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A ZED ODYSSEY

4ZZZ RADIO TIMES

C E L E B R A T I N G

35 YEARS OF INDEPENDENT MEDIA



**INSIDE!**

PAINT THE TOWN ZED  
HOW TO: START YOUR OWN RELIGION  
DIGITAL RADIO REVOLUTION

GREENING ZED  
BRISBANE'S BEST BITS  
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# The here and now of the digital future

**So, it's here then. We're immersed in the crazy world of digital media. It's been a long time coming but it's everywhere you look and listen. But has it been worth the wait? David Coles finds out.**

Parliament passed legislation for digital radio back in May 2007. Commercial and public sector broadcasters began producing digital radio in the main-land state capitals in mid-2009.

Now it's community radio's chance to enter the digital mix. It all sounds wonderfully bright and shiny with loads more buttons to press. And it is... to an extent.

The digital offer has plenty to interest the regular listener and to attract newcomers to radio - improved quality of audio, stronger signals, interactivity, more features, more choice. More of everything in fact. And that unfortunately includes more costs.

Thankfully, the Federal Government is carrying the financial burden for the infrastructure. At the time of writing it will also pay the Access Fees, which allow the community stations to be on the digital multiplex, for three years.

However, there's no money to help pay for any production costs and therein lie several problems for community radio stations. It's all well and good being on the digital platform, but that extra air-time needs to be filled with something. In many cases, this can mean anything. Take a look at the digital TV offerings. How much of this output is original and exciting? And how much is cheap filler?

So community radio has faced two major challenges. With what should it fill the digital airwaves? And when the three years' access fee settlement is up, what happens to the stations that can't afford to pay this fee alone?

There's no contractual obligation to remain on digital so community stations may suddenly disappear from your digital radio when the access fee cover

ends. In the meantime, those community stations have initiated all manner of extra production techniques to fill the digital stream. What happens to that time, effort and (possibly) money?

And what happens when that hard-won audience finds its favourite digital output has disappeared into oblivion? Does it stay loyal and revert to the FM output? It will certainly be confused.

One of this scribe's favourite digital stations in the UK was run by an excellent music magazine. It became required listening on a Friday evening with several glasses too many of that well-known fruit-based health drink called wine. Then, one Friday evening, it wasn't there. And it wasn't there the next week. I initially thought the wine had impaired my remote control technique but, no, the station had simply dropped off the airwaves. It goes to show it's not only the community stations that will find it hard to deliver now and in the future.

The radio industry must face a number of truisms. The digital age is here, and it's here to stay. It costs money to produce original quality output. It's better to be on the digital platform than off it. And all radio stations - commercial, public sector, and community - must cut its cloth accordingly. It may be that simulcasting is all that many stations can afford.

There are those stations who have found ingenious ways of delivering a completely different digital stream. Some stations take a collaborative approach. Some use the digital stream only when it has something to broadcast and fill the rest of the time with a recorded message on a loop.

There isn't a right or wrong way of 'doing' digital radio. But whichever way it is, there's no doubt that it's the most exciting innovation in the radio industry since the advent of FM broadcasting. And that's been going pretty strong for the last 30 odd years.

*David Coles is the former Station Manager at Triple Zed.*



BREWS

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# BROTHERS



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# WORLD WIDE ZED

**F**or 35 years Triple Zed has been an essential part of the media landscape in Brisbane. In 2010, our voice remains just as crucial as ever and now, thanks to the wonder that is the Internet, our audience is truly global. It was a long time coming, but now that we're streaming on the web *Cameron Durnsford* finds that listeners are once again flocking to hear why Triple Zed has long been a beacon of radness in a sea of media mediocrity.

Case in point: Secret Agent TopKat. A community radio fanatic, TopKat himself is a volunteer with KFAI in Minneapolis, Minnesota, USA. He is not only a passionate subscriber to Triple Zed, but also supports Melbourne's 3CR, 3RRR and Adelaide's Radio 3D.

'I discovered Triple Zed because of the Internet,' he says. 'I actually started to listen to a woman who does a show in Madison, Wisconsin. She's originally from Adelaide and some of her MySpace contacts were from Australia – one of them was Judy Jetson who hosts Subterranea.'

TopKat started checking out some of the playlists on the Triple Zed website and liked what he saw. When Triple Zed's stream was launched, he was introduced to a range of other shows and legendary Australian bands.

'SixFtHick is one that stands out for me,' TopKat says. 'I really like those guys, but also older bands like Pineapples from the Dawn of Time, The Detonators and The Scientists.'

For Álvaro 'The Kid from Madrid' Bazquez, Triple Zed's web presence allows him to stay in touch with his old buddies from The Carmen San Diego Show. After a stint as a regular guest on the show while he was studying in Brisbane, Álvaro went on to host

his own show on Triple Zed before returning to his native Spain.

'It was my first experience of radio in Australia,' Álvaro says of his discovery of Triple Zed. 'I was at home alone at 9:45 on a Friday night and The Funk Show was on.'

Álvaro still finds the time to listen to the Carmen Sandiego Show and the Baron OneWay show in Spain, despite the nine-hour time difference! He says the diversity of musical styles is what keeps him tuning in.

'There are similar things in Spain, but community radio generally broadcasts in a small area, like a single neighbourhood,' Álvaro says. 'Also the musical culture in Spain is not as wide as in other countries, apart from the traditional styles like flamenco and rumba.'

Of course, TopKat and Álvaro are only two examples of the way Triple Zed is finding new audiences internationally. A quick survey of announcers around the station finds listeners in locations as diverse as Cameroon, Ireland, the Netherlands, France, Germany and Canada. And they're just the ones we know about.

Check out TopKat's station here: [www.kfai.org](http://www.kfai.org)

*Cameron Durnsford is a journalist and former host of Eco Radio on Triple Zed.*

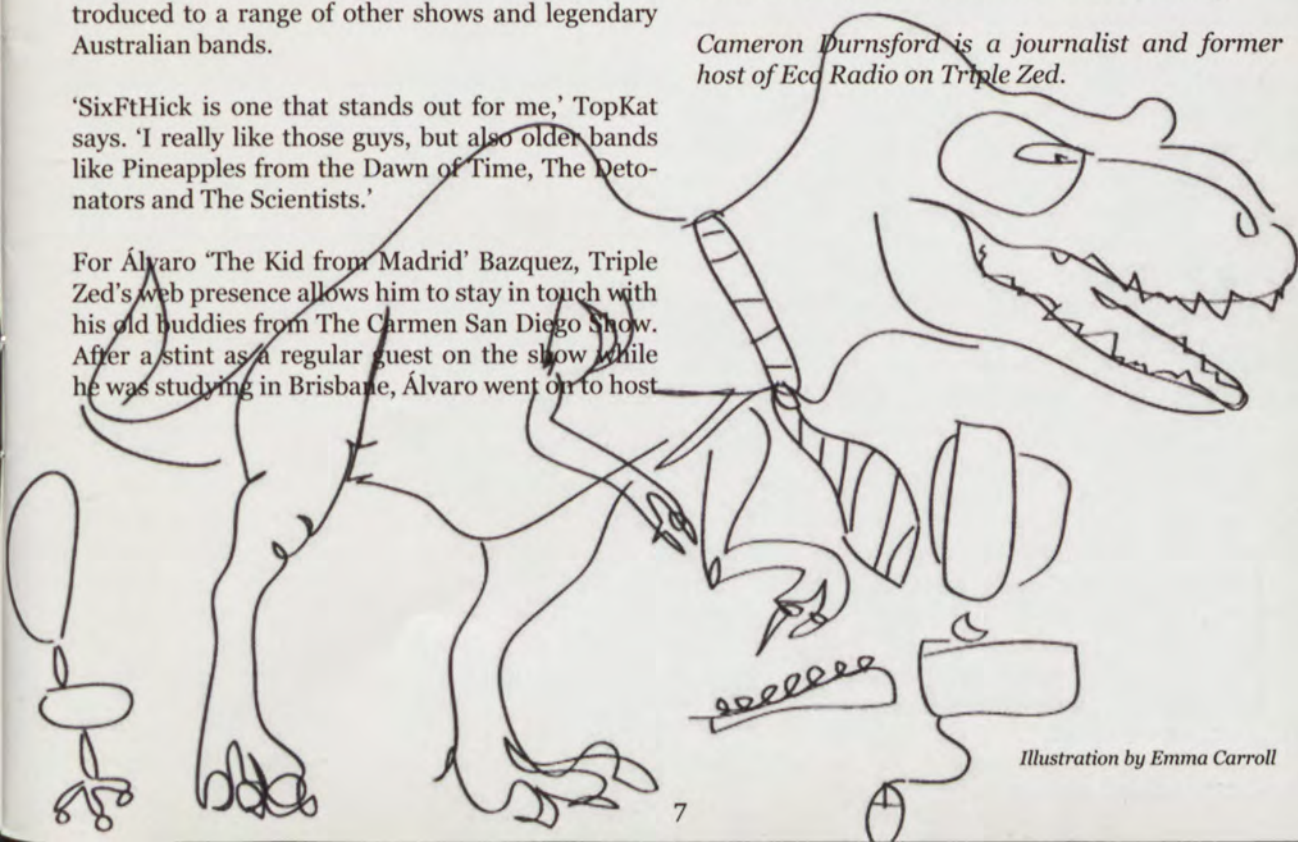


Illustration by Emma Carroll



# GLOBAL COMMUNITY RADIO



**R**adio Times readers will no doubt be familiar with community radio in Australia... But what's it like in other parts of the world? *Laura McDowell* takes you on a whirlwind tour of the global community radio landscape and looks at some of the challenges facing fellow stations across the globe.

The humble transistor radio can be championed as the most democratic and powerful form of media on the planet. It's cheaper to make, more accessible than television and unlike print media, doesn't rely on people's literacy skills. After the first commercial and government run radio stations popped up in the early 20th century it didn't take grassroots communities across the world long to realise they too could seek empowerment by getting behind a microphone.

The first example of community radio can be traced back to South America. In 1949 a group of Bolivian tin miners decided to use the airwaves to campaign for better rights and working conditions. In the sixty years since, tens of thousands of community stations across the globe have started broadcasting. It goes without saying that each station is as unique as the community it serves. Radio operating from slums in Nairobi probably doesn't have much in common with what's broadcast out of universities in Canada. Many stations don't even refer to themselves as community radio, instead turning to terms like participatory radio, alternative radio, rural radio, people's radio, pirate radio, educational radio, civic radio, campus radio or cooperative radio.

Nonetheless, with the likes of globalisation at work, radio stations of all shapes, sizes and nationalities are finding themselves faced with a number of common challenges. One challenge is the battle for legal recognition. Most community radio stations remain largely unaccounted for in national media policies. This means stations might operate under short term or unclear licensing agreements, or unofficially as 'pirate' stations. While not having to account to authority offers certain freedoms, it also makes stations vulnerable to attack and makes financial stability in the long term difficult to establish.


Global organisations such as the World Association of Community Broadcasters, the United Nations Educational Scientific and Cultural Organisation and the Communication Rights in the Information Society have joined grassroots advocates in campaigning for better protection and recognition of community radio. However these efforts fly in the face of the global trend towards deregulating media policies to encourage greater privatisation of the sector.

Another obstacle community radio has come up against in parts of the world is the challenge to remain both editorially independent and financially viable. Many radio stations operate in poor communities, get little money from governments or sponsors and rely on aid bodies for funding. These aid bodies recognise the power that community radio has to communicate messages relevant to things like health and development. However station workers, such as Zane Ibrahim from Bush Radio in South Africa, say they often feel pressure from donors trying to influence their agendas. "We need the locally appointed representatives of donors to walk alongside us, not leading us, and not continuing with the entrenched liberal attitudes that ultimately serve only to undermine us," he says.

