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2009

RADIO ACTIVE

4ZZZ 102.1 FM RADIO TIMES 09

FEATURES

Catch up with former Zedders

Volunteering at Zed

4ZZZ Projects

Music: Doing it yourself!

Eco & Vintage Fashion

Organic & Vegan food features

Fascinating Collectors

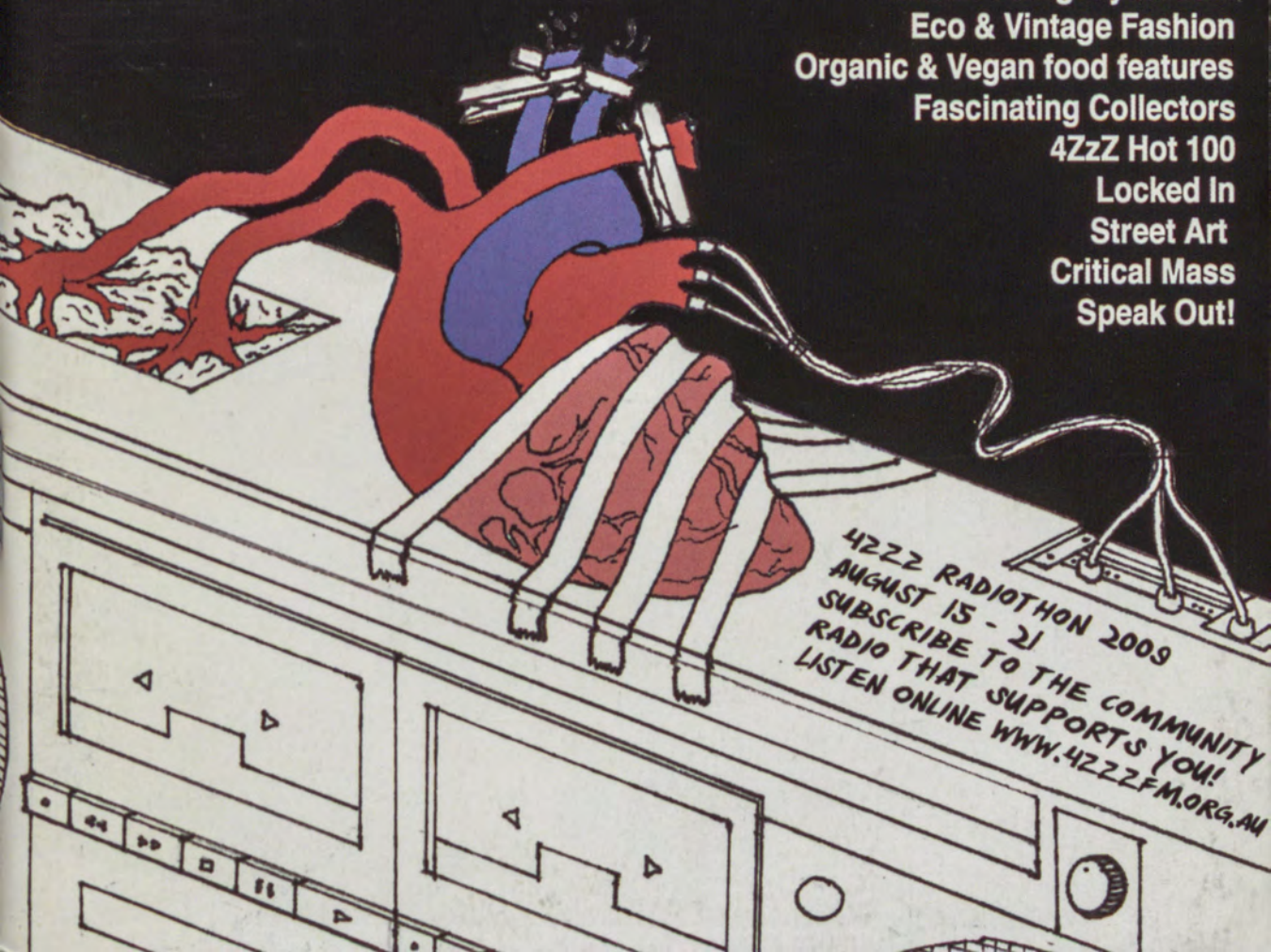
4ZZZ Hot 100

Locked In

Street Art

Critical Mass

Speak Out!



