

ISSUE THIRTEEN / 2017 / FREE
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**SURF KING:
TAJ BURROW**



**START
YOUR
OWN
ONLINE
STORE**

**BRISBANE'S
NEW ART
GALLERY**

IMAGE CREDIT

Katie LCCH

Opening Night
Livewire Art Gallery

MADE JUST FOR TEENAGERS
ART / MUSIC / CRAFT / COMPETITIONS / STUFF



the *team*

CONTRIBUTORS

LORI_LW
BART_LW
HANNAH_LW
KIRSTY_LW
LAUREN_LW
BRETT_LW
CLARE_LW
NALLY
ERIN_JANE
GUIDE_ACESTACE

COVER ART

KATIE [LCCH]

LIVEWIRE ART GALLERY

IMAGES COURTESY OF
ARTS IN HEALTH QLD
AND LCCH PATIENTS

EDITOR

LORI_LW

DESIGN

AMY_LW

COPY EDITOR

GUIDE_KATHAN

SPECIAL THANKS

GREATER BANK

INTERVIEWS

TAJ BURROW

BEC CHINA

KATIE [LCCH]

LIZ_LW

CONTACT

LIVEWIRE.ZINE@
STARLIGHT.ORG.AU

INSTAGRAM

@STARLIGHT_LIVEWIRE

ISSUE

THIRTEEN

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get made up

with Nally

NALLY IS A make up YouTuber, Instagrammer and occasional patient at RCH Melbourne. She gave us a makeover and shared her best makeup tips, tricks and products.

eyes

- ▶ Eyes are the focal point - they will take up the most time!
- ▶ Put powder underneath your eyes while applying shadow to make any fall-out easier to remove. ▶ Eyeshadow fall-out is best removed with a makeup wipe.
- ▶ Use concealer then powder on your eyes before you apply shadow. ▶ Start light then build the dark a little bit at a time - you can put more on but not take it off! ▶ Use a setting spray on your beauty blender and brushes before you use them.
- ▶ Use fluffy brushes for blending, and flat brushes for application.
- ▶ Always try to do your makeup in natural light!

face

- ▶ Always use primer! ▶ Put foundation on, then concealer. ▶ Try contour sticks if you're just starting out., they are super easy to use.
- ▶ Test foundation on your face, not your hands. ▶ Make sure you know your skin type before you shop for foundation: do you have oily, dry, or combination skin?

"MAKE UP IS A FUN HOBBY TO ENJOY. ONCE YOU GET INTO IT, YOU GET BETTER AS YOU PRACTICE MORE."

- ▶ A blender sponge or a buffing brush will provide better coverage than using your fingers to spread your make up.
- ▶ Try using both a sponge and a brush every time you get a new foundation so you know which one works best. ▶ Dab your foundation, don't rub! ◀

By Lori_LW

SURFING ROYALTY

BORN AND RAISED IN YALLINGUP,

pro surfer **Taj Burrow** is one of Western Australia's greatest exports. He recently visited the Livewire room at the Princess Margaret Hospital in Perth to help run a surfboard design workshop and visit patients. Brett_LW spent some time asking Taj some questions.

WAS GROWING UP IN YALLINGUP A HUGE INFLUENCE ON YOU GETTING INTO SURF CULTURE? It's one of the only things to do out there and it's a world-class reef break. My parents moved over from America to surf there.

HOW OFTEN DO YOU STILL HEAD OUT THERE? As often as I can, I can technically walk there from my house!

IT LOOKS LIKE YOU'VE USED THESE POSCA PENS ON A SURFBOARD BEFORE? Haha yeah, I've used POSCA paint pens on many of my boards to add some colour.

IS IT BETTER TO APPLY THE COLOUR BEFORE OR AFTER THE BOARD HAS BEEN GLASSED? Before the glassing to last longer, definitely.

HOW ARE YOU ENJOYING LIFE AFTER THE WORLD TOUR CIRCUIT? I just really, really wanted to break free from competitive surfing basically. Now I have more time for fun and my family.

