FREE!
Yours
THE
wellbeing
EDITION
FOR & BY YOUNG PEOPLE IN THE TOP END

BODY IMAGE
WHO’S AFFECTED?

DARWIN PRIDE FESTIVAL
TURNS 30!

MARK COLES SMITH
STARS IN LAST CAB TO DARWIN

MEET CJ FRASER BELL
COVER COMP WINNER

SCHOOL HOLIDAY GUIDE
FOR NEXT TO NO CASH

SEP | OCT | NOV 2015

THE
wellbeing
EDITION
Welcome to a very special edition of Turn It Up – yes, we have a name people! Thanks to everyone for submitting their entries – let me assure you, picking a winner was no easy task. I’m pleased to announce the winner is Cj Fraser-Bell – we are very happy and think it looks mighty fine indeed.

This special Wellbeing Edition has features on body image, mental and sexual health. It’s so upsetting how many people feel negatively about the way they look. I hope everyone reading this will make a conscious effort to be kind to their peers – you never know what personal battles are being fought. I’d also like to thank Hannah Skhetch Illingworth, a gifted artist and mental health advocate, for sharing with us her personal struggle with mental health. It’s discussing these issues with the community that will help end the stigma.

In other news, another Festival season is done and dusted and I’m sure the post Darwin Festival blues have set in for a number of you. But friends, don’t cry because it’s over – smile because it happened – and smile because there’s still so much for you to do in the Top End.

Prolong those festival vibes and check out the Darwin International Film Festival (aka DIFF) for some unique and entertaining films at Deckchair Cinema. Darwin Pride Festival is celebrating its ‘dirty thirty’ by holding a week long party – get out there and support Darwin’s LGBTQI community. See the Events, Workshops and Community pages for more exciting things coming up over the next few months; we’ve included a School Holiday guide inside the back cover, so if you’re a bit strapped for cash or short on ideas of what to do, you should check it out.

Stay cool and hydrated in the Build Up gang – can you believe how fast the year has gone?

Toodles,

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TURN IT UP WOULD NOT BE POSSIBLE WITHOUT THE SUPPORT OF ITS GENEROUS PARTNERS.

In collaboration with
THE 2015 DARWIN PRIDE FESTIVAL CELEBRATES AN IMPRESSIVE 30 YEARS OF PRIDE IN DARWIN, AND THIS YEAR’S CELEBRATION PRESENTS A BOLD PROGRAM JAM-PACKED WITH EVENTS FOR FESTIVAL AFICIONADOS AND NEWBIES ALIKE.

Caption, above: Images from the first Darwin Pride event in 1985. For this film night, the film Stonewall was screened, a film about the 1969 Stonewall Riots. This was the first time the LGBTQI community had come together in public to express solidarity and celebrate.
For a bit of history, lesbian, gay, bisexual, transgender, queer, and intersex (aka LGBTQI) events have been around for a long time, but we note the birth of the modern Pride movement as the Stonewall Riots in New York in 1969, where LGBTQI people famously fought back after years of police persecution. Today, Pride happens all over the world – as a protest, as a reminder and as a celebration!

“Pride Festivals are important for multiple reasons – they’re about celebrating the past, present and future of the vibrant LGBTQI community and their supporters. It’s about making strong communities, celebrating diversity and showcasing our history and talents. It’s also an important platform to focus on the current political situation and continuing inequality of LGBTQI people,” says Lisa Pellegrino, co-chair of the festival committee.

“Pride is especially important for young people. Connecting with people from Pride helped me personally, by introducing me to a huge community of supportive and inclusive friends and colleagues.”

Lisa Pellegrino

The Darwin Pride Festival boasts a great program with highlights for young people, including a Trivia Night – to raise cash for sexual health legends YEAH (see page 9 to find out who they are), a Film Night – a nod to the first ever Pride event in Darwin, and Queering the Archive – an exhibition of the history of Darwin Pride.

Get amongst the fun and support Darwin’s LGBTQI community by celebrating the festival’s dirty thirty!

What’s on?

**PRIDE NT: OUR QUEER HISTORY**
Tue 29 Sep, 5pm | State Reference Library Parliament House

**launch party** | Wed 30 Sep
Brown’s Mart

**Pride Film Night** | Wed 30 Sep,
7.30pm | Brown’s Mart

**Gay History Walk** | Thu 1 Oct,
5-7pm | Corner Knuckey & Esplanade

**Camp Karaoke** | Thu 1 Oct, 9pm
Happy Yess

**Trivia Night** | Fri 2 Oct, 7.30pm
Throb Nightclub

**The Love Boat** | Sat 3 Oct, 6.30pm
Stokes Hill Wharf

**Sunday Funday** | Sun 4 Oct,
12-4pm | Civic Park

Plus heaps more... check out darwinpride.com.au

Get involved!