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4ZzZ's mission statement is to be an influential player increasing awareness of the concerns of marginalised communities, their issues and music.

Disclaimer:

The views expressed in this publication are not necessarily the views held by station management, staff or volunteers. Some material may offend.



Into ACTION

Radio Active is about being a broadcaster who improves how, what, when, where and why we agitate, educate and organize. However, Triple Zed cannot achieve this alone, we need you to get on board. Kenyan political and environmental activist Wangari Maathai reminds us about the importance of the individual in our community. "Every one of us can make a contribution. And quite often we are looking for the big things and forget that, wherever we are, we can make a contribution... just imagine what's happening if there are billions of people out there doing something. Just imagine the power of what we can do," she says. Triple Zed doesn't want to imagine, it wants action. How can you help?

Everyday, Triple Zed gets emails, letters and phone calls from a number of you to let us know your likes and dislikes, plus suggestions to improve our services. Your feedback gets placed in a special book so any subscriber can find out what you're telling us. You can email us at info@4ZzZfm.org.au or send a letter to 4ZzZ, PO Box 509, Fortitude Valley, 4006.

You can actively help Triple Zed by encouraging new people to tune in. You might like to ask a friend, work mate or family member to change the

station because you'd like them to try something new. Let them know what they hear the first time will be completely different to every other time. Given Triple Zed's diverse programming, they might hear anything, from jazz, punk, indie, pop, funk, dark wave, reggae to drum n bass, metal, rock and experimental music. But Triple Zed is not just about music, we've got shows that inform the community about the environment, news, politics, movies, the arts, community events and organizations, GLBT issues and more.

In recent online surveys you've let us know you love "the real people" on air, the support offered to independent music and news (especially the fact Triple Zed is not playlisted), and our community minded approach. You also offered us areas for improvement, such as having a show dedicated to animal rights and information.

With forums and social networking sites, you can inform people from all over the world. Your friends list may include mates, local businesses, bands, community organizations, record labels, visual artists and more. All of these people can tap into interviews, free community announcements, information on how to get music into our library,



Have you ever stopped someone for a chat just because they are wearing a Triple Zed t-shirt? It's pretty amazing the reception you get when you do. It's like finding a long lost friend or family member.

and take on responsibilities they are supported and encouraged through every step.

Of course Triple Zed has been very busy making improvements within the station to assist you further. This year, Triple Zed will be broadcast via FM, digital, podcasts and web streaming. Now everyone in the world has access! We've also: introduced new departments and expanded others; upgraded studio equipment; and participated in training of volunteers and the general public. We're actively reducing our carbon footprint by being totally solar powered, plus we're working on ways to reduce paper usage and "green" the station.

To close I thought I would borrow a quote from the Dalai Lama. "I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world," he says. Let's make the world a better place by telling everyone what Triple Zed can do for them. Your community radio station, Triple Zed is only going to become better and happier with your help.

general announcements about events, exhibitions, rallies, gigs and happenings in our local and surrounding community.

When you subscribe please let Triple Zed know your favourite show. This is most important at Radiothon time as it lets Triple Zed know what shows our community supports. It also helps announcers know who is supporting them.

Have you ever stopped someone for a chat just because they are wearing a Triple Zed t-shirt? It's pretty amazing the reception you get when you do. It's like finding a long lost friend or family member.

Do you know anyone that's required to do work for the dole? Great! Remind them that Triple Zed is involved with a number of organizations where work for the dole can be done at Triple Zed studios.

Are you or a family member aged between 12 and 20 years? If so, Triple Zed needs you! At a community broadcasting conference in Alice Springs in November 2008, the importance of mentoring and encouraging youth participation was high on the agenda. Triple Zed promotes youth involvement in all areas of the station. Young volunteers don't just get menial roles either, if they want to learn skills

Cheerio

Tracey Newman

General Manager – 4ZzZ

Zed History



Want to know some Triple Zed history? Just as well, as Stephen Stockwell plans to give you a crash course.

