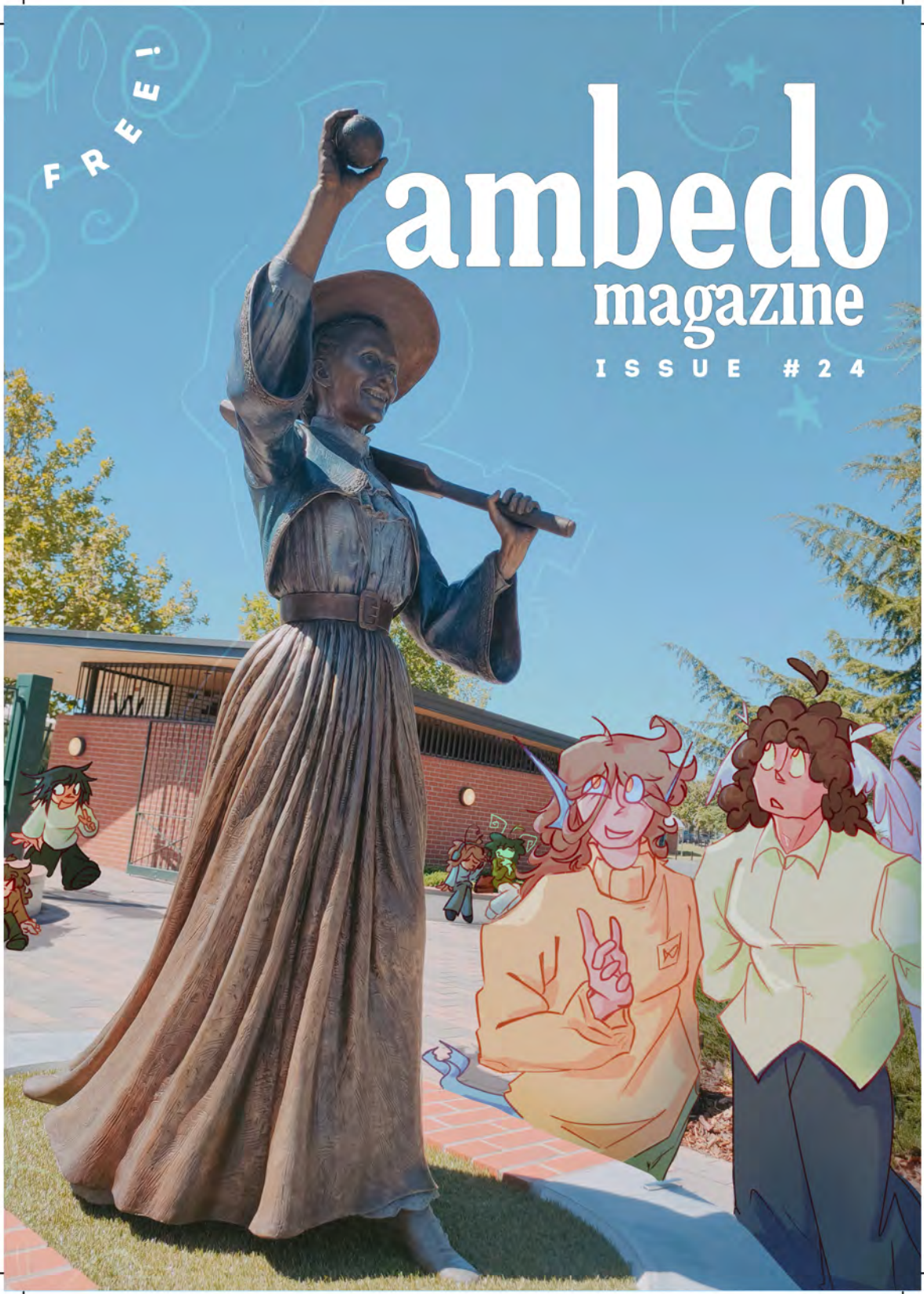

FREE!
ambedo
magazine
ISSUE #24

AMBEDO MAGAZINE

ISSUE 24 | JULY 2026

Ambedo aims to inspire readers, make 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 local young people can rely on as a portal into the City of Greater Bendigo and everything it has to offer. As young 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.

The pieces included in Ambedo Magazine Issue #24 were produced on Dja Dja Wurrung and Taungurung Country. We extend our appreciation to the Traditional Owners of the land and pay our respects to Elders past, present and emerging and all First Nations people.

www.yobendigo.com.au
YO
CITY OF GREATER BENDIGO

CONTENTS

Editor:
Connor Findlay

YO Media Team:
Vanessa Campi
Eliza Collier
Celeste Davies
Connor Findlay
Sara Hancock
Mitul Liz Meena
Liam Muir
Jess Sacrez
Crow
Mak

Contributors:
Liam Doyle
Jemma Munroe
Joseph Netley
Catherine

Artists:
Cats On Page 21
Crow
Vanessa Campi
Sara Hancock
Jemma Munro
Celeste Davies
Joseph Netley
Eliza Collier

Graphic Design:
Eliza Collier & Sara Hancock

Front Cover Artist:
Celeste Davies

2 ACKNOWLEDGEMENTS

3 CONTENTS

4 CATS ON PAGE 21 ARTICLE

7 POV: THE AUTISM EXPERIENCE

9 HIDDEN GEM: THE WELL

11 SHARON MARCHINGO WRITING COMPETITION WINNER

14 NYLON PHOENIX

16 LOST IN THE PAST: BAND INTERVIEW

18 CLOUD TYPES & FORMATIONS

21 ARTIST PROFILE: CATS ON PAGE 21

22 YOUNG ENDEAVOR SAILING INTERVIEW

24 CLIMATE CHANGE IN THE PACIFIC

CATS ON

Hi! I'm Catherine.