A great way to get involved is to sign up as a festival vollie – just email info@darwinpride.com.au to register your interest!
Body Image

FACTS

.getBody image is the third most concerning issue for young people, after coping with stress and school/study problems.

Poor body image is associated with an increased probability of engaging in dangerous dietary practices and weight control methods, excessive exercise, substance abuse and unnecessary surgery to alter appearance.

Eating disorders affect approximately 9% of Australia’s population, can affect any age, however evidence shows young people are more at risk.

Regardless of your height or weight, whether you’re a boy or a girl, or what colour your skin is, there’s a high chance you’ve experienced negative thoughts based on the way you look. Body image is an issue faced by one in three young people, which can lead to poor self-esteem, depression and eating disorders. It can be utterly life-crippling.

body image

noun

the subjective picture or mental image of one’s own body.
So why are we so concerned about the way we look and what can we do to make this problem go away? We asked Hunter Johnson of The Man Cave for his thoughts.

What causes poor body image, and why are we so hung up on the way we look?

Our body image can be influenced by a number of factors, ranging from the emotional rollercoaster of puberty, to growing up in an age that is highly ‘sexualised’ where we are surrounded by ‘attractiveness’.

For our generation in particular, the world of social media poses a serious threat to our emotional well-being. Collectively, our online personas aim to create a ‘perfect’ reality, where most people present an inflated version of their own existence and then pretend the sad times don’t exist.

We post online to receive a [socially constructed] acceptable number of ‘likes’. These ‘likes’ comfort us with the external endorsement from our peers that we are ‘enough’. What’s fascinating about this is that we are so conscious of being negatively judged, yet we are quick to judge others – thus perpetuating this negative cycle. It appears that we have created a society that strives for ‘self-improvement’ but very rarely settles for self-acceptance.

What are some of the concerns young men have about their bodies?

Although body image issues are stereotypically experienced by girls and women, body image issues are becoming increasingly common amongst guys. Dissatisfaction is divided between those that wish to gain weight and those that wish to lose it. The media often paints an unrealistic representation of men with 6-packs, huge biceps, deep voices and strong jaw lines.

For guys, the issue of body image and self worth is magnified by statements such as “be a man”, “stop crying”, “don’t be a sissy”. This idea starts in our earliest moments of boyhood, and follows us through our lives – constantly having to prove to ourselves and our peers that we aren’t ‘emotional’, ‘sensitive’, ‘vulnerable’, ‘gay’ or ‘like a woman’ – as if these are negative things. It’s almost as if we associate masculinity with the disassociation with emotions.

What can we do to make this issue go away?

By teaching young people to take action when they’re lonely, by changing their responses to failure, by protecting and cultivating self-esteem, by battling negative thinking, it’s possible to not just heal psychological wounds, but build emotional resilience. We must empower our boys with emotional wellness strategies from a young age that will result in long-term positive behaviour.

The Man Cave is the flagship initiative of HeadQuarters, and was founded by Jamin Heppell, Benson Saulo and myself to combat the epidemic of mental health disorders and emotional illiteracy that is facing Australia’s youth. We fundamentally believe that instead of crisis management and Band-Aid solutions, we must focus on preventative measures and mental wellness strategies that become life-long tools.

Men don’t talk about these issues and as a society we’ve looked the other way. We hope through programs like The Man Cave, we can put a stop to this.
I’ve always been into drawing on anything I could find. However, I never considered a creative career until I stumbled upon a brilliant design and technology teacher at Kormilda College. Ironically, I was only in the class because I was removed from another and was told it would be an easy subject. At this time I was delving quite deep into a nasty case of teenage angst and depression, driven by some serious substance abuse. This teacher pulled me aside and poised me to question my choices. Although I didn’t change overnight – and I’m still sorting through the same issues today – it was a pivotal point where I realised that my problems were not the only thing I had. I had choice. And it is purely mine.

I got sober and serious in Queensland the next year. I took every opportunity I could and never expected anything in return. I accepted experience as valuable payment. I began advising for organisations and running arts activities around town. Instead of focusing on my pain, I focused on my passions. I realised I liked creating opportunities for others to do what...
 FEATURES

they loved, so I let that drive me. This attitude started me on a life saving journey across Australia. The people I’ve met and places I’ve been – to me – seem like something out of a book.

At the end of August this year I exited Banyan House Rehabilitation Centre. It was a life changing experience and I couldn’t be more appreciative for the opportunity. It taught me so many things, and definitely not least, of the importance of holding onto the things that truly make you happy. I realised so many people have left themselves with nothing, when all I needed to find joy, was to pick up a pencil. This was a huge eye opener and motivator for the work I do.

For me, it’s being able to create and communicate through various art forms; whether I’m using a pack of Crayolas or oil paints, snapping iPhone pics or blasting spray cans, it feels great to be creative. With art I can address the ideas and images in my mind with more purity; I can be true to my thoughts. Sometimes they’re serious and a deep portrayal of the emotions boiling within, but sometimes I just need to play with a surreal reality. It’s a way to distract myself from something not so nice. Whatever it is, art is there for me.