*Laura McDowell is a journalist and announcer on At the Local Saturday 1 to 3pm on Triple Zed.*

*Illustration by Emmanuel Hernaez*





### **United States**

Community radio became popular in the US in the 1960s and 70s. In 1975 the National Federation of Community Broadcasters was formed to lobby the Government to support stations. However critics such as media commentator Jesse Walker, accuse the NFCB of trying to homogenise community radio by pushing to reform organisational structures.

### **France**

There are more than 600 community radio stations operating in France. The sector is financially supported by the Fond de Soutien à l'expression Radiophonique (Fund for the Support of Expression by Radio), a group who tax the mainstream broadcast media and redistribute the money to community media!

### **Jordan**

In 2000, to get around a ban on private radio stations, a community internet radio station was launched. Founder of Radio Amman Net, Dauod Kuttub, said he launched the station to focus on local issues he felt weren't being reported. '...the majority of news is about the Iraq war or Palestine or Lebanon because that's an easy issue.'

### **India**

In 2006 India legalised community radio by introducing the Community Radio Guidelines, allowing not for profit organisations to apply for broadcasting licenses. Criticisms of Indian community radio policy include stations being forbidden to broadcast news and current affairs content (as in Indian commercial radio).

### **Uganda**

There are currently a dozen community radio stations in operation. These stations have been open about campaigning against female genital cutting and for greater HIV AIDS counseling. Four stations were shut down last year for supporting protests against a Government introduced land reform.

### **Australia**

Since its inception in the early 1970s, Australia's community radio sector is one of the most regulated in the world. There are over 350 stations around the nation, most of which are based in regional and rural areas. The 2008 McNair Ingenuity Survey found that 57 per cent of Australians aged 15 and over listen to community radio every month.

### **Argentina**

In 2009 a law was passed dictating one third of radio frequencies be dedicated to community radio. Previously, not-for-profit organisations weren't allowed to broadcast, despite pirate radio existing in the country. One notable Argentine community radio station is called 'La Colifata' (Radio Crazy) which is broadcast by patients from a psychiatric hospital.



# Paint the town zed

**I**f you haven't heard about the Paint The Town Zed campaign yet then you've probably been living under a very sturdy rock for quite some time. As *Dominic Geiger* writes, it was an international competition run in order to find an artist worthy of painting the front of Zed Towers in Fortitude Valley. Though the battle was fierce, with many close calls being made and much formidable artwork being considered, a winner finally emerged through the rabble. And that winner was Beastman!

A self taught artist originally from Sydney, Beastman said his approach to the painting will incorporate different styles in order to create the most appropriate image for the building.

"Everyone will be able to relate to the characters I paint; they reflect human nature and the everyday burdens and struggles of life. I want to paint a scene of hope and survival, influenced by symmetry and nature's geometric patterns."

Now for those who haven't been past Zed Towers recently, let me refresh your memory on one detail in particular- the building is big. So with that in mind, how does Beastman plan on doing the job?

"I am bringing my friend Max Berry up from Sydney to assist me in painting; we will need a scissor lift to get up that high. I am treating the building just as a giant canvas for one of my artworks I would usually paint on a much much smaller scale. And of course it's a bit tricky trying to incorporate the windows and doors on the building."

With a pretty significant solo career, having showed his artwork in cities such as London and Berlin, Beastman's got a pretty high profile. With that in mind, he said the opportunity to paint Zed was just too good to refuse.

"I am always into painting walls wherever I can so I jumped at the chance to at least put a quick proposal together to paint the building. It's a good opportunity to paint something so big, these projects rarely present themselves. It's not everyday someone wants their whole building painted up like this."

Stacey Coleman, head of sponsorship & promotions at 4ZZZfm, said it was important to run the competition because Zed Towers needed to become more noticeable in Brisbane.

"We decided to run the competition to enhance 4ZZZ's visibility in the community as well as show off our magnificent building and give an artist the opportunity to have their design permanent and seen by all for years to come!"

And there's another special reason why the competition was run this year, as Stacey explained,

"2010 is 4ZZZ's 35th Birthday so we really wanted to celebrate by doing something mammoth. It is perfect timing as our 2010 Radiothon sub-drive kicks off on the day Beastman is due to complete the mural." So it seems for a radio station such as 4ZZZ nothing could be more appropriate than a giant mural on the face of the building. Stacey said the painting will contribute not only to the station's image, but also to that of the valley itself.

"As a community radio station, we want to increase our presence in the community and the valley precinct as it is a growing and vibrant cultural hub in Brisbane. Our building is beautiful and in a fantastic position, so we want to show it off."

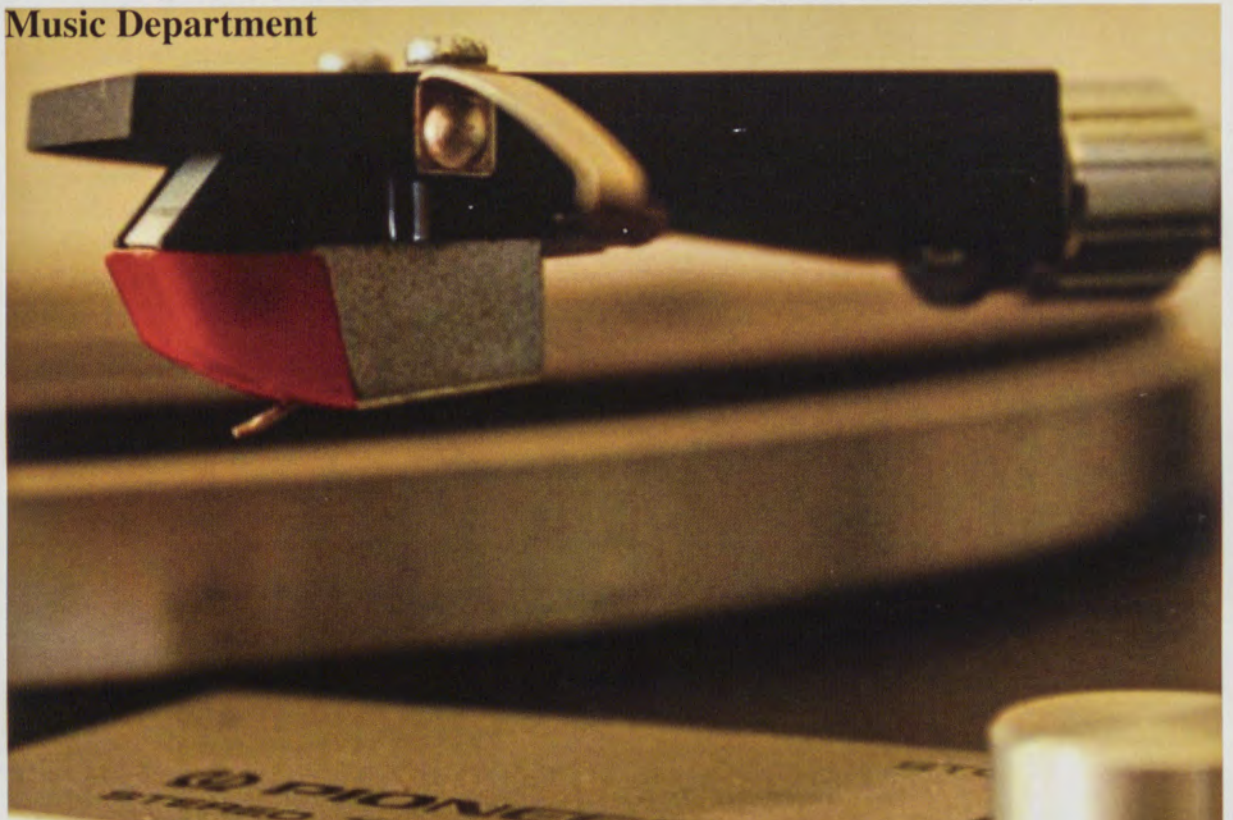
*Dominic Geiger is a journalist at Triple Zed.*







## Music Department



**W**hen people see our music library, they often ask how we get all the CDs. No, we don't buy them with your valuable subscription dollars. We actually get sent about 200 new CDs each month, from handmade demos to major label releases, and a lot of volunteer work goes into staying on top of the constant influx of new music, as *Grace Nye* writes.

Chris (of Lair of the Jukebox) and I are the music directors, and we keep pretty busy communicating with the music industry, organising the library, and yelling at announcers when they forget to refile their CDs or choose to play nothing but Blind Melon for two hours straight. We also have a posse of newer volunteers to help with all the labeling and data entry - thanks Liza, Jessi, Michael and Emmanuel for your tireless work. (Want to join us? Just drop by the front desk some time and fill out a volunteer application.)

One of the better consequences of Triple Zed always being a bit short of cash is that we're free to play the kind of music that other stations who're concerned with making the big bucks really aren't. We won't ever get rich putting the stuff we do to air, but nowhere else can you be so completely immersed in all the best music, all the time. There's a lot of music out there, and trust me, listening to all of it will make you terribly jaded. Which makes it all the more exciting when a new band manages to break through that veil of cynicism and make a big impression on you. It's refreshing to see the wealth of talented musicians we have in Australia, especially here in Brisbane. There are way too many to mention, but here are a few of the music department's subjective favourites among the new bands we've discovered in the last year:

**Sleepwalks**  
**Jonathan Boulet**  
**Otoutou**  
**Seja**  
**Nikko**  
**Comic Sans**  
**Miguel**  
**Rat vs Possum**



*Grace Nye hosts the Inconvenience Party on Triple Zed, Wednesday 6 to 9am.*

*Pictured: Rat vs Possum; Sleepwalks; Nikko. Photograph by Thomas Snowden*



# Greening Zed

**Y**ou've heard Gandhi say we need to be the change we want to see in the world, right? It's a maxim many virtuous folk try to live by, especially around the halls of Zed Towers. With our planet in peril and real leadership nowhere to be seen, as *Cameron Durnsford* writes, we've gone all Gandhi and are leading by example.

That's right – we're greening up our little slice of Fortitude Valley real estate one step at a time. It starts small: like the highest per-capita concentration of vegans in the known universe and a healthy culture of cycling at the station. Our miniscule car-park, while a fantastic place for all-ages gigs, hardly encourages station volunteers to drive anyway...

Now we're thinking big. In 2009, Triple Zed became the first radio station in Australia to become solar powered, thanks to a couple of Government grants and the hard work of Zed staff. Infinity Solar Sales Manager Adrian Decarli says it was the initiative of Zuzanna Napieralski, formerly of Triple Zed's sponsorship and promotions department.

'Zuzanna contacted us one day and said they were trying to reduce their carbon footprint and see how they could also save some money,' Adrian says.

The installation of the solar system has already had a significant impact on Triple Zed's carbon emissions. 'We've reduced your electricity usage by around 90 per cent during the day, and should have reduced your bills by around 20 per cent,' Adrian explains.

But it doesn't end there. Word of Triple Zed's green credentials reached Nicholas Bernhardt, Managing Director of GreenBizCheck, an office certification program that helps organisations reduce their environmental impact.

'Sustainability should be a key focus of every business,' Nicholas explains. 'GreenBizCheck's environ-

mental certification program will help Triple Zed to quickly identify cost-effective measures it can implement to reduce its impact on the environment.

'The entire assessment and ensuing report is geared towards reducing energy and water consumption, cutting down waste, increasing recycling and improving efficiency within any organisation.'

A GreenBizCheck audit is underway at Triple Zed now. One of the things we've found so far that saves us lots of money is not having a hot water system. While our dishes might not almost be the cleanest, it's another small way we can reduce our environmental impact.

"Some very simple measures can drastically reduce an office's impact on the environment and significantly reduce carbon emissions," Nicholas adds.

