



# ambedo

magazine

**FREE**

ISSUE NO. SIX

# ambedo magazine

*For Bendigo Youth By Bendigo Youth*

Ambedo is supported by the City of Greater Bendigo's Inclusive Communities Team with funds provided by the State Government's Engage! Program. Ambedo does not in any way reflect the views or beliefs of the City of Greater Bendigo.



# WELCOME

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

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. You are our content and inspiration. Our core team has helped put together everything that you see here.


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 part of our community.

**Welcome, enjoy, and get involved!**


## FRONT COVER ARTIST

Maxwell Stewart

 @sourprinceart

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## LETTER FROM THE EDITORS

Ambedo is back, this time with a sleek new look! The team has been flat-chat jam-packing this issue with interviews, reviews and stories to spice up your dreary winter days. The team have interviewed cosplayers and an international development worker, visited plays, built exhibitions, learnt languages, written stories, submitted art, and played some precarious jenga games. We've been busy, and we hope you're as excited as we are to share our new work!

We've had some team changes here at the magazine, with some friends moving to greener pastures and some fresh new faces climbing on board. I want to give a big thanks to Jahmiele Hicks, our co-founder and outgoing director. Jahmiele has put a ton of work into the magazine over the past eighteen months; without her vision and dedication we wouldn't have gotten off the ground. We know that wherever you go next, you'll shine there too.

Until next issue, keep warm!

Ryan Peterson & Gemma Simpson

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# Self - Betterment

Through Art

2017 was a rough year for me. On the 3rd of November, after letting life pummel me into the ground, I decided that I'd regain my life by committing to self-improvement. Since then I have been sculpting my life and self to be what and who I want to be.

In late December, I thought that it would be great to convey this self-betterment journey through art, and so this idea was born.

I've been experimenting with art on and off for all of my life, however I didn't commit to it as a life practice until the end of last year, when I met Ben Winspear.



Ben Winspear is a Melbourne-based artist who was classically trained at the Florence Academy in Italy. He is a phenomenal artist and his tutorship has drastically influenced my future.

Although I have had works displayed before, in December I decided to hold my own exhibition. As an emerging artist, this is unimaginably exciting!

The exhibition will be split into two sections; the first being a series of paintings that convey my evolution, accompanied by a 'guide' for others to use, in order to begin their own self-improvement journey. The latter half of the exhibit will show my artistic progression over the past 8 months, including all drawings, still lifes, landscapes and portrait paintings, as well as the drawings that I have completed.

My aim is to inspire the audience and evoke ambition for them to change their unhealthy ways and start their own path of self-betterment by showing who I was and who I now practice to be – and how it got me from point A to point B – is hopefully an indication of how feasible it is to truly change your life and start to work toward becoming who you are *meant* to be.



## A Template for Change

A Guide to Self - Betterment; accompanied by a collection of various works.

Opening Night  
Friday 17th August @5:30pm  
45 Munday Street, Bendigo

Showing for 2 weeks. Exhibition concludes:  
Friday 31st August.

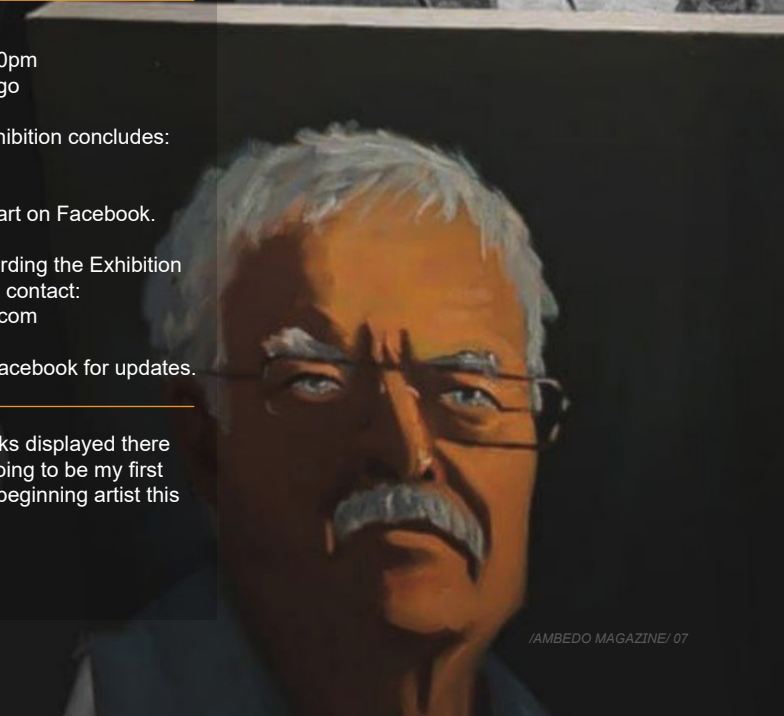
Follow @michaeljwatsonart on Facebook.