I’ve learnt it’s not about arriving at a destination, because there isn’t one. There’ll never be a day when I wake up and the pain and insecurities are completely gone. Like the fear of failure nowhere to be found, or the anxiety of unrelenting standards subsiding. They’re a part of life. The trick is to look at what you can do with that moment – not what’s easier – but what will make you feel lighter tomorrow. Don’t beat yourself up if you take a step back, because you can always go forwards. When you hit rock bottom, the only way is up. Be happy with the fact that the only thing you truly have in life is choice. ♦

Hannah works as an artist and mental health advocate in the Top End, and goes by the creative name of Skhetch.

THE SAD TRUTH

♥ ONE IN FOUR YOUNG AUSTRALIANS CURRENTLY HAS A MENTAL HEALTH CONDITION
♥ A QUARTER OF YOUNG AUSTRALIANS SAY THEY ARE UNHAPPY WITH THEIR LIVES
♥ SUICIDE IS THE BIGGEST KILLER OF YOUNG AUSTRALIANS AND ACCOUNTS FOR THE DEATHS OF MORE YOUNG PEOPLE THAN CAR ACCIDENTS

MENTAL HEALTH WEEK

Mental Health Week is acknowledged nationwide and is held from the 4-11 October to coincide with World Mental Health Day on 10 October. Reach out to your friends, whether you feel blue or suspect they do. Just knowing someone cares can mean the world.

If you or someone you know is experiencing depression, there is help. Check out beyondblue.org.au or call Darwin’s Headspace branch on 8931 5999.

ARE YOU

BY IRA RACINES

The cultural and social aspects of sexual health and sex in general are often difficult to talk about – especially amongst young people. When the word ‘sex’ is mentioned, memories of videos in PE class usually come flooding back, and the sound of giggling can be heard in the background of our minds. Luckily, there’s an organisation in the Top End called Youth Empowerment Against HIV/AIDS (YEAH), which aims to break down the stigma associated with openly discussing sexual health.

Did you know that 1 in 20 young adults aged 15 to 29 has an STI? YEAH aim to educate young people about sexually transmitted infections (STIs), HIV/AIDS, and offer ways to prevent the transmission of these infections. They also focus on concepts like healthy relationships, consent and the stigmas that surround these topics – which can often be a bit awkward to talk about.

YEAH’s Red Aware campaign encourages young adults to Think, Talk and Act Red Aware, by getting informed and starting conversations about sexual health with their peers and community, and by taking positive steps to prevent the spread of infections.

To achieve this YEAH has an active volunteer team, aptly named the Agents of YEAH. This devoted team of vollies conducts workshops and stalls at schools and local events to spread the sexual health message through games, activities and friendly conversations. They also give away some pretty awesome gear too – so there’s that!

If you want to know more about YEAH, become a volunteer, or request a workshop, visit redaware.org.au or email darwin@yeah.org.au. It’s your sexual health and it’s important.
You’re a Broome boy – do you get back there much?  
Not as much as I’d like to. I moved to Melbourne about three and a half years ago to do sound production at JMC [The JMC Academy of Creative Industries] and that’s really when things started to happen with my acting career. Before that, I was based in Broome and my agent was based in Melbourne, so I think being in Melbourne was a really good step for me, being present and where the action was.

Tell us about the first time you knew you wanted to be an actor.  
It is an early memory for me. As a kid, I always had a vibrant imagination. I suppose it was my youth combined with a sense of seeking attention. When I was 14 my aunty had heard they were looking for extras for an audition in Broome. I remember her pulling up in her car and picking me up. They ended up choosing me for a role in the SBS series The Circuit. I got to work alongside people like Aaron Pederson and Gary Sweet – it was a steep learning curve.

Who is your biggest influence?  
Definitely my mum. She’s an artist herself and has always taught me to believe in myself, because she’s had to do it for herself. She also taught me to trust myself and follow my instincts.

What drew you to the role as Tilly in Last Cab to Darwin?  
I can relate to Tilly. We’re both our own worst enemy. He’s charming and people care about him, but he’s also volatile, broken, lost and searching for something.

You’ve worked with a pretty impressive list of actors including Bryan Brown, Michael Caton and Jacki Weaver, even the crew from Modern Family, do you get nervous when you’re working alongside people you admire?  
I don’t really treat people differently. My philosophy is to try and learn something from everyone I work with. Every person brings something different to the table. Sam Neil, for example, was really incredible. He was really charismatic and so generous to me on set. Some people are quite insular in their approach but Sam was the opposite.

What is your number one acting trick?  
I prepare a lot. I find it helps if I emotionally connect with the character. I usually make a playlist on my iPod for each character and listen to that over and over.

