

FRANK.

THE ORIGINAL

fake fake fake

why celebrity is so faux

self-harm
why girls are hurting

amazing chicks
realising their dreams!





fake fake fake

We're so over them. Paris. Nicole. Lindsay. The Simpson sisters. The Olsen twins. They're absolutely everywhere and it's all just so fake.

But too many chicks want to be like them, look like them, be as famous, as thin, and as popular as them. Our public spaces and media are saturated with the worship and glorification of "celebrities"; so it's time to get very real about how tragically fake they all are.

If you took a vote among any group of girls (of any age), there's no denying that most of us want the basics - happiness, success, love. All three come from an innate, very human desire to feel satisfied and recognised in life. And all three are very achievable in a genuine form. But thanks to the media, advertising and beauty industries out to a make an extra billion, we're told on a daily basis that we can be happy and find love if we follow our adored 'role models' - the ultimate in female beauty and success - celebrities.

But we're worshipping something that doesn't exist. Let's scratch the surface of these famous chicks who fill page after glossy page of tragic women's magazines. It's time to chuck out your hair straightener along with your low self-esteem - you can be happy and beautiful and it won't cost you a cent.

fake: hair & makeup

Hair extensions, weekly colour touch-ups, daily blowwaves, personal stylists, hair and makeup artists on speed dial. Know anyone normal who can afford all that? You will never (yes, never) achieve the same look as a celebrity without your own professional, personal styling entourage, studio lighting, and photo retoucher.

REAL: Hair that won't stay in place, that grows at its own pace. Curly or wavy locks that no gloss product will ever smooth. Skin that shows off your freckles. Colouring your hair for fun, not to copy-cat. Makeup that expresses who you are not what you want to be. Or as the French would say, going sans-makeup (that's makeup free). And by the way, without a personal wardrobe department, celebrities look THE SAME as you. The glam styles they show off for the cameras don't in daily life exist for them either. We're all chasing an ideal of beauty that's completely make-believe.



fake: fashion



Celebrities either get designer labels thrown their way for free or they have the kind of personal expense account that makes buying Chanel and Vuitton the equivalent of shopping at Target. Money probably means less because they have so much of it. Spending \$20,000 on the latest bag barely dents their credit card. Meanwhile every women's magazine will run an ad or a photo of a glammed-up celebrity with said 'IT' bag for us to then envy and feel like we're missing out on something most of us will never have.

REAL: Paying for your own clothes and shopping at local mall prices. Wearing clothes that you don't have to starve yourself to fit in to. Eating healthy food and being a healthy size that works for you.

fake: money



Ever heard of a country doctor who works her heart out to meet the needs of Australia's wide-spread community being paid \$3 million per home visit? Or how about the local firefighters who risk their lives to protect our homes scoring \$2 million per house? I'm sure there's at least one social worker helping homeless youth who took home a multi-million-dollar pay packet last year? Yeah right! But let's pay people who play dress-up, sing songs and party-hop a bundle of cash to thank them for their gift to society. What would we do without their soft-porn video clips, hyped-up cinematic flops and drugged-up nightclub brawls?

REAL: It's unlikely you'll ever earn several billion a year for making a genuine difference in the world, but at least you might make an actual contribution. And you'll have self respect. And, for the record, you'll have real body parts that still move when you're old.

fake: career



Sorry, but being photographed by paparazzi is not a real career. Nor is trashing hotel rooms or starving yourself to be thin. For that matter, releasing personal home "movies" and shopping are also unlikely to build you a credible cv.

REAL: Having ambition and goals to make something of yourself. Having a reason to get out of your pj's that lights your fire. Spending your time making a real difference. Using your innate skills and talents to fulfil your dreams and passion, whatever they may be.

Over 'IT'

We're also over 'IT'. Yep, the overuse of the word 'it' to describe the latest 'luxury' item we're all supposed to lust over that's most likely unattainable due to lack of access to a spare thousand bucks. Are women's mags vocabulary-challenged?

OK, enough. Bottom line: their hair is fake, their ambition is hollow, and their happiness is hypocritical. Want something real? Bring on some enterprising chicks! **See over...**



laying the foundations

by Anna Masters

Ever wondered what it'd be like to work as a female brickie? It's not what you think, says 29-year old Tarni Thorpe. "There's a positive attitude for women as bricklayers, you get a lot of support and you find guys will mother you."

Tarni was set to study arts at university, but after a second offer she chose bricklaying. "Why bricklaying? Having a trade was an important skill to have; I enjoy the outdoors and the physical side to the job," she says.

Taking a break from construction, Tarni joined the army for 4½ years. She then moved to Canberra with her partner where they now live with their 4-year-old son.

Stepping up to project management, Tarni now works for construction company Manteena in the tendering department, which requires her to help bring in new clients. "Tendering is very competitive with each building company, but our organisation is very family-oriented and it's interesting work," she says.

In 2005, Tarni attended the New Apprentice Roundtable - a group of "extremely passionate" people from around Australia that reports to the Federal Government on how to improve apprenticeships and traineeships. Tarni worked on advertising images for trainees, and after four months presented the work to Parliament.

Tarni strongly encourages any women interested in the industry to give it a go. "Twelve years ago, a female bricklayer was unheard of, but today there are an abundant amount of jobs for bricklayers and it's extremely easy to get into the industry."



are you game?

What has sewing, rock climbing, brewing beer, painting and writing got to do with computer games programming? "Lots!", according to Tess Snider, who says all these interests help her in her job as a computergames programmer. At the moment her interest in history is helping her to create 'Tactica', a new computer game set in the Italian Renaissance (at her suggestion).

Playing computer games as a kid, Tess was interested in how they were made. She researched the industry, learnt about computer graphics and how to write her own demos. She found out that writing code wasn't so hard after all. This led her on the path to computer science.

Both Tess and her sister have strong work experience in programming, and although they didn't really encounter many women along the way to becoming programmers, they supported each other and added a bit of sisterly competition along the way.

Tess works in an all-male office, but says they're all reasonable and together they have great discussions about design and the work they're doing. "When you're all working on one product together, team work and good communication are integral," she says.