The installation of Triple Zed's solar panels is without doubt the biggest step we've made to reduce our environmental impact.

"We've reduced your greenhouse gas emissions by about 37 tonnes per quarter," Adrian says. That's the equivalent of planting around 750 trees every year!

While there's always more that can be done to make Triple Zed sustainable, it seems we've been doing our bit for a while now. Now, with a little help from solar panels and office audits, the future is looking even brighter.

For more environmental news and information tune in to Eco Radio 12-1pm Wednesdays on Triple Zed or visit [www.facebook.com/4zzzecoradio](http://www.facebook.com/4zzzecoradio).

*Cameron Durnsford is a journalist and former host of Eco Radio on Triple Zed.*



# FUTURE SOLAR

**W**hen the topic of solar power is brought up most people's minds turn to solar hot water systems and rooftop solar panels. But it's time we broadened our horizons, as *Kristy McMahon* finds out there are people all over the world doing some very interesting things with solar systems...

Let's start with clothing; new research conducted by a team at North Carolina State University has paved the way for the incorporation of solar components into fabric. The US team have found a way to incorporate the printing of unusual components into a design by printing a fabric to match the component. In simple terms, the clothing is made up of thin film cells that convert sunlight into solar energy and subsequently into electrical energy.

This electrical energy collected can then be used to power your various gadgets; items like your mobile phone. To accompany your solar efficient clothing, there are also groups producing solar capable bags. Voltaic Systems' bags use special waterproof solar panels infused with high-efficiency solar cells to charge your devices faster. The bags are kitted out to charge mobile phones, laptops, iPods and any other gadget you find yourself out and about with.

Most importantly, the clothing and backpacks come in varied designs to suit all occasions. Now you fashion lovers can help save the environment while looking classy. Besides the ability to charge your laptop on the move, these products give average people the chance to take advantage of all the free energy thrown out by that big glowing ball in the sky. And just when you think solar clothing is the only quirky, high-tech thing out there; along come snowflake solar cells. These tiny devices are a 100 times more efficient than regular solar cells and thinner than glitter.

In the future you could see iPods and laptops covered in these snowflakes, enabling them to be charged by the sun. Great news for music lovers and web surfers; you'll hardly need to charge these devices. Solar clothing, backpacks and snowflakes are just the tip of the iceberg though.

In a few years the entire world could be embracing solar and be on the way to reducing carbon emissions to a point where they are almost non-existent. The sun is a powerful source of energy and with technology like this we could see a very green, very solar future.

*Kristy McMahon is a journalist at Triple Zed.*

*Illustration by Emma Carroll*



# Living room lifeline

**Z**ed games co-host *Razor* predicts the future of gaming... It's the year 2029, and you're in your living room.

A voice command conjures a sprawling bazaar, with thousands of vendors competing for your attention. An analogue thumb-stick in your left hand allows you to navigate the virtual marketplace, while a motion-sensitive power-glove on your right-hand lets you interact with the wares on display. Your stylish 3-D glasses create the illusion of truly being there; and detailed surround sound completes the experience.

A basket of exotic fruit catches your eye, so you touch it with your right hand. Instantly, a detailed heads-up display appears and informs you of the name, origin and the price of the fruit. Placing the fruit into your virtual basket completes the transaction, and you can expect the real fruit to be delivered in less than 3 hours via Vacu-tube.

Gaming and navigating digital media have long since been merged into one seamless experience. You use the same interface to navigate your virtual shopping trip as you do to explore the terabytes of information on the web, or to play your favourite sports simulator; all in realistic 3D.

Remembering back to your formative years in school, you wonder how differently your life may have turned out if you weren't provided with interactive lessons about physics and mathematics, which allowed you to grasp and visualise complex ideas at such a young age.

You think about your surgery a year ago, which was a highly complicated procedure that saved your life. You begin to speculate that perhaps the operation wouldn't have gone so well if the surgeons hadn't trained in virtual environments for years in medical school.

An advertisement flashes in the corner of your eye. It's for a cyber-date with the world's sexiest underwear model. You smile as you think about all the misguided investors that put their stock into sex-robots, which have now been long superseded by cyber-dating.

Dismissing the advertisement, your mind thinks about what the world would be like if we weren't able to closely analyse the behaviour and psychology of violent criminals in virtual environments. Forensic science and criminal psychology would be years behind if it weren't for the technology that allows us to explore the psyche of offenders.

Almost all aspects of our culture have been merged into this virtual landscape. You sigh as you realise that you probably would have never met your current life-partner if you didn't sign up for Matchmaker 3D all those years ago.

You utter another voice command and the marketplace disappears; replaced by a tropical rainforest. As you turn around to consume the spectacle of luscious wilderness, the program momentarily struggles to load the high-resolution imagery. For a split-second, your suspension of reality is broken and you are reminded that you are actually still at home in your living room

For some reason or another, you are reminded of an article you read decades ago, in which the author attempted to predict the future of gaming and interactive media. You chuckle at the wildly inaccurate claims that the author made, and wonder how embarrassed he would be if he were alive to witness the wonders of modern technology.

*Ray Morgon hosts Zed Games, Wednesday 6 to 7pm. Illustration by Emmanuel Hernaez*





...If these walls  
could talk



**FOUR  
TRIPLE  
ZED**

**102.1FM  
BRISBANE'S  
INDEPENDENT  
BROADCASTER**

264



**T**riple Zed has lived a colourful life; as I'm sure you're well aware by this point we're turning 35 this year and such an age leaves quite the wake. But while our history contains much drama and excitement, *Stephen Stockwell* found the building in which we inhabit now carries many stories of its own.

When I think of Triple Zed I don't often associate it with its current digs on Barry Parade in Fortitude Valley. Instead my mind wanders back to its time at the University of Queensland and occasionally to the studios on Coronation Drive. I'm not sure why this happens as Triple Zed has actually spent the majority of its 35 years of existence contained within the Barry Parade walls after it took up residence in 1991. But enough about Triple Zed, this article is about the building. A building that turns out to have quite the history indeed.

Built on a block of land in-between Barry Parade and St Paul's Terrace in the early 1930s the place was one of many buildings that popped up around the same time. Barry Parade originally drew criticism from Brisbane commuters due to poor lighting and its many twists and turns, something that seems almost odd now. But again, I digress. The building Triple Zed now inhabits first saw life as Brisbane Spare Parts, a place built and run by a chap called Clarrie Beckingham. The area of the building now filled with our front desk, music department and newsroom was filled with tyres, radiators and bits of engine. Brisbane Spare Parts Company resided here until the late 1950s and even though it can be officially found there until 1959, its activities at this stage were fairly minimal.

It's around this point the story starts becoming a little interesting. As you may know the Communist Party had their HQ at this location before Triple Zed arrived and you're able to find them officially listed there from the early 1960s. It's not quite that clear cut though. You see the previous owner, Clarrie, had a soft spot for the Communists; he was never formally involved but he had connections to the party. Those connections were quite strong and I imagine the second life of the building was established quite sometime before the Communist Party publicly took up residence. The Communist Party is listed in the White Pages in 1964 and in '67, and in a move probably designed to throw off ne'er do-well researchers, they changed the frontage to the St Paul's Terrace entrance of the building.

The party operated fairly strongly out of the space in their early days there. Big things were thought, ac-

tions staged and rallies run. The offices of the party were located on the second and third floors of the building with the Peoples Bookshop located on the first. People would wander in to the first floor from the Barry Parade entrance to find a warm space full of books. The bookstore was the face of the building, but it was upstairs the real magic happened; that was the place where decisions were made. But it would seem not all were pleased with the decisions of those operating within the building. What leads me to say such things? Well, in 1973 the building was bombed. Yes, bombed.

Little is known of the reasons behind this attack, but in what is now Triple Zed's carpark a bomb was planted and detonated. It sent shockwaves through the building and it's told that cracks still run behind the stacks of CDs in our record library. On wet days you can still see the rainwater pool in the place of the explosion. After the bombing, activities within the HQ began to wind down. Those in charge were concerned further aggression would be drawn if the party continued with such vigor. Through the late 1970s and 1980s the building had a different air. The place was a known hangout of Brisbane's left-of-centre types and it's likely many interesting troublemakers cut their teeth within, not unlike they do now.

The Communist Party went into liquidation and all assets were sold off at next to nothing. Hallways stacked with books, book making equipment and years of collected gear lined the building and the man tasked with selling it all could be found wandering around desperately trying to establish what to charge for everything. It was because of this liquidation Triple Zed was fortunate enough to buy the building from the Party in 1991. Keen to get out of the cramped Coro Drive studios, the station quickly took up residence. Originally the station shared the space with the Queensland Folk Federation letting downstairs. Our rowdy housemates never hesitated to put on a show and the sound of gigs bleeding into the on-air studio added a nice bit of colour to those broadcasts.

To begin with our studios were located on the Barry Parade end of the building's second floor. This supposedly temporary arrangement stood for some time while purpose built studios were constructed. By the mid-90s we were quite comfortable throwing out sounds from our still current studio one.

*Stephen Stockwell is a journalist at Triple Zed.*



# Stencil city





**In 2009, Triple Zed commissioned some stencil art from well-known brisbane stencil artists. Ili Tulloch pinned down Reks and Daniel, two of these stencillers, to ask their opinion on the local scene.**

What first attracted you to stencil art?

REKS: I made a The Clash shirt to wear to a high school dance in the early 1980s to piss off the squares. I had a knife, some paper and a can of my old man's black spray paint. I think I put it up once or twice in Caloundra.

DANIEL: I was attracted to the final product, the way they look when finished really and the ease of creating them. I was taking cues from others, and doing them on my own ideas.

Who are your favourite stencil artists?

REKS: Locally you can't beat 1337, Shida, Georg, HaHa, Phibs and Civil. On the international front obviously Banksy and Blek le Rat are really prolific.

DANIEL: I'd have to agree with Reks only I like them better! But add That Smelly Kid and ZKLR.

Are you guys more into street art or commissioned pieces - is it about the art or the chase? How does the 'graffiti response team' respond to stencil artists?

REKS: I love the streets, that's where I started. But unfortunately I've been snapped twice in the last few years and I'm not getting any younger. I'll always put up stickers and if I find a nice safe spot somewhere I might be enticed. As for commissioned pieces I manage a few a year which is nice, it's great to be able to take your time and it's a good source of free paint.

DANIEL: I'm more about just doing them for the sake of doing them. I'm a bit paranoid about street art and prefer doing it where I know it's legal.

How do you feel about the legality of street art in Brisbane?

REKS: There are so many dumbfoundingly obvious ways for artists and "the man" to get along and make this city a more visually appealing place. Most people are so positive when we're doing a legal commissioned piece. I mean, sometimes we even get drinks and sandwiches.

What are some of the boldest pieces you've done

around Brisbane?

REKS: There are many nights of drunken mayhem, but my favourite is definitely one I managed to pull off in one day: a dozen or so life-sized soldiers around Chermside.

DANIEL: I'm not very bold, so I won't tell.

Do you think there is a difference between the type of person who would take to graffiti and the type who would take to stencilling?

DANIEL: There's a difference but not one that matters. In the end it's just some people like to wear where those baggy shorts, others tight.

Is there a career path in stencil art? What do you see as the most legitimate road to take with your art?

REKS: Brisbane is a really hard gig. I get a few legals a year, but if I was to try to make a living out of it - well, forget about it. I do workshops which is really great, because it's inspiring to meet and help that one kid you know is gonna run with it. I wish there was a hope for a 'career path'? I know people who make money from it, so yeah, if you really wanted to. But damn, would you have a sore finger.

What advice would you give to young artists just starting out?

REKS: Get out there and do it, tiger! Trial and error is the only way to learn. Start with a bit of freehand stuff to learn that control is just as important in stencils as it is in graffiti.