To prepare for the role as Tilly, I really felt I needed to visit the community and ask permission to play in the role. So I went to Oodnadatta and stayed there for a while – I needed to get a sense of place. I sat around with the old people as they told stories. By the time I left I really felt welcomed by the community there.

Make sure you check out Mark Coles Smith in his latest film Last Cab to Darwin.
CJ IS THE WINNER OF THE NAME AND DESIGN COMPETITION WITH HER ENTRY OF TURN IT UP. CONGRATULATIONS CJ!

I’m Cj, I’m 25, and I guess you could say I do a lot of ‘artistic’ things around the place involving theatre, events and design. I like to make things.

SO FAR, MY CAREER HIGHLIGHTS INCLUDE being Program Manager for the 2015 Fringe Festival. I got to work with some very cool people. I also got to tour with the This Is Not Art Festival, and brought some great Darwin people along for the ride.

I AM REALLY INSPIRED BY the amazingly vibrant emerging arts scene in Darwin. The people involved look out for and really celebrate each other – it’s magic to be part of it.

IN THE FUTURE I’d like to continue doing what I’m doing. I’m lucky enough to be able to work freelance in the arts sector, so I really just want to keep doing that. Hopefully I’ll be involved with some more Fringe Festivals – that’s the biggie for me!

MY ADVICE IS not to listen to other people when they say there’s only one way to do things. They’re lying. Figure out what you like doing and go and speak to people who are doing it.
SO FAR, MY CAREER HIGHLIGHTS INCLUDE winning gold at a swimming comp in Melbourne last year. During that comp, I also got about four personal bests. I won a trophy for being the fastest 14-year-old swimmer in the Palmerston Sharks Swimming Club.

I'M REALLY INSPIRED BY my older brother Brandon. He’s a great swimmer and the reason I got into swimming. I remember watching him in comps when I was younger and thought ‘I’d like to do that!’ I also really admire Ian Thorpe – he’s so fast and has a great technique.

IN THE FUTURE I’d love to be an Olympic swimmer – that’s my dream. I’m also working hard at my goal of swimming 50m in 30-something seconds – at the moment I’m sitting on 48 seconds, but I just keep at it.

MY ADVICE IS if you want to achieve something, just go for it. There’s no holding back!

My name is Evan; I’m 14-years-old and make experimental electronica music. My artist name is DJ Fish Slappa, which was inspired by Monty Python’s Fish Slapping Dance.

SO FAR, MY CAREER HIGHLIGHTS INCLUDE playing a set with James Mangohig (Sietta), Juno Aragon and Anton Koum. It was for the LAUNCH Youth Festival at Civic Park earlier this year.

I AM REALLY INSPIRED BY Kendrick Lamar. I love how he does such a brilliant job of fusing hip hop with politically aware lyrical poetry – he delivers some really important messages. I’m also influenced by other electronic acts like Boards of Canada and Prefuse 73.

IN THE FUTURE I’d like to play more live shows and collaborate with lots of different people. At the moment I’m doing a lot of producing. I’m also playing gigs around the place to make a name for myself.

MY ADVICE IS – when you’re making something, don’t be afraid to start again.

I’m a 14-year-old swimmer from Palmerston, training five days a week after school. I’m very busy with school and swimming, as it can be tricky to get up to ten hours of training in around my homework, but I love it!

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My name is Richelle Perriam; I’m 14-years-old and make experimental electronica music. My artist name is DJ Fish Slappa, which was inspired by Monty Python’s Fish Slapping Dance.

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Earth PHOTONG

I was born in Bangkok, Thailand and moved to Darwin when I was 7. I’ve been skating since I was 12 and do it every single day. I’ve always got my headphones on when I skate, and listen to classical movie scores – like Batman – as it helps me block everything out and focus on what I’m doing.

SO FAR, MY SKATING HIGHLIGHTS INCLUDE nailing those short term goals. I don’t really think of skating as a professional career – I just do it to improve from where I was yesterday. I love revisiting the old tricks, like kickflips, because even though they’re pretty simple, they’re hard to perfect.

I’M REALLY INSPIRED BY sponsored amatuer skaters, and like to keep up to date with their lives and progress. I was stoked to meet Mikey Mendoza last year, who is sponsored by Red Bull. I usually check out his skating in online videos, so it was cool to meet him and see him skate in real life.

IN THE FUTURE, I just want to keep improving. It would be great to go to Melbourne and be a part of some big skating events where they have demos and big comps.

MY ADVICE IS to keep doing what you’re doing. I have learnt so much about myself from skating that I can use in real life – pain, failure, fear and commitment – you can always learn.

WANT TO BE CONSIDERED FOR TALENTED YOUNG THINGS? FLICK AN EMAIL TO TIERNEY@OFFTHELEASH.NET.AU WITH YOUR NAME, AGE AND SPECIAL TALENT!
BEHIND THE SCENES
AT NT FASHION WEEK
BY GABRIELLA SHARP

Gabriella is in Year 10 and loves art, film, fashion and make-up. She hopes to become a makeup artist. In preparation, Gabriella attended a photo shoot for NT Fashion Week to see what goes on behind the scenes, and wrote about her experience.