So what does Tess love most about computing? "The instant gratification - code is powerful!" she says. "You have control over the machine and that's a powerful feeling. And you can be creative and enjoy your work."

What to get into computer games?

Hornsby TAFE has a new 2-year Games Programming Diploma course starting 2006 - phone (02) 9472 1288 for details or visit <http://infotech.hornsby.tafensw.edu.au/eoi.aspx> to express interest in the course.

star struck

by Michelle Yan

For many of us, our dreams and goals are as high as the sky, but for Year Eleven Cromer High student Jodi Cameron, the sky is definitely not the limit. Earlier this year, Jodi was one of only two exceptionally high-achieving secondary students in Australia selected to take part in the world's most highly coveted program for aspiring young space scientists - NASA's international space camp - making Jodi an up-and-coming Australian to watch.



It's no surprise Jodi is no ordinary student. Studying both advanced English and advanced Maths, she's sporty as well. In her 'spare' time, she can be found competing in lots of extracurricular activities. "My netball team made it into the grand final last year, but I'm most proud of surviving the Canadian black run at Silver Star ski resort in January this year," she says excitedly. She also dabbles in surfing, and of course takes time to just chill out at the beach, or play her guitar and "go to as many rock concerts as possible".

Jodi's first taste of space exploration came in April last year when she took part in her school's physics and space science excursion to Canberra. While she was there she showed great initiative and communication skills, which eventually landed her the spot on the NASA program.



In July, while at the US Space and Rocket Center in Huntsville, Alabama, Jodi had an invaluable opportunity to act as a 'mission specialist' and participate in team activities like the ones NASA astronauts and scientists do themselves. Some of these activities included astronaut training in state-of-the-art simulators, experiencing zero-gravity through scuba training with some of the best divers in the world, watching shuttle launches on massive IMAX screens, experiencing the gravitational force of the moon, simulating re-entry to the earth's atmosphere, and listening to space and aeronautical lectures on topics ranging from rocket fuel to radio astronomy.

While at space camp, Jodi was also able to undergo three one-hour missions, each within NASA's orbiter, space station and mission control departments. With the camp's aim of promoting the study of space science and bringing together students from around the world (31 other nations sent students as well), Jodi says the experience was "an exciting time ... it was a great trip - I had a lot of fun and got to meet some really great people".

For the energetic and multi-talented student who "doesn't really know" what she wants to do when she leaves school, she's certainly well on her way to trying out some very cool options.

does violence help to solve an issue?

we let the flames cool off the Cronulla riots (NSW), then asked some locals what they made of the event

No I don't think violence helps, but it has been brewing for a while and it finally lead up to what happened that day in Cronulla. I hope everyone's got it off their chest now ...
GET OVER IT!
Kristal, 21



Growing up you're taught that violence never solves anything. After Cronulla and many past conflicts my opinion has changed. Violence in the past and present has proven to play a vital roll in the solving of an issue. Without violence, the fate of many countries would have been in the hands of ruthless dictators and people of supremacy. Without the violence, Cronulla, a once laid-back suburb, would have become an unsafe place where going to the beach would be an act only for the brave. The violence helped to evoke changes to the legal system so that Cronulla and other places could be protected from unwanted behaviour and criminal acts.
Kate, 15



The violence with regard to the Cronulla riots didn't solve anything. I have my doubts whether the problem can be solved - perhaps that's what the Cronulla men felt also, leading them to resort to the impotent act of violence. The violence just 'fanned the flames of hatred', so to speak, increasing tension, leading to a false issue becoming the focus of the riots, this being racism. Perhaps violence is only effective when there is a clear victor? Nick, 24



I believe that the violence that occurred was taken out on the wrong people but I feel something was necessary to open people's eyes to the danger and the violence that happens all the time on the [Cronulla] beaches. Liam, 20



Our whole community has changed its outlook on violence. Nowhere in the Shire before has there been such a conflict on such a large scale, affecting everyone. The events that occurred on that Sunday, although violent and ugly, stopped gangs from becoming part of Cronulla. Violence is the strongest action and it can help in creation and destruction. That violence may have destroyed the calm but a new and better calm has slowly set in. Jay, 17



Violence only ever gives way to further violence and rarely facilitates the process of negotiation. Political violence often encourages radicalism and embodies inhuman acts. The only aspect of violence that can be perceived as positive is that the fundamental act in itself is expressive of a problem that may have been simmering for some time. While the riots were controversial and shameful for all Australians, the incident brought to light a lot of the issues surrounding multiculturalism that aren't often openly discussed in the public arena; arguments and ideas that society may not view as "politically correct". Luigina, 21



No, I don't really think it's necessary. There are always ways of solving conflict without having to commit violence against each other. We had the result of more police protection in Cronulla after the riots, but we also had the after-effects of the Cronulla locals living in fear of a retaliation.
Angela, 23

self



harm

by Natalie Walton

At age 16 Kerry* used to punish herself. Whenever she was frustrated - which was a lot in Year 11 - she cut her fore-arm with a razor blade, and hid the evidence by wearing long-sleeve tops. Only two friends knew, and one of them was doing the same thing. This friend and Kerry were on a path of self-destruction, smoking pot and drinking alcohol at school every day.

Kerry's self-harm was "out of frustration ... and not being able to express myself, not feeling like I fitted in". She'd been bullied throughout her childhood and thought it was best not to tell people her feelings for fear she'd be laughed at or picked on even more. But the life Kerry was living in Year 11 was no laughing matter. Her friend started to take hard drugs and Kerry knew she didn't want to go down that path so she stopped smoking pot and harming herself. "You do need to get your frustrations out but I figured out it wasn't the solution," she says.

Much of Kerry's story is echoed in the film 'Thirteen'. Watching it is like watching a car crash in slow motion. You see the main character, Tracy, getting more and more out of control as her frustration with her home life increases. But she seems to think she's becoming a grown-up by shedding her younger more innocent thoughts, clothes, and hobbies. And she's punishing herself, maybe even trying to get back some control. The harm is deliberate. It's the frightening next step that more and more young women are taking in an attempt to cope with the frustrations and anxieties they face in day-to-day life.