DANIEL: Talk to other people and don't be afraid to ask how to do them. If you're young enough not to get caught, then go to town.

Where do you see yourselves and the scene heading in ten years time?

REKS: I truly have no idea. Hopefully still painting and passing some skills on to the next generation.

DANIEL: I'll still be cutting more out. I hope my work'll be around for ever.

*Ili Tulloch is an announcer on Paper, SciZzZors, Glue! on Triple Zed, Thursday 6 to 9am.*

*Photograph by Ili Tulloch*





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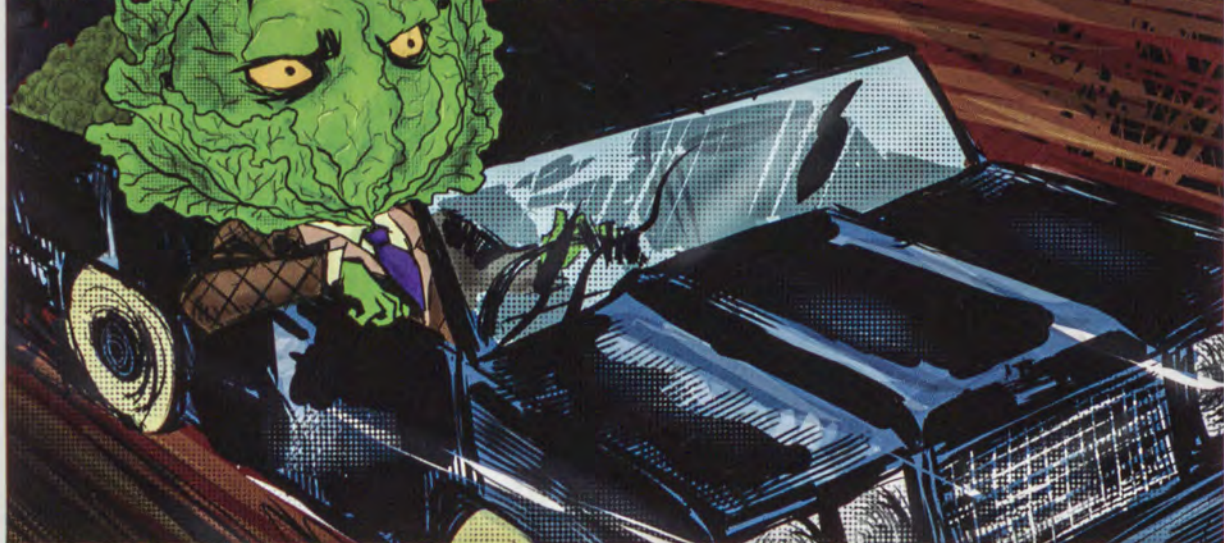
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# THE LAST CABBAGE HOUR OF ALL



**M**r Barbagallo Ronson, leafy green vegetable king, broadcaster, host of *The Cabbage Hour*, leaves the Triple Zed studio for the last time. The last episode of *The Cabbage Hour* ever in the can, Ronson sighs. It is early Saturday night, and he walks out of the radio station with one fat Chinese cabbage under his left arm, a pure vision of the great golden cabbage of life hovering two feet above his head. Car keys in his right hand jiggling like burning pianos, Ronson walks sadly out through the car park to his beaten up ute. Ahead of him is the terrifying road trip up north to Yeppoon.

Ronson knows he has failed in his desire to get Brisbane talking, thinking, sleeping and lobbing cabbage. He has failed to convince the city that cabbage is the way to go, and now he prepares to return home, home to sweet Yeppoon, holy cabbage country of his plump jawed dreams, his mother and father ready with his old room all cleaned and dusted, fourteen pristine scale model cabbages on his shelf.

In the back of his ute four hundred cabbages are piled up into a spooky pyramid. One small Swedish backpacker, Pieter, sits smoking a long cigarette. Ronson has planned his route out of Brisbane carefully. He has a street directory on the passenger seat open, pages marked out. He will drive out of Brisbane in an exact way, and he will leave his mark on the city that has not shared his giant golden leafy vision of vegetable euphoria and sex.

Gunning the ute out onto St. Paul's Terrace he heads for Bowen Hills. He belts the ute down past the Courier Mail building. He beeps the ute's horn. Pieter lobbs a Mongolian Lettuce at the Courier Mail building, getting the editor on the left shoulder. Ronson laughs. The Courier Mail has paid his radio show no attention whatsoever. They will pay it some

attention now. He heads south. He drives through Newmarket to Ashgrove, down Jubilee Terrace and up beside the Governor's House. He beeps the ute's horn. Pieter lobbs a Canadian cabbage over the gates. It whistles as it descends like a clump of Wellington boots, landing on a gardener's cheekbone. Queensland has to learn from its mistakes.

Like some deranged slow talking antipodean Johnny Appleseed Ronson tears all through Brisbane for the rest of the evening, beeping his horn outside the Parliament House, George Street, City Hall, through into West End, and cabbage rains like frogs. It is a legendary night.

The next morning talkback radio is jammed with phone calls discussing last night's weird cabbage hurlings. Everybody seems very happy that Brisbane has been smeared overnight in damp cabbage leaves. Ronson is halfway to Yeppoon when the Premier telephones him, begging him to come back and broadcast a new series of *The Cabbage Hour*. She will pull strings, get him his show back on the air. Ronson stops his ute by the side of the road. 'Thank you for the telephone call Premier but I'm afraid you all had your chance. And you blew it. So you all like what you see this morning eh? Cabbage leaves hanging from every power line? Bits of lettuce crammed in every letterbox? Well that is what my brain looks like. You had your chance to look inside my brain, but it is too late Premier, it is far too late'.

And Ronson turns the engine over and keeps driving to Yeppoon. Back in Brisbane almost everyone quits their job and starts to talk about cabbage on street corners. The leafy green vegetables have won, for now.

*Ben Pullar produced the Cabbage Hour in 2007 and 2008. He is a writer and lives in Brisbane. Illustration by Emmanuel Hernaez*



# HOW TO START YOUR OWN RELIGION: FOR THOSE WHO'VE ALWAYS WANTED TO BE GOD

**F**ew can deny the increasing trend to move away from our world's traditional religions, writes *Danielle Golding*. As our forebears call out in protest and shake their fists at the new world we must ask ourselves: are we losing the faith, or just channelling it through more personalised, entrepreneurial ways?

Truth is, we're not losing the faith. We're still asking all those existential and 'not of this world' questions. It's just the modern day crusader has learnt to adapt and talks a new slang. Ruthless, smart, egotistical, the modern day crusader is gung-ho about establishing a new world order, while still paying the bills.

Now you may be thinking 'yes that's me, I'm a crusader, I have bills to pay'. Well fortunately for you this edition of Radio Times also includes a ten-step guide on how to effectively start your own marketable faith. Sure, we won't deny that there are certain risks involved. But worrying about the potential loss of money, loss of time and the inability to sell your religion will only get you down.

Besides there are so many pros to starting your own religion. To begin with, starting your own religion can allow you to do many things that your country may have previously deemed unfit. Gay marriage is an example of this. While currently not permitted under Australian Federal law, if you created a religion, appointed a clergy and then got that clergy to perform a wedding ceremony, then in the eyes of your religion, you and your same sex partner would now be one happily married couple.

Another benefit of starting your own religion lies in the act of registering it with the government. This is a step that legalises your religion and gives you the reward of many tax benefits. Because donations to religious organisations are tax-free there is a slight chance you'll end up saving a little money. Laundering money from your followers is also going to be quite easy once you establish a consistent following, but of course we don't endorse this. And in regard to the donation thing we advise you to liaise with your accountant beforehand. All religious entities should have an accountant, it's only kosher.

But there comes a time when one must stop weighing the pros and cons and find that needed inspiration from what's currently out there. The past 60 years has seen an exponential rise in the number

religions. From the more prominent and celebrity-inclined Scientology right through to the lesser-known and slightly more masochistic types like the Church of Euthanasia, it's clear that new pockets of faith are springing up everywhere. It's only through the act of examining them that you will be able to properly gauge whether there's a chance of pulling yours off.

If you were worried that the legitimacy of your figurehead wasn't up to scratch, look to the Pastafarians for a confidence boost. This group believes that the world was made by a Flying Spaghetti Monster. And if you were worried about membership, don't be. The Jedi Church was struggling for years because they hadn't yet been officially classified. But on January 12, 2009 the Government of Canada granted Order of the Jedi Inc: The worlds first federally incorporated non-profit religious entity.

Arguably though, if it's success you're after it's probably best to look to the big guns to see what they're doing. In 2005 the Church of Scientology stated that its worldwide membership had reached 8 million people. Who would have guessed all those moons ago that Mr L. Ron Hubbard would devise a theology so alluring that one day it's audience would equate to just over one third of Australia's total population?

The Church of Google is another one we can all learn a thing or two from (no pun intended). Followers believe the sacred and infallible search engine is the closest humankind has ever come to directly experiencing an actual God (as typically defined). Their webpage cites nine proofs which should convince you why Google is the only all-knowing, potentially immortal and omnipresent God that has ever truly existed. While they do receive quite a large quantity of hate mail and often misdirect me on Google maps, I feel I must acknowledge their annual holiday: Google Appreciation Day, celebrated on September 14 each year.

In conclusion, while humankind faces the daily issues of health, safety and mortality religion will continue to have its place. So whether your religious roots are firmly planted, or you find you're blissfully still denying the interventionist God, rest assured that when your nerves start to bend and your feeling a little helpless, starting your own religion is always going to be an option.

*Danielle Golding is a journalist at Triple Zed.*





*Pictured: Flying Spaghetti Monster, illustration by Darren Fisher*



# FroYo Mojo

**A**s the weeks and months of my United States student exchange experience quickly rush by, writes *Kathleen Calderwood*, I find myself reflecting upon the valuable knowledge I have gained and the discoveries I have made. One of the most significant things I have acquired is a deep love of frozen yoghurt, known to the average Californian as FroYo.

The standard practice when in a FroYo store is to peruse between six to eight flavours - these range from the usual vanilla and chocolate to boysenberry, cookies and cream and my personal favourite, 'birthday cake'. You then proceed to the toppings where you sprinkle as many gluttonous additions as you feel capable of consuming. My pick is always peanut butter cups, however there are enough options to satisfy anyone's personal taste - marshmallow syrup, chocolate fudge, melted peanut butter, blueberries, bananas, Coco Pops, cookie dough, Oreos - the list goes on. If you're really enthusiastic you may return for some extra FroYo, to submerge your various toppings beneath, before finally making it to the register with your 'low-fat' dairy masterpiece. Much to one's surprise the cost is rarely more than four or five dollars, and you usually wish you'd taken better advantage of the glorious options on offer.

So, in honour of the beautiful relationship I have embarked on with this extravagant dairy indulgence, I have compiled a FroYo recipe for the ultimate Californian experience.



## THE ULTIMATE CALIFORNIA FROYO

Start with a generous helping of Starbucks' Caramel Frappaccino flavoured frozen yoghurt.

Toppings (choose from):

- A ladle full of dorm parties
- A liberal sprinkling of Mexican food
- Two tablespoons of shameless hip-hop music combined with some bump-and-grind
- A handful of disgust in regards to Vegemite
- A vast plethora of Ethnicities
- A pint of Coors light beer
- Numerous games of beer pong
- A scattering of fake IDs
- Regular trips to San Francisco to soak up the culture and wish that you were a child of the 60s
- The occasional drive-in movie
- An unwelcome abundance of annoying US television commercials

Add frat parties, to taste.

And finally, add one bike to help keep off some of the pounds which this masterpiece is sure to contribute to your waistline.