WHAT ADVICE DO YOU HAVE FOR ANY YOUNG AUSTRALIAN SURFERS WHO WANT TO BECOME PRO? Surf all kinds of conditions. You have to excel in every kind of surf whether it's 15-foot or 2-foot. ◀

By Brett_Lw

Livewire
.org.au

left hospital and want to

left hospital and want to make new friends
left hospital and want to stay in touch with livewire
left hospital and want to see the latest videos
left hospital and want to share my story
left hospital and want to show off my pics
left hospital and want to win heaps of cool prizes

Livewire is delivered online to people aged 12-21 who have a serious or chronic illness or disability, and is also open to siblings.

It's a safe, fun place where you can be yourself, chat with people who understand where you're at, and be part of the broader Livewire community.

Joining is super easy, visit **Livewire.org.au** or scan the QR code to sign up today.



start your own online business

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EVER WANTED TO start your own online business? You might have a great idea, or be making something everyone seems to love. Whether it's opening your own Etsy page or using social media to sell your products, running your own online business can be challenging, rewarding and lots of fun. Thanks to **Greater Bank**, we had a chat to Liz_LW to find out where to start.

WHAT MADE YOU WANT TO START YOUR OWN ONLINE STORE? I always had the dream of making art for a living, in whatever capacity that meant. I guess what drove me to open up my first Etsy page was thanks

to the feedback I was getting from people who had seen my stuff on Instagram, and family and friends pushing me to start selling. At that point I didn't really have the time to do it, but after getting back from a long trip overseas, jobless and still living out of a backpack, it felt like it was now or never.

WHAT ARE THE INITIAL STEPS OF CREATING AN ONLINE STORE? I believe you need to enhance your online 'presence' before you even open a store. Come up with a name, get yourself an ABN [*Australian Business Number*], create a business Instagram account, link it to a business Facebook page; uploading content at the right times of the day is pivotal. Generally early morning and around dinner time. Instagram has this complicated algorithm that is ever changing, so keeping up to

date with how it evolves is also really important. That way you'll know what hashtags are working, how often to post, etc. Once you have enough content on your page, you can set up your Etsy store or Shopify

"FIND YOUR NICHE [...] AND MOST IMPORTANTLY, ENJOY IT!"

account, whatever is good for you. I chose Etsy as my platform and it's been really successful.

WHEN DOES THIS GO FROM BEING A HOBBY TO BEING A FULL TIME INCOME? Time and Energy. Having your own business is a constant amount of work. Be prepared to put

the time and the energy into it to see the results. It's not easy, but when you see the numbers grow and you create engagement with your customers, it is totally worth it.

HOW DO YOU KNOW IF PEOPLE WILL LIKE YOUR STUFF OR WANT TO BUY IT? Trial and error! Let the customers lead your way, you'll



know what they want after a while. Don't be afraid to fail. It took a lot of trial and error before I started to see real progress in my business, but it's growing faster than I ever imagined!

ANY TIPS FOR PEOPLE JUST STARTING OUT? Find your niche. Something that really helped me was narrowing down what I was offering. It was easier to create and easier to market. People love clarity. They want to look at your page and immediately know what you do. Take photos with similar colour schemes and use plain backgrounds to enhance your product. Engage with every person who comments on your stuff and just keep going. I promise you will start to see results if you put the work in! Also, and most importantly, enjoy it! And don't lose sight of why you are doing this. It's also okay to take a step back every now and again if you notice your forehead is wrinkled more from frowning than smiling. Just give it a go see where it takes you, because you never know how successful you'll be until you begin. ◀

By Liz_LW

LIVEWIRE OPEN TO THE PUBLIC

ON JANUARY 27TH at Princess Margaret hospital in Perth, we hosted our very own 'Hottest 100' Open House Day music countdown!

The whole Livewire team surveyed patients about their favourite songs throughout the last year while DJ Brett spun all the top hits on our brand new Pioneer DJ console.

This was a very unique event as the space wasn't just open to teens in hospital, but also open to the public!

We became so busy we needed to call on the Starlight Captains to help entertain and support the party vibes.

All the legends of the day were also joined by professional chefs Stuart Laws and Phoebe Pun, as well as Ninja Warriors Ben Polson and Cody Thomas, who challenged Captain Sonic to a handstand-off! To top it off we even had Olympians Olivia Vivian and Katrina Porter drop on by, who hung out in the Livewire space for ages chatting to patients.