A recent study of Australian high school students shows about one in 10 teenage girls self-harms. Out of the 3800 students surveyed in Years 10 and 11, 11% of girls and 2% of boys had deliberately harmed themselves in the previous year.

It's important to keep in mind that deliberate self-harm doesn't necessarily mean someone is attempting suicide - usually it's a way they try to cope with difficult and hurtful feelings. But self-harm never solves the underlying problem. There are safer and more effective ways to cope - even if talking to a friend, family member or a GP sounds too daunting - such as writing a journal or even punching a pillow, suggests the Reach Out! website.

Nowadays, whenever Kerry's got an hour to spare, she jogs in the evenings along the coastline of one of Sydney's northern beaches. She's got a stressful job working for a funds management company in the city and in the past six months has been working too many 60-hour weeks and struggling to get the sleep she needs as well as enough 'me' time. That's why exercise is important to her - it gets the stress out of her system. Last year Kerry also took up painting to express herself. She admits it's still difficult to talk to friends about her feelings and that she internalises a lot of her emotions. But at least now she knows to throw on a pair of trainers or pick up a paint brush and get some physical or creative benefit from her frustrations.

Help is within reach: Reachout! www.reachout.com.au - Lifeline 131 114 - Kidshelpline 1800 55 1800 (Both phone lines are free, anonymous, 24-hour counselling services, which don't appear on your phone bill.)

* name has been changed

www.frankmag.com.au



How does sunscreen work? I have a confession: I hate wearing sunscreen. But the other day I spent a day at the beach and forgot to put cream on one tiny little bit of my forehead and when I got home, you could have fried an egg on my head. So how does sunscreen screen out the sun? Most sunscreens contain ingredients that reflect or scatter ultraviolet radiation, such as titanium dioxide, and other ingredients that absorb UV radiation, such as oxybenzone. Both work together to keep the harmful UVA and UVB radiation away from your skin so you don't end up looking like a piece of old leather by the time you're 40!

1001 things to know

myths, stats & some seriously interesting stuff

by Bianca Nogrady

What's the tallest mountain in Australia?

Kosciuszko? Surprisingly, it's not. The tallest mountain on Australian territory is in fact on a tiny island more than 4000km south-west of Australia, and just 1500km north of Antarctica. Heard Island is home to Big Ben - a massive, active volcano that towers 2745m above sea level at its highest point, which is called Mawson Peak. So poor little Mount Kosciuszko, at just 2228m high, has to settle for being the tallest peak on the Australian mainland.

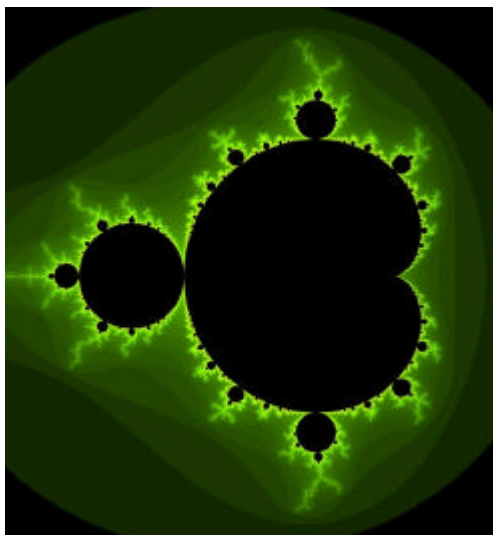


What's happening in 2006?

Well, most of us will probably eat too much chocolate and not enough broccoli, but apart from that, one of the more interesting things happening in 2006 is that it's the International Year of Deserts and Desertification. Deserts are incredibly fragile (not to mention beautiful) places, and like so many other fragile, natural places on Earth, they're in trouble. So the United Nations has declared 2006 the year we should learn more about these wildernesses and put some effort into protecting them for future generations to enjoy. Start by reading up about some of Australia's deserts because we actually have quite a lot of them - the Simpson, Sturt Stony Desert, the Great Victoria Desert, the Great Sandy Desert ... to name a few!

What are HeLa cells?

You've probably never heard of Henrietta Lacks. But visit a cancer laboratory and chances are her cells will be there in a test tube or Petri dish. Henrietta was an African-American mother of five who died in 1951 from a particularly nasty form of cancer. After her death her doctors discovered that the cancerous cells she was carrying didn't grow old and die like normal cells but actually carried on multiplying and multiplying. This made them very useful to scientists, who needed a huge supply of cells to use for research into areas including cancer and polio, and today HeLa cells are found in labs all around the world. So even though Henrietta died more than half a century ago, her cells are still alive in their billions.



When is maths beautiful?

Unless you're a very keen mathematician, the answer to this question is probably "NEVER!". But maybe you haven't seen fractals. Fractals are geometric shapes, a bit like circles or squares, but with very special properties. For one thing, you can zoom in on any part of a fractal and that smaller part will look the same as the whole fractal. This is called self-similarity. And with fractals, you can keep zooming in and zooming in (or zooming out and zooming out) and you'll still see the same pattern. The most famous fractal pattern is called the Mandelbrot set (pictured - source: Wikipedia).

what if?

every issue, FRANK columnist Lucy Brook makes you want to be a bigger person

A bad hair day is nothing. Nothing after my trip to the hairdressers this week, anyhow. While previously whining about strands that were too long and flicking in the wrong direction, I am willing each and every strand to grow as quickly as possible. Unfortunately, my hairdresser, whom I had never visited before this, misplaced the words “I don’t want to lose any length” and replaced them with “Short and scruffy? No worries”. After handing over my cash, I made a beeline for the car where I promptly burst into tears.

Two hours of tears later, I decided to peek into the mirror to see what, if any, of the old style I could salvage. Red, tear-stained face aside, I did my best with the hairdryer, followed by the curling wand, a pot of wax and half a can of hairspray. In spite of my efforts, I looked like a Doctor Seuss character.