If you follow this recipe carefully enough, of course with your own specifications, you can be guaranteed a fabulous time in the United States. Just be prepared to buy a gym membership upon your return home.

*Kathleen Calderwood is a journalist at Triple Zed.*



# Poverty: a fresh look at the elephant in the room

**P**overty, in its sterile, generic economic definition, is considered to be when the income of an entity is less than the poverty line applied to it, writes *Chuck Ellis*. The entity, in reality, is a human-being, be they a family or individual.

The poverty line is calculated as the amount of income required to support the basic needs of a family of two adults and two children, according to recent data from the Melbourne Institute of Applied Economic and Social Research.

At the end of the September 2009 quarter, the amount was \$754.10 including housing and \$583.75 without the cost of housing. The amounts vary for couples with more or less than two children, single parent families, singles and pensioners.

Triple Zed hit the street to determine the local effects of poverty due to the recent economic crisis. Random samplings of people were surveyed at the forecourt of the Queensland State Library in Brisbane.

Seven out of ten people surveyed felt their lives had been adversely affected due to the economy. Eight out of ten people felt they had less money for necessities of life.

Ten out of ten felt they had less money available for entertainment and other social activities such as sport fees or gym memberships.

Three out of the ten had sought aid or assistance from organisations such as St. Vincent's DePaul, The Salvation Army or Mission Australia.

Ten out of ten knew someone who had been severely affected by the economic downturn.

Use the calculation table below to see if you are living above, below or teetering on the poverty line:

Your weekly income  
\$\_\_\_\_\_

Your weekly rent/mortgage/board  
\$\_\_\_\_\_

Your weekly disposable income  
\$\_\_\_\_\_

Table 1: Poverty Lines: Australia, September Quarter, 2009

Income unit	\$\$ per week
Single person	\$270.20
Couple	\$392.81
Couple plus 2	\$583.75

Head to <http://www.melbourneinstitute.com> for a comprehensive list.

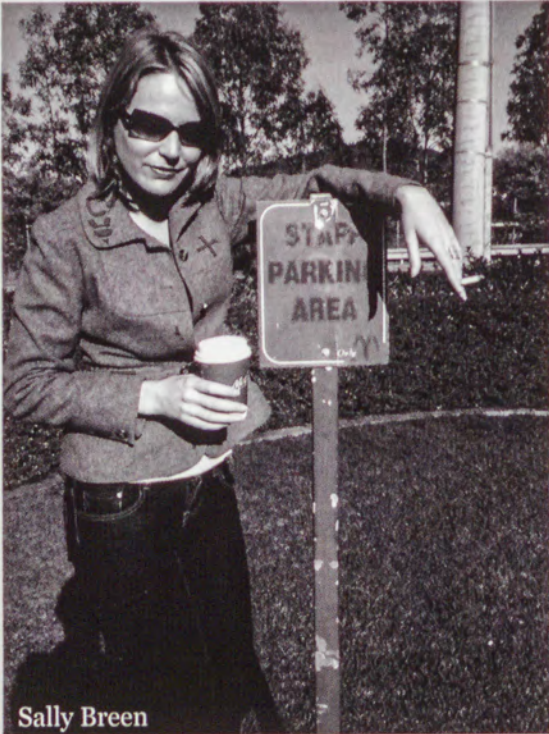
*Chuck Ellis is a Triple Zed News intern*





# Brisbane's cre

Brisbane has been the inspiration for some great novels, including Andrew McGahan's Vogel award-winning *Praise*, John Birmingham's share-house classic *He Died With a Felafel In His Hand* and the quirky bestsellers of Nick Earls and Rebecca Sparrow. Daniel Wynne talks to four local authors who are currently keeping the city's literary scene strong and vibrant.



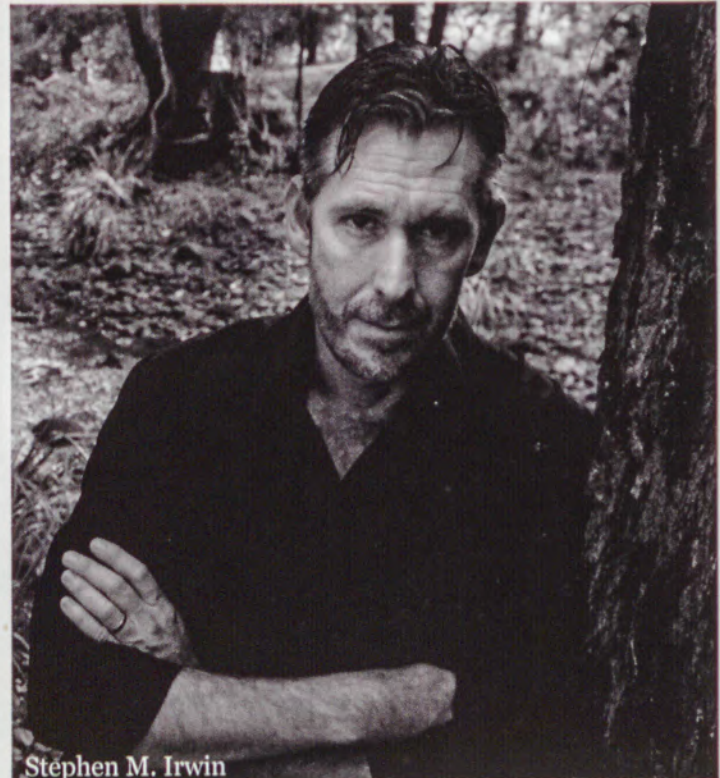
Sally Breen



Alasdair Duncan



Cathy Vallance



Stephen M. Irwin



# ative writers

## ALASDAIR DUNCAN

Alasdair first came to public attention at age 16 when his short story *Love* won the SLQ Young Writer's Award. He has since published two novels, *Sushi Central* and *Metro*, which both give energetic and authentic depictions of the lives of young gay men in Brisbane. Alasdair is also a writer for *Rave* magazine.

D: Both your books take place in Brisbane. Is there anything particular about the city that inspires you creatively?

A: I guess that because I grew up in Brisbane, I lacked the imagination to write about anywhere else. I was living in New Farm when the developers swooped in and it went from being really grubby to super trendy overnight, and it's interesting to watch transformations like that. My third book is set in Byron Bay, so in that sense, it's an extremely radical departure.

## SALLY BREEN

Dr Breen is a lecturer in writing and publishing. Her work has appeared in *Best Australian Stories*, *The Courier Mail*, *Wet Ink* and many other publications. She runs the Brisbane-based writers collective BURN.

D: What is BURN?

S: BURN Writers Collective is a gathering of some of South East Queensland's most exciting, innovative and award winning young and emerging authors. The collective aims to enhance opportunity for young and emerging authors and to push the boundaries of writing in public performance. BURN has staged cross-platform events at the State Library, The Queensland Poetry Festival and the National Young Writers Festival. BURN's signature event is Writing - The Fringe Festival, a 'bad' sister event to the Brisbane Writers Festival, which claims space for experimental and emerging talents on the nations literary calendar.

## STEPHEN M IRWIN

Stephen is a writer and filmmaker who penned the award-winning short films *Ascension* (which he also directed) and *Car Pool*. His debut novel *The Dead Path*, published in 2009 by Hachette Books, tells the story of a haunted widower named Nicholas who returns to Brisbane and finds the woods where his childhood friend Tristram disappeared have mysteriously escaped the developer's bulldozer. When more children go missing Nicholas finds himself in a terrifying battle with the evil force that lurks within the woods.

D: What do you think is the creepiest thing about Brisbane?

S: To be truly creeped out isn't just to be spooked – it's to be surprised. And I think that means catching a glimpse of something where you expected to see something else, or catching sight of a nasty underside beneath a pretty facade. Brisbane is beautiful... and we know there is more to most things than meets the eye. Brisbane is no different: it has plenty of dark mechanics going on in the corners of eyes, under buildings, and deep in shadows.

## CATHY VALLANCE

Cathy's short story *Trashin' on the Field* was one of the winners of the annual One Book Many Brisbanes competition in 2005. These days she works for a publishing company and a manuscript appraisal service. She is also planning her own Chick Lit novel.

D: How did winning the One Book Many Brisbanes contest change your life?

C: It was awesome, one of the best things to happen to me, but my life is fairly the same as it was before. The prize money meant I could go on a three month trip to Europe and India which was fantastic. Winning really boosted my confidence as a writer. *Trashin' on the Field* was such a struggle to write that I had no idea if it was any good or not. But for the story to receive a positive response made me think I must've done something right.

*Daniel Wynne hosts Space Cadet on Triple Zed, Wednesday 9am til midday.*



# Independent Brisbane Bookstores



**W**e may be living in a digital world and *Ellie Freeman* is a digital girl, but sometimes nothing beats the pleasures of reading a good book. Befriending and falling in love with people made of words. Being inspired by amazing stories. Giggling at outrageous situations. Getting choked up with tears at tragic ones. Exploring worlds that don't exist. Learning about the real one around you.

Here are some of the best independent bookshops in Brisbane:

## Avid Reader

Nestled in the heart of West End, Avid Reader entices book lovers and caffeine fiends with the aroma of fresh pages and coffee. Not only can you find your favourite reads, but Avid also features local authors, cult novels and queer interest books as well as DVDs, music and gifts. The friendly staff are more than happy to gush with you about the purchases you made. Avid also provides a space to discuss your findings with regular book clubs and a chance to meet the minds behind the books at special events. Avid Reader is for those who not only read books, but have mad, obsessive affairs with them while gazing at them lovingly over a latte. And a piece of Turkish bread.

**Best bits:** DVDs of the best shows and movies, hilariously offensive greeting cards, a heavenly collection of cult books

## Folio Books

Folio Books and Triple Zed go way back. Born three years apart (Triple Zed in 1977; Folio in 1980), Jenny Bowman from Folio Books says mutual interests and goals made it an obvious choice for the bookshop to form a friendship with Triple Zed.

"Brisbane is such a close community that it only takes a few people to get behind an idea for it to really get noticed and followed," Ms Bowman said.

"Folio Books really appreciates what Triple Zed brings to the community and we are proud to be associated with such an organisation."

So us lucky Triple Zed subscribers get a 10 per cent discount on purchases which Ms Bowman says is "hopefully an incentive to keep on supporting the local independents, whether it be in radio or books!" Folio specialises in publications that are more stimulating than boring uni textbooks. As well as their extensive range of non-fiction, covering everything from design and architecture to science and history, Folio also sell fiction and poetry anthologies.

**Best bits:** the Triple Zed discount (derr), cool tattoo and "low brow" art books, moleskine notebooks



### Mary Ryan's Books, Music and Coffee

You don't have to look too far to find a Mary Ryan bookshop - they have stores around Brisbane, the Sunshine Coast, Toowoomba and Byron Bay. Mary Ryan's is no stuffy book shop: most of the stores have ample space and all variety of pretty picture books for your kids (or inner kid) to run amok while picking a new favourite bedtime story. You can even book kids' birthday parties. There's plenty of things to do for grown-ups too: book clubs, classes, talks and Z-Pac Theatre drama performances.

Mary Ryan's sell a variety of music that can't really be defined. It's a lot of stuff you probably haven't heard of before (but not in the obscure indie kind of way) including vocal groups, jazz, electronica, acoustic pop from the other side of the world and other nice things to listen to while you get stuck into your new book.

**Best bits:** The *Very Hungry Caterpillar* poster at the New Farm store, tasty treats at the café, fond childhood memories

### Archives

The romance of bookstores of old is still alive and well in Brisbane. Dusty hardcover and leather bound tomes as far as the eye can see lurk in an old printing business erected in 1919. Archives boasts over one million second hand books. One million books on just about anything you could think of:

plays, local history, philosophy, journalism, warfare weaponry and religion. All sorts of religions too - I saw the Satanic Bible there once. Come prepared with a packed lunch, a map and a compass to assist you with your journey through the endless shelves.

