

frank.

wired-awake

launch issue
infinite possibilities!

enterprising chicks
make their dreams real!



survive tough times
+ redefine leadership

radio's bianca dye
gives women a voice

dear frank.

We were so happy, flattered and honoured to receive so many emails with so much positive feedback on frank's pre-launch issue that we wanted to share it with you! Here's what you said >>

Congrats on an awesome start to your e-mag - really enjoyed it. No crap. No goss. Perfect! - Ains

Well done for taking the initiative to produce a magazine for girls that doesn't talk down to them or tell them how to have sex 75 different ways - Sally

I especially like the article about Michelle Wie - I think it's really important that young people get introduced to role-models & positive stories of other young people
- Karl

There's great convenience in e-mags, and the lack of stupid goss is refreshingly appreciated - Nick

I've read through frank and I reckon it's great! It's inspiring and quick to read. Great little inspiration boost for every young female out there - Tinh

Well thank goodness someone has taken the right step for young women - the keepers of the future
- Anon

Your first issue of frank made excellent reading. We need to have sensible articles on consumerism, diet, stereotypes, etc. Often the big media create a new fad (expensive and a waste of time and energy) and then promote it as though that's the "in thing". It's not only fashion and fads that are being promoted that way, it also plays with relationships, attitude and behaviour. Hopefully your magazine can counteract such "bullying" media and make a positive contribution to enhancing young women's lives - Rugmini

frank is a refreshing and welcome relief to all the superficial, recycled, glossy rubbish that pollutes the market each month.
Well done!
- Christine

Your mag looks fantastic! I'm pleased to see that you're interested in real issues, not the '10 ways to kiss boys' stuff - Niki

My congratulations on the trial issue of frank. It was fabulous to read a production in which the contents were relevant, well written and provided a great message to everyone. With these values circulating in the community I feel optimistic about our future. Well done and thanks - Brian

This is FANTASTIC!! I love it and I'm sure lots of young women will too. You are doing an amazing job
- I have definitely subscribed - Mandy

frank sounds like a brilliant resource to hand on to some of my clients - I'm a juvenile justice officer and you're right, girls could do with a decent mag that isn't going to fill their heads full of *&#!
- Kim

I have just read your pre-launch issue and think it is wonderful. What a great concept, this will help a lot of young women. Congratulations!
- Sally

frank is intelligent, sharp and informative on issues that matter - a huge difference to some of the magazines out there! I cringe to see the magazines available oozing with sex, fashion and endless fun...they seem to be the measuring stick for young women in society. I question: how can women be taken seriously if these are the ways in which society/peers assess a woman's worth? It is a sad state, especially when reflecting how women of my mother's generation fought for equality - Vanessa

send your thoughts on frank & the big wide world to - katie@youth2youth.com.au



FASHION reFOCUS: taylor&khoo



Have you ever found yourself sitting listening to someone describe the journey that has brought them to where they're at, at that moment, and you're left not only speechless with amazement, but totally exhausted? The journey of Kylie Taylor and Valerie Khoo, founders of Taylor & Khoo, is one such amazing story.

Taylor & Khoo is a unique fashion and homewares label that provides income generation for disadvantaged groups in Cambodia and supports the needs of 60 orphan children at the Angkor Orphanage in Siem Reap. Everything from silk bedspreads to men's ties and women's clothing in hand-woven Khmer silk is produced by groups of men and women in Cambodia, many of whom are landmine victims. The pieces are imported by Taylor & Khoo and then sold either through special events in Singapore and Sydney, online, or through their new store in Skygarden, Pitt Street Mall in Sydney. 100% of the proceeds from all pieces sold are then used to support the orphanage.

During a visit to Cambodia in June 2002, Valerie recalls that "In the tiny, single-storey building in the countryside, the reality of the country's poverty and legacies of Cambodia's recent tragic history were seen in the faces of the 60 children who lived within its walls. These children's hardship is multiplied by the simple fact they have no parents. No warm loving home, no security, and simply no one to hold them at night."

So began the fire and determination in these two young social entrepreneurs to make a difference to these children and bring their country's amazingly unique clothing and homewares to others around the world. Despite both Valerie and Kylie having extensive experience in the corporate world through their 'normal' jobs, they actually had no idea where to start, who to talk with, or what rules and regulations governed imports, to bring their vision to reality.

