

FRANK.

THE ORIGINAL



AWAKE
the new
SLEEP...

Eco- Buying
Your 'Green' Guide

new



Get up, have a shower, dress, go to class/work, sit, come home, watch TV, sleep, get up, have a shower..... Have you ever felt like you're stuck in a loop or your very own Groundhog Day? Have you seen a friend stare at you blankly, apparently not caring and indifferent to what's going on in their life? Feeling asleep or numb about what is going on in life seems to be an increasing phenomenon. Ask yourself, when was the last time you really felt ALIVE?

Why are so many of us withdrawing, not caring and going through life with a shrug of the shoulders and an "I don't care"?

Is it media? We are bombarded by the glitzy airbrushed lives of celebrities who tell us that it is fun to buy and watch, but not to DO. This makes us passive observers in

our own lives. Add to this the hyper reality of celebrity that is starting to make our own realities seem not up to scratch or boring. We've always had "keeping up with the Joneses" but now those Joneses are the Jolie-Pitts. This can leave us with warped social pressures and take away our own feelings of accomplishment and self worth. It is easy to start asking yourself how does an A in maths compare with making \$2million on your last movie? And how does starting your first full time job compare with buying some Versace sunglasses?

Is it current affairs? Whether it is climate change, terrorism, drought, or poverty the problems our world and our generation are facing seem massive and all too much at times. It is very easy to feel like you have no way of impacting or making a dent in any of these worrying issues in the world. We are all aware of the fact that we will live with these issues, that they impact our lives and as we grow up we will be responsible for dealing with them. But for now, no wonder we retreat into our ipods, Facebooks and virtual worlds; that is so much easier than trying to understand and deal with this heavy stuff.

The first time I met Vivian Hearn she was sitting up in the branches of an oak tree. She had just completed the HSC.

"Almost all my friends are apathetic about what they are doing" Vivian says. "I believe many of the girls are doing it because of fear, they are afraid of how people will respond, and fear of failure in the future". It seems we can get scared of saying our dreams out loud in case we don't make them happen, or others will think they are stupid, so we just don't bother sharing them and give up on them.

Stephanie Gallagher is 24 and just about to go back to art school. She agrees with Vivian's statement saying that being scared was part of what prevented her from originally studying art. "Unfortunately I think sometimes dreams can be seen as something silly and something not worth pursuing" says Stephanie.

It is no wonder this leaves us trying to withdraw and we end up feeling numb. The scary thing is if this numbness is left to its own devices it can develop into depression.

According to Beyond Blue, each year almost 100,000 young people in Australia experience depression and over 60% of those people do not seek help from a health professional. Add to this the other thousands that have lost direction, don't have dreams and are feeling overwhelmed with life. Letting life just pass you by without ever taking your own control can have you feeling depressed, angry, frustrated and perhaps even in a dangerous situation. The walking dead.

Its time to WAKE UP! As Ben Lee says.....

**wake up
and do it - whatever it is
just do it - whatever it is
go do it - whatever it is
just do it - whatever it is
whatever it is**

Life and LIVING and waking up is there for everyone. Being in control, making decisions for yourself, responding to questions, caring about things and having dreams makes you feel alive again. Bring back the smile on your face and in your whole body, wake up!

We know it can be tough to move from this sense of being asleep and down, to waking up and living. How you can turn it around? It's about looking within yourself and finding out what makes YOU tick. Finding your dreams and ideas and going after them.

Taking control of your thoughts is the first step. Instead of jumping out of bed in the morning and saying to yourself "I feel rotten", jump out and say "I feel great and today is going to rock!". Notice the difference you feel over your whole body. It may sound silly but if you notice negative thoughts floating up in your head when trying to start something new, talk back to your thoughts. Say "thank you for sharing, but I am going to do it anyway". Being AWAKE takes conscious thought, instead of giving into "I can't be bothered" thoughts. Actively engage in decisions in your life and take control. You CAN be bothered and you CAN do well.

What is it that makes you feel energised and full of life? Do more of that! Exercise is one of the most important ways to be energised and feel better. Going for a half hour walk a day can help clear your head.

Finding out and doing more stuff that you really enjoy means you will have more FUN with life. These don't have to be huge light bulb moments, enjoyment from swimming at the beach or going on a picnic are just as important as blockbuster emotions of winning an Oscar or ... oh I don't know, building a rocket.

This is your life and you only get one crack at it! Think for yourself, try new experiences, find out about what you want and then go for it. Wake up, sing in the shower, put together a great outfit, go to dance class, skip home, dream...

How to SWITCH YOURSELF ON

- Write down what you like about yourself. Look at how this could be linked with doing something.**
- Create a dreams wall or board at home. Fill it with pictures, words, ideas and quotes that capture the dreams you have for your life, no matter how big or small. The go make them happen.**
- Be brave, get out and try new things and Every morning after you wake up, say to yourself "I feel great. I AM AWAKE"**



Paula Constant is crossing the Sahara

By Justine Campbell



In 2004, Paula Constant began walking from London to Africa.

Paula dreamed of becoming the first woman to make a crossing of the Sahara on foot, and of changing her career from Primary School Teacher to Adventure Writer.

Three years and over 12,000km later, Paula has walked through 8 countries, is more than halfway across the Sahara, finished her first book, and is now working on her second.

From an overweight, unfit, and unprepared beginning, Paula has since learned French and Arabic, walked through mountains, sandstorms, and extreme heat and cold. She has also learned how to handle camels, and cope with living in extreme isolation with only a male Arabic guide for company.

In June this year Paula was forced to halt her walk in Niger when a local rebellion flared into open warfare. She returned to the Sahara in October, and walk the final 3700km into Cairo, thus fulfilling her quest to become the first woman to walk solo across the Sahara. For further information on Paula's journey visit www.constanttrek.com

Belinda Young a Business Icon

By Alexander Page

A zest for life, a keen eye for opportunity, and the charm of an ambitious country girl has opened countless doors for 21 year-old Belinda Young from Toowong, Brisbane.

Graduating with degrees in Speech, Marketing and Public Relations from Griffith University, her resume boasts the experience of someone twice her age. Like any true adventurer, it's the journey that counts and her penchant for new experiences landed her in San Francisco for 6 months, where she reaffirmed her love of travel.