For more information regarding the Exhibition or Michael's work, please contact:  
michael.j.watson@gmail.com

Follow @yobendigo on Facebook for updates.

"Although I have had works displayed there publically before, this is going to be my first solo exhibition, and as a beginning artist this is unimaginably exciting!"

Hope to see you there!



# Betrayaltale

## An Undertale Fan-Fiction

### Chapter One

Hello! My name is Lily Brown! I live in a small village called Ebott town, which is near a large mountain called Mount Ebott. It has a bit of a reputation, which is precisely the reason our town is named after it. The whole mountain has been marked out of bounds by the elders in our town. The reason it's been blocked off is that human children wander up to the mountain, but they are never seen again.

The first child to disappear was called Sahana Ebott, and she is why the mountain is called what it is. From what they tell us about Sahana, apparently, she was a special type of human with a coloured soul. Not every human has a coloured soul and if you do, you are considered special.

Sahana had a light blue soul, and even in the most difficult of situations, she would always stay patient. But, one day, something so bad happened to her that she ran up to Mount Ebott and she never returned. Sahana disappeared in 200X, and now it's 202X. I think a maximum of 8 humans have

disappeared up there, but only one of them have returned. That human was a young 9-year old child called Frisk. I don't know how they did it, but they had a special soul with the trait DETERMINATION. They're now 11, the same age as me, and they fell in 201X.

Ok, enough history.

My eyes opened, and I jumped out of bed, excited to start the day. You see, today I had scheduled a playdate with Frisk! I don't really have any other friends because people think Frisk is weird, so they think I'm weird too. It's just because I hang out with them!

I walked out of my bedroom and into the kitchen, where my mum and dad were eating breakfast. "I think someone's a little eager," my dad said.

I grinned at my dad and nodded. I was friends with Frisk before she fell, and I'm still friends with her. The only problem is, ever since Frisk came back from the mountain, they've been acting strange and creepy.

Sometimes, they tell me to

go up to Mt Ebott and Frisk talks to me about monsters all the time. The weirdest thing is that once they told me that they saw the souls of the other kids who have disappeared. Frisk can tell me the colours of the souls and everything, which makes it even more creepy.

Our playdate was at the library, which is one of our favourite places to be. I think the reason we like it is because when you're reading a book, the characters are your friends.

Anyway, when I arrived, Frisk was already there waiting for me. Their face was hidden by the cover of the book they were reading, and as I came closer, I noticed that they were reading an adventure book. I walked over to them and sat down next to them on the bench they were sitting on. "Hi Frisk!" I said cheerfully, expecting them to look at me.

They didn't look, and they didn't pay any attention to me for the next couple of minutes. I spent trying to get their attention. After those couple of minutes, I gave up, and stood up to get a book. As

soon as I stood up, I felt a firm grip on the sleeve of my green turtleneck.

I looked down and saw Frisk holding onto it.

"W-what are you doing?" I asked worriedly. Frisk was never this clingy.

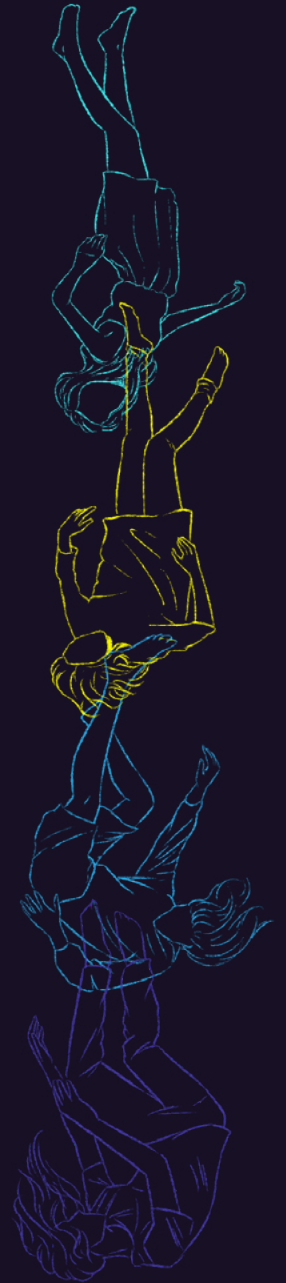
Without a response, Frisk stood up and started to pull me towards Mt Ebott. It took some effort, but through their Determination, they managed to pull me up to the hole at the top of the mountain. "What are y-you doing?" I asked, sweat running down the sides of my face.