When I heard I was going to be sitting in on the shoot I was really nervous, and it wasn’t long before my head filled with questions to ask. Is runway make-up different from everyday make-up? How long before the shoot do they apply it? Minutes? Hours?

When I got to the shoot I was surprised by how many people worked behind the scenes. There are staff members to plan the photos, take the photos, plan the outfits and direct the shoot. I enjoyed watching the make-up artist, Emma, apply makeup to the models and helped out by cleaning her make-up brushes – this can be a real struggle people! Emma taught me that make-up for runway shows or photo shoots depends on the clothing, jewellery and setting, and preparation for shoots can begin hours prior. I felt everyone involved was determined to create something beautiful using their artistic flair.

Upon reflection, I think I prefer applying make-up to clients in a salon or maybe special effects, rather than for a photo shoot. I’m so glad I went along and checked it out though, because now I know I won’t choose something I’m not comfortable with. It’s important for people my age to do work experience – despite it being daunting at first, it really is worth it. I’ll keep chasing my dream of becoming a makeup artist and encourage every teenager to get out there and try everything they can. You never know where it might get you!

NTEEN FASHION FESTIVAL
Who are the Territory’s young and emerging designers and fashionistas? This year NT Fashion Week and the LAUNCH team are supporting the first ever NTeen Fashion Festival. Showcasing the work of middle and high school students from across the NT, this event features everything from workshops through to a runway show.


REGARDLESS OF WHO YOU ARE, DECIDING WHAT TO DO WITH YOUR LIFE CAN BE A HARD DECISION. WE TALK TO PEOPLE ABOUT THEIR JOBS AND WHY THEY DO WHAT THEY DO.
Where were you born?
I was born in Darwin but grew up in Beswick.

You’re currently studying your Cert II in Retail Services, why did you choose to study Retail Services?
I’ve actually just completed my Cert II and am going to do the Cert III. My managers, Tammy and Gavin, suggested that if I ever wanted to leave Beswick, having retail skills would help me get another job.

Well done on doing your Cert II. What are your favourite things about working in retail?
I really enjoy merchandising and making displays – I like putting out the new things that come in. I also enjoy watching things sell and meeting new people, and it’s fun in the store – we’re like a family.

Where do you hope to be with your career in the future?
I’d like to be a supervisor. There’s a new store being built that should be finished by the end of the year, so I’d like to be a supervisor there and manage the stock ordering.

Could you explain how your training works?
I get trained by Tammy and Gavin in-store, and my trainer Ryan comes to visit me every three months. I do the tasks and get ticked off by the store managers as I go, and Ryan gives me a new unit once I’ve finished one. I’ve enrolled in the Cert III so I have five units to go.

That’s awesome, well done! It sounds like you’re very busy. Who is your biggest inspiration?
My store managers Tammy and Gavin. They really help me and are great to work with.

What do you do on your days off?
I’ve got a one-year-old son, so I like to take him out walking, to the playground or fishing.

Just one last question today Amy – what does your future hold?
At this stage I’ll be staying in Beswick – I really love it here and it’s my home. I’ll be focusing on my studies and being a good mum.

Thanks for chatting with me today Amy – all the best.

To find out more about Outback Stores’ training program, head to outbackstores.com.au.
WHAT'S GOING ON?

REBOOT YOUR LOOT
Calling all op shoppers, thrifty folk, and up-cyclers! Join in the fun with this nation-wide Garage Sale Trail. It’s all about sustainability, meeting the neighbours, having fun and making a bit of dash while you’re at it.
**WHEN:** Sat 24 Oct | 8-11am  
**AT:** City of Palmerston Carpark  
**INFO:** garagesaletrail.com.au

MITCHELL STREET MILE
With nine different categories, including the Fun Run with a prize for best dressed, the Mitchell Street Mile is your chance to run from the Deck Bar to Daly Street and claim the title of the Mitchell Street Miler.
**WHEN:** Sat 20 Sep | 3.30pm  
**AT:** Mitchell Street  
**COST:** $25, $15 U18  
**INFO:** mitchellstreetmile.com.au

BRIDGESTONE WORLD SOLAR CHALLENGE
It’s time for those solar powered hot wheels to drive 3000km to Adelaide. Once the teams have left Darwin, they travel as far as they can until 5pm, where they make camp in the desert wherever they happen to end up. Bid them adieu!
**WHEN:** Sun 22 Nov | 10am-3pm  
**AT:** Darwin Waterfront  
**INFO:** worldsolarchallenge.org