She has also had a brief stint in the world of acting where she appeared in several pilots including "The Power of One" a comedy hypnotist show and "Mortified" an Australian schoolyard drama, just to name a few.

She currently works as an inbound tour operations consultant in the luxury boutique market and is also a Producer for Miss Teen Australia 2007.

"I am a country girl at heart and have lived on many different farms as a child. However, I prefer to live the fast paced life of the city and push my boundaries," she said.



In July she beat 40 of Queensland's sharpest young business minds and became the first woman to win the annual QLD Business Icon competition (www.businessicon.com.au), taking home \$5,000 prize money. She said the experience confirmed her aspirations to own and operate her own adventure tour company for Australians based in Central and South America, a dream she has had since traveling through Central America, Thailand and Cambodia.

"The Business Icon competition was one of the most pivotal experiences in my life. The intensity of competition and also the level of competition has pushed me to excel in my strongest areas and helped me to develop skills sets I never thought I had."

travel: A Camper Adventure

By Lucy Brook

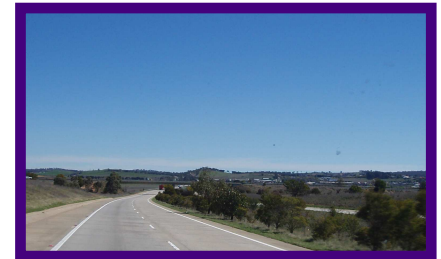
To say journeying from Sydney to Phillip Island to watch motorbikes in a hired Camper Van is not my idea of a relaxing holiday is like saying Paris Hilton has class.

In short, I'd much rather be shopping up a storm in New York, thank you very much. Sometimes, last minute organizing lands you somewhere you never thought you'd be - sleeping in a miniscule bunk bed parked on a dodgy St Kilda backstreet, perhaps?

I'll confess, watching motorbikes is something I've grown up with, and when my boyfriend was dead keen to make the trek, I was more than happy to go along, eat oversized hamburgers, wear jeans and gumboots and cheer like a maniac at machines whirring past me at 300kmk/per hour. What I didn't expect was every hotel in the tiny town to be booked out and seats on flights carrying diehard motor sport fans selling by the second.

Despite a bit of panic, a plan was hatched. We'd fly from Brisbane to Sydney, pick up the Maui camper van, journey to the action at Phillip Island, and bunker down in the campsite for a few nights. No worries.

What can I say? Worries began from day one. Maybe some girls can read maps, but I am not one of them, and five minutes in, we were whizzing around Sydney with no idea whether we were heading to Melbourne or back to Brisbane.



When we did find our way, there was little to do but drive, listen to daggy music and eat. Eat we did - all the dreadful truck stop food we could possibly manage, compounded by lollies, chocolate and packaged goodies we hadn't eaten since primary school ensured we were on a sugar high and the drive ended up being quite a laugh. There is an evil side to those camper vans though, and they just won't tell you about them when you collect it from the dealer.

Firstly, if the wind is blowing big time - and it was - the flame that you need to have a hot shower will blow out. Bingo - no shower. If your suggestion is that I try the ones at the campsite, my response is that you wouldn't. I promise you, you've never seen anything like it. After days of parking and reparking, our shower finally swung into action. This was a good thing, considering it was about five degrees. Don't be fooled though - the water doesn't last. Someone (not me, of course) has to go and refill it. Best to find yourself a bodybuilder, girls. Then there's the loo. Seasoned campers mightn't flinch at the idea of emptying their own waste, but really, I know I say Paris has no class, but she's on to something with her accommodation choices.



Don't believe the friendly little folks who tell you it'll all be fine when you collect your vehicle. On the way back, our tyre blew out from under us. With a combined weight of 100 kilos, jacking up a camper van to try and replace a tyre when we had been driving all night and had a flight to catch in two hours was rather stressful. Thank goodness for friendly passers by!

All this misery has been the stuff we get into giggling fits over at dinner. This was the type of thing neither of us would ever do - we were completely hurled from our comfort zone and had to make the best of what we had. We had disasters, no doubt - but we laughed like we had never laughed before, and still are. Sometimes, the best holidays are the ones you were never meant to have.

A Better Way to Spend

By Amy Kosandiak



Your Saturday!

You're low on funds, you're feeling a little run down from a hard week and you're tired of the same old routine. Spend your Saturday doing more than just shopping, with these fun ideas.

Go to a second hand bookstore

It's peacefully quiet and you can get some amazing finds from second hand bookstores. Take some time to wander and browse around the shop, to take a great trip down memory lane and rediscover some old favourites.

Checked red and white cloth anyone?

A good old fashioned picnic on a sunny day is a fantastic way to spend your afternoon. Round up some friends and get them to bring one or two food items each to share. Bring a camera to the park and you've got happy snaps to look back at later. Break out the plastic cups and picnic blankie!

Bring out the creative you

If you're into jewellery making, scrapbooking, drawing or any other type of art, gather up your supplies and get working! Put your favourite music on and work at whatever pace you like and feel the smile spreading across your face. If you're not sure what sort of creative endeavour to dip into, try going to the craft section at Big W or Spotlight and see what takes your interest. Or if you'd like some online inspiration, have a look at some of these websites:

Amber's Animal Artwork: <http://www.geocities.com/ambersanimalart/>

Maille Artisans International League: <http://www.mailleartisans.org/gallery/index.cgi>

Modamuse designers, artisans & crafters: <http://www.modamuse.com.au/>

Scrapbooking: <http://www.scrapbooking.org.au/>

Do something for your friends

Show them how much you appreciate them. Sometimes the smallest gestures can make the greatest difference. Try hand writing your friends letters and mail it to them, so they get a lovely surprise in their letterbox to brighten up their week. Or if they're the sentimental type, head to a florist and you can find something inexpensive that they'll really appreciate. Either give it to them in person, get it delivered or just leave it at their front door for them to find. Guaranteed to make them feel loved!

Volunteer

Volunteering is a great way to get out there, meet new people with similar interests and do something worthwhile. Find something in your local newspaper that takes your interest, or have a look at

<http://www.conversationvolunteers.com.au>

Shop 'til you...op?