Mid-way through my hair crisis, I flicked on the TV. I sat through a brief documentary on the ‘Look Good ... Feel Better’ campaign. Look Good ... Feel Better (LGFB) is a national community-service program dedicated to teaching cancer patients techniques to help restore their appearance during chemotherapy and radiation treatment. Women who have lost not just their hair but their eyebrows and eyelashes can sometimes lose self-esteem as well. This realisation definitely put things in perspective for me.

I sat silently when the program ended and considered that I had spent the past few hours bawling over something of very little substance. After dashing off to my computer to register my interest in volunteering for the National Breast Cancer Foundation, I realised that good things really do come out of say, not-so-good haircuts.

In the grand scheme of things, a bad haircut is completely irrelevant. How could I possibly sob into my sushi when there are amazing, strong women around the world fighting much worse, living day to day with wigs and hats and scarves? I’m sure a female cancer patient would be more than happy with my Doctor Seuss look, and in the meantime, so should I.

After all, there’s good news for all of us: our hair grows back. And even better news: often so does theirs.

For more information on the Look Good ... Feel Better campaign, or to make a donation, visit www.lgfb.org.au. To register your interest to volunteer for the National Breast Cancer Foundation visit www.nbcf.org.au and follow the links.

KRILL

BY KORI NEMME

Meet Krill! Not just five funky siblings (Kim, Jan, Lea, Lee and Roy) who rock out and share the same surname, but a five-piece, new-wave indie pop band who were the national winners in the Coke Live 'n' Local Unsigned Band competition. And you'll understand why when you listen to their layers of buzzing guitar riffs and bluesy keys, all propelled by choppy robotic beats and wry lyrics. Krill is alternative pop at its rockin' best.

Growing up jamming on whatever was available, Krill began in a remote central Queensland basement. With an imagination much bigger than their hometown of Yeppoon, they moved their band to Sydney.

After playing gigs all around town, they made it to the top five finalists of the Coke Live 'n' Local. This meant Krill were given the opportunity to play a concert alongside music heavyweights such as The Living End and Spiderbait. Then Krill took the cake and were voted as the people's favourite band. Among their spoils were two uninterrupted days with songwriting and recording guru Bill Page of Mushroom Music.

So where to now?

It seems Krill have got plenty ahead as they charge back into action for a massive '06. These girls and guy are about to head back to the recording studio for their second EP. To check out when Krill will be gracing your town, go to their gig page at www.krill.com.au/gigs or send an email to music@krill.com.au to be put on the mailing list.

Their debut EP 'the sweet side of cider' is out now.





< **Syriana**

This drama/thriller is another eye-opening film that exposes the dirty deeds, blackmail and violence that goes on behind the scenes of big business and the government in their combined quest for money and power. A hot topic of our times - the oil industry - is on the agenda as is the election of a new Iranian leader. George Clooney (pictured) plays a US government official who ends up on the wrong side of his own country's political pull. Matt Damon is an unwitting business adviser to one of the brothers in line for the Iranian leadership. Totally overwhelming and depressing at times but definitely worth a Friday night watch. Rated R

The Handmaid's Tale >

by Margaret Atwood

Don't let the fact that some people have to read this in school put you off - you'll soon realise what all the fuss is about. Part satire, part horror, the book is narrated by Offred, a young woman whose only function in society is to breed. She lives in a world where women aren't allowed to work, and almost every man has a wife AND a live-in mistress' (called a 'handmaid'), who carries his name (as in "of Fred"). Offred meets up with someone from her past who shows her that there may be another way. So realistic and so relevant it's scary.



what the?

Has the Sk8tr girl lost her marbles? Avril Lavigne, after just signing with Ford Models:

“I'm starting to feel more feminine. I'm getting into hair and make-up and image. That's the best part of being a girl.”

source: femalefirst.co.uk

wicked webs
www.stir.org.au
www.gmcontaminationregister.org

CD reviews: by Sasha Miller



Magic Dirt - 'Snow White'

It's been 13 years since quartet Magic Dirt emerged from Geelong, and they still receive far less radio play than is owed to them, but their new album 'Snow White' again highlights the appeal of this understated band with a unique sound. Whether you call it pop rock with indie influences or indie rock, their 5th and latest album presents them in a more mature light and the music has a cleaner, more refined sound, with many previous rough edges hemmed. Singer Adalita's voice has developed, as have her lyrics, embodying her more serious side. A terrifically satisfying album.

The Beautiful Girls - 'We're Already Gone'

The Sydneysider boys' (yes, boys) second album explores a broader range of musical styles, moving away from the former blues and roots feel and towards more reggae and jazz. This could disappoint long-time fans, but might also attract new ones. 'We're Already Gone' is an extremely diverse album, venturing into hip hop at times ('The Biggest Lie I Ever Told'), and at others, back to the acoustic guitar of old. Previous comparisons to Jack Johnson and the like would now be misdirected, with harmonica solos and an altogether brassier sound.



do you dislike
'WHAT'S HOT WHAT'S NOT'
columns as much as we do?
then sit back and enjoy our
WHAT'S HOT send-up > >

> > WHAT'S HOT by Liz Smith

WHAT'S HOT

1. Answering questions with "Whatcha talkin' 'bout, Willis?"
2. Buying a girls' magazine without the word sex, orgasm, flirt or a combination of all three on the front cover.
3. Using Rock, Paper, Scissors to make decisions.
4. Substituting the word 'Diddy' for your middle name.
5. Sending and receiving Judge Judy e-cards.

WHAT'S NOT

1. Throwing telephones. It's so 2005.
2. Naming your child after a fruit, town, or mobile-phone carrier.
3. Anything with the word 'Cruise' in it.
4. Starting all your sentences with "Did you see on the OC..."
5. Trusting 'What's Hot / What's Not' lists.

couldn't ya just **EXPLODE** !! >>

You read the darnd'est things on other people's websites...

WEBSITE: On Girlfriend's website, the teen girls' magazine says they're all about being your "best friend", "being independent, smart and trusted" and "engaging you with its quality".

FACT: The same publishing company (Pacific Magazines) who creates 'Girlfriend' magazine has launched a new boys' teen magazine called 'Explode' whose website contains "all the eye candy you can handle".