I'm an artist and animator currently in my second year of studying Bachelor of Design (Animation and Interactive Media) at RMIT. My process is primarily digital, though over the past year I have been experimenting with traditional line art. This originally came about from spending more time sketching with pen from life in my sketchbook, and wanting to incorporate some of those skills and qualities into my finished artworks.

One of my early, and probably longest continuous art inspirations is Loish (Lois van Baarle). I first came across her art after finding her first art book in the Bendigo Library. Since then, I have often gone back to her art (and other two artbooks as they were released) for inspiration, techniques and processes.

In more recent years, as I've delved further into drawing environments I've pulled a lot of influence from Mateusz Urbanowicz's landscape illustrations. Particularly his philosophies on shape and drawing partially inspired my shift into traditional line-art.

, also known as...

PAGE 21

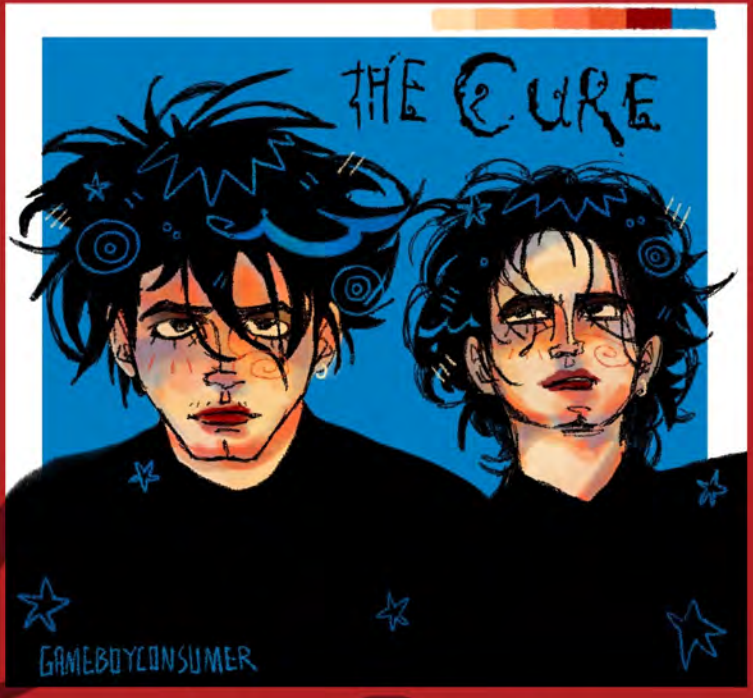
For anyone wanting to try a similar process of digitally colouring traditional line-art, my #1 tip is making sure you use a scanner with the right level of contrast! You can use a camera/phone to take a photo but it requires a lot more work editing the image, and will likely come with a level of lens distortion.

Using a scanner allows for a large, high-definition file, which is better for high-quality artworks. When scanning (if you can adjust the settings) you want just enough contrast for the paper to look pure white.

Otherwise you can use digital editing to make a similar effect. Afterwards you just import the image into your digital art program, set the layer to multiply (so only the lines are visible) and start your colouring process on the layers beneath!

DEAD OR ALIVE
GAMEBOYCONSUMER
let them drag my soul away

Crow


THE CURE
GAMEBOYCONSUMER

POV

BY LIAM MUIR

the autism experience

Hi, my name is Liam,

I would like to say thank you so much for taking the time out of your day to read my article. Some of us struggle financially, some of us struggle with feelings of depression and anger, and of course many of us struggle with disability. And the disability we'll be breaking down is autism.

As an autistic person I struggle with...

Sensory Overload, which may be loud noises, scratchy fabric, strong smells etc resulting in physical and cognitive reactions. It can cause me to shut down, try to escape, or feel general restlessness.

Intense Anxiety related to social challenges, sensory overload, unpredictable events. change of routine. Resulting in difficulty sleeping and physical symptoms.

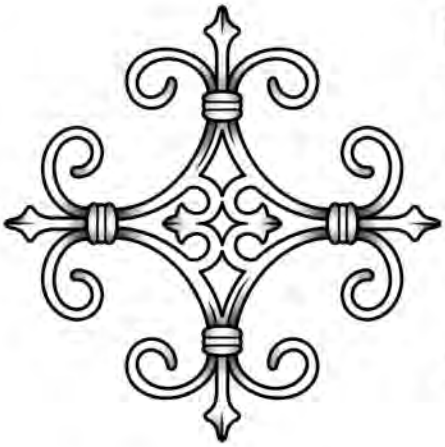
Struggles with change of routines is a difficulty in getting into the flow of a new routine due to the unexpected nature of such changes, established comfort & solace in a previous routine or uncertainty (mentally). Change in routine can feel like you will never see a close friend or family member again. A routine can be the same if it exists long enough.