They first completed an incredible amount of research, including speaking to anyone and everyone in Canberra about government regulations. They then spent January through to March of this year in Cambodia training people, and setting up formal contacts with the locals and support for the orphanage.

Taylor & Khoo have since held numerous successful events in Singapore and Sydney, including a high profile fashion show in Singapore, where their pieces shared the catwalk with Leone Edminston and Country Road! "It's moments like that when you think, how bizarre is this - and you have to laugh that little ol' Taylor & Khoo is up there with the best of them," says Valerie.

Both Kylie and Valerie have been creating all of this in their own time while also working full time! How do they do it? Quite simply, "We are ruthless with our time and we don't sleep," laughs Valerie.

Visit www.taylorandkhoo.com to find out more. Also know that whatever *your* own vision is - grand or small - you too can make it real.



career CHICK

frank caught up with groovy 'call it how it is' radio chick Bianca Dye who presents the 9-12 morning shift on Sydney's Nova 96.9.

frank (f): So Bianca...why did you decide to be a radio presenter?

Bianca (B): Well actually I wanted to do TV at first...I kind of fell into radio by accident and realised I loved it!

f: What sort of path did you take to get into the media?

B: I was doing a lot of MC gigs around the Gold Coast and people asked me if I had thought about radio coz of my husky voice! Then I started doing a lot of voiceover work to get my foot in the door. I got a job as the PR manager of a station in the country and worked my way up. You have to be prepared to work in the small country towns to get experience.

f: Best part of your job?

B: Every day is different - I meet amazing people. It's full on high energy and I love that adrenalin.

f: Biggest lesson you've learnt about being on radio and in the public eye?

B: That "PERCEPTION IS REALITY" so be careful what you say.

f: What do you do in a typical day, coz we only get to hear you on air for like three hours?

B: I get in, read the papers, put a coffee drip on my arm and wonder what the hell I'm gonna say on air that day! After I finish on air there is SO much to do. Answer emails, prepare interview questions for the next day if I have a guest. I also have to work on questions for my show on Arena TV "Access All Areas" so that's a lot of work. I also have to type up the articles I write for SLM magazine every week for the Daily Telegraph newspaper - so there's ALWAYS a lot to do! I VERRRY rarely get an arvo off.

f: What other passions & interests do you have?

B: mmmmmmmmm. movies - I LOOOVE movies! I love to escape. Walking my dogs and hanging out with them is relaxing for me! I'm also going to take up knitting and start painting again this year! That's my goal anyway. I love to read too. I LOVE the markets. I go every week! I'm obsessed with vintage stuff.

f: As a radio presenter, your voice is widely heard. What does 'having a VOICE' mean to you? How can young people find and use their voice?

B: It means when I'm at the shops people go "are you that chick on the radio!?!?"

You find your voice at the weirdest times in life - when your passionate about something, that's when you should SHOUT it aloud!!!!

f: What advice do you wish someone had told you about life when you were at school?

B: That my determination and enthusiasm that I used to cop it for would end up being what helped me to get where I am.

f: Do you find radio (& the media in general) male dominated? If so, what's that like for a chick?

B: Very male dominated I'm afraid - although we have a female general manager and she rocks! It's great for me though, because there's not that many chicks, if you are good at what you do, people take notice.

f: Why do you think there aren't more female DJs?

B: Because in the caveman days of radio they used to do surveys and ask people if they liked hearing chicks on air and apparently most people said "NO" ha!! stuff that!!! I'd like them to do another few surveys to find out if people like boring old farts who like the sound of their own voice on air!?!?

f: We love Nova's only two ads in a row policy!! We also understand that advertising is what pays for most media. Have there been any products that you have had to promote that you didn't like or didn't believe in?

B: I won't promote something that I don't believe in... (like anything that involves cruelty to animals etc etc) but it's hard coz it's in my contract to do live reads and I have to read them for ANY client - we can't discriminate.

f: Finally...what does the word 'frank' mean to you?

B: It's the name of a teddy bear I had when I was nine years old and it ALSO means "no bull" and I LIKE THAT!!! Life's too short. A life lived in fear is a life half lived!