Everyone around you has giant handbags, skinny leg jeans and boots. Get out of the tired designer stores and go for something different by having an op shop or garage sale crawl with friends around your area. You're bound to locate some interesting finds (at a price your bank account won't hate you for) and no one can ever disagree that you don't have an individual style!



Clothes swap

You probably have some decent, good quality clothes hanging in your wardrobe that you just don't wear. Maybe it doesn't fit anymore; you don't like it as much as when you bought it or you just don't get the opportunity to wear it. Get some use out of it with a clothes swap! Gather some friends up and ask them all to bring a plate and any clothes they don't want. Have a swap and you'll be safe in the knowledge that someone else will be getting enjoyment out of something nice that was otherwise going to waste.

"Me" time

Sometimes the best thing to do for yourself is have some quiet personal time. You don't have to break out the bubble bath and candles or meditate to soak up some atmosphere. Do whatever you're comfortable with to recharge your batteries. If you want to curl up at home with a good book, then do it. If you'd prefer to go out, why not see a movie? It means you get to choose the movie every time, and don't have someone digging you in the ribs whispering "Psst! What's happening? I don't get it. Wait, what did that guy just say? I missed it while I was talking." Even better, you can keep the popcorn and FruChocs all to yourself :)

learn something new

You probably had enough of learning in high school and tertiary studies. But learning something new and interesting can give you a real feeling of satisfaction. And you don't need expensive classes to do it. Find a book or online instructions on how to do whatever you like! You might want to learn how to get a green thumb and plant your own garden, make your own clothes, or even delve into starting your own business. What you can learn and do is limited only by your imagination. If you really want to get into it, learn something representing each letter of the alphabet. It'll give a whole new meaning to your ABC's. - Aromatherapy, Belly dancing, Calligraphy...

'FRANK' the net

As well as getting your eyes on the latest copy of Frank Magazine we now have a new online community for you to get involved with.

We now have our very own [Facebook](#) Frank Magazine page! So log on for a chat, post on our wall add yourself to our friends list and see what the rest of the Frank Team is up to....see you on Facebook!!



Unfortunately Facebook pages do not have personal URL's - So to find us at Facebook just type Frank Magazine into the Facebook search panel.



What's so wicked about spider silk?

I can't stand spiders, but you've got to give it to those eight-legged beasties - they can produce some amazing silk. Spider silk is incredibly tough and strong; so much so that scientists and engineers around the world are trying to develop materials that copy spider silk. For one thing, it's five times stronger than steel. Some scientists believe that if you could spin a strand of spider silk that was the width of a pencil, you could stop a Boeing 747 aeroplane with it. It's even as tough as Kevlar - the material used in bullet-proof vests.

What the *#\$@ is quantum physics all about?

You might have heard the term 'quantum physics' and switched off like a light bulb because it's, like, soooo irrelevant and nerdy. Well, heads up, 'cos quantum physics is fascinating stuff. Quantum physics is all about the rules that govern behaviour of stuff when it's really really small - way, way smaller than an atom. At that size, particles can behave in very strange ways. For example, a particle can be in two places at the same time, it can travel backwards in time, it can communicate with another particle faster than the speed of light, and it can disappear then reappear in a completely different place without us having any idea how it got from one place to the other. And all this is happening to all the particles of your body, all the time. Freaky.



How does the cervical cancer vaccine work?

Needles are a real bummer, but this is one needle you really do want. The cervical cancer vaccine protects you against a virus called human papillomavirus, which causes 95% of all cervical cancers and all cases of genital warts. In Australia, cervical cancer kills about 200-300 women each year - a low figure thanks to our Pap smear screening program - but in developing countries such as Africa, cervical cancer is one of the biggest cancer killers in women.

The vaccine was developed through some very nifty scientific research by Australian of the Year Professor Ian Frazer, and is one of Australia's greatest scientific achievements.

What is Agent Orange doing to south-east Asia??

For many people, the words "Agent Orange" are synonymous with intense physical and emotional suffering. They describe a potent herbicide used by the US military to destroy large areas of forest during the Vietnam War; part of which degrades to form a highly toxic compound and classified carcinogen, linked to chronic conditions such as Non-Hodgkin's Lymphoma, Hodgkin's disease, and Chronic Lymphocytic Leukaemia.

It's estimated that from 1962 to 1971, the US military sprayed up to 20 million gallons of Agent Orange over south-east Asia. Exposure to the chemical has left thousands of Allied servicemen, Vietnamese and Korean soldiers and civilians suffering from many of the above conditions, with over 40,000 children of Vietnamese war veterans suffering severe birth defects.



What is a matrilineal society?

You've probably heard some women whinging about how it's a man's world, but in a small corner of China, women definitely rule the roost, and have done so for a very long time. China's Yunnan province is home to several matrilineal societies. These are societies where children inherit their mother's surname, not their father's; where women run the households and are head of the villages and women make most of the important decisions. In one society, men and women don't get married - instead a man will walk to his lover's house at night, but then return to his own house in the morning. Any children born from this "walking marriage" take the mother's name and are looked after by her brothers and uncles.

1001

things to know

myths, stats & some seriously interesting stuff

by Bianca Nogrady & Meg Byrne

What have you learnt from your parents/grandparents?

By Nina Valentine



Bec,

My grandma taught me: If you pray to find something then you usually do (this works for jobs, lost keys or jewellery, even the purpose and meaning of life!)

My mum taught me: The love of Christ never fails you.

My dad taught me: To expect nothing less than the best in life and in love.

My grandad taught me: How to spread butter so thick, that others may believe it to be cheese.



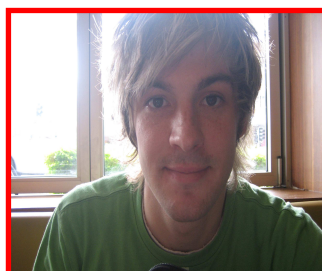
Pat,

I have learnt so much from my parents and grandparents, they have all have been important role models from me. My father and his father are great father figures and I really hope I can emulate the way they have lived. Both of them have done lots of community work and work for free - helping charities and less fortunate members of the community. They have left an amazing legacy working for such organisations. I value this aspect of what they have done in their careers and hope I can do the same.



Christine,

Well the first thing that comes to mind is that my whole family have always had a lot of pets - dogs, cats, birds, fish, rabbits etc. My grandfather even has a group of magpies that visit him for a feed! So from a very young age I learned to love and respect animals.



