instagram page - @orphfund.

What advice would you have for young people trying to make a difference?

Get out there and do it – don't sit around waiting for the right job or person to ask you to help, if you're passionate and have drive, use it! Too often people get caught up in the maybes, but the great thing about young people is that they often can see past the maybes and the desire to change outweighs any obstacles they might face.



ARTWORK BY MICHELLIE CHARVAT



BENDIGO'S HIDDEN GEMS

PSYFUNKLE BY TOM COOK

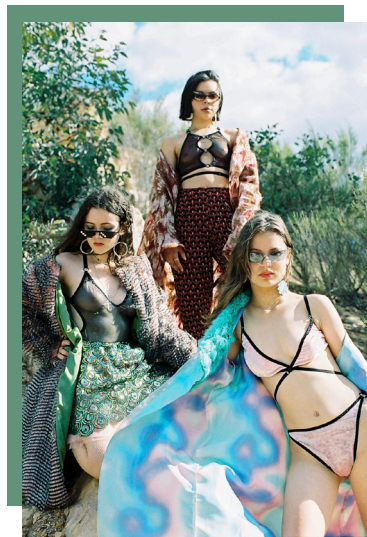
We had a chat to Ellajaz Toll-Bujeja, the business owner and main designer at Psyfunkle, a local on funky fashion.



"I have grown up going to festivals with my family. I think it is from these that my love of weird and expressive clothing has stemmed. I love clothes that are completely authentic to the individual (which is why my handmade clothes are all one of a kind) and help people feel connected with who they are and how they want to express themselves.

About a year and a half ago now I started sewing lessons at the Institute of Imperfection here in Bendigo and I fell in love with designing and making clothes. My imagination blossomed, and I sewed every day. Slowly with lots of praise from friends and family, I started believing that I could create unique garments that other people would love. So, I started an Instagram and did a photoshoot with some friends. I sold a few garments, my confidence grew, and I made contact with a business advisor and decided

to commit to turning my hobby into a business. My best friend Lily had been making clothes for herself for some years and once I had the business up and running became keen to contribute. Madi had also been out friend for some time and wanted to help. I wanted to grow and start selling my clothes at Markets and Festivals, but I also go to uni at present and the girls have work and social lives. So it would have been difficult for us to get together enough handmade stuff for a stall. We decided to include some beautiful vintage/preloved clothing into our stall" Psyfunkle will also have a physical stall at this year's Groovin' the Moo, with their one-of-a-kind items on sale!"



Check 'Em Out

Made in Bendigo
Where: Moonlight Market
Instagram: @psyfunkle
facebook.com/psyfunkle
Price Range: \$\$\$\$

LOCAL MATTERS

RAW ART AWARDS

BY MICHAEL WATSON

The City of Greater Bendigo proudly supports local artists with their yearly Raw Art Awards.

The award categories include:

- Visual Arts: \$1,000 Acquisitive Award and \$250 Highly Commended.
- Digital Media: \$1,000 Acquisitive Award and \$250 Highly Commended.
- Performing Arts: \$1,000 Acquisitive Award and \$250 Highly Commended.

The awards are open to Bendigo residents aged 25 and under. Applicants can only submit one entry in each category – but you can enter in all three categories!

The winning pieces are judged by Art Professionals and will be announced at the exhibition opening on May 17, 2018 at Dudley House.

To enter you must complete the application form (see link below), by April 23.

Entries:

Digital Media, Literature and Performing Arts pieces must be submitted by 5pm on Monday April 23.

Visual Art entries must be delivered to Dudley House on Tuesday May 15 between 4:30-5:30pm or Wednesday May 16 between 8:30-10am.

Good luck!

For more information visit:

http://www.yobendigo.com.au/What_We_Do/Raw_Arts_Awards

GREAT SHUNNED LAND BY ISAAC EVERETT

We, as citizens of our beautiful country, deprive ourselves of grasping a strong and sound position on the world stage. Forming as the result of the fusing the ambitions of the "Great Southern Land" with the exotic cultural beauty of Australia's first people and the extensive range of migrants peacefully entering our shores, our fortunate country has become a land of opportunity. We are a nation flourished within itself with the potential to have a dominant presence on the world. Aside from the political impacts Australia can enforce, we hold a voice to poise our greatest artists, developers and thinkers on a pedestal for the world to adore with true acclaim. Shouldn't our most patriotic ambition be to cause global altercations in this way, to help elevate our world's quality of life and garner true respect as a nation? For our elegant and young country it is utter insanity for us to neglect our own works and allow ourselves to be plundered by the outside world.