ENTERPRISING CHICKS!

read up about some amazing chicks who are out there pursuing their dreams!



BACK 2 BASICS

Ever wondered what it would be like to work as a volunteer in a developing country? At the age of 23, Olivia Kemp's wondering became a reality when she found herself teaching agriculture to locals in rural Cambodia.

After graduating from Sydney Uni with a Bachelor of Science in Agriculture, Olivia was keen to work overseas before settling down in Australia. While she was thinking about where to go, she was hearing more and more about non-government organisations in developing countries and was inspired by the kind of difference she could make. As she had travelled through South-East Asia before, Olivia's curiosity was piqued when she heard about a position going as a teacher at a university in a rural area a few hours east of Cambodia's capital, Phnom Penh. She went for it, got the job, and it was all systems go!

Moving to the small town brought Olivia back to the bare necessities. Often there was no electricity, Internet use was slow and rare, and she couldn't phone home. But it was worth it. "It was actually quite refreshing to get back to nature," says Olivia, "and it helped me realise how good I have it in Australia."

Olivia is now back in Oz to stay and is currently scouting around for fulltime work in natural resource management and environmental conservation. "Working in Cambodia has made me more picky about what type of job I'm looking for. I want to do something where I am achieving something worthwhile and giving something back."

What started out as a hobby for 17-year-old Chanel Tang has turned into a nice little money-making biz. When Chanel's sister started making her own jewellery at home, Chanel decided she'd take a crack at it herself. Chanel then took it one step further and decided to take her earrings into school and try to sell them. And sell them she did - friends, teachers, and family have been snapping up the \$5-20 range ever since!

STRUTTING HER STUFF

Chanel designs the earrings herself - sometimes getting inspiration from what is going on in current fashion, and making designs with her own choice of beads.

"Half the fun was choosing the brand name - Strut - which I painted onto a piece of cardboard covered in denim that comes with each set of earrings," she says.

Chanel, who is now considering taking costume design for her HSC (thanks to an encouraging teacher who has seen her work), has started painting T-shirts - a move which may well mark the beginning of her own fashion line!



instructions for:

making a successful music video

Based on endless Saturdays watching music video shows, here's our 10 top tips on how to make a successful Top 40 music video.

1. Find 60-70 women who will walk around in bikinis and next-to-nothing outfits and drape themselves over men in baggy gangster clothes. Fake breasts preferred.
2. Make sure male artist has at least a few gold teeth, and perhaps a few bullet scars.
3. Possible location - yacht. Place said bikini-clad women on boat & anywhere else they'll fit. Or on lap of male artist.
4. Make sure women never hog the spotlight. Never shoot their faces. Body parts only.
5. Make sure much alcohol is involved, specifically very expensive champagne.
6. Bling-bling and ching-ching essential. Lots of it.
7. If yacht not available, rent huge mansion and place women as per above.
8. Have two women on dog leashes - don't worry, people don't find things like this offensive anymore.
9. If main artist in video is a woman, limit clothing worn to next-to-nothing, but give impression that it's empowering said woman, then in no way can she be judged as 'dirrrty', because she will be seen as 'in control', even in a pair of leather chaps.
10. Make sure women dance very close together - almost kissing but not. But make sure men never even come close to touching, in case of homosexual undertones.

ching ching !!



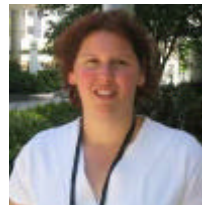
Zoe, 24

"I really don't have any feelings about politics. If I didn't have to vote, I wouldn't. I'm not really interested."



Natasha, 21

"Sometimes I try to pay attention, but the people are just boring. There's nothing and nobody that's interesting. No one is a 'normal' person."



Lindsay, 27

"I'm only interested in what I'm interested in specifically. I don't read all government stuff, but if it's something interesting, I'll pay attention."



Sarah, 17

"Politics is a bunch of people arguing, never agreeing on anything. You don't hear anything positive about it. I think young people should be more involved."