**Best bits:** handwritten inscriptions from a century ago, very rare old books in glass cases

### Black Cat Books and Cafe

Nestled right at the top of the Latrobe Terrace strip (near the Antique Centre) is this little gem. Specialising in books for children, the moment you walk through the doors you're reminded of what the literary world looks like to a young, curious mind. Fun, colour and adventure all underline your experience at the Black Cat.

The inside walls are shelved to the brim, and lots of little aisles are scattered throughout. Work your way through the maze though and you'll find a staircase leading down toward the ground-level cafe. Delicious baked goods and exceptional coffee accompany your reading experience.

**Best bits:** Youthful activities, boardgames, apple friands

*Ellie Freeman is a journalist at Triple Zed.*



Photograph by Emma Carroll



# Brisbane's best bits



**T**here's a hidden secret in the city and it's not the cafe in the Wintergarden where everyone goes to break up with their first true love, writes *Giordana Caputo*. Hidden Secrets cafe is a quiet, lonely place where they still serve thin slices of white bread and lukewarm coffee so bitter you agree to 'just be friends' only so you can leave the pink-mirrored hell. It's the perfect break-up venue.

No, the real secrets of the city are there, staring you in the face, and you probably walk straight by them everyday.

Let's start with the Queen Street Mall, a haven for teenagers throughout the ages; it really doesn't hold much appeal for anyone else. But look up! A flashing neon rainbow is guiding you to a better place - the omnipresent balcony of Jo-Jo's. Owned by Brisbane's favourite adopted son, Stefan, Jo-Jo's has been around since the year dot and it's just as tacky and delightful as ever. Giant bedazzled tigers greet you at the entrance and friendly wait-staff attend to

your every need. The bartenders wear shirtsleeves and ties and will mix your \$8 Daiquiris if you ask nicely. And you can sit on their balcony and spy on teen angst below to your heart's content. You'll never run into your ex-lover and no one will care if you're drinking alone at 11am. It's the perfect escape from reality.

What to do after getting slightly tipsy on the cheap wines at Jo-Jo's? Head on over to the Myer Centre. In the 1980s the screams of teenagers riding the dragon-coaster and pirate ship at Tops could be heard all summer long. Alas, those days of excess are over, but there are still the delights of the \$2 massage chairs. Located on the two top levels of the Myer Centre these plush armchairs take you to Shangri-La for a blissful eight minutes, kneading away your tension and vibrating your body in an almost inappropriate way. It's the cheapest massage you'll get if you're single and it's guaranteed to make you laugh.

So you're tipsy, mellowed-out and pretty hungry.



Call your BFF and get them to meet you just a short walk away at Spring Hill's L'Academie Hotel. L'Academie Restaurant and Bar is located in the old Exhibition Hotel, also formerly known as Bonapartes, and a long-standing 4ZzZ watering hole. Hooray for international students because they use this restaurant as a training ground to create things like, 'pan fried spiced escargot with truffle oil field mushrooms' and 'ricotta stuffed red peppers served with a black olive vinaigrette'. You and your bestie can enjoy a delicious three course lunch with wine for under \$20 each. Despite the silver service it's laid back and friendly and their \$2.50 home made cakes and pastries are perfect for a savvy morning tea.

To round out the day take a walk back to the city and enter Brisbane's most unassuming bar, The Verve Cafe. Tucked underneath Metro Arts, this is the closest you'll get to the New York underground in Brisbane and I'm not talking the subway. The Verve Cafe has drink specials everyday and the staff

are quirky and cool. Plus if you spend enough time at the bar you're bound to eventually hold an exhibit, workshop or experimental theatre/dance event in the rooms upstairs with the fascinating people you meet.

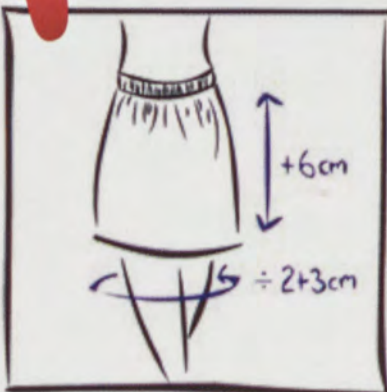
Brisbane city may aspire to underground coolness, particularly as the local council pushes its 'vibrant alley-ways' urban renewal line (sorry, Hinchliffe, I only found two and one was closed for refurb), but it's the diamonds-in-the-rough that make it delightful and surprising. The Public Service Bar on George Street, the Irish Club on Elizabeth Street, Archive Books and the mist gardens at Roma Street Parklands. My favourite is the view from Victoria Bridge at night, when the brown river turns black and reflects a million coloured lights and I begin to understand why we call it Brisvegas.

*Giordana Caputo co-hosts 4ZzZ's community profiles program At the Local. Photograph by Sky Kirkham*

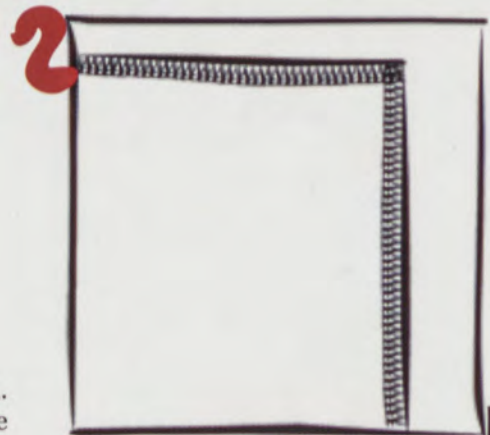




# How to: make your own skirt

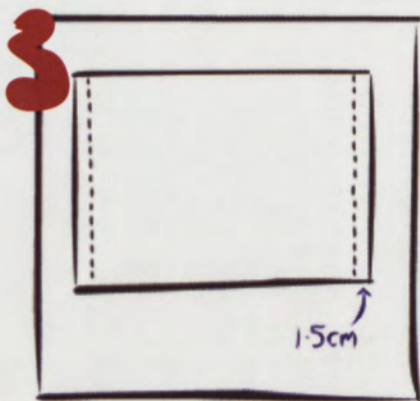


Measure the length you want the skirt, add 6cm. Measure the width you'd like the skirt around the hem. Divide by two, add 3cm. Cut out two rectangles of fabric with these measurements.



Overlock the edges.

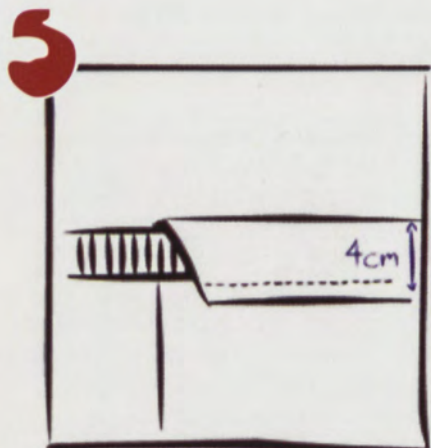




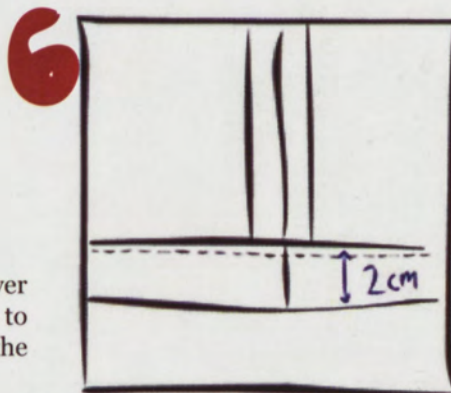
Sew up the two sides with 1.5cm seams.



Measure your waist with 32mm non-roll elastic, ensure it's tight enough to keep the skirt up. Sew the ends together.



Place the elastic near the top of the skirt and fold over 4cm of fabric to create the waistband. Stitch close to the elastic, pulling it through until you return to the beginning.



Hem the skirt with a 2cm hem.



# Download!

You can download this skirt pattern at Triple Zed's website. Just go to <http://www.4zzzf.com.au> and follow the links! *This little baby is the sole creation of Rachel Tinney, the .html mastermind behind Triple Zed's weekly e-newsletter Zedletter. Photograph by Michelle Brown, Skirt Pattern graphic by Rachel Tinney*



# Meet Pannikin;

**M**y name is Holly Leonardson, I live in Brisbane and have been creative my whole life. I started *Pannikin* in 2007 and have been working on the label ever since. I absolutely love art, craft and handmade objects and what it means to buy handmade as opposed to mass produced. In case you were wondering, the name *Pannikin* comes from a street I once lived in as a little girl, as told to *Emma Carroll*.



I first got into jewellery making at 15, when I started working at a local bead store. They ran various classes there and I was taught various techniques ranging from wire work, polymer clay sculpting, needle and thread bead weaving, working with sterling silver and so much more. The great part is that all this was taught by my new found friends and work colleagues, who were with professional jewellery designers, makers and artists, not hobbyists. From there I developed my own ideas and thus *Pannikin* was born.

Most of my creations are inspired by animals, children, nostalgia, food, and vintage and retro images. I am always coming up with new designs and ranges to keep the shop fresh and to share these ideas with others. There's nothing more satisfying or rewarding than to hear someone say they really love my work or have found it inspiring.

The latest addition to the shop is a collection of 25mm badges, which have been created using cut-outs from vintage childrens storybooks, novels, encyclopedias, atlases, graph paper, embroidered doilies, vintage fabric and more. These are sold in packaged sets of two or three, and when I hold a market stall you can also buy them individually.

I also sell plastic hand drawn brooches, felt brooches, animal pendant necklaces, fridge magnets using vintage valentine card imagery, button stud earrings and also mini envelopes from pages of brightly illustrated childrens books. A range of screenprinted calico tote bags featuring my original artworks are also in the pipeline. Expect to see them cropping up in early March and throughout the year. I try and keep my prices as affordable as possible, with many pieces starting as low as \$2.50 and currently running as high as \$20.

Making my accessories is such an enjoyable experience. For the badges, sourcing fabric, paper and other ephemera is easily my favourite part, because that means op shopping excursions for the vintage materials! With the current plastic brooches, I create various animal designs and then hand draw them onto white hand-cut plastic, which when set becomes roughly 2-3mm thick. These are then triple sealed with a permanent clear gloss to protect the design and a brooch back is added with a super-strong adhesive.

ETSY [WWW.PANNIKIN.ETSY.COM](http://WWW.PANNIKIN.ETSY.COM)  
BLOG: [WWW.PANNIKIN-ACCESSORIES.BLOGSPOT.COM](http://WWW.PANNIKIN-ACCESSORIES.BLOGSPOT.COM)  
EMAIL: [PANNIKIN.ACCESSORIES@GMAIL.COM](mailto:PANNIKIN.ACCESSORIES@GMAIL.COM)

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*Emma Carroll is a journalist at Triple Zed.*



DON'T LOOK BACK:  
OLD DESIGNS, NEW SHIRTS



Models: Ray (Zed Games), Ili (Paper SciZzZors Glue), Adam (Under the Covers), Laura (At the Local) and Ryan (Brunch for Beginners). All of these t-shirts are for sale at 264 Barry Parade, Fortitude Valley; \$20 for subscribers and \$25 for non-subscribers.

Photograph by Emma Carroll



# happy sour

## **Super-charged Mezcal Mule**

You will need:

4 or 5 lime wedges  
45mL of quality Mezcal (Tequila will do)  
15mL of Agwa de Bolivia coca leaf liqueur  
Ginger beer (Bundaberg or home-brewed is best)

In a highball glass muddle lime wedges and add ice to two-thirds fill the glass. Build the other ingredients over the ice, add the ginger beer and stir gently. Garnish with coca leaves if you can get them.