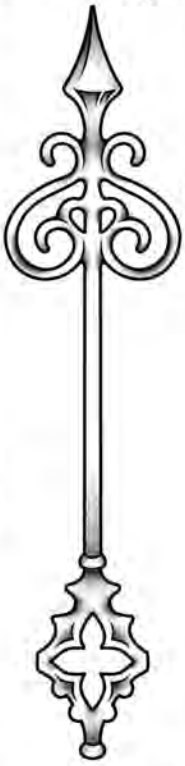
Making friends can feel daunting because typical social rules often feel like a "game without an instruction manual". I also face "The small talk barrier". Many find traditional small talk exhausting or unnecessary, and we generally prefer deep, direct conversations about our special interests.

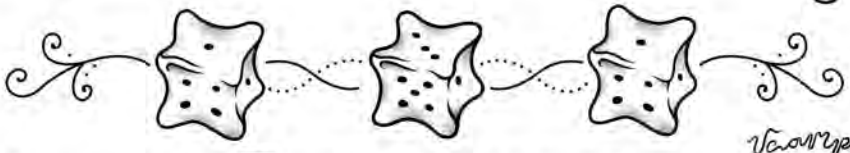
Hiding autistic traits to "fit in" (or "masking") is extremely draining. This can lead to social fatigue, where one needs significant alone time to recharge, which others might misinterpret as disinterest.

Social Isolation and Bullying: Autistic students face significantly higher rates of social exclusion. Research suggests up to 62% of autistic students in some regions report being bullied, ridiculed, looked down on and called names at least once a week.

Vanessa Campi







vanessacampiart

HIDDEN GEMS:

the well COFFEE CO.

Written by Connor Findlay

Something I really like about Bendigo is the diversity in businesses and shops around the town. There are so many nifty places around that seem to all fit in yet stand out at the same time. The Well Coffee Co., on Queen Street, seems to be something familiar, yet fresh and new at the same time, with a small, cosy environment welcome to all, it's hard to resist checking out. We reached out to The Well, knowing it was more than just "another café", and were not surprised.

Connor: Tell us a little bit about the Well? How did it start?

Rachel: Originally, we started The Well as a non-for-profit coffee van called Jesus Coffee, and it slowly became a community hub. We ran it for a year, along St. Aiden's Road in Kennington and eventually decided to set up a permanent shop to build a larger community. All profits above expenses go towards an orphanage in India and other missional expressions.

Connor: Who helped create this business?

Rachel: This café originally started through the New Nature Church. I help out with both the church and the café. You'll regularly see Emi behind the counter here, a trained barista who moved to Bendigo from Japan. Her coffee-making skills are excellent, and she is always very happy to chat.

Connor: When did you begin trading?

Rachel: The Well started in August 2025 and the coffee van began around September 2023

Connor: How did you come up with the café design?

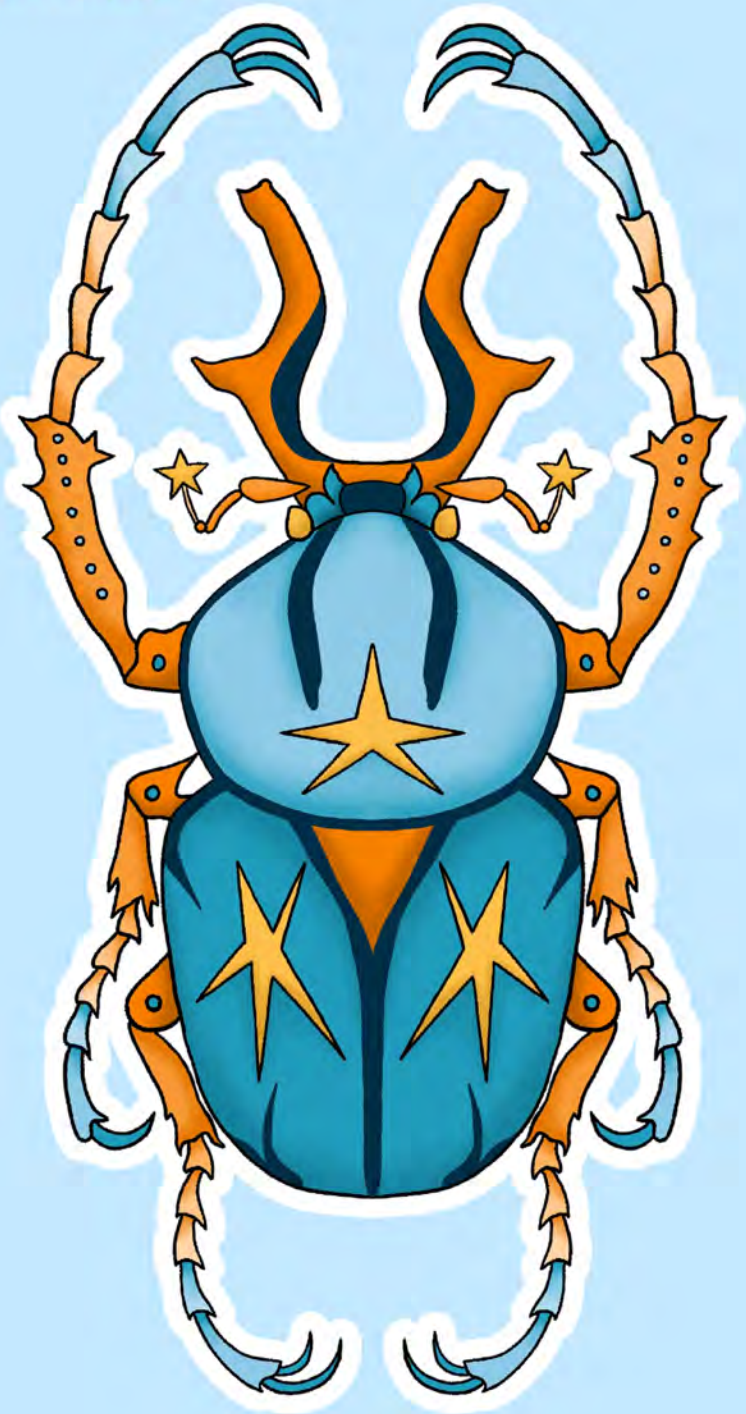
Rachel: The name came from a lady in the Bible who went to a well to get water, where she met Jesus who said "I can give you more than just natural water, I can give you living water". The name comes from a place of life and refreshing, as coffee is. The café itself was a community effort. A local sawmill donated our benchtops, and local builders offered their time to design and help refit the building. Local artists also have their paintings too. It's built to feel like a warm, homey place for everyone.