OPINION: Still feeling like an empowered, "smart" woman?

WEBSITE: Explode's website claims they're a "a good laugh and a good perve at the same time".

FACT: This new boys' mag calls Girlfriend their "sister" magazine.

OPINION: So, while GF magazine is supposedly being your friend, the people on the other mag are ogling your goodies.

WEBSITE: Explode's website is exploding with photos of young girls and their bodies.

FACT: The target audience for 'Explode' is boys as young as 12 years old.

OPINION: The world does not need more voyeuristic pictures of young chicks in bikinis. Fantastic way for 12-year-olds to grow up really respecting women for their minds.

WEBSITE: Pacific Magazines website says they've "learnt that [Explode's magazine reader] has a substantial disposable income".

FACT: No less than \$1.5 million is being spent on marketing the magazine to get guys to buy it and see the ads throughout the magazine.

OPINION: If they'd like 10,000 ideas for how that money could have been better spent, they can contact us directly.

WEBSITE: An article written in B&T (a media and advertising industry magazine) about the launch of the boys' mag also included some fascinating reading.

FACT: Explode's Director of Buying, Mark O'Brien, said, "I can see a great positive for this title, though I don't think it's going to be easy to crack this market - they still need to be **converted** into **consistent** magazine **buyers**".

OPINION: 'Cool-ify' the mag to make young men think they need to buy the magazine to be cool too. Hmmm. Sound familiar to the promises most women's mags make? So now here's one for the boys claiming to be "your best mate" for \$5.95 every month.

With magazine content like a "dedicated girls section" as well as "dirty jokes", this new boys' mag and co are hypocritical, brain landfill. What's your opinion? Send it to katie@youth2youth.com.au

chicks clean up in the 2006 aussie of the year awards

Professor Ian Frazer 2006 Australian of the Year

Ok, so he may be the only bloke, but he's doing awesome stuff for women's health around the world. Imagine one day knowing Pap tests are a distant memory? Professor Ian Frazer founded and leads the University of Queensland's Centre for Immunology and Cancer Research. For 20 years he's been researching the link between papilloma viruses and cancer, seeking ways to treat these viruses to reduce the incidence of cancer. He has now developed vaccines to prevent and to treat cervical cancer, which affects 500,000 women each year. A vaccine based on his research has been shown in worldwide trials to prevent papilloma virus infection and reduce Pap smear abnormalities by 90%. **It has the potential to virtually eradicate cervical cancer** within a generation. Expected to be on the market within a year, this vaccine will revolutionise women's health across the globe.



Trisha Broadbridge, 24 2006 Young Australian of the Year

Trisha Broadbridge is one of the Reach Foundation's "original crew", and since 2000 has been facilitating and inspiring groups of teenagers in activity-based educational programs helping them improve overall levels of self-esteem. She specialises in leading workshops and camps that give young people a place where they can go a little crazy, connect with others and be heard. After losing her husband, Troy Broadbridge, in the 2004 Asian tsunami, Trisha joined forces with the Reach Foundation to establish the Reach Broadbridge Fund which she now manages on a part-time basis. She has, with the help of the Melbourne Football club, established The Broadbridge Education Centre on Thailand's Phi Phi Island. **This centre assists young people affected by the tsunami**, allowing them to continue to learn after such devastation. Trisha believes that "no matter what happens, you have to keep going".



Sally Goold OAM 2006 Senior Australian of the Year

Sally is a registered nurse and the inaugural Chairperson and Executive Director of the Congress of Aboriginal and Torres Strait Islander Nurses, an organisation that aims to increase the participation of Aboriginal and Torres Strait Islander people in nursing. Sally is believed to be **the first Aboriginal registered nurse in New South Wales**. Her career has been a source of great pride to Sally and her family, who encouraged her to pursue her dream, particularly since she trained in a time when education was not considered a right for Aboriginal people. She now encourages other young people to follow her lead and set themselves goals to achieve, and has been involved in training nurses in hospitals and universities.



Toni Hoffman, Bundaberg 2006 Australia's Local Hero

Toni Hoffman has shown true dedication to her profession as a nurse and to her personal values. Toni spent two years raising her concerns about patient safety in the Bundaberg hospital. **Her ethics and values** would not allow her to walk away from the problems she identified and she placed her concern for patients and their families above her own wellbeing. She's respected her compassion for patients and her strength in standing up for what she believed in.





keyed up

in every issue of FRANK, 'keyed up' provides you with the keys to unlock the secrets to creating a successful career you love. This time we look at ... HOW TO SETTLE IN TO A NEW JOB!

So you aced the interview, signed the contract, bought some new work clothes, and now you're officially "the new girl". Settling in to a new job can be easier than you think. Here are a few tips on how to meet, greet, and actually remember people's names.

1 > On your first day, you're usually introduced to everyone but the cleaner. A trick for remembering someone's name is to repeat it back to them when they shake your hand. Another great tip is word association - try to associate the person's name with a familiar image or person. For instance, if their name is Liam, picture this person as Liam Gallagher from Oasis up on stage singing 'Wonderwall'. Or if it's Chloe, imagine her as your next-door neighbour's cat. (It's obviously very subjective!)

2 > If you have some quiet time to yourself on your first day, draw up an office plan of nearby desks and fill in names as you meet people. And their positions as well, if you can. There's nothing more flattering (or professional) than someone remembering your name. You can also use the company intranet to find out more about who's who.

3 > It's all about making an effort. Strike up a conversation in the kitchen. Even something as simple as "It's hot/cold/wet out there today" - it's a start!

4 > Join sports teams, social clubs, or volunteering committees. It's a great way to meet people, and great for networking for further down the track when you may be looking to move internally.