## **Albondigas Picantes**

(Spicy Mexican meatballs)

You will need:

500g of lean mince (beef, pork, lamb, turkey, textured vegetable protein)  
1 onion, diced  
1 large carrot, grated  
1 large zucchini, grated  
1 bunch of flat leaf parsley  
1 bunch of coriander  
2 tbsp of breadcrumbs  
2 eggs  
Lots of garlic  
Even more chilli  
Salt and pepper to taste

...and for the salsa:

2 large tins of tomatoes  
200g of tomato paste  
½ a tin of chipotle chillies in adobo sauce  
1 onion, diced  
1 tbsp smoked paprika  
A little more garlic never hurts

Preheat oven to 180°C. Combine all ingredients in a large mixing bowl and mix thoroughly by hand. Form balls of roughly 3 to 4cm in diameter and space evenly on a baking tray. Cook for about 20 minutes or until the meatballs are firm to touch.

Brown the onion for the sauce in a large saucepan, add the tinned tomatoes and tomato paste. Finely chop the chipotle chillies, making sure not to waste any of the delicious smoky adobo sauce they come in. Add to the sauce, along with 3 cloves of crushed garlic, smoked paprika and a touch of salt and pepper. Simmer for 30 minutes.

Add the almost cooked meatballs to the sauce, stir gently over a low heat until the meatballs are cooked.

*Courtesy of Cameron Durnsford, former Eco Radio announcer on Wednesdays midday till 1pm.*



### **Assorted Sours**

(Most popularly made on Gin, Whiskey or Amaretto)

You will need:

45mL appropriate liquor

20mL fresh lemon juice

20mL fresh lime juice

20mL sugar syrup

Dash egg white

Shake all ingredients without ice. Shake all ingredients with ice! Single strain into sours glass over fresh ice.

### **Vanilla Peach Mule**

(Based on the traditional Moscow Mule but altered to suit the sweet tooth)

You will need:

30mL Liquor 43

15mL Peach Schnapps

4 lime wedges

6 to 8 mint leaves

Ginger ale

Muddle Lime with mint. Add Liquor 43 and Peach Schnapps. Shake with ice. Dump into cocktail highball and top with ginger ale.

*Courtesy of Danielle Golding, Brisbane Line announcer on Thursdays midday till 1pm.*

*Photograph by Emma Carroll*





# MIXING IT UP IN MOOROOKA

**Beaudesert Road is Moorooka's magic mile, as *Vanessa Radcliffe* found out...**

## **All Shades of Colour**

A hairdresser that understands the importance of cultivating cultural background in hairstyles.

Ph: 33929963

Our hairdressers are amazingly versatile, catering to men and women from cultures across Australia and the world. We do braiding, extensions, dreadlocks, cornrows, colours, and precision cuts. We stock African hair products, hair pieces, and wigs.

## **Ispa Kebabs and Pizza**

Craving something different? Why not tuck into some Turkish.

Ph: 33926020

We have the tastiest Turkish and Italian pizzas on Brisbane's south side. We also do a range of kebabs. We cater to vegetarians, vegans, and all our food is 100% Halal.

## **Dahabshiil**

This may just be the shop that stocks the perfect gift for that 'impossible to buy for' friend.

Ph: 38486209

We have an incredible selection of popular African fragrances and a huge variety of other products that are hard to get in Australia. Some of the perfumes come in beautifully ornate bottles and make great gifts. We also specialise in delicate and decorative glassware.

## **Grain Barbershop**

You'll get more than a haircut at this specialist hairdresser.

Ph: 0401727123

I am a specialist in African, Eastern, and Western men's hairstyles. I do braiding, cornrows, dreadlocks, and precision cuts but I am best known for my hip hop style shaved designs. I can cut awesome patterns into your hair. While you wait you can watch nonstop African music videos. I like to play my keyboard between customers.

## **Made in Africa Cafe and Restaurant**

Service with a smile and food with a difference.

Ph: 38486759

We serve delicious hot Ethiopian food for lunches and dinner. We are known for our friendly staff and great atmosphere. We perform the Ethiopian Coffee ceremony for special occasions and we sell green Ethiopian coffee beans for home roasting.

## **Paul's Tie Dye and Batik**

A family tradition makes these clothes more than your average fashion.

Ph: 38925544

We sell fashion clothing and linen. We are known for our tie dyeing skills. Back in Sierra Leone my grandfather taught my father and my father taught me. We use the resist dyeing process. It involves folding, twisting, knotting, and sewing certain parts of the fabric in such a way that the dye cannot penetrate into all areas. When the fabric is untied beautiful and unique designs are created. All our items are totally machine-washable.

## **Razan Music & Movies Centre**

If you're sick of star-studded Hollywood blockbusters this is a shop you need to visit.

Ph: 0431530649

I am passionate about music and movies. I am from Sudan but I sell movies from Nigeria, Tanzania, Kenya, and Sudan. Most of the titles are acted in English. I feel I offer a service to the local community to help them when they miss aspects of their culture.

## **Moorvale News**

News comes in many languages.

Ph: 38481702

We try to cater for the diverse communities that live and work in Moorooka. We stock over twenty newspapers in many different languages. We have the usual Australian English language papers as well as English speciality papers for the local Indigenous, Irish, New Zealand, and British communities. We also stock papers published in Australia that cater to Arabic, Bosnian, Serbian, Macedonian, Spanish, and German readers.

## **Naomi Universal Cosmetic Shop**

If you find the selection at cosmetic shops too narrow, you might want to head to Moorooka.

Ph: 31624723

We specialise in beauty products aimed predominantly at the local African communities. We stock cosmetics, hair products, synthetic hair (for hair extensions), wigs, and jewellery. In fact we have everything for a woman to make herself beautiful.



### Umoja Shop

A one-stop shop for all your clothing needs.

Ph: 0431304019

I am a tailor from Burundi. I sell several African labels but I really like to make clothing. I am a specialist at making trousers and blouses and I do alterations.

### Kamal Kutz

Haircuts AND gifts: two birds, one stone at Kamal's.

Ph: 31617364

We are three guys here from three different cultures. I am Kamal. I am from Libya. I work with Iyad from Iraq and Mutwaki from Sudan. We each have speciality hair cutting style. Mutwaki usually does precision shaving for African men. Iyad does really sharp beard trimming. I am good at North African styles and at cutting children's hair. When I am not cutting hair I like to play my guitar. We are a unique shop because we are not just a barber shop we also sell jewellery. This way when a guy has his hair cut he can buy a present for his girlfriend or wife before he leaves.

### Afrodotnet Coffee and Internet

A social hub of live music, internet, and coffee.

Ph: 38922634

We provide a valuable service to the community. We are a social and business place. You can drop in for a coffee and a cake, have a meeting, send a fax, check your email, relax, listen to some great world music, or just have a chat. We also sell some beautiful African artefacts and on Friday nights we have live music. Then we call ourselves the Afromusicafe. Well known and up and coming African musicians like Tunde Solanke play in our cafe.

### Daalo Restaurant Cafe

Daalo's versatile menu and atmosphere can cater for all tastes and occasions.

Ph: 31628410

We sell delicious Somali food made from the freshest ingredients and the tastiest spices. Somali cuisine consists of a mixture of native Somali, Ethiopian, Yemeni, Persian, Turkish, Indian and Italian culinary influences. All Somali food is served halal. Basmati rice, flavoured with spices like cumin, cardamom, cloves, cinnamon and sage, is served with vegetables, stew, steak, and fish. We are open for lunch, dinner, and snacks. Sambuusa, a Somali version of the samosa, is our most popular snack.

*Vanessa Radcliffe hosts Artifact on Triple Zed, Sunday midday to 2pm.*

*Photograph by Sky Kirkham*







## 2009 HOT 100...

- 1 I Heart Hiroshima 'Shakeytown'
- 2 The Hits 'Sometimes you just don't know who your friends are'
- 3 The Vegas Kings 'You'll never work in this town again'
- 4 I Heart Hiroshima 'Pink Frost'
- 5 Texas Tea 'Billy'
- 6 The Butcher Birds 'Bare Arms'
- 7 The Butcher Birds 'Millions'
- 8 Flight of the Conchords 'Hurt Feelings'
- 9 The Drones 'Your acting's like the end of the world'
- 10 Texas Tea 'Kiss me gently'
- 11 Violent Soho 'Muscle Junkie'
- 12 The Yeah Yeah Yeahs 'Heads will roll'
- 13 The Gin Club 'Days'
- 14 No Anchor 'Steam'
- 15 An Horse 'Camp out'
- 16 The Gin Club 'You, Me and the Sea'
- 17 The Vegas Kings 'Good Soldier'
- 18 The Quickening 'Fantasia Moons'
- 19 CW Stoneking 'The love me or die'
- 20 Dizzygotheca 'Sky over Israel'
- 21 Star Sludge 'She is plural'
- 22 Seaplane 'the Soiree'
- 23 Seaplane 'Feather'
- 24 Mr Maps 'This mess is a place'
- 25 The Quickening 'Of Books and Bells'
- 26 The Beards 'If your Dad doesn't have a beard, you've got two Mums'
- 27 Flight of the Conchords 'Carol Brown'
- 28 The Secret Birds 'Asleep on the dragon'
- 29 Jamie T 'Sticks and Stones'
- 30 The Witch Hats 'Stomach in your hair'
- 31 The Eels 'Fresh Blood'
- 32 Future of the Left 'Arming Eritrea'
- 33 The Coalition Crew 'Cheers'
- 34 Geoffrey Gurrumul Yunupingu 'Gurrumul History'
- 35 Hilltop Hoods 'Chase that feeling'
- 36 No Anchor 'K'
- 37 Toy Balloon 'Kids/ New York'
- 38 The Kill Devil Hills 'Cockfighter'
- 39 Lily Allen 'F\*\*k you'
- 40 Slug Guts 'Cattle Blues'
- 41 Mariachi El Bronx 'Sleepwalking'
- 42 The Kill Devil Hills 'It's easy when you don't know how'
- 43 Toy Balloon 'You're feeling trapped'
- 44 Bec Plath 'Unrequited'
- 45 M. Ward 'Rave on'
- 46 Dallas Frasca 'I like you better when you're straight'
- 47 Slug Guts 'Deep North Town'
- 48 Hungry Kids of Hungary 'Scattered Diamonds'
- 49 The Temper Trap 'Love lost and fader'
- 50 Kate Bradley and the Goodbye Horses 'Some storms have names'