Our first Open House Day was such a huge success, we're going to repeat it again next year. A huge thanks to everyone who joined us! ◀

By Brett_LW

[illegible]

THINGS TO FIND

There's a pair of leg warmers, a Bavarian's hat; A patterned umbrella and a fancy cravat. A pair of overalls with a matching top; Three pretty ball gowns; A wig.... Or a mop? Shoes that carve the ice, others that let you roll; Some worn just for ballet, and others to score a goal! Find four stars between the creases, and a cosy coat for fall. So many different bits and pieces, can you find them all? ◀

By Lauren_LW and
patients at JHCH

WHY YOU SHOULD PLAY MONSTER HUNTER WORLDS

WITH PIXELS
AND BITS



YOU MAY NOT have heard of Monster Hunter before, but it's almost 14 years old, with over 10 games in its library.

Released on PS4, Xbox One, and soon PC, **Monster Hunter Worlds** is a game full of excitement and wonder. Create your hunter, and take on quests to hunt monsters in a variety of habitats. You can even hunt with up to 4 friends online, finding materials to make **AWESOME** new weapons and armor!

As a chosen hunter of the Research Commission, you will embark on a journey of discovery in search of the colossal elder dragon. Fight a breadth of fantastical monsters along the way such as the vulture-like T-rex; the Anjanath; the mineral munching, explosive Dodogoma; and even the giant, volcano-like monster Zorah Magdaros.

On our first big hunt, Bits caught a monster in a landslide, and Pixels set a trap and lured the monster into it. Thanks to our sleep bombs, it was nap time for this monster, and we got away with a story to tell.

With over 14 weapons types to choose from and master, and so much more, every hunt can be different! ◀



THE livewire. PODCAST

HAVE YOU HAD A LISTEN YET?

The Livewire Podcast is officially on the charts, and even featured in Apple's 'New and Noteworthy' list - which we are stoked about!

New episodes come out regularly and feature everything from gaming, music, mindfulness, and sneak peaks into some of the workshops we run in hospitals - plus heaps more - so make sure you subscribe!

TO FIND OUR PODCAST, search for 'Livewire' in the iTunes store or check out the QR for direct access.



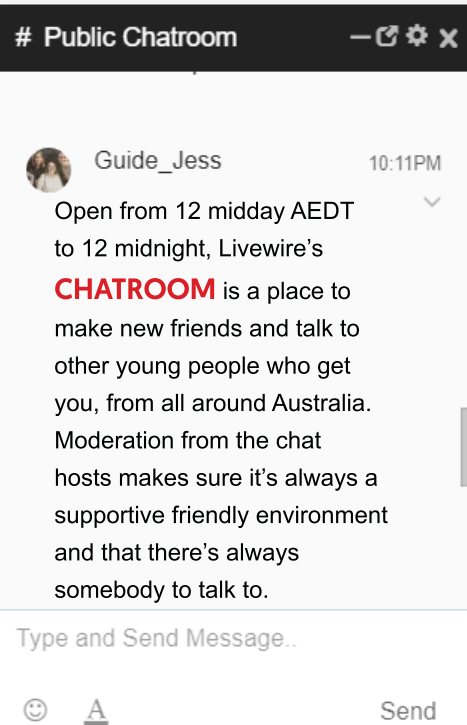
This is a QR code. Try scanning it with Snapchat, download a free QR reader from the app store, or go to: soundcloud.com/livewire2017

FOR ANY QUESTIONS OR SUGGESTIONS FOR UPCOMING EPISODES, JUMP ONLINE TO **LIVEWIRE.ORG.AU** AND LET A CHAT HOST KNOW YOUR IDEAS. ◀

THE NEW AND IMPROVED LIVEWIRE .ORG.AU

AS WE KEEP MENTIONING

- the new, improved Livewire is *here!* But don't just take our word for it. We asked **Guide_Jess** to tell us what's great about the fresh online overhaul.



All you could need in one convenient place, **THE NEWSFEED** combines posts from fellow members, articles, livewire TV videos and group posts into one handy chronological list you can scroll through. You can add your own post to the newsfeed about what you're having for lunch that day, a photo from a cool concert you went to, or just about anything else.