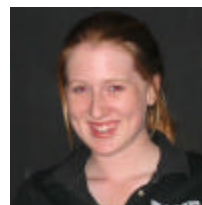
Kirsten, 17

"I don't know much about politics as it isn't really all that relevant to young people. I know it's important and more than just boring talking, but I'm not told much about it. There's not many controversial issues in Australia today, which are relevant to us, so we're not involved."



Monique, 16

"Politics is for ripping people off. It's based on men and their toys (even though they swear that women could one day be PM). They pretend to know what we want and think but really have no clue what they are talking about. To me the politicians in Australia are doing nothing to help the country and are irrelevant."



Alicia, 16

"I don't think politics is relevant to teenagers unless they bring in a law especially for us like the no driving on Ps after 10pm on the weekend. Politicians seem boring and I don't understand them and I don't think we care unless it involves us."



Bianca, 28

"I'm appalled by the lack of spine shown by Australian politicians in terms of standing up against the US, the rights of refugees, taking the lead on environmental issues, and restoring our health system to its former glory."

VOX POP >

What do you think of politics in Australia?

H2-oh!

We all know Australia is a dry continent - we receive less than 600mm of rainfall a year on average. Our average individual consumption of about 1,000 litres of water per day puts us second only to the US as the greatest water consumers in the world.

So this summer, what are some simple ways you & your family can protect and conserve one of our greatest natural resources? Read up.

- * Turn off the tap while you're brushing your teeth.
- * Rather than running water at the sink until it's cold, keep cool drinking water in the fridge.
- * If you've got a green thumb, allow your garden to reflect the weather conditions - by watering less you make the lawn and plants more able to tolerate dry times.
- * Get dripping taps and leaking pipes fixed asap - they waste 20,000 litres a year.
- * Install an AAA water-efficient-rated showerhead - you'll save on water and heating costs.
- * Only use the dishwasher or washing machine when there's a full load.
- * Invest in a dual-flush toilet!

?? So why is there a water problem...

Our increasing population - in the past century the world population has tripled & water use has increased by six times. Agriculture continues to use more water every year to meet the food demands of a growing population. More people means more energy required and more hydropower. Industrialisation, especially in the Western world, has polluted our water supplies. Continued increases of greenhouse gases are causing the 'global mean temperature' to rise. The most polluting industries have moved to developing countries, which places even more pressure on water resources.

Top 10 MUST haves ... blah blah blah
Our pick of the Top 5 lip glosses ...
This month we love [insert product name here]

notice question debunk

I used to think that lists like these were put together by beauty editors who scoured the shops buying beauty products then put them through rigorous testing so that they could tell me what was a great buy and what was a waste of money. I thought they were on my side. Then I read 'The Body Snatchers: How the Media Shapes Women' by Cyndi Tebbel, and was exposed to the inner workings of the beauty industry, and the dodgy world of advertorials. It's been a wake-up call.

So what is an advertorial? It's a page in a magazine that looks just like one of its normal pages, but which has been paid for by an advertiser. These advertorials are "taking over the entire media - turning women's mags into shopping catalogues", says Cyndi, who was the editor of 'New Woman' for eight and a half years until she caused a massive commotion by featuring a US size 16 model on the cover of an issue devoted to body image - and one of the mag's main cosmetic advertisers pulled out. Soon after the fiasco she decided it was time to move on.

The few rules regarding advertorial that do exist in the industry dictate that at the top of the page there has to be something like 'Lippy Lip Advertisement' or 'Cosmo Promotion'. Just to trick you even more, there's also the pages chock full of advertisers' products that mags push because of the pressure advertisers place for free editorial because they're paying for advertising. For both these kinds of advertorials, often the page layout is exactly the same as the rest of the mag, making it hard to tell the difference unless you're really looking for it.

So how does this happen? Each week FREE beauty products start piling up on the desk of the beauty editor. "You can't conceive the amount of merchandise they receive each week," says Cyndi. It most often comes with a biased press release (obviously). What usually ends up in the mag is the press release rejigged a bit. It's the easiest approach for the editor, and obviously ends up being great for the company.

What really makes my blood boil is that chicks spend BILLIONS each year buying these products, believing they are reading an honest recommendation from the mag, when it couldn't be further from the truth. So keep an eye out the next time you're flipping through a mag. See if you can 'spot the advertorial'!