FRANK UPDATE



> GILMORE GIRL

What's the best birthday present you've ever received? For world amateur champion surfer Stephanie Gilmore (who was profiled in the last issue of FRANK), it was the \$US4000 cheque she was handed after her recent win in the World Qualifying Series in the Roxy Pro at Woolamai Beach, Phillip Island - on her 18th birthday! "I couldn't ask for a better birthday present that's for sure," she said. She's now well on her way to reaching her goal of competing in the World Championship Tour in February on the Gold Coast. It won't be hard to keep tabs on her - her name is being splashed over papers all over the country, and no doubt the world. She's also rumoured to be the first million-dollar female surfer. Talk about a birthday present!

> WIE WILL, WIE WILL, ROCK YOU!

Michelle Wie (featured in the very first issue of FRANK) has come a long way since September 2003. She turned professional this past October, and is now making an even bigger name for herself - she has been endorsed by Nike and Sony to the tune of around \$10million - making her the highest paid female golfer in the world in endorsements. And she's only 16! She says one of the best things about being a pro is being able to help others, and last year she put her money where her mouth is, donating \$500,000 to the Hurricane Katrina fund. In spite of people telling her she needs to play in more tournaments, she insists on working her golf schedule around school, and still plans on getting a college degree. Smart girl!

in.sport.news

NAME: Caroline Searcy

JOB: FOX Sports Presenter

BORN: Adelaide

NICKNAME: 'Search', from my school days

HOBBIES: Following horse racing, the breeding industry and sport in general, walking 'Barnaby', my Kelpie, and heaps of reading.



by Belinda Halliwell

FIRST JOB

My very first job was in a video store. My first full-time job was in a bookshop, and then I progressed into radio. My first role in media was as a newsreader and journalist in Darwin for 'Hot 100 FM'. I had to work at it all the way. I did lots of work experience and part-time work throughout uni, and volunteer work like breakfast radio. This helped build up my skills and confidence. I did some sports reporting in Canberra, and then in Darwin part-time sports reporting for 'Capital TV'.

HIGHLIGHTS

I was in radio for about six years, and now TV for 10 years. A highlight has been meeting sporting and media personalities, some of whom were my idols as I was growing up.

TYPICAL DAY

My days vary but generally I arrive at Fox Sports studio at 11:30am, write updates and check the sports results. I have a hands-on role, assisting with production of the program, not just presenting. I check the scripts - editing intros the journalists prepare for me, making sure I'm happy and comfortable with the way I'll be presenting the program. Then at 6:45pm I'm in the studio ready for broadcast from 7pm until 7:30pm. When there is night cricket, tennis or late football matches I present the 'Live Late News' at 10:30pm.

FUTURE PLANS

To specialise in one or two sports - maybe AFL or horse racing - it's difficult for anyone to be an 'all-rounder' long term, and there are so many sports I enjoy it's hard to say at this stage. I've been doing more radio work with 2UE where I do a sports wrap fill-in, so maybe more of that? I'll just see what opportunities arise and take it from there!

BEST ADVICE

Be prepared to work hard to get what you want and always do your best. Nothing comes easily so put in that extra yard all the time. Fully research your dream/career so you know exactly what it entails, what's expected, what steps to take to achieve it, and often this will lead to long-term success.



by Zeynep Korkunc (Turkey)

Last September I participated in the "Follow The Women" peace project in the Middle East and I'm still influenced by what I saw and shared with the other participants and the local people during my 12 days.

Now I feel it's my responsibility to share this experience with people who don't know much about the ongoing situation there so that there can be a chance for them as well to contribute to the peace process.

Follow The Women was created by British woman Detta Regan in 2002, who has spent her life doing social work. She has achieved the following awards in her life: 2001 UK Woman of Europe; 2002 International Woman of Europe; and 2004 Nominee for the Nobel Peace prize 1000 women. During her adventures she became involved in many projects, from saving monkeys to sending bicycles to an orphanage in Kenya. It was during her visits to the Middle East that she became involved with women and children of the region.

A desire grew to 'do something' to improve the lives of the people she met and it was during a conversation over dinner one evening in 2002 that the idea for Follow The Women was born. Detta wanted to visit Lebanon and Syria but, as a keen cyclist, also wanted to ride her bicycle in these countries. When it was pointed out to her that women did not cycle in these regions, she realised this would be an ideal way to draw attention to the plight of women and children in the Middle East. She persuaded a few friends to join her and word spread thanks to her network of contacts and the positive energy of women around the world. Just one woman's idea is now spreading across the globe and beginning to change the world.

So for the first time in April 2004, approximately 270 women from more than 30 countries came together, travelled to the Middle East and cycled through Lebanon, Syria and Jordan, for peace. At the end of the ride the women spent two days at a conference discussing how to take the aims of Follow The Women forward and create an international movement for peace. When the time came to disband there were many tears.

In 2005 the second peace cycle was held in the Middle East and I was very lucky to participate in this historic event. This year the ride took place from September 15-25, with the participation of approximately 300 women from 36 countries. This year we also cycled to Palestine - to the country that has been suffering 38 years' occupation. Starting from Lebanon, to Syria, Jordan and ending in Palestine, we visited the Palestinian refugee camps in those countries, met local people and refugees, and had a lot of opportunities to talk about how they have been suffering war and terrorism for years.

The ride was physically demanding but emotionally fulfilling. Along the way we met women from many different countries and shared thoughts, beliefs, experiences and our lives. Going to Palestine and seeing with our own eyes how difficult it is for those people to live under occupation had a big impact on me. It's been a few months now since I returned home to Istanbul, Turkey. Now I go around Istanbul thinking how lucky I am to live in freedom, without fear. I have understood the meaning of freedom, something I've had since I was born, but maybe never thought much about. And now Palestine is like a crying part in my heart and I feel so lucky to have had the experience there. Like somebody said: "If one person does something for peace he makes a chance, if many people do something for peace, they make history."

For further info, visit www.followthewomen.com or email Detta Regan at detta.regan@virgin.net to share your feelings on the issues raised in this article or to join the next ride in April 2007.



world.wide.women

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

LOW: Heard of the Lingerie Bowl?

The halftime show at the recent Super Bowl American football final included lingerie-clad models playing full-contact football. The players' outfits were made of Velcro (easy access for injury time we assume?) but luckily they do wear some "protective" padding (and not just in their bras). So sad.

LOW: Something Stinks!