LIVEWIRE TV

This is where you can watch videos and tutorials made by members and livewire hosts, and interviews and videos from the in-hospital teams.

WHO'S WHO

There are a few different people who can help you settle in and find your way around the site, or reach out to for support when you need it. **Chat Hosts** have 'LW' after their usernames and are in charge of moderation and daily site activities. Our **Site Guides** have 'Guide' before their username and are community elected, long-term Livewire members who know the site inside out. **Site Mentors** have 'Mentor' before their username. Mentors are older Livewire members who love the site so much they stay connected after their 21st birthday and can provide support and advice on things like hospital stays, uni life and transitioning to adult care.

GROUPS

If you can think of it, there's probably a group for it, and if not, you can make it! Groups exist to discuss specific subjects such as the shared experiences of living with a certain health condition, to talk about your favourite tv show, and heaps more.

Registering for Livewire is easy.

Go to **livewire.org.au** and click the **Join Now** button. Entering your details will take two minutes and you'll have instant access to articles, LW TV and the NewsFeed. We'll see you there! ◀

By Guide_Jess

NETFLIX

BEHIND THE SCENES



EVER WONDERED what it would be like to work in Hollywood? Wonder no more! **Bec China**, an Australian editor at Netflix, talks about working for the fastest growing company in the entertainment industry right now.

HOW DID YOU GET INTO THE FILM INDUSTRY? I kind of fell into it! I started out at film school thinking I wanted to be a writer/director, but after I left I realised I much preferred editing. My first job was working 12 hour days for free on this terrible cop drama on the Gold Coast. But by doing that I made contacts which got me my first paid job on the highly acclaimed Australian drama *Sea Patrol*. It all came down to contacts in the end; who you know, and how willing you are to work hard.

WHAT HAS BEEN YOUR FAVORITE JOB SO FAR? I worked freelance for many years, splitting my time

between Australia and England on varying reality TV series. Even though it was hard, I did enjoy working the night shift on *I'm A Celebrity Get Me Out of Here*. There's something relaxing about being in the jungle at 3am eating a burger.

WHAT CAN YOU TELL US ABOUT WORKING AT NETFLIX? I feel pretty lucky to have landed a job at Netflix. It's kind of a dream job. The offices are based on Sunset Blvd in Hollywood and are super swanky and fancy. Everyone I work with is extremely talented and so nice - It doesn't feel like work most of the time.

WHAT IS YOUR ROLE? I work as an editor for the *Product Video* department, which is the team that essentially focuses on trailers. In *Product Video* we are in charge of everything you see within the user interface (*the UI*), so all those sneak previews and trailers you see for each title when you are browsing for something to watch; that's what I do!

DO YOU HAVE ANY ADVICE FOR YOUNG PEOPLE TRYING TO BREAK INTO FILM? Make sure it's something you are extremely passionate about, because it is a long, difficult journey. In saying that, if it's truly something you love then it doesn't matter how much free work you do in the start, the payout will always be massive. ◀

By Hannah_LW

BEC'S TOP PICKS

+ My List



CURRENTLY BINGING

Friday Night Lights

SHOWS TO WATCH OUT FOR

The Letdown - great Aussie comedy series;

La Casa De Papel aka *Money Heist* - gripping Spanish crime drama series;

Rita - super funny Danish comedy series.

craftafternoons with *live*wire

THAT'S IT, I'm calling it: 2018 is *Year of The Craft!* To celebrate we have started a mini-series of helpful DIY tutorials so you too can join in on the fun and **GET CRAFTY!**