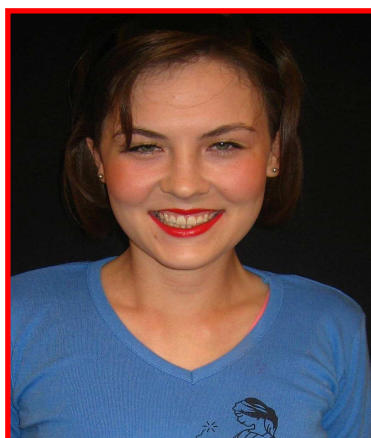
Andrew,

I have learnt from my parents to do whatever I want with my life. To follow my own dreams and live exactly how I want without any pressure to be anything else. As a result I am excited about the future and positive about achieving my goals.



Maria,

Being Greek I learnt from my grandmother - the one obligatory lesson- how to cook! My parents and grandparents also taught me to "remember my manners", be respectful and independent. These lessons I have come to value, and not roll my eyes at, over the years.



Bridget,

My family have continually provided me with opportunities to learn about myself, the family I belong to and the world around me. From my Pop, I have learnt how to play Poker, to cook a mean Spaghetti Bolognaise, to love people, wine and food and to sometimes be a bit naughty. My Ma was the first person to introduce me to The Sound of Music

and to Audrey Hepburn movies and I am eternally grateful!

Both my grandmothers have taught me how to act like a lady; to write thank you notes, to set tables properly, to arrange flowers, to sew and to have tea parties. With my Pa I share a love of history and literature and from him I have acquired the art of falling asleep anywhere, anytime.

From my Mum and Dad, I have learnt to take opportunities, to value education and to love unconditionally. More than anything, my Dad has instilled in me the sense that life is the show, not a dress rehearsal.

what if?

By Anonymous

A personal account on battling an eating disorder

When British TV presenter Louise Redknapp interviewed ex-Spice Girl Melanie Chisholm for the documentary *The Truth About Size Zero*, Chisholm told her "having an eating disorder is the most miserable existence you can have." She wasn't exaggerating, as a staggering number of Australian girls, boys, women and men will tell you - including me. Having the odd moan about a miniscule love handle or a wobbly bottom is one thing - despising your body to the point of looking in the mirror and wishing you could find a knife to slice parts of your 'fat' away is another.

There's no one cause for an eating disorder - the triggers are wide and varied. In my case it was a toxic cocktail of low self-esteem, extreme perfectionism and societal pressures. I picked up a magazine, decided I wanted to look as great as those celebrities, and went on a diet.

At 48 kilos, my GP told me I was cute - "ooh you're so tiny and cute" - and the unintended encouragement set the wheels in motion. Yes, I thought. This is great. People think I'm cute. They like me because I am thin, all I have to do now is stay thin.

Two weeks later, after a trip to Sydney for work experience and returning to my regular diet, I had gained back the weight I lost and was my standard 54 kilos. I was mortified that I had let myself gain the weight back, and so began a vicious cycle of starving, bingeing and purging, bulimia.

There was no one moment of clarity when I decided it had to stop, but two years later I was in a doctors office getting a referral and set myself on a long, twisted path to recovery. To say it's all over would be a lie. Those who have been afflicted by an eating disorder may no longer be sick, but they need to remind themselves every day that they are okay just the way they are. It's crucial to remember that being healthy is more important than being thin.

The pressure to be thin in today's society is overwhelming, and the culture we live in continues to dictate a smaller ideal. In the 80's models wore size ten, in the nineties size eight and now size six - or the ludicrous American size zero. The media put celebrities who are underweight on pedestals. Only yesterday did I walk past a healthy 10 or so year old who resembled Nicole Ritchie. In other words, is it not sickening that women in their 20s and 30s spend their lives desperate to be as thin as they were before they hit puberty?

Fortunately, the warped images we see in magazines and on billboards are being challenged. The Butterfly Foundation have teamed up with Dove, who have been active in promoting positive body image for years with their Real Women campaign, and created "Body Think". It's a program designed for teachers and others who want to learn how to teach girls and boys to accept that we are all different, all unique and all beautiful regardless of our size. Tell your teachers, your friends and your families about it. What could be more important than learning to love who you are and living a full healthy life without having to beat yourself up over a chunk of Cadbury Dairy Milk?

To find out more visit www.thebutterflyfoundation.org.au

A Little Perspective

By Sara Allen



On Monday, I turned 21. The milestone we all hang out for. Where the girls frock up. The boys suit up. There's lots of pictures. Lots of laughter. And lots of presents. On the day, I whinged about having a midsemester exam.

At the end of the day, when my grandparents rang me, I was glad that a silly exam was all I had to complain about. At twenty-one, my grandfather had been in a POW camp for over two years. His leg was amputated by former Australian of the Year, Sir Weary Dunlop, without anaesthetic.

My grandfather doesn't like talking about it. Hurts too much. Dunlop started operating on him while he was conscious. They didn't have much choice about that. He told my grandfather to just tell him when the pain got too much. So Dunlop stopped whenever my grandfather asked. The operation went much faster when my grandfather finally passed out from the pain.

He was one of the lucky ones. He lived.

He lived with more than just the physical loss of a leg. He lived with emotional scars of torture. Of seeing your mates die from war wounds, from diseases, from starvation and from beatings and other torture. Perhaps the smallest concern he had was his inability to follow out his dream career.

What makes him special is how he lived on. He forged a new career. Married and had a family. Now he lives in a retirement village and I listen to him as he sparkles talking about the gardens he has helped create or particularly about the war against the flower-eating wallabies.

I'd like to think that every 21year old today has the same 'problems' that I do. However this is far from the truth.

In countries like Uganda, there are women who will never have the opportunity to choose their own destiny let alone have that Western ritual of a 21st party. In countries like Iraq, people my age are fighting, struggling for survival, lacking basic security that we take for granted in Australia. Even in Australia, there are people who will never experience the privileges I have.

It makes my daily complaints seem a little petty, doesn't it?