Frisk stared right into my eyes, and their eyes locked with mine.

While sweat ran down my face, tears rolled down Frisk's as they said to me, "Fix what I started."

Then she pushed me into the hole.

**To be continued...**



Ambedo Magazine went the Oz Comic Con in Melbourne this year, and saw many interesting things including some very detailed and amazing cosplayers. We were lucky to catch three with their astounding cosplays and interviewed them.



# Cosplay Conversation

At Oz Comic Con

**Leroy: How long did it take to make your costumes?**

**Iris (@Pinkaholic):** Three weeks

**Serena (@SerenaCosplays):** I actually didn't make mine I did purchase however it did take a few weeks to get to me. No, I think it was more like a month, Iris is the one that makes them.

**Justin (@InfinityCosplay):** For me basically this is actually part of my wedding costume so I had costume made but this isn't the whole iron man suit, the whole iron man suit being fibreglass which is a nightmare to walk in, some of the rest of the stuff is just normal clothing.

**Leroy: What was your inspiration for being the character that you're cosplaying today?**

**Iris:** I love Chris Hemsworth and I wanted to try and make my first armour, so this is my build based on worbla, I used foam before and I started to use worbla so this is my first build on armour, Thor would be the most kind of easiest one to make.

**Serena:** Well I chose Hela because Cate Blanchett rocked at the role, she did such a fantastic job, she looked amazing, the costume looked amazing, I was sitting in the cinema thinking I need to cosplay this and so I am really happy I was able to do that today.

**Justin:** I just kinda think that with the facial hair I look like Tony Stark so I thought "why not

cosplay him?".

**Leroy: What's the hardest thing about creating you own cosplays?**

**Iris:** Because this is my first time working worbla I need to control the temperature like good because I used two different types of worbla and they came with different temperature. It's always tricky using the new material that I haven't used before so it takes a while for me to modify the shape.

**Serena:** The cosplay I put together two months ago required beading and there was a specific way to bead onto the fabric that I had no idea because you'd think "Oh hey you just sew the bead on" but no there was a specific way but luckily, I had some friends who work in that industry. I think that was probably the hardest because I envisioned how to do it and it didn't work out that way so I think you need to apply a different skill in order for it come out.

**Justin:** I guess with Fibreglass the technically the hardest thing is the fibreglass, it's really solid and because of that it limits movement and can dig into your skin so having it on for a prolonged period of time can be stressful.

Photography by: Cameron Miller





# JusZ Cosplay

At Oz Comic Con

After a packed weekend on the Oz Comic Con floor our team got in touch with professional cosplayer JusZ. Hailing from leafy Adelaide, JusZ is a rising star in cosplay around Australia and this year starred in Melbourne alongside cosplay heavyweights from around the world! We quizzed JusZ on her experience as a professional cosplayer, her thoughts on this year's convention, and her advice for those who are just starting out on the cosplaying journey.

## How long have you been cosplaying for? What was your first costume?

I have been cosplaying for seven years and my first cosplay was Zatanna from DC Comics. It was all bought and rented pieces, but it totally opened my eyes to the world of cosplay and the experience that day made me keen to keep going.

## What is your favourite part of doing cosplay? What does it mean to you?

I love actually putting on the costume and going to events. It's truly what I love about cosplay; being around other cosplayers, talking about cosplay and just getting to wear the costume that I've poured so much time and love into. Cosplay is such a wonderful community full of creative people and I'm very lucky to get to meet incredible, enthusiastic cosplayers and fans of cosplay at every con and event.