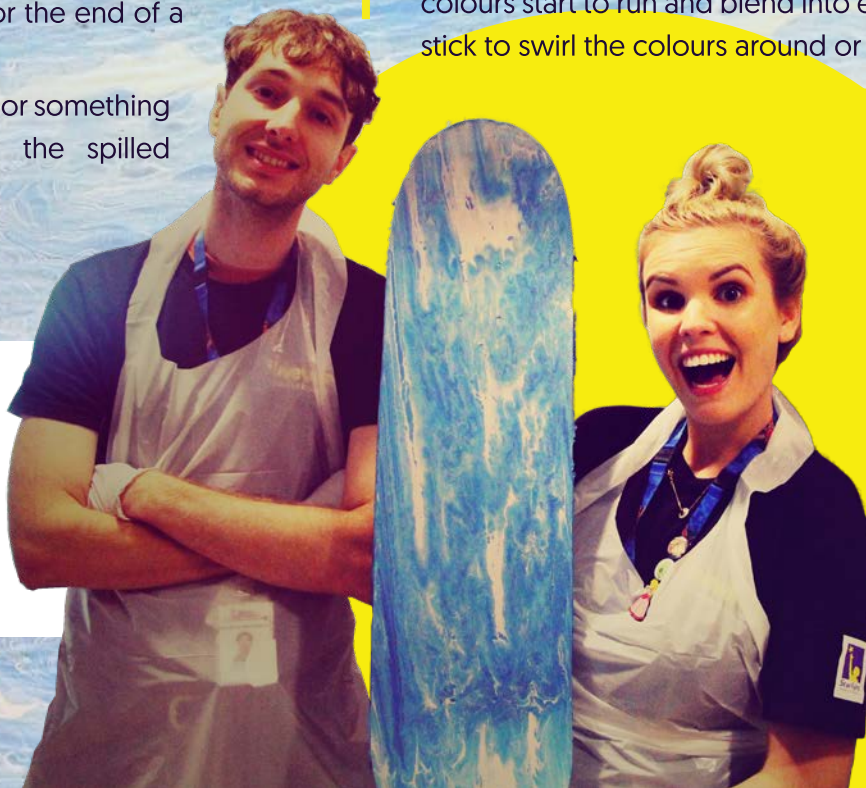
To kick it all off we'll start with the nice and easy (and official *Livewire Brisbane* favourite) **Marble Painting!**

YOU WILL NEED

- ▶ A canvas of whatever size you like, whether it's actually canvas or a thick cardboard or plywood - we used a blank skate deck;
- ▶ PVA glue (*a lot of it!*);
- ▶ Acrylic paint;
- ▶ Plastic cups;
- ▶ Something to mix the paint with, like a stick or the end of a paintbrush;
- ▶ A plastic sheet or something similar to catch the spilled paint.

DID YOU KNOW?

Marbling comes from the Japanese art of Suminigashi or "floating ink", where traditionally you use ink to create swirly patterns in water that then becomes transferred onto a special kind of paper.



WHAT TO DO

Measure out equal parts PVA glue, with equal parts acrylic paint, making sure you have a new cup for each new colour.

Add about a tablespoon of water to each colour and mix well.

Slowly pour your colour onto each corner of your canvas/surface, and start to create patterns and blobs randomly around.

Hold the canvas by the corners and gently tip it from side to side so the colours start to run and blend into each other. You can even use your mixing stick to swirl the colours around or added effect. ◀

By Hannah_LW

TOP TIP

The hardest part is knowing when to stop, so as soon as you're happy with the result lay it out in the sun to dry. If you mix it too much, you start to lose the marble effect and the colours mix into each other too much!



The new livewire art gallery



IF YOU'VE BEEN hanging out with Livewire in Brisbane lately, you would have noticed we have **TAKEN OVER** one of the walls of the hospital! And with the help of some pretty darn talented teens, we've created a gallery space filled with all different art works created completely by you guys! We chatted with **Katie**, one of our resident artists and a patient here at the Lady Cilento Children's Hospital, about the opening night celebrations.

Opposite Page L-R: Panda by Katie, Chibi Darth Vader by Dylan, Untitled by Aiden



TELL US ABOUT THE PIECE YOU EXHIBITED: My piece is the 'Panda' with all the mandala design inside and the green leafy background.

WHAT WAS YOUR INSPIRATION FOR YOUR PIECE? I read this article on Instagram explaining something like there was only one brown Panda left in the world, so I was kind of basing it off making people aware of that.

WHAT WAS IT LIKE TO SEE YOUR ART ON THE WALL AT THE OPENING NIGHT? I was really proud of seeing it framed, and it was nice to see other people looking at it and thinking it was OK as well. It was a good evening, and it was nice to talk to everyone and meet some important people!



DO YOU DO ART AT SCHOOL? I did last year but I don't like doing art at school, I'd rather choose what I want to do.