Connor: Anything else you might like to add?

Rachel: Our heart and love for the community of Bendigo is seeing people living in freedom and hope. The Well is an extension of wanting to bring joy to this community, and that everyone feels seen and loved. We would also like to thank our coffee supplier, Philadelphia House Blend, which is grown in Colombia and Guatemala. There are many different flavours and tastes to choose from as well, and we sell bags of coffee beans from our shop.

The Well Café is open on Queen Street, Bendigo, between Killian's Walk and Williamson Street. They are open from 7:30AM-2PM, Monday to Friday.

Sara Hancock



sara.elllen

Joseph Netley

netleyboif

Sharon Marchingo Writing Competition Winner

Written by Liam Doyle

THIS ARTICLE CONTAINS MILD THEMES OF VIOLENCE AND ROAD TRAUMA INVOLVING A MOTORCYCLE
READER'S DISCRETION IS ADVISED

Bang. I feel my body lurch forward, then a thud. The air leaves my body as I meet the ground. I bounce up again and brace myself for impact. The heavy thud sounds again, but I don't feel it, I'm weightless.

I open my eyes to look around, my motorbike lays a few metres away, a smoking mess. I look to the left and see the car that hit me, a yellow sedan with red smeared across the front. I look at the driver, but he simply stares past me, shaking. He looks like he's seen a ghost.
"Hey!" I shout "What was that mate!"
He doesn't even flinch. Just stares past me. What is he looking at? I turn and freeze too. This can't be.
I'm staring at a body, a leather jacket, a tangled mess of arms and legs and dirty red skin. And a face I saw every day, in the mirror, in store windows. My face.
"It's always a shock at first" a voice speaks from behind me.

I turn and see a figure, so blurry the only way I can describe it is a haze.

"What's happening to me?" I beg for an answer.
"You have moved beyond life, you are free to wander, to search, to see and learn."
I look down at my own body and see it is a hazy blur, much like the figure.
"What do I do? Where do I go?"
"Anything, and anywhere." The blur shifts, slightly fading. "You will know when you find your purpose. Wander the world and your mind. And remember to never lose yourself."
"But I don't know who I am"

The blur continues to fade. "That is for you to discover. Perhaps you shall lose who you are, but you will find yourself in that loss. Remember that you are not lost, but merely waiting to be found."
With that, the blur vanishes, leaving only the echo of his words in my ears.

I look back to the body that was once mine. Paramedics are zipping it in a bag and placing a tag on the zipper. The lights of the ambulance flash but I hear no sound, only only the echo of words.
"You are not lost, merely waiting to be found."

This written piece by Liam Doyle was the winner of the "Sharon Marchingo Writing Competition" at Crusoe College, a select-entry annual competition for Year 10 students. His piece was submitted with his permission

Jemma Munro

j_dog_mart

MUSIC VIDEO PRODUCTION WITH:

NYLON PHOENIX

BY SARA HANCOCK & CONNOR FINDLAY

Bright, energetic and fun; Nylon Phoenix is a fresh and exciting ukulele punk two-piece from Melbourne. Chameleons of sound, they experiment with Post-Punk Revival, Indie Rock & Pop, and alternative genres, to create songs and performances with a heavy focus on the audience interaction, participation and stage presence. Contrasting our bright energy and aesthetic, we hope to bring some darker topics to light, and let you feel it through our show.

Last November, Connor (our editor) and I went on an adventure around Bendigo to shoot some footage for a music video with our friend Jet, one half of Nylon Phoenix!

The video is for the song 'Magenta', a light-hearted song about Jet's questionable dating life. Each scene is a different vibe and visual style, ranging from a mechanic and a fisherman to a coffee loving hipster.