A recent advertising campaign centres around a fantasy airline manned by scantily-clad flights attendants called "mostesses". The Lynx deodorant TV commercial, with the tagline "get on, get off", features a make-believe airline called Lynx Jet. The passengers on board (all men, obviously) are pampered by the mostesses, and can select from an entertainment panel which sees the mostesses engage in Pillow Fighting, Spanking or Hula Hoops. Who cares if the deodorant smells any good, the advertising campaign stinks.

HIGH: Things heat up in Chile with a new female

president! She's been a prisoner, in exile, she's single, she's a mother, and now she's leading the country. Michelle Bachelet, Chile's first woman president, is already making great changes within gov't, giving half the jobs within her 20-member cabinet to women. Africa has also just elected Ellen Johnson Sirleaf as the new woman president of Liberia, and Africa's first elected female head of state. President Sirleaf, 66, has also had quite the life. She was married at 17 and had four sons, whom she raised while she worked her way through college. She worked in financial posts within the World Bank and the United Nations, and rose up through the ranks there, eventually getting into politics in her home country. But wait, there's more...South America could have its second woman president if the polls are anything to go by in Peru. Lourdes Flores, a 46-year-old lawyer, is leading the race between 22 presidential hopefuls. The voters go to the polls on April 9!

HIGH: 'Be Inspired' Women's Forum

In October last year at Melbourne Uni, the Financial Management Association of Australia (FMAA) held its first event for young women - the 'Be Inspired' FMAA Women's Forum. The forum was held for female students, giving them an opportunity to listen to the success of female role models in our community and be inspired by their aspirations, challenges and decisions in achieving their goals. Aussie role models included Maureen Frank, Head of Mergers and Acquisitions of Aon Insurance Awards, named a 2005 'BRW Rising Star' and 2004 Telstra Business Woman of the Year award winner of the Corporate and Private Sector in Brisbane; and Jay Bonnington, former CEO of the Make A Wish Foundation. Find out more at www.fmaa.com.au



travel Mauritius

by Betina Correya

Mauritius is a tropical island paradise, where relaxation and fun in the sun should be your top priorities.

Exam stress or exhausting eight-hour working days are washed away from your mind as you gaze at the azure Mauritian beaches and crystal-clear lagoons. The north of the island has sparkling turquoise-blue sea views and soft white sand - ideal for swimming, strolling, sunbathing and chilling.

There are lots of popular watersports you can try. Satisfy your adventurous side with windsurfing, waterskiing, canoeing, paragliding, scuba diving, deep-sea diving, snorkeling and glass-bottom boating. And you'll be able to see the beauty of the island's coral reefs and unique marine-life first-hand.

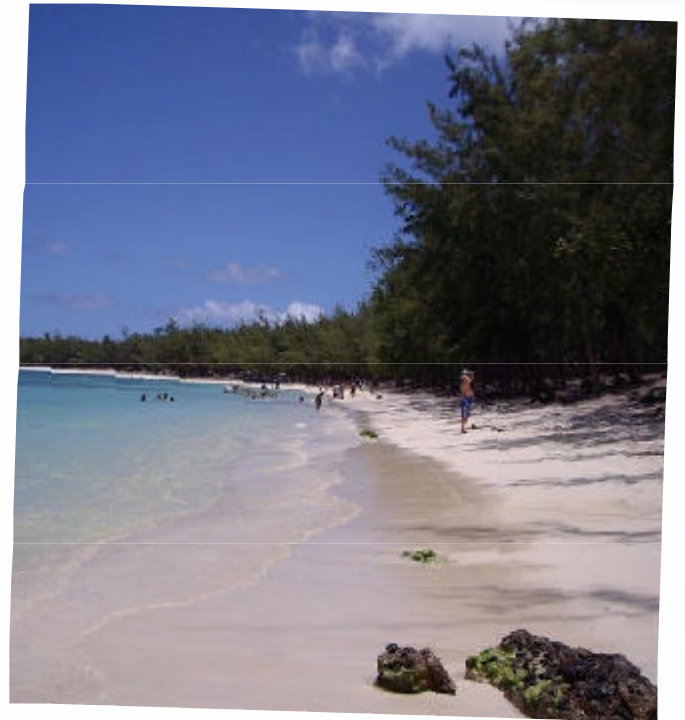
A Mauritian tour-van can show you the best natural sites in a day, with the greatest attractions located towards the south of the island. You'll be bowled over by the rugged volcanic mountain peaks, lush native flora, vast swaying sugarcane fields and tranquil forests. You'll see amazing botanical gardens and waterfalls, multicoloured volcanic earth, and breathtaking mountaintop views. You might even spot giant tortoises, crocodiles, deer, monkeys, and rare bird and fish life.

Shopping is best in the island's capital, Port Louis. If you're bargain-hunting for souvenirs and clothing, prepare to face the humid and crowded street shops and marketplace. If you're looking for unique handicrafts and jewellery in an air-conditioned environment, then modern shopping centres and supermarkets aren't hard to find.

Mauritius is made up of Indian, Creole, European and Chinese ethnic groups. The smell of spices and sugarcane is always in the breeze. Mauritian food is diverse and can be tasted at local street-food vendors, which sell cheap spicy treats and tropical fruits. But the best way to experience Mauritian cuisine is at one of the many restaurants on the island. You can choose a spicy Indian curry or a fresh Creole seafood platter, or a bowl of hot Chinese noodles or a crispy French pastry.

The best accommodation in Mauritius is at a rented beachside villa or bungalow. Also try to catch a 'Sega' performance - a traditional Mauritian dance with an infectious rhythm that is definitely a must-see on your stay.

Getting around is cheap and easy if you catch a taxi or bus. You can also hire a car or motorbike if you have an international licence.



LOCATION Western Indian Ocean, East of Madagascar

CAPITAL Port Louis

LANGUAGES English, French, Creole (a French dialect)

POPULATION 1.2 million

CLIMATE Tropical. Winter: 20-25 degrees. Summer: 30-35 degrees.