## Do you have a favourite costume? Is there a character you'd love to cosplay but haven't yet?

Picking a favourite costume is like picking a favourite child! One of my current favourites would have to be Dora Croft, a mashup of Lara Croft and Dora the Explorer. I'm such a goof, and I love bringing fun into what can sometimes be a serious hobby. I'm also all about classic Black Widow - she is probably my go-to cosplay because I just love the red hair and the attitude I get to put on as her. Elphaba from the musical 'Wicked' is at the top of my dream list. Her Act 2 dress is both glorious and complex, and the theatre nerd in me is just dying to belt out some showtunes in full cosplay.

## We know there are some amazing cosplay artists out there, yourself included. Who inspires you as a cosplayer?

Thank you so much. I'm inspired by so many people, from big names to my amazing friends and it's so hard to narrow it down. Always and forever my number one is Yaya Han, because as a cosplayer she's amazing and as a business woman she is goals. Major Sam Cosplay from QLD is another massive inspiration because she manages to be incredibly talented and a lovely

person. I get inspired by so many people in so many ways, I guarantee after we're done I'm going to think of someone and wish I'd thought to mention them too.

## It can be daunting to see the level of detail and thought that goes into an outfit - what would your advice be for someone looking to get started in cosplay?

My advice for starting on any cosplay is to first off sketch it out and break it down. This is my tried and true method for understanding the different layers, the shapes, and pieces that will be going into the cosplay. I print off croquis (also known as fashion forms) from the internet and draw over them - it's amazing how the understanding of the construction will start to come together once you have an idea of the pieces that will go into it. Also, google everything. 99% of the time someone will have already done whatever you wanted to do and the knowledge is there to find.

## You're a regular star at conventions - what did you think of this year's Melbourne Oz ComicCon? What were your top 3 highlights?

I loved this year's Melbourne Oz ComicCon. It was a very busy show for me, but I had an absolute blast. My top 3 highlights have to be: Hosting the panel for guest cosplayer Miss Sinister, the massive Marvel and Spotlight booths (Marvel and sewing, my two favourite things) and, of course, the Championships of Cosplay, which I am lucky enough to host across the country.

## How does it feel to be up alongside international convention artists? What is your dream for cosplaying in the future?

It feels a bit surreal sometimes! I've been so lucky to guest and work with incredible cosplayers from all over Australia and the world, and I've learned something from every one of them. My dream is to be invited to a convention overseas and get a chance to meet a whole new country of cosplayers. My other goal is to host the Global Championships of Cosplay at C2E2 in Chicago - I love being the Australian Championships host and it would be an incredible honour to host the Global Final.



A big thanks to JusZ for taking the time to speak with us! Best of luck with all your future cosplay adventures! We'll certainly be looking forward to see what you do next.

# Being Multilingual

## The Importance of a Second Language

Language is one of the defining characteristics of humans. We use it to communicate and socialize with other human beings, and sometimes, even other animals. Knowing a second language is useful, as it widens the number of people you can communicate with. As you are reading this, I assume you only know one language: English. If you learnt Chinese, you would be able to talk to 1.2 billion more people across the world, which is 1 in 6 people you could talk to.

But that isn't all that a language can do for you. If you are like the average "Bendigonian Teenager" in Year 7-10, you are learning a language. Each school has different languages, and different teaching styles. CMC and Eaglehawk Secondary teach French and Indonesian, BSE teaches German, Indonesian and Chinese and Latrobe Bendigo does short courses on Chinese, French, Hindi and Indonesian.

One way that a second language can help, is that it opens a world of job opportunities. Most kids in Western European Countries learn two foreign languages by the age of nine; The most common being English, French and German. Europeans believe that if a person speaks two or more languages, a person is more suitable

for a life career, due to Europe having 24 recognised languages. While not so helpful in Australia, a second language is still an interesting thing to tell people about (so long as you don't brag about it!).

Another reason being that you can get an outsider's perspective on your own culture. If learning a European Language, you feel that Australia has a distant, yet familiar feel about it. But if you are learning an Asian language, you might think of Australia as a loud, big, and complicated. It varies between people and what kinds of experience with their language is. But you may think completely different about another country if you visit it one day.