There are things we can do about it. There are organisations to support and volunteer with just waiting for our help. I think it must start with understanding, then appreciation. How can we even begin to help others if we can't appreciate how lucky we are? I'm lucky. I just hope I never forget it.



world.wide.women

the highs and lows of what women are getting up to worldwide

By Jenna Templeton

HIGH - Aussie Women Politicians take the Lead

The role of Australian Prime Minister was for the first time in our history played by a woman from December 11th-13th. Deputy Prime Minister Julia Gillard was PM while Kevin Rudd was in Bali for the United Nations climate change conference.

"Obviously, I think, for Australian women, particularly for girls, it's just further evidence that women in our society can aspire to be anything.

Add to this the first Deputy Leader of the Opposition also being a women, Julie Bishop, things are really looking up for women in politics.

HIGH - Female Police in Liberia hope to empower women

In more than a decade of civil war in the 1990s, a quarter of a million Liberians were killed and an estimated 40 percent of all Liberian women were raped.

Liberia's president, Ellen Johnson-Sirleaf, Africa's first elected female head of state is one of many women trying to change the fortunes for the women of the African nation.

One way is by to encouraging Liberian women to join a national police force of their own.

LOW - Female lung cancer rises by 15 per cent

LUNG cancer in Australian women has risen by 15 per cent in the past decade and is now on par with breast cancer.

You think that those gross 'too much detail' smoking ads would be enough to convince women to stop smoking, but it seems that is not the case. With the increased awareness that the PINK ribbon campaign has had for breast cancer, reducing death rates from breast cancer by 18 percent, it seems the same is needed in the area of lung cancer.

LOW - Iraqi Women Refugees Forced Into Prostitution in Syria

Hundreds of thousands of Iraqis have sought refuge in Syria since the US invasion of Iraq. Barred from conventional work, women and girls have been forced into the sex trade to support themselves and their families. Police have reported that they have found 12 year-olds working as prostitutes in nightclubs. Women picked up by the police are sent into protection agencies where they regularly escape from, or are bailed out by the people who initially coerced them into prostitution.

Second Life

By Anders Sorman-Nilsson

I confess: my name is Amoz Wunderlich and I am living a digital double-life in a virtual reality. During the last few weeks I've been visiting this fictitious world filled with bars, nightclubs, political rallies and marketing opportunities. This world is known among its six million global inhabitants as Second Life (SL).

In this parallel universe avatars socialise, make babies, consume and go to jail. SL is one of several massive multiplayer on-line role playing games on the internet and has reached a tipping point in its global popularity in the last few months.

Launched in June 2003, its membership grew to 1 million users by October 2006. Since then it has mushroomed to 6 million in June 2007.

My experience as Amoz Wunderlich leads me to question the reality of the SL phenomenon which includes the boom of MySpace and Facebook.

In the SL universe, users spend Linden Dollars on consumer goods, education, personal development and other goods and services that we commonly consume in our real lives.



'In fact, never before have so many people excelled in 2nd Life, but flunked in first life.'

These avatars have become a vicarious life force, doing and saying what we may not allow ourselves to do or say in real life. This is where the online world gets tricky. People are given the creative licence and encouragement to have virtual multiple personality disorder, while unknowingly advertising private information to the SL Big Brother, and caring little about their webutation.

A concern with the online space is that it can develop into an escapist arena, which lacks 'real' human interaction, connection and fulfillment. This is especially so in the spheres of SL and MySpace, both of which lack the grounding that a more accountable site such as Facebook has.

While one can applaud the founders and developers of SL and MySpace in their ambitious quest to provide a space for people to communicate and realise some of their first life ambitions, I doubt whether a successful life in a second reality really translates into first life happiness and fulfillment.

In fact, the odds are that the effect is precisely the opposite. Being able to act out one's fantasies, without any immediate repercussions beyond being banned from an internet site, could become addictive and cause people to favour their second life or online identity over their real life. In fact, never before have so many people excelled in 2nd Life, but flunked in first life.

In the end, if there was one thing that Amoz Wunderlich learned from this experience it was simply that while his 'second life' was fun, Anders Sorman-Nilsson's human experience of real life is equally filled with mystery, spice, and lacks neither opportunity nor space for self-actualisation.

SL is free to join, doesn't require large downloads, and is resistant to hackers.

NB: Did you know that your Facebook content belongs to the Facebook company? Be aware!

IS 'CYBER-SPORT' TAKING AWAY OUR HEALTH AND FITNESS??

By Matt Aquilina

On that note of virtual reality we have to take a look at other growing online communities that could be taking away our health and fitness!

Online Internet fantasy sport competitions are now becoming extremely popular in all codes, turning into big businesses that are almost a form of gambling. With net surfers choosing their favorite players to make up their squad to virtually represent them and earn points for how they perform in the real game.

The sports included in these online "fantasy leagues" are soccer, rugby league, rugby union and cricket, with other sports soon to join the trend.

This might be all good and fun but makes us question the fact that 'cyber-sport' could be starting to take away the social aspect from sport? What about having a good old fashioned tipping comp or having a kick around in the park pretending to be your favorite sports star in real life rather than cyberspace? The internet can be very helpful for a number of things but there are some things that should just be left for the court!!



keyed up

By Natasha Eves

In every issue of FRANK, 'Keyed up' provides you with the keys to unlock the secrets to creating a successful career you love. This time we look at....

'ADVICE ON STARTING YOUR FIRST FULL TIME JOB'

The words 'we would like to offer you the position' mark the beginning of so many opportunities.

Starting your first full-time job provides you with a lot of freedom - a salary, the end of studying, and the opportunity to start on a career path.

It's worth taking some time to think before **sending off applications** though. Inta Heinmais from the University of Sydney Careers Centre suggests doing some research before taking a job. She advises students to "do a bit of self-evaluation and to be clear about what sort of position you are looking for."

Once you have **found the perfect job**, the first day presents yet more challenges. Sarah Barns has supervised staff in public service organizations and suggests putting some effort into how you appear to others. "Present well, try to relax, and don't come across like you know it all. It's important to be engaged and enthusiastic," she says.

Asking questions is vital, believes Shivangi Patel, who is currently an intern at the UK think-tank, Demos. "You won't know everything on your very first day and it will just make things slower if you try and work it out and possibly get it wrong, rather than asking and getting it right first time," she says.

Your first day is **the first step** towards being successful in a career, but it's not the only step. If you spill coffee, insult the CEO, and get lost on your way back from lunch, there's always the second day, and about 45 years after that.