After scouting out some locations, we set off for filming. We ventured to the Canterbury Park Gardens, Eaglehawk as our first location, using the fountain and other park pieces as backdrops. It took us a while to get into the swing of it, but it was all worth it in the end.

Second place on our list was Hartley's Hunting and Fishing in California Gully. The staff there were super inviting and enthusiastic about the project, and kindly let us set up our gear and film. As a fisherman myself I very much enjoyed this section. We filmed amongst different rods and reels, and Jet donned an awesome bucket hat and fish shirt (they were mine).

Skip's Skate Shop, just next to Canterbury Park, followed up as our next stop. After ordering ourselves a coffee, we set up in a quiet corner of the shop.

The ambience of Skip's was perfect for the vibe of filming a music video, with records and filming music video, with records and memorabilia scattered around to set the tone. Jet aimed for a classic hipster look for this scene, big glasses, a turtle-neck and coffee in hand.

Our final two locations were pretty easy: Tom Flood Sports Center in the city and my friend's shed in the bush. We utilised the empty boot space of my friend's car which he uses for racing and filmed an awesome shot of Jet laying underneath the car. My friend's dad had a good laugh watching Jet apply black paint to his hands to resemble grease instead of the real thing.

We're excited to see how the final project looks, but until then, make sure you check out Nylon Phoenix. We might see you at the next gig!!
You can find Nylon Phoenix on Instagram, Tiktok, Youtube and more! @nylon_phoenix

YouTube

Lost in the Past

Written by Connor Findlay

Lost in the Past is a local, Bendigo based band, formed by Aaron Pearce in 2024 and later joined by Riley Hayes and Hayden Becker.

Their breakthrough track "That's That" gained attention quickly with Aussie Trove from Phoenix Radio calling it "one of the most impressive debuts of the year" in 2025. Their newest single, released in January 2026, is already making waves too!

I recently had a chance to interview the upcoming band. We were delighted to hear back from songwriter, lead guitarist and vocalist, Aaron who answered our burning questions. The band were keen to promote their recent single, "Seat by the Fire", available now on all streaming platforms.

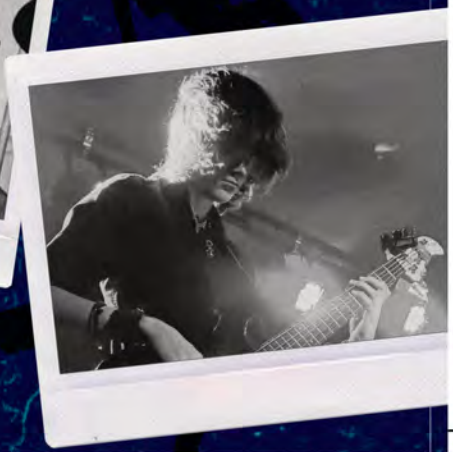
CF: Tell us a bit about the whole band.

LP: My name is Aaron Pearce, I'm the lead guitarist and vocalist. We also have Riley Hayes on the drums, and Hayden Becker on rhythm guitar.

The band was formed in mid-2024, mostly just for fun, a couple guys having a jam. We had a school talent show, and I came up with lost in the past, after scrolling through Spotify, looking for ideas. Riley joined in July 2025, and Hayden came on board in in December 2025, only very recently.

CF: When did you start? How did you all come together?

LP: I met Riley through Greg at Muso Stuff on Mitchell Street, Hayden and I know each other through school.



CF: What are some of your inspirations for music?

LP: Our big inspirations and influences come through heavy metal and heavy rock. Avenged Sevenfold, Ozzy Osbourne, Metallica, Iron Maiden, System of a Down and AC/DC to name a few.

CF: Where can our readers listen to your music?

LP: We currently have two singles out, That's That which has had over 11K streams on Spotify, and Seat by the Fire, released on the 28th of January and is also doing well. You can hear us on all of your favourite streaming platforms, Spotify, Apple Music, YouTube Music, and Amazon Music

CF: If you could open for any live musician in the world, who would it be?

LP: Personally, I'd want to open for Metallica, without a doubt. Knowing the other two, I'd say Riley would go with Deftones, and Hayden would wanna open for Slipknot or Linkin Park.

CF: Do you have any live events coming up in the near future?

LP: We were recently booked to play Geelong Barwon Club, alongside Bendigo locals Two Steps Forward and Geelong locals 4Days. We also have a show on Saturday, May 2nd at the Axedale Tavern, and we've locked in a date at the Vine, in early July, with a couple of other bands. We're always looking for cool new places to play and we're also working on a few other things as well, in the background so keep an eye out for those.

CF: Anything else?

LP: We just want to say a massive thank you to everyone who has listened to our music, come out to a show, followed us on socials, watched our videos or bought our merch, it honestly means the world to us.
We're working hard on new material, more gigs and growing the band, so stay tuned because 2026 is going to be a big year.
If you'd like to become part of The Legion, give us a follow on Instagram, check out our merch on BandCamp, and share our music with your mates.
You'll find everything via our Linktree on our Instagram page.

CLOUDS

To some this may be surprising, but the cloud formations we see actually have names and categories- and it's much, much more than the simple clouds we draw as kids

There are three main types of clouds formations, including Cirrus, Cumulus and Stratus. These clouds are named by shape and the weather they bring. There are two other important cloud types to know such as Cumulonimbus clouds and Nimbostratus clouds. These clouds are bigger and are more specific to weather (clouds indicating a certain weather).