[frank. promises that this mag is, and always will be, free of ads & advertorials]

Tough Times - by Claire Kelly

Watching a friend go through emotional problems or a period of mental illness can be hard. Sometimes it seems that nothing you do or say makes them feel any better. Being a good friend to someone who's really down can be hard, but it's really important. When your friend starts to feel better, they will appreciate your efforts.

Depression and anxiety are the most common mental illnesses for young women. The main symptoms of depression are feeling low or irritable a lot of the time, having trouble sleeping, eating too little or too much, not enjoying the things you usually enjoy, and having trouble with day-to-day decisions and work.

The main symptoms of anxiety are feeling really worried most of the time about things which usually wouldn't worry you, feeling really on edge, having difficulty sleeping, and feelings of butterflies in the stomach, nervousness and panic.

For those who haven't experienced symptoms like these, it can seem very strange. Depression and anxiety may be caused by an event that seems to be insignificant to someone else. Sometimes they don't seem to have a cause at all.

Depression and anxiety are both caused by chemicals in the brain that are not doing what they should do. It can take time for these chemicals to come right again, but with professional help, and support from friends and family, most people recover.

Keeping active, spending time with friends and family, and reducing stress can help to prevent mental illness and promote recovery.

Here's a quick list of do's and don'ts that might help you to help your friend - and keep safe yourself!

DO spend time with your friend. People going through emotional troubles or mental illness need to know that they're still cared for.

DO encourage your friend to seek help - from a counsellor, doctor, or psychologist.

DO speak to a trusted adult if you are concerned about your friend's safety.

DON'T tell them to snap out of it, or point out that other people have it much harder - it won't help, and only makes them feel guilty. If your friend could snap out of it, they would!

DON'T badger them to talk, or eat, or go out with friends. Your friend needs to take things at their own pace.

DON'T call your friend a drama queen, to their face or anyone else. They can't think straight right now, and those comments can be more hurtful than you may realise.

More info: <http://bluepages.anu.edu.au> - www.reachout.com.au

* Claire Kelly works at the Centre for Mental Health Research at the Australian National University. Claire also teaches Mental Health First Aid and Suicide Intervention. Claire can be reached by emailing claire.kelly@anu.edu.au

Feelin' loan-some?

Sometimes you need a personal loan for a car, study, or something else important ... but first up, know that getting into debt is serious business - make sure it's for worthwhile reasons and you can pay it off in a reasonable time frame. Also, appreciate the difference between "good" debt - where you borrow \$ to help generate more \$ (like a mortgage to buy an investment property) and "bad" debt - when you borrow \$ for stuff like clothes! If you do decide to get a loan, here's what the banks want to see.

1. an established saving plan

If you've consistently been saving your dollars for at least three or more months, then you've got what banks love - a savings history.

2. ability to repay

What the banks want to 'predict' is whether you'll repay the loan! They'll want to take a look at your income and regular expenses.

3. 10% deposit

Banks like it if you've saved at least a 10% deposit (that's 10% of the purchase price of what you want the loan for). There are 'no-deposit' loan options but they often carry a higher interest rate, which means you'll pay the bank more \$ for lending you the initial dosh.

4. stability

Basically the longer you've been in your job and your current home, the better you're going to look to a bank.

5. then shop around!

Check out what various banks and credit unions offer to find the deal that best suits you in terms of interest rate, flexibility for repayments, options like redraw facilities, and all those fees and charges!



def-in-ition

sustainable consumption - looks at how we produce, sell, consume and dispose of the goods & services we buy so that we make a minimal impact on the environment and can fulfil the needs of present and future generations. Companies are constantly targeting young women to buy their products - which means you carry more power than maybe you realise!! You can make a difference by being aware of the ethical and environmental ingredients that went into making a product or service you purchase. The more we demand companies to change towards sustainability, the more likely they will.

Anyone interested in the work of the United Nations Environment Programme in the Asia and Pacific regions can join their e-group at <http://groups.yahoo.com/group/tunza-asiapac>

Food for thought ... rather than producing packaging or newspapers that are environmentally friendly, food, drink and media companies happily watch us hand over our own money to our local councils to collect their end product that we've carried out to the kerb for them for recycling. Puts a different spin on things. Also consider that your consumption patterns right now aren't sustainable for this planet - we need to individually create a change, decrease our consumption, and buy eco-friendly.



www.girlsgoglobal.org is an international initiative that brings together contemporary and pop culture images of global 'chick hood' from women and girls across the globe.