COMEDY

By Jenna Templeton



What we are really thinking when it comes to uncomfortable situations!

We all hate them - uncomfortable silences and the situations they represent, but we still put up with them! There have been quite a few occasions when I have avoided bumping into people that I knew from high school or university just to avoid the usual repetitive, un-meaningful chit chat. After every one of these moments I always imagine a dream scenario of what I could have done instead.

How it always goes down: What you are really thinking ?

Your happy in your own little world walking through your normal routine. It's a lovely day but in a few seconds it's about to get annoying. You see a few metres away from you an old friend - oh no you start thinking, not this situation again. Immediately you start to try and find an escape route - maybe that bush or tree over there? Maybe I can duck into a shop...but it's too late, they've already found you, and worse, you have made eye contact!

Friend: Hi (your name here) how are you? (Hate this question hate, hate, hate!!)

You: Good, Yourself

Friend: Good - What have you been up to?

You: ummm..... (Trying to think of something interesting to show you have been successful in career and life) Yeah, just the usual busy with work. (Another weak and boring answer) You?

Friend: Yeah same! (Because you have to reply to this question first, the friend now has the opportunity to talk about their action packed interesting life at the same time comparing careers in the hope to out-shine you). We should go for coffee and catch up again sometime! (Why do people think everyone likes coffee?)

You: Yeah sounds great! (Not)

Both: Uncomfortable silence (what I don't understand is why would you need to catch up with someone who you already have uncomfortable silences with!)

You: Well I better be off...nice to see you

Friend: Yes you too, see you soon.



How it should go down...the very short version:

See above scenario of enjoying your own space.

Friend: Hi (your name here) how are you? (Here we go again!)

You: Yeah you know what...I can't do this today...the usual repetitive banter! Don't get me wrong it's great to see you but, come on, I don't need to hear about how great and successful your life is, I don't want to feel like I have not achieved anything and to tell you the truth we shared some good times in the past but my social priorities have changed and it would take a year or more to explain to you "what I have been up to". But you look great and hope you are happy. Look I just saved us an uncomfortable silence!

Friend: (No comment just a shocked look on their face)

You: Bye... (You turn around) oh yeah maybe we should catch up for a 'Hot Chocolate' sometime.

“Say No to Coffee & Hello to Hot Chocolate”



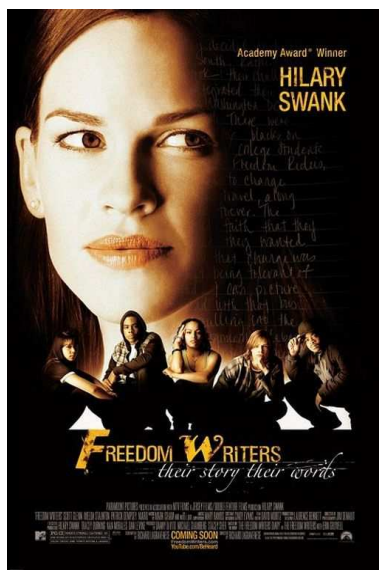
Blood Diamond

Directed By **Ed Zwick**

Blood Diamond is an eye-opening movie set against the backdrop of the 1990's civil war in Sierra, Africa. It's a movie that forces you to take a second look at how others as well as yourself live. Starring Leonardo DiCaprio, it's the journey of two men and the different paths they travel to find salvation. Danny Archer (Dicaprio) an American cashing in on the poverty and devastation at hand by smuggling diamonds, and Solomon Vandy a fisherman trying to find and rebuild his family after rebels attack his village.

The two men's fortune become linked as they embark on the common adventure to recover a rare pink diamond which can save Solomon's family and be the "ticket out of this god forsaken continent" for Danny.

Blood Diamond is a captivating, must watch movie. And even if it doesn't sound like it's for you, Leonardo DiCaprio shows that he can actually act, and puts in a great performance. **By Elyshia Birkett**



Freedom Writers

Directed By **Richard LaGravenese**

Based on the true story of Erin Gruwell (played by Hilary Swank) a first year English teacher at California Wilson High School.

Erin begins to transform the lives of these teenagers by treating them as equals and by opening them up to the world behind 'The Diary of Anne Frank'.

Inspired by Anne Franks courage and journey, Erin gives her class the opportunity to write their own journals and tell their own stories.

It is through the use of the journal that the class of Wilson High find the hope to triumph and find the true meaning of their lives.

Erin's first class was named the 'Freedom writers' and a book was made in their memory and honour. Now all proceeds from the book help support the Freedom writer's foundation to help schools around the world and help give each teenager their own voice. For more info visit: www.freedomwritersfoundation.org **By Jenna Templeton**

Wicked Webs

www.yoursexhealth.org

covers communication and relationships, love and legal issues, physiology, first dates and finding ways to say no. Commissioned by Melbourne Uni's Key Centre for Women's Health in Society.

Click on 'True Stories' for more about the real life dilemmas most of us face.

By Kay Ansell



The Home Song Stories

Directed By **Tony Ayres**

How far do you have to journey to find your home? What sacrifices must you make to keep your dreams alive?

The Home Song Stories is a true Australian story. Writer and Director Tony Ayres shares with us the story of his childhood. In the 60s his mother, a Shanghai nightclub singer, accepted a proposal from an Australian sailor to marry her and move to Oz, so off the family sets to start their new life in Australia.

After only 7 days of being married to Bill, mother Rose leaves him. This starts the family's journey to find their home in Australia and we see Rose struggling to meet her own wants while fulfilling the needs of her dependent children.

What's really touching is that this story is Tony's way of remembering his love for his mother and their relationship as he revisits the events of his childhood.

The characters are really well played, and the story is beautifully told, even if it is dark and tumultuous at times. **By Anna La Grassa**



On Frank's Bookshelf



Nice Girls Don't Get the Corner Office

By Lois P Frankel

This career book is a MUST for any young woman who is ambitious and wanting to get ahead in her career. As soon as you start reading this you are saying to yourself "oh yea I do that....damn!" as much of our natural "good girl" behaviours can stop us from really achieving our goals. It has a great honest and fun tone that has you nodding your head all of the time. But best of all it is packed with tips and strategies to have you shooting straight for the top. Take this book one chapter at a time, implementing the ideas as you go.