TOP END MUD RACING
If watching a couple of big machines rolling it out on a muddy track is your idea of fun, then you can’t miss the mud races. Just don’t sit too close to the fence – unless, of course, you’d like a nice mud facial!
**WHEN:** Sat 24 Oct & Sat 14 Nov  
**AT:** Hidden Valley  
**INFO:** Look them up on Facebook

SPASHFEST FAMILY FUN DAY
To celebrate Water Safety Week the Waterfront is putting on a bit of a party, complete with bouncy castles, waterslides, craft workshops and much more.
**WHEN:** Sun 20 Sep | 9am-1pm  
**AT:** Darwin Waterfront

CHRISTMAS CRAFT FAIR
Can you believe it’s nearly that time of year already? Yep – it’s time to start your Chrissie shopping, and what better place to start than the Christmas Craft Fair? Buy locally made treasures and feast upon some delicious treats from the food stalls.
**WHEN:** Sun 22 Nov | 10am-3pm  
**AT:** Darwin Waterfront  
**INFO:** tactilearts.org.au

READ MY LIPS
A cross-cultural collaboration combining elements like puppetry, live performance and film projection, to enable a broad audience to engage with the work regardless of language or cultural background.
**WHEN:** Tue 3 – Sat 7 Nov & Tue 10 – Sun 15 Nov, 7pm | Matinee: Thu 12 Nov, 11am & Sun 15 Nov, 5pm  
**AT:** Brown’s Mart Theatre  
**COST:** $30 | $25 Conc | $15 Student Matinee Thu 12 Nov  
**INFO:** brownsmart.com.au

HALLOWEEN PARTY @ ZONE 3
Join the Zone 3 gang for three hours of laser tag in a haunted maze, with DJs, prizes, and free Xbox.
**Sat 31 Oct, 6-9pm | Zone 3 | $24  
zone3darwin.com.au | facebook.com/zone3darwin

FLICKS

MATT OKINE – THE OTHER GUY
Sat 24 Oct, 8pm | $35

DAVE HUGHES – PUMPED
Sat 31 Oct, 7.30pm | $45

CARL BARRON – DRINKING WITH A FORK
Mon 9 – Tue 10 Nov, 8pm  
$50, $45 conc  
Comedy gigs @ Darwin Entertainment Centre | yourcentre.com.au

E-TEAM – DASSAN FUNDRAISER
Sun 27 Sep, 2pm, Brown’s Mart  
Sun 4 Oct, 7pm, CDU Palmerston  
$10 | dassan.weebly.com  
dassan2011@gmail.com
UPCOMING WORKSHOPS

SHREDABILITY SKATE COMP
Come and join Jingili’s last skate comp before the Wet, open to all ages and skill levels. Just bring your wheels of choice and skate with pros Renton Millar and Jeff Williams. There’ll be awesome prizes, giveaways, plus a live DJ. Sound good? That’s ‘coz it is!

WHEN: Sun 11 Oct | 10am-3pm
AT: Jingili Skate Park
INFO: 8930 0635
r.hedstrom@darwin.nt.gov.au

MIDNIGHT BASKETBALL
Are you aged 12-18 years and find Saturday nights a bit, well, dull? Good news - Midnight Basketball is starting up! Whether you’re underage and want something fun to do on the weekends, or simply interested in playing some B-ball and making new chums, Midnight Basketball could be just what you need.

WHEN: Every Sat from 17 Oct (8 weeks) | 7-11.30pm
AT: Darwin Basketball Stadium
COST: Free
INFO: 8930 0635 | Register @ midnightbasketball.org.au

TACTILE ARTS WORKSHOPS

HEART-FELT FRIENDS WITH ANDREA MCKEY
WHEN: Sun 27 Sep | 10am-12pm
COST: $65 | $55 Memb

BEADING: JEWELLERY MAKING WITH PAULA MOGGS
WHEN: Sun 19 Sep | 2-6pm
COST: $85 | $70 Memb

CANDLE MAKING & DECORATING WITH MONIBA MALIK
WHEN: Sun 20 Sep | 2-5pm
COST: $170 | $155 Memb

GRANNY SQUARES: BEGINNERS CROCHET WITH SARAH SMITH
WHEN: Sun 11 Oct | 1-4pm
COST: $75 | $65 Memb
INFO: tactilearts.org.au

BEATS


THE GETAWAY PLAN
Sat 19 Sep, 7.30pm | Railway Club
$25+BF | nookevents.com

MEGAN WASHINGTON
Sun 27 Sep, 7.30pm | Railway Club
$30+BF | nookevents.com

THE BASICS
Thu 22 Oct, 7.30pm | Railway Club
$25+BF | nookevents.com

THE WAIFS
Sun 8 Nov, 7.30pm | Darwin Entertainment Centre | $57
yourcentre.com.au

THE RUBENS
Fri 13 Nov, 7.30pm | Discovery Nightclub | $35 - $54 +BF
nookevents.com

KATHERINE JAM NIGHT
Thu 24 Sep, 7pm | Katherine Sport & Rec Club | eo@katherineregionalarts.org.au | facebook.com/KatherineRegionalArts

BATTLE OF THE BANDS
Check out some talented local musos aged 18 and under at Battle of the Bands. The winner receives $1000 in cold hard cash – now that’s something to sing about!
Heats held Sep/Oct | Final Sun 18 Oct
Mindil Beach | mindil.com.au

BUSKING OPPORTUNITY
Jetty & The Fish are on the hunt for young musos keen to busk by their trailer at the Nightcliff Foreshore. Oh, you’ll get a free feed after your set too.