How is this apparent? By analysing our social practices, our art industries and the quantitative information we possess at our disposal, we are evoked with a blistering insight to the syndrome of ignorance we all have infused within us. Perhaps this is most apparent with our film industry. In 2017, Australian films consisted of a minuscule 4.1% of the films screened in Australia. And of the 100 highest grossing films in Australia during 2017, only four were created in our own homeland. The vast majority of the other 96 films in this bracket can easily be classified as mass marketed films from abroad (from the United States in particular). Even investigating this issue with an overall perspective outlines how much of impact creators of film from abroad have almost always dominated our cinemas. How can we neglect the content produced in our own country? Why should we alienate the filmmakers who spend their hard worked finances and their sprawling hours to create films, only to have their creations enter the world destined to become transparent entities?

This corrosion of our own art and our artists also extends out to music. The ARIA end of year singles chart for 2017 displays a pedestrian nine Australian songs, the highest of these being 'Chameleon' by Pnau at 32. As a country that claims to be proud and passionate of its local music, this is an alarming indicator of what we truly let enter our ears. While there is no problem with allowing international music onto our airwaves, giving it a pure avenue to counterpoint our national sounds. It's an onslaught presence on our country of beautiful flora and fauna, as well as our national identity's imprint.

Our engagement in sport also exemplifies our loss of our unique culture(s). The continually blooming attendances at soccer, basketball and rugby only show our general discontent and lack of desire with creating a sport of our own. Perhaps the only exception to this is Australian Rules Football: a sport based on the Indigenous Australian pastime of Marngrook and is progressively becoming embraced by people of all nationalities and all walks of life. Why not take this approach with all of our exports? Infuse what is truly Australian and rejoice in it. Thenceforth, it would evoke the world to perceive Australian from a different perspective. Not from the synthetic desert lands imagined by the rest of the Western world, but a diverse nation of beauty. A place established home for a unique and varied culture.

A DAY AT DOWNLOAD

BY JAHMIELE HICKS

I spent most of this week preparing for, setting up, and then attending Australia's first Download Festival. Download has been an ongoing event in the UK for quite a few years now, but with Australia's increasing struggle to get international acts into the country this was a feat to be achieved, and what a great job they did. I can honestly say I've never sweat so much at a show in my life - thanks, Neck Deep. The site was filled with a crazy array of market and merch stalls, an incredible range of catering, and of course, all of the amazing people known to be part of the heavy music scene. Download not only provided for their audience, but also the environment they were using. Flemington Raceway is a massive and well-known site, and it was definitely respected as such, with 'all-waste' bins available everywhere to be later sorted and separated into recycling and trash, free water available 24/7, and security, police, and first aid staff on top of it in the best way they could be. It felt like an incredibly safe and secure place to be (which is saying a lot as I am a 5'2 female), even if you were to be intermittently pummelled by the enthusiastic crowds, not to mention the amazing acts themselves. Top job, Download. Thankyou.



We'd like to welcome our newest Ambedo Team Members:

Georgia Grace, Mikhaila Alexis, Lola-Showell-Roche, Emily Gower, Connor Findlay, Gemma Louise Simpson, & Cameron Fields.

Well, what a list. We've had an incredible amount of new people join the team since our last issue, so many that we can't even fit all their photo's in, and they're all amazing in their own right. Mikhaila, Emily, and Gemma have been helping with design and editing, and the rest of these guys have been contributing to the writing side of Ambedo-we couldn't do it without all the awesome people working in all different aspects of the creation process, so thanks guys!

<3 J



Ambedo aims to inspire readers in making a positive impact in their lives and on those around them, and create a better awareness of the local arts, music, events, business, and most importantly, youth culture. We want to create a space that provides a little bit of everything- music, art, interviews, reviews, photography, competitions, creative writing, local matters, featured artists, and more! We want to involve the local youth community (12-25), so we've created open submissions for the public to have the chance to be featured either in our printed magazine, or on our website! Help us help you create!

Check out our submission application page at YoBendigo's 'What We Do' > 'Media Team' page or email us at ambedomagazine17@gmail.com and get involved!