Veg*n Shopper: An essential Pocket Reference:

By Emily Clark

Published by- Aduki Press

This cute pocket sized guide caters for all of your vegetarians needs!

It is your guide to navigate shopping aisles and labels.

This smart little handbag read also includes info on general shopping tips, meat alternatives, dairy alternatives, leather alternatives, not tested on animal products, why choose Fair Trade products and organic shopping.

The Eco friendly community would also enjoy Veg*n Shopper as it also gives advice on how you can protect the environment!

The Veg*n Shopper is published by Aduki Press - an independent publisher with particular interest in food, community, travel and the environment.

To get your hands on this unique food bible head to your nearest independent, organic book and food stores or visit them online at:

www.aduki.net.au AUD\$9.95



Where are they Now?

Taylor & Khoo

Taylor & Khoo first appeared in Frank's 'Enterprising Chicks' section in Issue 9. Frank thought it would be nice to take a trip down memory lane and see what the girls have been up to and how their business has progressed.



Since we last spoke to FRANK, Taylor & Khoo has gone from strength to strength. It's been an enjoyable and challenging journey creating a social enterprise.

Our commitment to help people in poverty in Cambodia remains unchanged and we still have a store in Skygarden in Pitt Street Mall (above Borders) where we sell products made in Cambodia.

Most of the products are made by disadvantaged groups so they have an opportunity to earn an income. In our latest collection, we feature a range of jewellery made from rubbish! This jewellery is made by "waste-pickers" - people who have no skills and no option other than to scavenge the streets and rubbish sites for materials that can be sold. We work with an organisation that helps these people pick paper that is cleaned and turned into gorgeous pieces of jewellery. It gives them a hygienic place to work and provides a better income than just scavenging.

At Taylor & Khoo, we are really inspired by people who want to help themselves and we love being able to give them opportunities and a chance to lift themselves out of the poverty cycle. We are also inspired by our customers, who buy from Taylor & Khoo so that we are able to support those in poverty in Cambodia.

HOLISTIC

ECO FRIENDLY IMPORTED VS LOCAL

BY Danielle Kirk & Amanda Lovell

Shoppers in Australia are often forced to choose between their environmental ideals and their economic reality. Which is better - local or imported products?

Buying local is the first step in the fight against global warming. The long-distance freight travel needed to import goods generates large quantities of greenhouse gas emissions. Carbon levels in the atmosphere, produced by greenhouse gases, are a major factor in global warming. So the less transport needed to get goods to a shelf near you, the better.

The production process also contributes to rising carbon levels. Australian industries are subject to environmental regulation (no matter how minimal), requiring them to adhere to strict standards. Many imported consumer goods are made in poorer countries where labour is cheaper and the environmental standard lower.

Imported items may be grown using unsustainable farming methods. The utilitarian approach (incorporating mechanisation, pesticides, other chemical usage, irrigation and clear felling) used in global farming practices are contributing factors in salinity, soil erosion and other human-inflicted environmental problems. Purchasing local items means we can be sure that some measures are in place to prevent over-exploitation. Additionally, Australia has laws requiring producers from all industries to label their product and inform consumers about the origin of both the product and its ingredients. This does not always occur in foreign countries.

Locally-produced perishable goods are likely to be fresher and of a higher quality, making them better for you. Although great care is taken to ensure fast, quality transportation, foodstuffs may have outlived their shelf-life before reaching your kitchen. And large amounts of energy are consumed in an attempt to keep perishable products fresh during transport.

But there are drawbacks to blindly supporting locally-owned enterprise.

Australian industries may trump those in poorer countries in terms of environmentally-friendly materials and production, but they still lag behind many other countries. Some Australian businesses are beginning to recognise the economic and environmental benefits of going green. However, the federal government is yet to establish a carbon trading scheme, something that many businesses and governments in the European Union have already adopted.

Locally-produced goods are often more expensive than imports. When your cost of living outweighs your actual wage it is unreasonable to suggest you should compound your economic hardship by paying extra. This scenario is one that the Australian government needs to take into consideration when discussing our free market obligations with the World Trade Organisation.

Locally-produced goods may not be as efficient as those produced overseas. Refrigerators with a five-star energy rating, for example, save on electricity, but the energy-intensive transportation process might cancel out this saving. Ultimately, this is the dilemma that conscientious shoppers face.

There is no simple way to resolve the imported vs. local debate - it all comes down to you! Read labels carefully, check the origin of goods and make a decision based on your own judgment. As a consumer, your dollar is a strong vote for the world you want.

Australian Wakeboarding history in a nutshell

By Hayley Henson

Wakeboarding is not just a sport it's a lifestyle. No sports diets, no training regimes and no soccer parents. It's all about the good times: hanging loose in the boat with your mates and expressing yourself through your riding.

Just like all board sports, wakeboarding originated from surfing. In 1985 Tony Finn broadened the boundary of wake carving by inventing the skurfer; a hybrid of a water ski and a surfboard with foot straps. Skurfers unlocked the realm to endless air tricks and opened the door to a new culture, profession and way of life.

In 1995 Bruce Robson, distributor of O'Brien Wakeboards, approached Collin Ellison, Director of NSW Water Ski Association, with the prospect of holding a Wakeboard competition. *"Contests build heroes; it's the best way to get exposure for a sport because the media love a champion."* Bruce explained.

A syndicate was formed and the Australian Wakeboard Association (AWBA) was founded. In '95 the AWBA held the first Australian Wakeboard competition on the Hawkesbury River in Windsor, NSW. *"The first contests were so much fun, no one had any real expectations or any idea of exactly what to do. Most people didn't even know the names of tricks they were doing or how to put a contest together. We made mistakes, learned together and built an incredibly tight community early on."* Bruce explained.

The turf was then laid for contests to flourish and a solid foundation erected with 93 competitors at the first National Titles.

Increased numbers prompted surrounding states to establish competitions, and now, most states hold grass roots events, *"The dream was, and still is, to allow anyone who loves wakeboarding to achieve their dreams; whether it's turning pro, winning their age division, competing for fun, meeting like minded souls or even turning their love into a business or lifestyle."* Bruce explained.

Technological advancement has slowly transformed the style of boards, created larger boats and in turn encouraged higher quality riding.