Interested? Email jettyandthefish@gmail.com for more info.
The Garma Festival was held over five beautiful days in East Arnhem Land to celebrate and embrace Yolngu culture. Some came to heal, and I felt I left with less emotional baggage thanks to the Rapirri Rom smoking ceremony, which was an extraordinary experience.

The Youth Forum held conversations about the issues affecting youth today, reaffirming us as a proud and capable group, with a strong will to stand up and speak up about things that matter to us. It was a great opportunity to observe the impressive leadership capacity of our generation.

About 150-200 young people participated in the Youth Forum and the Foundation for Young Australians (FYA) shirts we wore were widely noticed around the festival. The forum ran during the day and we held sessions in our spare time. We encouraged each other not to look at our peers differently – regardless of race – which resulted in a positive vibe at the festival.

There were lots of people there, including Arnhem Land and Territory locals, and others from all over Australia. The Youth Yindi Foundation and other service providers were there, along with Elders and their families.

The Garma Festival held so many magical moments for me, in relation to culture, community and tradition, but the most magical moment was having the chance to deliver a meaningful Youth Forum. We uncovered a collective passion for issues we care about, despite our differences in age, gender and culture.

Garma Festival made me so proud to be a local Larrakia woman representing and standing up for my community and attending the festival was a humble and personal journey to experience.

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It was a balmy Friday night and time for some Festival fun. I was chatting away with mates, soaking up the festival atmosphere, where no one seemed to be in any great rush. Then I heard the beats emanating from The Lighthouse and felt an urgent push from Festival-goers in its direction – I knew this was going to be a fun night.

I wasn’t disappointed. Remi had so much energy – his buzz was infectious and The Lighthouse started bouncing up and down. But it wasn’t the usual bounce of a classic Aussie hip-hop show – everyone was funkimg it up in their own unique style.

Sensible J was producing the sound and, I must admit, I loved him just as much as the charismatic Remi. A fun night of beats, bounce and buzz.
Around 2000 people, with picnic blankets in tow, attended the Botanical Gardens Amphitheatre for the 2015 National Indigenous Music Awards (NIMA). The iconic Amphitheatre was transformed into a vast yet intimate space with rows of glowing lanterns, as the best Indigenous artists from across the country took to the stage.

For the first time in NIMA history, Artist of the Year was presented to two artists – Jessica Mauboy and Dan Sultan – though both were conspicuously absent on the evening. The crowd was instead charmed by audacious hip-hop icon Briggs, who took home two gongs – Film Clip and Album of the Year. Thelma Plum, who would later take the same stage for the Darwin Festival Opening Concert, sent a video message to thank her fans for winning Song of the Year.

Over the course of the evening fans were entertained by an array music legends – from the beautifully haunting Frank Yamma, to internationally renowned Geoffrey Gurrumul Yunupingu. It was disappointing B2M’s debut album, twelve years in the making, had no nominations on the night, but not a hint of disappointment could be felt from the band, as they took the stage and got the whole crowd moving with a highly entertaining performance.
LAST LIGHT

BY COURTS WHITE

One of the things I love about a Tracks show is the location. It’s obvious Tracks Dance love the city they live in, as they often showcase beautiful and unique Darwin settings for their Festival performances. This show was no exception, as we headed down to Myilly Point to catch Last Light.

Not only are the locations unique – the whole experience is. Equipped with my personal headset, I took my seat in a circle of both friends and strangers, as we began our journey into the sunset. The performers moved from circle to circle before it was our turn to carry our chairs to the ‘runway’. We continued on our collective journey there, and the dancers respectfully paused to let the sun have its moment to shine.

The Grey Panthers (Tracks senior dance group) then joined in, and this is where the magic happened. Performing together, the dancers mingled amongst the audience, and you couldn’t help but feel a little bit special, like you had somehow contributed too.