GOVERNMENT Independent Parliamentary Republic

CURRENCY Mauritian Rupee (RMS)

For more information on visiting Mauritius, visit www.mauritius.net

opportunities

National Youth Week 2006

The seventh annual National Youth Week will be happening from 1-9 April, when thousands of events, concerts and competitions will be held to celebrate Australia's youth. The event is the largest youth event in Australia! To find out how you can get involved or about events happening near you, visit the website @ www.youthweek.com

Bandaged Bear - the mascot for The Children's Hospital at Westmead - hits the streets in March for the annual Bandaged Bear Day Appeal. The Hospital's groovy little friend - decked out in a purple vest this year - will raise money through the sale of clip-on Bandaged Bears, Bandaged Bear pens, little hacky sacks and hip note pads and pins - the latest additions to the Bandaged Bear merchandise. Pick up your bear-y goods at Best and Less, Civic Video, Goldmark, IGA, Telstra shops, Toys R Us, Spotlight and Starbucks. With your support we can all help to make sick kids better.

Creativity Courses in Europe and New York:

Spring/Summer 06! The Creativity Workshop helps people believe in & develop their imagination in a non-competitive, nurturing environment. Info can be found @ www.creativityseminars.net

Young Australians will be given the opportunity to attend a summit for the 100 brightest and most dynamic minds in the country when the Brightest Young Minds (BYM) summit is staged in Australia in July '06 by the BYM Foundation. Entries will be accepted from any Australian aged 20-25 to attend the summit in Sydney. For more info check out: www.bym.com.au

The 2006 Next Big Thing Award is a national competition to find and showcase new Australian products with the potential to become the 'next big thing'. The award celebrates and promotes Australian innovation and is a key event of the 2006 Australian Innovation Festival. The 2006 Next Big Thing Award prize is \$5000 and advertising at valued at more than \$4000. 15 finalists will be displayed in May in a month-long exhibition at the Centre for Innovation & Technology Commercialisation in Melbourne. For more info visit: www.innovic.com.au/nextbigthing

Youth Conservation Corps aims to kickstart the careers of young people younger than 25 by providing hands-on experience, free training, and career and employment assistance. Greening Australia also gives you the opportunity to get involved in local community-based environmental projects. 2006 projects recruiting now! For info call: 1800 077 700 or visit: www.greeningaustralia.org.au

Got a great idea? Check out The Ideas Festival - four days of ideas, innovation and invention - 29 March-2 April 2006 at Brisbane's South Bank. For more info visit www.ideasfestival.com.au

for more opps like these, get your free copy of IGNITE at www.youth2youth.com.au

dear FRANK.

I was doing an internet search on women and found you. Congrats on pursuing a passion and providing a 'real' print forum for young women.

- Penelope

I was recently turned onto FRANK by a friend of mine, and have spent every free moment catching up on all of the issues I've missed. In the last issue I took special interest in the commentary about the book 'Emergency Sex', and immediately went to the library to find it. Wow! I was so impressed! I've never been more thrilled with a book recommended by a magazine! I'm already so impressed by the magazine and the issues that it discusses, but to have a book recommended that dealt with real issues in an interesting and relevant manner, as opposed to so many other magazines, was a huge joy! Just wanted to say thanks for the great read and the great recommended read! Keep it up! - Emily

I was referred to Issue 10 of FRANK because of the article "Behind Closed Doors" (about mental illness) and my connection with that topic. Have not read FRANK mag before, and want to congratulate you for offering something 'real' to young women, not the fantasy of most mags. FRANK gives you ideas and info you can use to shape your life. Congratulations!! - Vicki

I'm very impressed by FRANK and wonder whether there would be some benefit in producing an all-male version of FRANK? Nice work! - Alex

Hi. I think FRANK in print would rock! It would sell so well! Everyone's sick of the typical Dolly, Cosmo etc. FRANK is something you can actually read!!!! and not just flick through - Eleanor

I recently discovered FRANK and I just wanted to say congratulations on such a great magazine. It's hard to be original but this magazine manages to put a fresh approach on things. I look forward to reading every issue - Jade

I read your 1st issue of this magazine recently (two years down the track) after finding it in my School Library on the 'new book' rack. I read it and I was amazed. I thought 'this is a magazine that deals with the real issues facing real women today wanting to catch up quick, I skipped to your 10th issue and read it cover to cover. And I was disappointed. From your 1st to 10th issue FRANK's focus has shifted to softer issues and I wanted to let you know that. Although your doing fantastically in such sections as 'opportunities' and 'keyed up', i thought 'Swing Low Sweet Charity' was abominable - Bill Gates may have contributed \$750million - over the next 10 YEARS! - but if you look at the amounts these mega-corporations are giving as a percentage of their total earnings it's pitiful. What young women need today is to understand the issues affecting them and to be aware of injustices in our society and how to fight them. But they need these issues presented in a format that is relevant and engaging and that is what FRANK used to do. You've moved away from the tough meat. I think what you're doing is good, I just think you could do better - Phoebe

from FRANK - we rarely receive letters of complaint so we took this one to heart! We wrote back to Phoebe coz we take our reader's opinions very seriously. We didn't agree with everything Phoebe wrote, but we've taken her comments on board and as a result, she's inspired this issue's cover story and the article on 'Explode'! thx Phoebe for being so passionate about FRANK!

from FRANK.

“be the change you want
to see in the world”

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got some feedback?

we'd love to hear what you think of FRANK, how we could improve it, and your opinion on any of our articles - in fact, we may even publish your letter in the mag! so send an email to: katie@youth2youth.com.au

fyi

FRANK is a FREE magazine for young women distributed by email and the internet, and will eventually be a print magazine. FRANK is currently run by volunteers and is published every two months through Youth 2 Youth, a socially responsible company that helps schools, universities, colleges, councils and youth organisations to inspire and develop young people. FRANK (meaning: honest, open, to the point) was created by Karen, Katie and Jessica to provide young women with valuable information and tools to help them make smart life choices related to career, relationships, personal growth, the environment, as well as fun and credible content on entertainment. contact details: Ph: 02 8437 3578 - www.frankmag.com.au

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