Cloud types

Cirrus clouds float very high in the sky and are mainly made out of ice crystals.These clouds are wispy and feather-like. This type of cloud can signal a soon change in weather.

Cumulus clouds are the most common clouds that come on a sunny day. They look like big cotton balls but have flat bottoms. Sometimes, these clouds can grow into big storm clouds.

Stratus clouds are low grey clouds that cover a vast area. They look like wavy streaks or wrinkles in the sky. They usually bring light rain.

Cumulonimbus clouds are tall clouds that are shaped like marshmallows. They usually bring thunderstorms, lightning, heavy rain, hail and sometimes tornadoes.

Nimbostratus clouds are dark thick clouds that cover the whole sky. They bring long periods of rain or sometimes even snow.

Cloud height groups

High Clouds that sit above ~6000 meters in the sky are Cirrus, Cirrostratus and Cirrocumulus clouds.

Middle Height Clouds that are 2000 meters to 6000 meters up are Altostratus and Altocumulus clouds.

Low Clouds below 2000 meters are Stratus, Stratocumulus and Nimbostratus cloud types.

So next time you look up at the sky and see clouds, you'll know exactly what cloud formation they are.

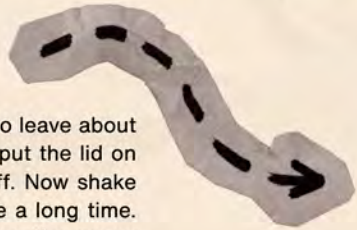
BY JESS SACREZ

How to Make Butter

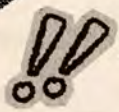
Written by Mak

Making your own butter is an interesting activity to pass the time. It teaches you something that used to be a common life skill. Although in our modern world, we have many conveniences which mean these types of skills are no longer used for many of us. I think it's important to continue to learn and pass on skills like this one, as you never know when you might need some butter in a pinch.

Ingredients:
Cream (Heavy or thickened)
A Jar with an airtight lid (Preferably a clear glass to see into)



Step 1.
Pour the cream into the jar, enough to leave about 2-3 inches of space at the top, and put the lid on nice and tight, so it doesn't come off. Now shake the jar! You'll need to shake for quite a long time. As you continue to shake, you'll notice the cream start to froth and fill up the empty space, continue to shake and you should see a gradual change. Once it starts to sound solid, STOP! You have made butter.



Step 2.
After all that shaking, you'll be left with two components; butter and buttermilk. Put the buttermilk in an airtight container and use within a couple of days. You can use this buttermilk in all sorts of dishes, like pancakes or even marinades for meat.

Step 3.
Now it's time to wash your butter. It might sound a little weird, but this is a very important step to wash all the buttermilk. You'll need a big bowl of ice water, and you'll gently knead the butter while in the ice water until you wash out all the butter milk. You may need to do this a few times with different water.

Step 4.
It's time to season your butter. This is the part where you can get creative. Season your butter however you like; salted butter, garlic and herb, rosemary, the possibilities are endless, though salted butter is a staple. Gently knead in your seasoning and store it in a butter tray or container with a lid. You MUST make sure you store butter and milk correctly in the fridge in airtight containers. If left out too long or stored in improper containers, the butter and milk can spoil or grow mold. If you notice any odd smells or spots of black, throw out your dairy products immediately.
Now you can enjoy your butter and milk!

By Celeste
1
hey- what periods are next...?
period 6 and 7.
2
6 7.
3
67...

Cats on Page 21
catsonpage21

Young Endeavor

Sailing Interview

Written by Sara Hancock and Crow

Recently, we were able to meet up with Maliha and Eva, who embarked on a long journey on a sailboat, with help from the Bendigo Sandhurst Rotary Club. Both girls had a bit of experience with camping, but were looking for the ultimate challenge, and found it through sailing. We both had questions about the experience, as we were very curious about it.

S&C What is the Young Endeavor sailing trip?

M&E It's a 4-day challenge around Port Phillip Bay, with a group of students chosen from around Victoria. We embark on a tall sailing ship, which is an exact replica of the Enterprize, originally built in Hobart in 1830. We learnt all about boat life, and lived in a very small space under deck. We learnt how to work the ropes on board, steer the boat and most importantly, we met and worked with new friends.

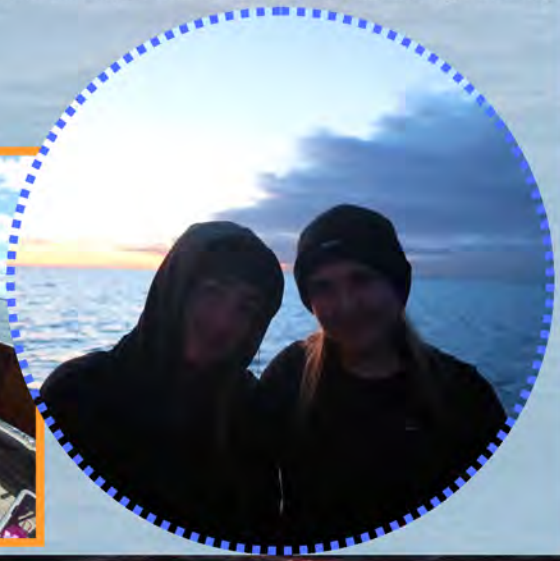
S&C What inspired you to go on the sailing trip?