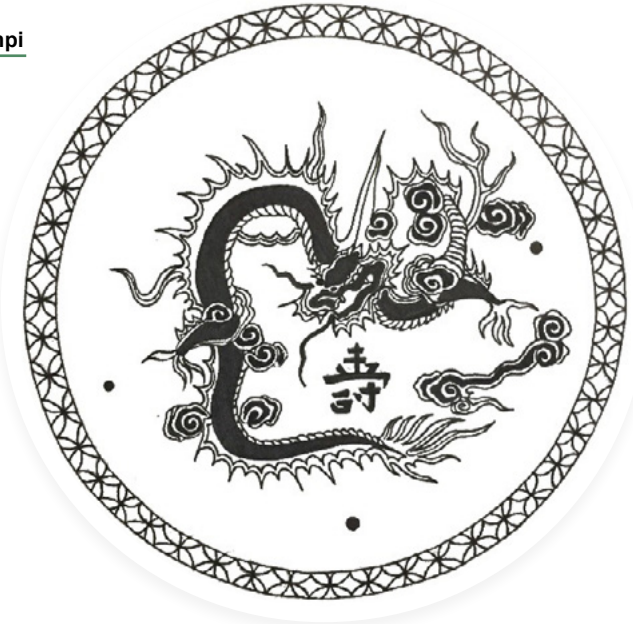
Speaking a second language has also demonstrated the same benefits as learning other subjects outside of languages, no matter how old you are. Memory improvement, longer attention span, and a reduced risk of age-related cognitive decline, are just a few of the known positive effects of speaking two or more languages.

**If you are thinking about ATAR scores, whether you are about to select your subjects for Year 8, or if you are thinking about dropping a Year 12 Language Subject, just remember that a LOTE bonus (Language Other Than English) is received as you do your ATAR exams. Say you got 71 on an Indonesian Exam, and it was counted in one of your Top 4 ATAR Exam scores, you would get an additional 7.1 points counted onto your Top 4 ATAR Exam Score, giving your score a boost!**

Mikhaila Alexis



Vanessa Campi



Talia Kellett



# S\_T\_I\_G\_M\_A

## A Play Review

Occasionally one has the privilege to experience a performance that both astonishes and forces us to confront unconscious prejudices. *S\_T\_I\_G\_M\_A*, directed by Darren Vizer and starring the dynamic performances of Nicholas Kato, Laura Jane Turner and Dan Last, is an unflinchingly honest exploration of the discrimination and fear experienced by all people living with HIV- male or female, gay or straight, young or old. Played out across a minimalist set, the performance laid bare the hurt, self-censorship, mental anguish and relationship struggles people with HIV encounter in their daily lives. Following a series of interweaving narratives, the play reflects on the complexity of the lived HIV experience and the many forms it can take: an HIV+ woman dealing with discrimination and public humiliation at the hands of her fiancé; a young man who contracted the virus through contaminated blood transfusions as a child; young gay men struggling to value themselves under the dual layers of public animosity towards homosexuality and HIV.

For those of us who have grown up in an era of increasing acceptance of LGBTQI+ people in the community, it can be almost impossible to understand the extent of hysteria and fear that surrounded HIV positive people following the first outbreak in the early 1980s. Greeted by the public with hatred and paranoia, the

legacy of stigma surrounding HIV has not changed significantly in the ensuing decades. Poor education around sexual health and HIV means that even with astronomical advances in treatment and prevention, the burden of discrimination still weighs heavily on the HIV+ community; impacting on careers, relationships, friendships and reputations. We have an obligation as a society to be compassionate to others, which is why productions like *S\_T\_I\_G\_M\_A* are so important: they give a voice to unheard stories, and serve as a potent reminder of how far we still have to go to be a fair society.

Vizer's production underscores the complex interplay between anti-LGBTQI+ sentiment, the taboo nature of discussions around sexuality and sexual health, and the brutality of a paranoia that invades relationships and turns your most intimate moments into wounds. Through stories of discrimination, mental health struggles and damaged relationships, *S\_T\_I\_G\_M\_A* drives home the injustice of prejudice: as with skin colour or gender, no-one chooses to have HIV. It is not earned, and no-one deserves it. No action or mistake is worthy of feeling contaminated, of being condemned to take pills for the rest of your life or face a horrifying, wasting death.