DO YOU HAVE PLANS TO ENTER IN THE NEXT LIVEWIRE ART GALLERY EXHIBITION? Yeah! I'll probably finish my picture of a Giraffe I'm working on and submit that.

DO YOU HAVE A FAVOURITE ARTIST OR ART STYLE? No, not really. I like doing things that I know I can do, otherwise I just get really frustrated and don't end up doing art for ages. So I like to do things like zentangling and mandalas because it's really relaxing.

WHERE DO YOU GET YOUR INSPIRATION FROM? I get inspired from things that I see or hear from other people. So if I'm really inspired, or if I want to do something for someone I love, I'll draw something that they really like and the inspiration comes from there.

WHAT WOULD YOU SAY TO OTHERS WHO ARE THINKING OF DOING SOMETHING LIKE THIS? I would just say do something that you are comfortable with, and something that you'll be proud of. Just try to give it your best and have fun! ◀



IF YOU WANT TO KNOW MORE ABOUT THE GALLERY AND FIND OUT HOW TO HAVE YOUR WORK DISPLAYED, CONNECT WITH US ONLINE AT WWW.LIVEWIRE.ORG.AU

By Hannah_LW

ARE YOU CREATIVE?

GET PUBLISHED IN THE LIVEWIRE ZINE!

Do you do cool things?

ARTWORK Do you paint, draw or sketch?

PHOTOGRAPHY Got some cool photos you're proud of?

How about **SHORT STORIES** and **POETRY**?

RECIPES What are your favourite meals?

Have you got some nifty DIY **CRAFT TUTORIALS**?

PUZZLES?

LETTERS TO THE EDITOR Want to let the world know what you're passionate about? Have a kooky hobby? Kick some awesome goals lately?

Well now is your chance to get published! Email us at

livewire.zine@starlight.org.au with whatever you would like to share, and we'll be in touch to make it happen!

creative writing competition

IN OUR LAST ISSUE, we asked you to hit us up with your best piece of creative writing, and you delivered! We received some amazing entries and the winner was truly so hard to choose from. In the end, the honour went to **Ellashay M** from Victoria with the gorgeous piece of poetry '*The Little Things*'.

Because it was so difficult to choose a winner, we wanted to give special mention to the runner up as well: our very own **Guide_AceStace**, [aka. **Stacey**] with her piece '*The Dot Above The Letter i*'.

We hope you love these both as much as we do! ◀

THE LITTLE THINGS

By Ellashay M

Some hide, some walk,
Some listen, some talk.
Hidden at dawn; pricked by a thorn.
Waves growing wild, then awakening the child.
One asks, "Why must this be?"
Another responds, "Don't you see?"
Another says, "It's as small as a pea."
Each hiding their glee.
Tucked away; the daffodils sway.
The birds quiet down as people start to frown.
Together the little ones come out, unheard, unnoticed;
Even when they shout.
The sky turning pink with not a moment to think.
Gasping for air, oh - it's just not fair.
As it comes to an end, moving past the river bend;
They each disappear, not happy, nor full of fear.
The day has ended, problems have been mended.
The world is asleep,
As they all count sheep.

THE DOT ABOVE THE LETTER i

By Stacey

A letter to the creator of letters:

I'm always the odd one out. I'm just practically a straight line. I also have have this, well...

Weird.....

Funny...

Black...

Dot???

And people always laugh at me.

It's unfair - The letter J never gets teased.

And he also has a

Weird....

Funny....

Black....

Dot...

So why me? Is it cause I'm a vowel? And we are supposed to be upper class, and I'm not, due to this

Weird....

Funny...

Black...

Dot...

Why creators? Why make me different? You made my life horrible with this

Weird.....

Funny.....

Black.....

Dot....

Can you change my letter characteristics? I just want to be like the other letters, and not have this annoying

Weird...

Funny...

Black....

Dot...

So plz change me.

Regards, The letter i, With the

Weird,

Funny,

Black,

Dot.

DIY TIE DYE

BECAUSE EVERYTHING HIPPY is cool again!

Our Sydney Livewire team bring you a simple batik tie dye tutorial for that festival aesthetic.