M&E We both saw a notice about it at school, and immediately we knew we'd love it. Previously we went on a camp for a week in the Grampians, where we camped under a tarp and canoed over 15km each day, and it was the best. A sailing trip where we would be challenged to the max, meet new people and try new things sounded awesome. The Bendigo Sandhurst Rotary Club sponsors the chosen students too. We met Stew Annan, and explained why we wanted to take part in the trip. We signed up straight away and before we knew it, we were approved! The day came around so fast, and we were ready to sail!

S&C What were some of the highlights of the journey?

M&E The best memory was definitely making new friends. Straight away, Eva and I met a girl named Mel, we all had so much in common and got along instantly. We became friends with everyone on the boat, and we felt like we had all known each other for years. Eva really enjoyed climbing up on the topsail to unfurl the sheet when the wind had changed direction. It was very windy and she was harnessed to the boat with the best view of the ocean. Maliha's also enjoyed the food on the boat. The chef, Curtis, was amazing and he cooked the best food ever. Every day we were served breakfast, morning tea, lunch, afternoon tea and dinner, as well as loads of snacks through the day. We weren't left hungry!

To read the full interview, check out the Yo Media Blog!



Eliza Collier

Written by Mitul Liz Meena

Climate Change in the Pacific

A Region Running Out of Time

Just after sunrise in Kiribati, the ocean is already inside the village. A king tide pushes across the road, flooding classrooms and kitchens with knee deep water. Children walk to school with their uniforms rolled up, carefully stepping arouund floating debris. In Fiji, a family loads their belongings into a truck for the last time. Their village, once protected by a wide sandy beach, was moved two kilometres inland after saltwater ruined their crops and made their only well undrinkable.

Across the Pacific, some islands are losing up to one metre of shoreline every year. With that loss goes more than land: burial grounds, meeting houses, and ancestral sites that hold generations of memory and identity.

The Pacific Islands contribute less than 0.03 percent of global greenhouse gas emissions, yet they are among the first to feel the consequences. For many communities, climate change is not a distant threat. It is the tide knocking at their door.

What is happening in the Pacific?

The Pacific is warming, rising, and changing faster than almost anywhere else on Earth.

The Intergovernmental Panel on Climate Change (IPCC) projects global sea levels will rise between 0.44 and 0.77 metres by 2100. But in parts of the western Pacific, sea levels are rising at two to three times the global average.

For low lying nations like Kiribati, Tuvalu, and the Marshall Islands, this means land disappearing faster than it can be protected, saltwater seeping into freshwater sources, and staple crops like taro and breadfruit failing. Flooding now happens even on clear sunny days.

Extreme weather is also becoming more destructive. When Cyclone Winston hit Fiji in 2016, it caused 1.4 billion USD in damage, almost one third of the country's GDP. Coral bleaching has affected more than 90 percent of reefs in some areas, threatening the fisheries that millions rely on for food and income. These statistics are not just numbers.

They represent homes, traditions, and entire ways of life.

Why does it matter?

Climate change in the Pacific is not simply an environmental issue. It is a cultural, economic, and deeply human crisis. Culture: For Pacific communities, land is identity. When the shoreline disappears, so do ancestral burial grounds, sacred sites, and the stories tied to them. In some villages, graves have already been washed into the sea.

Economy: Agriculture and fisheries, two foundations of Pacific livelihoods, are under threat. Saltwater kills crops, bleached reefs reduce fish stocks, tourism declines after storms. For small economies, rebuilding takes years.

Health: Contaminated water increases disease. Heatwaves put vulnerable people at risk. Displacement disrupts access to healthcare, education, and stability

.

Regional stability: Some islands may become uninhabitable within decades.

This raises difficult questions about migration, sovereignty, and the future of entire nations.

What happens when a country loses its land, but its people remain?

Voices from the region.

Pacific leaders, youth activists, and community elders have become some of the strongest voices in global climate discussions.
Their message is consistent and urgent: the world must act faster.

At international climate conferences, Pacific nations remind the world that they are not helpless. They are innovators, storytellers, and guardians of some of the planet's most fragile ecosystems.
Their rallying cry, "we are not drowning, we are fighting", has become a symbol of global climate justice.

Communities are already adapting.
Fiji has identified more than 40 villages that will need relocation.
Kiribati has purchased land in Fiji as a long-term safety measure.
Youth groups across Samoa, Tonga, and Vanuatu are restoring reefs and planting mangroves.

But adaptation alone cannot solve a crisis they did not create.

Solutions and hope.

Despite the challenges, the Pacific remains a place of resilience and creativity.

Nature based solutions: Mangrove restoration can reduce erosion by up to 60 percent.
Coral gardening helps rebuild damaged reefs.
Coastal vegetation stabilises shorelines and protects homes.

Infrastructure and planning: Raised homes, sea walls, early warning systems, and climate resilient farming are becoming essential tools for survival.

Regional cooperation: Organisations like the Pacific Islands Forum and the Secretariat of the Pacific Community coordinate research, disaster response, and long-term adaptation strategies.