- |  |  |
|--|--|
| 51 McKisko 'How we are'                                  | come back around'                                  |
| 52 The Jim Rockfords 'Dead Man's Boots'                  | 76 To the North 'We are not ashamed'               |
| 53 Hilltop Hoods 'the Hard Road restrung'                | 77 The Chocolate Strings 'Polyne-sian Flavours'    |
| 54 Punxie and the Poison Pens 'You're my Myspace friend' | 78 Checkered Fist 'Life on the line'               |
| 55 The Witch Hats 'Check the cen-tre'                    | 79 Do the Robot 'Just the six (no the five of us)' |
| 56 Yves Klein Blue 'Getting Wise'                        | 80 The Rational Academy 'Unsolved Mysteries'       |
| 57 My Fiction 'Tonight Tonight'                          | 81 Tijuana Cartel 'Persian'                        |
| 58 Felinedown 'Magazine Dream'                           | 82 Amanda Palmer 'Runs in the Family'              |
| 59 Bec Plath 'Polka Dots'                                | 83 Bertie Blackman 'Heart'                         |
| 60 The Bloodpoets 'Borderline'                           | 84 Children Collide 'Farewell Rock-etship'         |
| 61 Mr Maps 'Lifelike Little Soldiers'                    | 85 Georgia Potter 'They were words'                |
| 62 OK Cowboys 'Beaudesert'                               | 86 Dave Graney 'Body Snatcher Blues'               |
| 63 Benjamin Dougherty 'Zombie Love'                      | 87 The Chocolate Strings 'Long Walk'               |
| 64 The Horrors 'Who can say'                             | 88 The Church 'Deadman's Hand'                     |
| 65 The Boat People 'Born in the 80s'                     | 89 Medicine Show 'Dig Deep'                        |
| 66 Smokestack Orchestra 'Dust-bowl'                      | 90 Black Mustang 'Suzie'                           |
| 67 Jarvis Cocker 'Angela'                                | 91 Sarah Haigh 'Hurricane'                         |
| 68 Graveyard Train 'Boneyard'                            | 92 Sarah Haigh 'Exit Eden'                         |
| 69 The Howling Bells 'Treasure Hunt'                     | 93 Graveyard Train 'Scarecrow'                     |
| 70 The New Jack Rubys 'Baachen-wolfe'                    | 94 Bertie Blackman 'Baby Teeth'                    |
| 71 Tame Impala 'Desire be, Desire go'                    | 95 Do the Robot 'Europe'                           |
| 72 McKisko 'The Hollow Boat'                             | 96 Rancid 'Last one to die'                        |
| 73 Sonic Youth 'Sacred Trickster'                        | 97 Augie March 'Lupus'                             |
| 74 Grand Atlantic 'Just another ghost town'              | 98 MC Lars 'Hipster Girl'                          |
| 75 Pinky Beecroft 'My haircut will                       | 99 The Mess Hall 'Bell'                            |
|  | 100 Tijuana Cartel 'Skank Tank'                    |

*Illustration by J-Stew*





**Vanessa Radcliffe travels back in time and shines the spotlight on a few local Hot 100 artists**

#### ISIS – ISIS (1994)

Isis is an eclectic patchwork of sugar-sweet harmonies, succulent strumming, saucy word-smithery, stripped-back percussion, and sumptuous layering. At times bluesy and laid-back, it massages you with its lavish and angelic vocal sounds before treating you to snappy serves of boppy pop. These gentle musings, however, do not prepare you for the arrival of brash and provoking raps. Pure undiluted female angst hits you like a freight train. Listen to Isis when you are feeling deeply and need some solidarity with the Sisterhood. With songs for all your emotional occasions, Isis can calm you down, cheer you up, or send you into a bitter and twisted frenzy.

Isis is for lovers of: superb folk harmonies, tongue in cheek humour, he-done-me-wrong songs, feminist stances, and gin-based cocktails.

Favourite lyric: I don't want to be in love right now.

#### SixftHick – CHICKEN (2000)

Chicken is a brazen, arrogant, and shamelessly blokey offering. The aggressive, noisy, and defiant vocalists scorch us with their flaming screeches, groans, and growls. SixftHick's duelling lead singers are bold, macho, and unrelenting in their telling of gritty tales from the seamier side of life. Thrashed cymbals, slammed drums, roared vocals, and driving guitars make Chicken a dynamite rush of leering and ballsy rock. The album should probably be titled "Cocksure" because these boys are anything but chicken. Put Chicken on your stereo, grab a beer, and hang upside down from the Hills Hoist (feel free to substitute any of your own favourite anarchistic activities into this sentence).

Chicken is for lovers of: denim and leather, sweat-drenched machismo, huge steak dinners, well thumbed porno mags, and drinking whiskey by the bucket.

Favourite lyric: Savour the flavour of my danger

*Vanessa Radcliffe hosts Artifact on Triple Zed, Sunday midday to 2pm.*

*Illustration by J-Stew*





#### CUSTARD – WISENHEIMER (1995)

Wisenhimer provides a perky and effervescent journey into 90s power pop. At times high spirited, jaunty and cheerful it then oozes dreamily into carnivalesque melancholy. Packed with snappy guitar riffs and fraught with quirky timing changes- it is a delight to jump, clap, growl, twist, and whistle along to. Eccentric vocals, slap stick lyrics, and cocky rock stances combine with natty keyboard samples to make Wisenhimer the perfect album to listen to while bouncing on your bed or prancing around in front of your bedroom mirror.

Wisenhimer is for lovers of: pogo sticks and trampolines, flavoured sparkling wine, patterned sneakers, snappy advertising jingles, and sucking on lollypops while playing air guitar.  
Favourite lyric: I had a first love. I had a last love. I had some loving in between.

#### Monster Zoku Onsomb – ATTACK (2003)

Attack is a demon-possessed celebration of all things that throb, oscillate, pulsate and quiver. Corroded vocals, aberrant base beats, tumid tribal rhythms, crazed squeakings, and mishmashed samples are blended into a juicy, electrified soup that eats into your soul and causes the dead to rise. Imagine if Tweedle Dum and Tweedle Dee were to take too much acid and throw Alice into a black hole- that's Attack. It is the ultimate music source for crazed animators looking for lunatic soundtracks. Put this bedevilled soundtrack on your stereo, strap on your gaming console, slip into your silver hot pants, and gear up for an aerobics session with a sneer.

Attack is for lovers of: skeletons armed with light sabres, strobe light inducing trances, science fiction film soundtracks, go-go dancing robots in holographic cages, and ringtones that make certain children twitch.

Favourite lyric: Ooooooh! Ooooooh! Ooooooh!



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Pledge between August 14th to 20th to win these spectacular prizes

448 Demystify - 12 Personal Training Sessions valued at \$540 - A & R Department - Artist Development Package Valued at \$3500 - Airlock - 2 Days recording at Airlock with Yanto Browning including one night's accommodation Valued at \$1380 - BAM! Festival - 6 x 3 Day Tickets to Bam! Festival Valued at \$1200 - Bicycle Revolution - Custom Made Bike Valued at over \$500 - Big Day Out - VIP Double Passes Valued at \$1000 - Dendy - One Gold Pass (Entry for two people and valid until July 2011) Valued at over \$200 - Hidden Shoal - 2 x Digital Download Vouchers Valued at \$500 each - Q Music - 1 x Bigsound Registration + 1 x Q Music Membership + 1 x Double Pass to Bigsound Live, 4 x Double Passes to Bigsound Live - Red Octopus - \$1000 worth of Band Merchandise - Stray Travel - 2 x Ron Passes valued at \$1450 - Sunset Sounds - 2 x Double Passes to Sunset Sounds Valued at \$800



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Productions



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# Alternative fitness

**E**veryone else is jumping on the fitness bandwagon. Not one to let such a thing cruise past, *Stephen Stockwell* thought he'd see what the ride was like.

Portishead oozes from the speakers as I wander nervously into the gym. I ring the bell at the desk and a solidly built man I can only assume is my trainer approaches.

'Stephen!' he asserts.

'Yeah, James?' I reply uncertainly, still trying to determine if I'm in the right place.

'Yeah man. Ever used nun-chucks before?' he asks as I cross the gym floor to meet him.

'Uhhh, no,' I reply.

'It's easier than you think. You'll pick it up in no time,' says James and he thrusts a pair of padded 'chucks into my hands. He pauses for a second, picking up an indemnity form. 'Actually, we better get you to sign this first.'

And thus my initiation to 448 Demystify Fitness begins. James Jose is my trainer for the evening and I notice immediately this is going to be different. This isn't training from some polished, overdressed, Ken or Barbie wannabe. This is training from a real person.

James got into fitness years ago. After growing tired of his day job in a warehouse he decided to learn the mysteries of being a personal trainer and forge a new career.

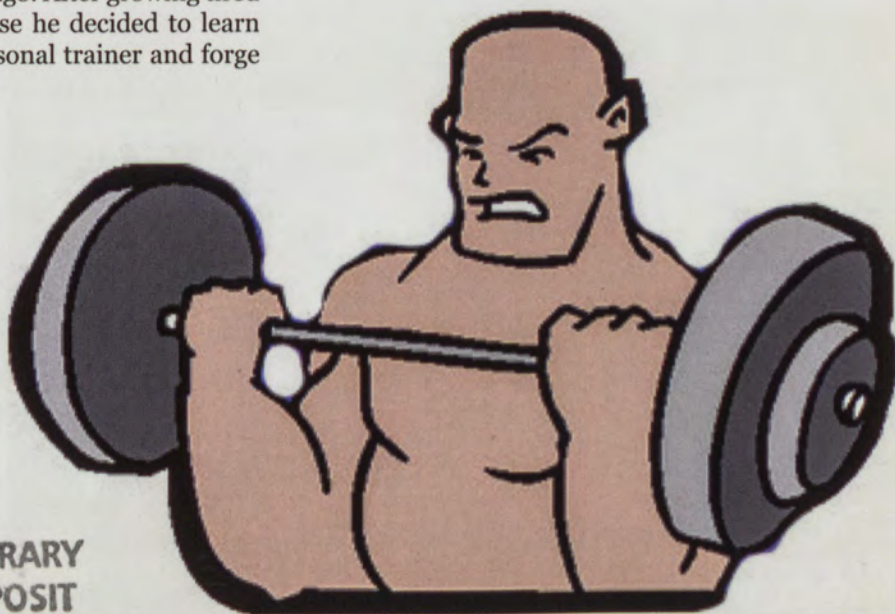
But he didn't immediately warm to the lifestyle offered. The fitness scene seemed soulless and James decided it was time to offer something different and, out of perseverance and a DIY attitude, 448 Demystify was born.

A hallmark of his alternative approach is the music you'll hear within the gym. James prefers his favorite music over the top 40 crap you'll hear in most gyms and this offers his clients the option of working out to the musical stylings of their choice. I have to say it's easier to do chin-ups to Killing Joke than it is to Britney Spears.

I'm not fitness buff but I've been to gyms before and I have to say hanging out with James was a pretty fun experience. Sure, I left tired, sore and very nearly broken but I had a blast.

The next appointment arrives to a similar reception as myself. He fills out the paperwork and as I'm making my way out of the door James calls after me, pointing to a section of the form marked Favorite Bands/Styles. 'See. No top 40 shit!'

*Stephen Stockwell is a journalist at Triple Zed.*



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# the icing on the cake

**T**here is a certain stress involved with party planning and, unfortunately, this tends to directly correlate with a deficit in fun for the organiser, writes *Kathleen Calderwood*.

Whether it's a friend, relative, or the celebrant themselves, more often than not, the organiser has to resort to copious amounts of alcohol before their worries fade away.

Searching the net for birthday party tips will supply you with an overwhelming volume of decorating ideas, games, supplies, and general party organising advice. Asking around, people will tell you any range of things; invite double the amount of people you want to attend, have a theme (as a child of the nineties, Dinosaur theme is undoubtedly my favourite), and the obvious one – make sure the alcohol doesn't run out.

I recently attended the birthday of a young woman who, in a bid to farewell the first 24 years of her life in a classy manner, opted for brunch over a drunken night on the town (also handily avoiding the inevitable sore head the next day).

Her idea of a classy brunch saw groups of women strolling through the city sporting a wide variety of colourful pyjamas, ugg boots, and sneaky mimosas. In the end the party was a success. It was laid back, all the guests had the freedom to eat and drink as they pleased, and, most importantly, the birthday girl had a fabulous time.

I've reached two conclusions. Firstly, pick a venue where you won't be stressed out – birthdays just aren't fun if you're worried about Mum's century-old porcelain dinner set getting smashed. If you can't avoid the anxiety of party planning, have a friend organise it.

A top idea is 'swapping' birthday planning duties with someone. Secondly, cupcakes never fail. Whether it be children or adults, I'm yet to attend a party with cupcakes that wasn't a success – they are cute, tasty, and easy to catapult in a food fight.

*Kathleen Calderwood is a journalist at Triple Zed.*  
*Illustration by Emma Carroll*





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