Supported by deceptively simple and strikingly effective technical effects, *S\_T\_I\_G\_M\_A* is a gripping portrayal of lived experiences under an overlooked prejudice. A stage lit with contrasting gold and blue lights in stark bands or soft ambiance provides both subtlety and clarity to the actors' parts, allowing each story to shine in its vulnerability. Particularly impressive is the use of dry ice which billowed across the stage; a potent metaphor for the oppressive presence of stigma, clouding the air and enveloping the audience. Neither did the soundtrack escape attention- at turns both forceful and eerie, a rattling symbol of fear. Combined with vividly expressive cast performances and a poignantly pointed narrative, *S\_T\_I\_G\_M\_A* is a thought-provoking reflection on living with HIV and a worthwhile production to see.

**Being diagnosed with HIV today is a different story than it used to be. Advancements in medication (like PREP and PEP) mean that, if diagnosed quickly, it is possible to live a healthy and fulfilling life without developing AIDS or passing the virus on. If you or someone you know is affected by HIV, there are organisations in Victoria who can help. VACountry offers rapid HIV testing, and along with Living Positive Victoria and PositiveWomen offers information and support around sexual health and LGBTQI+ issues.**



# Project Outward

An Interview with Elly Hunter



## Contact Project Outward:

[www.projectoutward.com](http://www.projectoutward.com)

[www.facebook.com/projectoutward](https://www.facebook.com/projectoutward)

[www.instagram.com/projectoutward](https://www.instagram.com/projectoutward)

[hello@projectoutward.com](mailto:hello@projectoutward.com)



## What is the history of Project Outward, how did it come about?

Project Outward was initiated when I, Elly, went to Uganda for the first time when I was 16 years old. I spent a lot of time with Ugandan women out in rural communities. At the time the national unemployment rate was 80%, although it has since dropped during this time I witnessed how so many of these women were so skilled and knowledgeable yet there was no work available for them. As I came back to Australia and was busy finishing my VCE studies, I decided to look into ways I could help. This then developed into Project Outward as I and a team of girl friends developed our model and began raising money to go over and initiate the project.

## What are some of challenges Project Outward faces on a daily basis?

Like that of any other not-for-profit organisation Project Outward's two biggest challenges are time and finances. As all three of our Australian team members work & study full-time and we develop Project Outward voluntarily ourselves it is hard at times to prioritise the kind of time our organisation needs to thrive. Additionally, our team does not lack any zeal or dreams for Project Outward but for everything you need finances. Most of our common hold backs, such as getting our next village project underway requires greater finances to occur.

## How would you describe Project Outward?

I would describe Project Outward as a young adult led organisation that aims to relieve poverty for women through business strategies, encouraging holistic, sustainable measures to do so.

## What part does Bendigo play in the work of Project Outward?

Bendigo is our greatest resource in terms of support, being initiated locally, many Bendigo locals are encouraged to get involved and it brings its own sense of city pride with it.

## What impact has Project Outward had?

So far Project Outward has assisted 48 women from poverty using simple business strategies. For most of these women this means they can now afford education for their children, provide all basic food and hygiene necessities for their family and pay any medical requirements.

## Obviously young people can support your organisation with sponsorship and donations, but what ways other than financially, can a young person support Project Outward?

Our team are always looking for passionate individuals who are interested in volunteering with us. We eagerly look for a way to fit anyone's skill sets into something useful we can utilise here at Project Outward, however currently we are looking for individuals who are good on a sewing machine, photographers, social media experts and fundraising/event management gurus.

## How can people get involved in Project Outward?

Just as I mentioned above the BEST way you can get involved with us is by emailing us to see how you could volunteer with us, and who knows where that could grow from there.

## What are Project Outward's plans for the future?

We plan to continue expanding our project's model into similar village communities throughout Northern Uganda to continue assisting women out of poverty. We also hope to eventually expand our project into a new country.

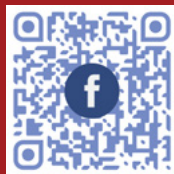
## What advice would you have for young people trying to make a difference?

The greatest advice I would give is that something is worthwhile. Whether it's as small as donating or sponsoring a child or as big as starting an organisation or moving internationally to help a cause, if you want to make a difference start with what you in your realm of influence can do and grow it from there. Also, dream big, most of us have no idea of what we're really capable of achieving. I never thought I would have been the director of a little organisation at the age of 19.

Ambedo is supported by the City of Greater Bendigo's Inclusive Communities Team with funds provided by the State Government's Engage! Program. Ambedo does not in any way reflect the views or beliefs of the City of Greater Bendigo.

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