YOU WILL NEED:

- ✌ batik dropper pen;
- ✌ soy flake wax;
- ✌ bowl and a pot;
- ✌ fabric dyes;
- ✌ tote bag, t-shirt or whatever you want to dye;
- ✌ soda ash;
- ✌ spray bottles.

INSTRUCTIONS

Melt wax in a bowl over a boiling pot. You can also use a microwave and melt your wax in ten second bursts, just make sure to stir carefully in between melts.

Find a pattern you like and either trace through your tote or t-shirt, or draw free hand directly with your batik dropper pen with the wax onto your fabric.

Give it a few moments to cool down and dry. Now you can begin dying!

Soak your fabric in soda ash and water and once fully soaked wring out.

There are many different ways to tie dye. For our bags, we filled spray bottles with powdered dyes mixed with water and sprayed it directly onto the fabric. Then, flip your material over and do the same to the other side. Let your tote or t-shirt sit over night or hang it in the sun for the day.

WASH SEPARATELY FROM CLOTHES - the wax will come out in the wash, and the dye may stain other fabrics.

Allow your piece to dry and you're all done! ◀

The friendliest cake

GLUTEN, DAIRY, SOY, and CORN FREE, LOW FODMAP

Vanilla Sponge Cake Recipe by livewire.org.au member [erin_jane](#)



INGREDIENTS

- 5 x eggs
- ½ cup caster sugar
- ½ cup Rice Flour
- ½ cup Potato Starch
- ¼ cup Tapioca Starch
- ½ tsp baking powder (check if gluten free)
- 1 Tsp Vanilla Extract

METHOD

1. Preheat oven to 180C
2. Line two small, or one large baking tin with baking paper [make sure entire pan is covered]
3. Beat the eggs for 5-10 minutes until thick and creamy.
4. Add sugar, 1 spoon at a time beating until mixture has no sugar grains when rubbed between fingers.
5. Add vanilla and mix.
6. Sift all flours and baking powder into the bowl.
7. Gently fold into egg mixture
8. Pour mixture into pans.
9. Bake for 20-30 minutes or until skewer comes out clean in centre
Serve with custard made with soy/ricemilk to remain dairy free. ◀



LEARN AN INSTRUMENT WITHOUT LEAVING YOUR BED

SOUND TOO GOOD to be true? Well, let me introduce you to your new music teacher: *YOUR PHONE!* Seriously, what can't your phone do?

We found 3 handy apps that will give you all the skills you need to get real good at making music.

#1 GARAGEBAND

FREE

This app is pretty popular and super useful for mixing and recording, but did you know it can also help you learn a whole band-full of instruments? The secret is all in its 'smart' selections. Not actual lessons, but you get a feel for the notes and one-tap chords, which is a good way to ease into instruments if you've never dabbled before.

#2 SIMPLYPIANO

FREE

This one is all about the keys! It has heaps of short video tutorials and interactive activities for you to do and will even provide you helpful feedback. While the app is free it does require you to have your own keyboard.

#3 YOUSICIAN GUITAR

\$9.99+

Similar to *SimplyPiano*, but with guitar! The helpful videos and training sessions will have you shredding it up in no time. However this app is a bit pricey and you'll need your own guitar.

By Hannah_LW

do you like SUDOKU?

BECAUSE WE have created a challenge for you!

Our unique version of Sudoku has replaced the numbers 1 to 9 with letters that spell **starlighT** (the second T is a capital!)

HOW TO PLAY: solve the 9x9 square grid by using the clues to fill the empty squares with letters. Each row, column, and 3x3 square box must only contain one each of the letter options: s, t, a, r, l, i, g, h, T (remember that capital T!)

h	T					a		l
t			i	T		g		s
r			a	l			T	
	t	l	h	s				a
	s		l		T			t
		r		g	i		s	h
a	h						l	r
	i	g		h			a	T
	r	t		i			h	g

By Guide_AceStace

FIND LIVEWIRE ON ALL OUR SOCIALS

Send messages, leave comments, share your best memes!

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LIVEWIRE.ORG.AU

For joining in the chat rooms, exclusive members only competitions, guest visits, the News Feed, videos and music, and heaps more!



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For all the best pics from every livewire team around australia.



SOUNDCLOUD

/LIVEWIRE2017

For podcasts and the official Livewire album.



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For our latest podcasts for free.