*"It is from numberless diverse acts of **COURAGE** and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples, build a current which can sweep down the mightiest walls of oppression and resistance."*

Robert F. Kennedy
University of Cape Town, South Africa
N.U.S.A.S. "Day of Affirmation" Speech June 6th, 1966

Enter the Zone

Girlzone is a new health information diary for young women, created by young women. It's an A5 booklet-style diary that you can carry around with handy info on topics like self-esteem, body image, drugs and healthy eating. To find out more or to grab yourself a copy phone Naarah Dawes on ph: 03 5443 0233 e: naarah@lmwh.net

'The Giving Spirit' by Sheryn Cooper-Smith is a book for young Australian women that features 20 women who are giving back and redefining success - a success that's focused on them, and not on the bling bling things we're often taught to believe go along with success. The book also focuses on the importance of making a connection with our community - the sense of belonging that brings, and the sense that we are all part of something bigger - that together, we can make a difference!! Includes interviews with the likes of comedian Tania Lacy and Lyn Swinburne, National Coordinator of Breast Cancer Network Australia. You can grab a copy in Myer and Borders book stores or purchase online at www.femail.com.au



get ahead at work & great aussie talent

Younger generations of women have had terrible advice. Smart young women excel at school, do well at university, and find themselves inundated with flattering 'girl power' messages

> from the popular media. But there is still discrimination in the workplace. There is still very real resistance to women. The higher you go, the more certain it is that you will experience this. There are Neanderthals out there, and if you don't find them, believe me, they'll find you!

Today we live in a globalised world, a world in which governments have receded from many parts of national life. Responsibility has been delegated to individuals and power has been dispersed among big corporations.

If we don't get enough women into corporate leadership roles, then we won't see any changes in the mindset of modern management. If we don't have women prepared to challenge worn-out work practices, then working men and women will continue to be plagued by unrealistic attitudes towards family life and responsibilities.

I believe that getting women into business leadership roles, whether in home-grown companies or via big multinational corporations, will be both a sign of positive change to the status of women - and a stimulus to that change. Through the resources of big corporations, women in leadership roles will have the opportunity to make a major contribution to the economic and social wellbeing of women, men, families and communities in ways that would be impossible to achieve as isolated individuals.

We owe it to ourselves, our employers, our communities, and our nations to deploy all our skills and tenacity, and succeed to the outer limits of our abilities. And we will be most useful and productive if we succeed, not as one of the boys, but as one of the girls.

Ann Sherry, CEO - Westpac - New Zealand



a top chick

who knows no boundaries

It's cool enough to see a female doing well in any sport, but there's something even more inspiring about seeing a chick excel in a traditionally male-dominated sport like cricket. That's why we're so excited about the first female recipient of the prestigious Bradman Scholarship, Alexandra Blackwell. The award is in honour of one of Australia's cricketing greats, Sir Donald Bradman.

Alexandra, who hails from Wagga Wagga in rural NSW, is a member of the Australian Women's Cricket Team and is a student at the University of NSW where she's studying medicine. The Bradman award is based on sporting talent as well as academic, personal, and social skills. They were looking for an all-rounder, and Alexandra fit the bill.

The scholarship gives Alex a three-year \$5,000 allowance which helps with accommodation and academic expenses.

Through the Bradman Foundation, Alexandra has also been able to promote girls' and women's cricket. She insists there's lots of us out there playing it and playing well.

The more females who play, the more popular cricket will become, and with great role models like Alexandra out there, the future of women's sport can only get brighter.

FYI - past winners include Mark Faraday, Keiran Mahoney, Sam Williams, Greg Mail, Martin Love, Andrew Ridley and Geoff Lovell.

You are too fat. You have too many pimples. Your breasts are too small. You have bad breath. You have too much body hair. Your legs are not long enough. Your lips are not pouty enough. Your butt is too big. Your teeth are not white enough. You are not sexy enough. Your hair is not shiny enough. You are unpopular. You are not different enough. You are too different.