Hayley Smith



Hayley Smith

In 2003 the Australian Pro Tour of Wakeboarding was established and overtook this purpose. In 2005 a women's division was appended to the tour after select girls fought for their right to compete. Points are accumulated throughout the tour to discover an overall Tour Champion, which is seen as the Holy Grail in Australian Wakeboarding.

It soon became evident that a step in the ladder was missing for grommets pursuing a professional career in Wakeboarding. Josh Sanders added the absent rung by launching the Grommie Series. *"It aims at building the younger divisions of the wakeboarding community, and was developed to encourage the next generation of wakeboarders to compete with a professional attitude."*

As the standard of riding has evolved so has the media exposure and sponsors, thus attracting riders worldwide.

Photography By: Greg Weatherall/ TheLiquidCircus.com

Opportunities

'OneLove project'

fiona byrne has created a little art project called the 'OneLove project' with the aim of collecting and showcasing creative expressions from around the world that reveal a unique and personal view of love. So now she is calling upon all like-minded artists who would like to submit their work into the project!

For more info on The OneLove project or submission info visit:
oneloveproject.blogspot.com

Gonna be doing any babysitting these holidays?

Did you know babysitting is the most common job undertaken by 12-15 year olds in NSW with 21% working as babysitters? So the Commission for Children and Young People developed a new resource kit for young people working as babysitters, with practical tips for a safe and positive experience.
www.kids.nsw.gov.au

Wanna learn more about event management?

Evolve Network is offering a summer special to all members for the INTRODUCTION TO EVENTS online course. Usually \$175 you can enrol in the course for \$120 - until January 2008.

Evolve Network is a community development organisation based in regional NSW.

For more info., free templates & project ideas please visit

www.evovenetwork.com.au

2007/08 Hope Awards Call for Australian short films

The Hope Awards is designed to encourage the creation of short films, which was established to increase awareness of mental illness.

A winner and a runner-up in each of the categories of drama and documentary will share a pool of \$20,000 in prize money and a new Committee's Choice award of \$2,500. Entrants must be aged 16 years and over.

The 2007/08 Hope Awards opens on Monday, 3 December 2007 and closes on Friday, 28 March 2008.

www.hopeawards.com.au

V-Raw: Helping you to get jobs in the creative industry!

V energy drink has set up a new online community V-Raw for young people offering jobs in various companies in the creative categories of; fashion, music, design and publishing. Check out their website at:
www.myspace.com/vraw
and apply for the amazing jobs on offer!!

dear FRANK.

Hey FRANK team! I must say that your magazine has been a lifesaver recently. Been doing this massive uni assignment on body image in the media-and I used your mag as a tool for critically analysing some alternative media. I think what you do is ace! Keep it up!

- Ruth: Comment from MySpace!

"I really enjoy reading FRANK mag - it's such a breath of fresh air after the likes of Cosmo, Cleo and NW etc etc. Your voice is a great way to give girls back their self-esteem and let them know that if they have brains and a conscience that's a fine thing. Oh, and that there is life beyond boys and sex!"

- Danielle Kirk

Danielle now has a regular column in Frank called Holistic! See Page 17!

Thank you so much to the FRANK Team for showcasing a magazine for women with actual substance! I'm tired of seeing the same old articles in the glossy mags about so-called "beauty," clothing and sex tips. Despite all their make-up, expensive clothing and airbrushing, I would probably not consider any models or writers of glossy magazines to be beautiful. I just want to say thanks to the people who ARE showing beautiful women in their magazine :) I've written a short article that I'd love for you to consider for an issue of FRANK!

- Amy Kosandiak

Amy is now on board as a regular writer for Frank- Check out her article 'A Better way to spend your Saturday' Pages 5-6!!

Hello Frank,

I came across FRANK by accident but since then I am completely hooked up to it now. I have to congratulate you on the wonderful work you do, here is an intelligent magazine giving out information we truly need. I am 24 yrs old and live in Mauritius.

Shedding light on Global warming is one topic I think wins you an award, most people are unaware that we are heading straight towards a human catastrophe and that it requires our immediate attention. If each one of us puts in a little of his own then only we have a chance of escaping what we are headed for. Thank you Frank!

- Anoushka, Mauritius

First of all, id really like to thank you for the creation of such a inspiring and uplifting magazine for women! I find it disappointing and saddening that most magazines aimed at women contain articles and 'advice' that degrade and 'inform' women that to be 'good' and 'successful' they need to rely on outside superficial sources such as 'The perfect body' or owning the perfect possessions. I believe Happiness is an internal satisfaction and acceptance of self, not something that can be bought or owned. Frank is a breath of fresh air among all this toxicity. Thank you.

- Laura Haigh

Does Frank hear Wedding Bells??



Yes we do!!

The Frank Magazine Team would like to say a BIG Congratulations to Frank Magazine Editorial Team member **Jessica Kiely** and her soon to be husband **Fred Schebesta** on their Engagement!!

Check out their romantic Kodak moment on the left!

Frank Wants You!!

FRANK is now collecting article, photography and illustration submissions for the next issue of Frank Magazine.

So if you would like to see your work published in a thought-provoking magazine then we want you!!

Feel free to send in your thoughts about Frank- We love hearing from our readers and who knows, you might see your letter published in the next issue of FRANK!!

Send feedback & submissions to:

jenna@frankteam.com.au

send us your FRANK mag feedback to jenna@frankteam.com.au - we LOVE hearing from you!

www.frankmag.com.au

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we'd love to hear what you think of FRANK, how we could improve it, and your opinion on any of our articles, or your article ideas - we may even publish your letter in the mag! send an email to: jenna@frankteam.com.au

FRANK is a FREE magazine for young women distributed by email and the internet, and will eventually be a print magazine. FRANK is currently run by volunteers and is published every two months through The FRANK Team (formerly Youth 2 Youth), a socially responsible company that helps schools, universities, colleges, councils, youth organisations, corporates and govt to inspire and develop young people and grown ups. FRANK (meaning: honest, open, to the point) was founded by Karen Miles, Katie Delaney and Jessica Kiely to provide young women with valuable information and tools to help them make smart life choices related to career, relationships, personal growth, the environment, as well as fun and credible content on entertainment. contact details: Ph: 02 9966 4333 - www.frankmag.com.au - www.myspace.com/frankmagazine

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