These efforts show what is possible when communities lead.
But they also highlight a difficult truth: Pacific nations cannot adapt their way out of a crisis driven by global emissions.

A call to action.

As the family in Fiji settles into their new inland home and the king tide slowly drains from Kiribati's flooded streets, one thing becomes painfully clear: the Pacific is living through the frontlines of climate change.
Their experience is not a warning for the future; it is a warning for right now.

Scientists have been clear.
Pacific communities have been clear.
The numbers have been clear for years:
What's missing is action.

Governments, especially those responsible for the highest emissions, must reduce emissions dramatically, increase climate finance, and follow through on the commitments they have already made.

Every delay costs lives, land, and culture.
Every fraction of a degree matters.
Every year of inaction pushes another village closer to relocation.

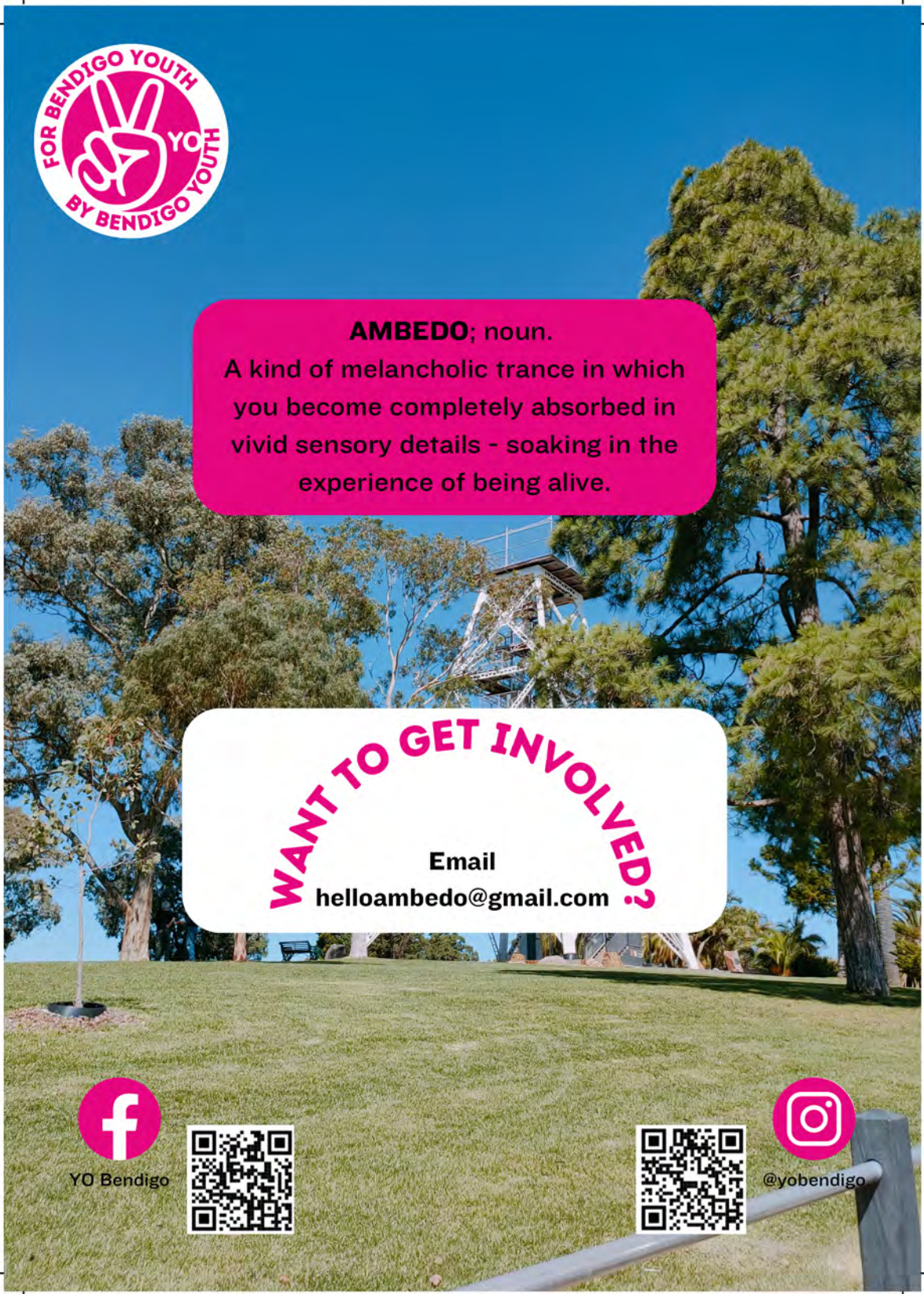
The Pacific is fighting.

The question is whether the world will choose to fight

MEET THE TEAM!

THIS COULD BE YOU!

CONNOR
JESS
CELESTE
LIAM
ELIZA
SARA


FOR BENDIGO YOUTH
YO
BY BENDIGO YOUTH
AMBEDO; noun.
A kind of melancholic trance in which you become completely absorbed in vivid sensory details - soaking in the experience of being alive.
WANT TO GET INVOLVED?
Email
helloambedo@gmail.com
YO Bendigo
@yobendigo