Feeling good?

Almost every advertisement you see is selling you a product. They figure the more insecure you feel about something, the more you'll buy their product. Most companies profit by creating a problem then offering the perfect solution - often when there wasn't even a problem in the first place! We have body hair. We get pimples. We don't all have Kylie's ass.

The cosmetics industry is a multi-billion-dollar industry in most countries - why? Because we're told we need cleanser/toner/exfoliant/masks/eyeliner/blush/fake-tan/cellulite cream/day cream/night cream to look and feel our best. And that's big business! We're not saying stop buying beauty products, just consider whether there's really a problem that needs fixing. In most cases, the answer is probably a big NO! (Thanks to the fantastic mag Adbusters for the inspiration for this piece.)

wwwelcome to the web :)

There's many things we take for granted, and using the Internet any time we want is often one of them. Something we can do at the drop of a hat is something that some people have no access to at all.

Well that's now changed for 12 female journalists from Pakistan, Bangladesh, Bhutan (who only got TV in the past few years!) and Nepal who attended a seven-day workshop entitled "Training Women Journalists in New Media". Using hands-on training, the workshop taught the women how to communicate using the Net, how to use the Net as a research tool, website design, creating mailing lists and discussion forums, and other multimedia components.

The workshop was run by Global Knowledge Partnership, OneWorld South Asia and Panos South Asia and the women came from not-for-profit organisations and media houses. Another workshop was recently held in Bangalore, India, for women from India, Sri Lanka and the Maldives. For more info visit www.globalknowledge.org

women's eNews

If you're looking for balanced, interesting world news of concern to women then check out www.womensenews.org Women's eNews is a non-profit independent news service by journos around the world who are regularly consulted by commercial media outlets for leading stories. Women's eNews also offer a free daily or weekly newsletter to readers that helps bring vital women's issues to the forefront in an intelligent, thought-provoking, and meaningful format.

feelin' stuck?

Ever find yourself in a sticky situation you don't know how to get out of? Here's a radical idea (that actually works!!): be honest. For example, if you want to break up with someone, or you want to renegotiate an arrangement at work, tell the person you're dealing with how you honestly feel so you both know where you stand. Even if there's an icky weird feeling afterwards, at least some new option may reveal itself to you, and you'll have a clear conscience to get on with your life. Obviously easier said than done, but you'll be amazed how liberated you feel.

opportunities

Write in Your Face 2003 - 2004 are looking for proposals from young writers who are using language in innovative ways such as e-zines, comics, multimedia, multi-art forms, web sites, live performance and spoken word.

An initiative of the Australia Council's Literature Board, you need to be aged 16-30 years to apply, or an organisation may apply on behalf of young writers (16-30 years old). You can apply for up to \$5,000 in prize \$\$\$. Your application should be for the language aspect of the project, rather than for costs of equipment, music or graphics.

To win you must show: innovative excellence - potential to advance the artistic expression and development of young writers; clearly identified aims and outcomes; and a proposal that is well-planned and achievable with timeframe and budget (projects for which funding is requested should not commence before 1 May 2004 and must be completed by 30 April 2005). More info: Ph: 02 9215 9052 or email j.jones@ozco.gov.au Entries close: 8 December 2003

Bioenergy Australia 2003 - Sustainable Energy For Our Future

Australia's premier bioenergy conference will be held at the Novotel Brighton Beach Sydney on 8-9 December 2003, with a conference tour on 10 December. The program includes over 40 sessions, covering policies and programs, prospects for bioenergy and case studies. Visit www.conferenceaction.com.au/current/Bioenergy.pdf

Inside VOICE is an exciting new monthly 'Taking It Global' e-newsletter that highlights news, announcements and editorials related to international youth participation in decision-making. There are also opportunities to submit essays, articles and creative written work on important global issues. Check it out at <http://voice.takingitglobal.org>

Accessorize Book Drive

Retail fashion accessories chain Accessorize are collecting new and second-hand books to help open a community bookstore in Samoa.