A beautiful piece performed in a beautiful place – well done Tracks Dance.
RIGHTS ON SHOW
Rights on Show provides a forum for artists to exhibit work with a human rights focus. The theme for the 2015 comp is Soil: Can you dig it?
Entries close Fri 20 Nov
Exhibition opening Thu 26 Nov, 5.30pm | Until Thu 10 Dec | dcls.org.au | info@dcls.org.au | 8982 1111

DARWIN ROLLER GIRLS
HOW A-BOUT IT?
Come along and show your support for the awesome Darwin Roller Girls, as they take on their opponents in what’s sure to be some entertaining bout-ing action.
1989 GLAM ROCK ROLLER DISCO
Sat 3 Oct, 7pm | $10 - hire extra Marrara Sports Stadium
BOUT 4 | Sat 10 Oct, 5.30pm Marrara Sports Stadium
BOUT 5 - THE DECIDER! | Sat 21 Nov, 5.30pm | Marrara Sports Stadium
INFO: darwinrollergirls.com.au facebook.com/darwinrollergirls

DARWIN ROLLER GIRLS INTAKE & ROLLER SKATING LESSONS
Improve your skating skills with Darwin Roller Girls. If you want to become part of their awesome team, they’re also on the lookout. Roll to it – bookings are limited.
Fri 2 Oct, 7-9pm | Marrara Indoor Stadium | $10 | $20 (includes gear hire) | intakedrg@gmail.com darwinrollergirls.com.au

YOUTH INSPIRING PALMERSTON
Aged 12-25 and a Palmerston resident? Have your say and join YIP.
INFO: palmerston.nt.gov.au 8935 9922

NT YOUNG AMBASSADOR
Aged 18 to 25 years and have loads of enthusiasm? The NT Young Ambassador for National Youth Week 2016 voluntary position may be for you.
INFO: youth.nt.gov.au

HEADS UP!
D-TOWN BATTLES
A LAUNCH POP-UP EVENT
Develop your skills in creative expression and event production, with two awesome days of hip-hop culture. 17 - 18 December | Browns Mart launchdarwin.com.au/dtownbattles

VOLUNTEERING IS A GREAT WAY TO GET INVOLVED WITH YOUR COMMUNITY AND LEARN SOME PRETTY COOL SKILLS ALONG THE WAY. IT’S ALSO A NICE ADDITION TO YOUR RESUME, SO WHY NOT GET OUT THERE AND DONATE YOUR VALUED TIME TO SOME GREAT CAUSES?

YOUTH ADVISORY GROUP
Aged 12-25 and live in Darwin? Have your say and join YAG.
INFO: youthprojects@darwin.nt.gov.au | 8930 0635

GRANT ROUND FOR NATIONAL YOUTH WEEK
National Youth Week in April 2016 is Australia’s largest celebration of youth. Young people can get involved, have fun and participate in loads of events and activities.
INFO: youth.nt.gov.au

VOLUNTEERING
DARWIN PRIDE FESTIVAL
info@darwinpride.com.au
MIDNIGHT BASKETBALL
midnightbasketball.org.au
RSPCA DARWIN
volunteer@rspcadarwin.org.au
INDIGENOUS COMMUNITY VOLUNTEERS
icv.com.au
CONSERVATION VOLUNTEERS
conservationvolunteers.com.au
HAPPY YESS
happyyess@gmail.com
THE MUCH AWAITED HOLIDAYS COME BUT A FEW TIMES A YEAR, BUT DO YOU EVER GET TO YOUR WELL DESERVED BREAK AND THINK ‘BUT WHAT DO I DO?’ LUCKY FOR YOU, WE’VE TAKEN THE HARD WORK OUT OF PLANNING YOUR SCHOOL HOLS IN THE TOP END, AND COME UP WITH SOME NEAT ACTIVITIES THAT WON’T COST YOU YOUR SAVINGS.

**SIX FUN FREEBIES**

**GO FOR A DIP.**
Check out the water parks in Leanyer and Palmerston for slides, swimming pools and water games. If you feel like a more relaxing way to cool off, ask your folks to take you to Litchfield or Berry Springs.

**THEY SEE ME ROLLIN’**
Grab your blades, skateboard or bike, and go for a roll around the neighbourhood. There are some great skate parks in Jingili and Palmerston, and plenty of nice places to go for a bike ride.

**GET CREATIVE.**
Paint or sketch some works of art, write some poems or a story, or practise your singing or musical instruments.

**PLAY. PLAY. PLAY.**
Whether you’re a B-ball fan or prefer Monopoly with mates, games are a great way to fill in the time and enjoy yourself. Or you can always give the old Xbox or Nintendo a work-out!

**WATCH A MOVIE.**
Invite a friend or two around to watch some DVDs, or if you’re able to get to the Waterfront, you can catch a free outdoor screening on Saturday 3 Oct.

**HOST A DINNER PARTY.**
Get your bestie around and raid your pantry for some ingredients to practise your Masterchef skills. Host a dinner party with your family, complete with a menu and three-courses, and don’t forget to Instagram those foodie pics!

**OTHER FUN THINGS**
The Wave Lagoon · Ten Pin Bowling · Movies · Laser Tag · Rock Climbing · Fishing · And Crocs. You can’t forget the Crocs.