In August 2003 the national manager for Accessorize, Caroline Wise, attended a Young Entrepreneurs Retail Skills Training workshop in Samoa. The workshop was set up by The Commonwealth Secretariat, the United Nations Development Programme and The Body Shop to assist and encourage young people in a developing country to start their own retail business. One of the budding entrepreneurs attending the workshop, Tausaga Tugaga, wanted to open a bookshop, so Caroline made a commitment to Tausaga that Accessorize would support her. So...you can now drop off your donated books to any Accessorize store, or to their office at The Adidem Group, Cnr Wellington & Jacksons Rds, Mulgrave Vic 3170

More info: Ph 03 9565 0662 or email julia.ferracane@theadidemgroup.com.au

More info on The Young Entrepreneurs Retail Skills Training Workshop www.undp.org.fj

Accessorise store locations:

VIC - Chadstone, Eastland, Melbourne airport

NSW - Queen Victoria Building, Pitt Street Mall

QLD - Queen Street Mall

* new stores opening soon - Ph: 1800 065 232 for details

history of frank.

We've had a lot of questions about how and why frank got started...so here's the scoop.

After working as a journalist for many years, **Karen Miles** dreamed a big dream five years ago...to create a magazine for young women that contained positive, attainable, genuine information about living a happy, healthy life. Forget dieting, models, and stupid tips, Karen wanted the mag to be about career advice, inspiration, relationships, fun stuff, and education.

After learning how to write her first business plan - and after several rewrites - Karen spent too many years trying to convince hundreds of advertisers, partners, and publishers that her magazine idea was, in investor speak, "financially viable". With little support for what was clearly a "little fish in a big pond" idea, Karen refused to give up and decided not to wait for her 'cash cow with a heart' to appear.

In August 2003, Karen called her journo mate **Katie Delaney** who was also passionate about how women were represented and 'talked at' in the media. They decided to just go for it - to create their own mag together as 'volunteers' without any moolah and a total ban on advertisers pushing products and airbrushed ads. Karen then called **Jessica Kiely**, her biz partner at Youth 2 Youth, and pitched the concept - and Jessica was soooo on board!

The name '**frank**' came about the day after Karen, Katie & Jessica's first magazine meeting. They had all come up with their own list of possible magazine names that expressed the magazine's thought-provoking, intelligent and straight-talking content. On Karen's list was the word "frank". Karen emailed the name to Katie and Jessica, and Katie was on the phone in a flash - they both had the same name stuck in their heads! Very cosmic?! We all figured, if you're going to share information that "tells it like it is", ya may as well be "frank"!

So...that's how you came to have a copy of frank in your hands. Pls pass it on! :)

frank.

co-editors: **Karen Miles & Katie Delaney**

karen@youth2youth.com.au & katie@youth2youth.com.au

research & subscriptions: **Jessica Kiely**

jessica@youth2youth.com.au

contributors & photography

australphoto.com.au (fab cover image), freeimages.co.uk, cooltex.com, Jessica Kiely, Claire Kelly

want a free subscription?

to get your FREE personal copy of frank every issue, send an email to: subscribefrank@youth2youth.com.au and write 'subscribe' in the subject line - too easy! we'll keep your details confidential & you'll get nothing but frank magazine from us!

frank wants you!

frank wants to publish your articles and photos (especially ones you think would make great cover shots!!)

email: jessica@youth2youth.com.au or post to Jessica Kiely - frank magazine, PO Box 339 Pennant Hills NSW 1715

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 us an email to: katie@youth2youth.com.au

fyi

frank is a FREE e-mag for young women and is distributed by email. frank is run by volunteers and is published through Youth 2 Youth, a socially responsible company who provide youth-led training, workshops and resources for enterprising young people. frank (meaning: honest, open, to the point) is created by Karen, Katie & Jessica coz they want to provide young women (like you!) with valuable information and tools to make your own diverse and informed life choices - and have some serious fun along the way!! contact details: Ph: 02 9484 7722 www.youth2youth.com.au/frank.asp

and now for the boring but necessary legal stuff: The contents of this magazine are subject to copyright. We will not hold ourselves responsible for unsolicited contributions. frank will retain reprint and editing rights to contributions, but contributors retain all other rights for resale and republication of their work. The views expressed by all of our authors and contributors are not necessarily the official views of Youth 2 Youth. All information is published in good faith.

frank.