It is impossible to cram the long and colourful history of Triple Zed onto a couple of small pages. Unfortunately I didn't realise that until I had invested quite a bit of time into this article. However not being one to fail to finish what I start, I persevered. What you find over these pages is a very condensed version of the station's history.

Triple Zed was born as 4ZZ and was Queensland's first radio station to broadcast on the FM band in glorious stereo. Given life with a low power licence the station first broadcast at midday on the 8th of December 1975, the first announcer: John Woods. His first words: 'You're listening to 4ZZ-FM in Brisbane bringing you stereo rock on a frequency of 105.7 megahertz.' The first song played was 'Won't get fooled again' by The Who.

Coming from a studio built by volunteers in the University of Queensland's Union building, it was the child of some determined political activists and University of Queensland students. The station's name became 4ZzZ three months after it's first broadcast when the Broadcasting Control Board decided all FM stations would have three letter call

signs. Triple Zed was granted a full power licence on November 30th 1978 and prepared to broadcast from Mt Cootha. It was then the move was made to our current frequency of 102.1Mhz.

A major hurdle for the station came at 4:17am on the 14th of December in the way of a forced eviction by then UQ Student Union head, Ms Victoria Brazil. Ms Brazil, along with three other members of the union executive, stormed into the studios and decided it was time to stop Triple Zed from broadcasting. Ms Brazil had ignored legal advice against a forced eviction for the sole reason she didn't believe the station would have the means to fight it, a noble reason if ever I've heard one. The on-air announcer was able to grab a tape recorder and a contact book on his way out and it was decided the best course of action was to get to the transmitter at Mt Cootha, broadcast from there, and get as many people to the UQ studios as possible.

Quite a crowd appeared at UQ and some announcers broke in the back way to let everyone in. It was soon decided that the best course of action would



be to keep Triple Zed-friendly people in the building 24 hours a day in case the union attempted to evict them again, a plan that ended up turning into a several week long party.

After this it became clear Triple Zed was no longer welcome at its UQ home and the decision was made to move on. The move came in the form of a studio on Coronation Drive in Toowong, although to start with only the administration was based there, with actual broadcasting done from a caravan next to the Mt Cootha transmitter. The studios at Toowong were cramped and a massive change from the comfortable surroundings of the UQ Union Building. The whole station consisting of an on-air studio, production studio, record library, finance room, space for technical equipment and front desk area, was crammed into an open plan office space.

When the lease expired at Toowong in 1992 4ZzZ moved to its current location in Fortitude Valley. The building Triple Zed now inhabits can be found at 291 St Pauls Terrace and is the old Communist Party HQ. The move was not cheap though. The

office housing the studios at Toowong showed considerable wear from three years of Triple Zed use and a decent amount of work, and money (between \$6000 and \$7000) was needed to bring it back to a decent state. It ended up costing more to restore the old space than it did to get into the new one.

Triple Zed eventually managed to raise the \$30,000 for a deposit on the St Pauls Tce. property and has happily been kicking along there now for over fifteen years now.

Recently Triple Zed launched itself into the 21st century with its webstreaming capabilities allowing listeners all over the world to tune in and enjoy the wonder that is Triple Zed. We have also been working on our green credentials with the whole station now running off solar panels installed on the roof of our studios.

-If this has wet your appetite for Triple Zed history try and track down the books *Generation Zed* and *Sounds like a Jilted Generation* for more info.

Stephen Stockwell is a journalist at Triple Zed

Get Radio Active!

Volunteer and keep the station active on the air.

There are a bunch of ways you can get involved and help Triple Zed. One of those ways is volunteering at the station. Triple Zed's Volunteer Coordinator Natalie Templeton tells you why it's great and how you can get involved.

Triple Zed is an organisation that survives on the great work of volunteers. Other than 3 full-time staff, the station is run entirely by the passion and energy of our beloved vollies. Being a volunteer at the station means you play an integral part in keeping the dulcet tones of our announcers and their guests broadcasting across the airwaves. Without the hard work of the fantastic people around the station, Triple Zed would not survive. You can be one of those people!



Volunteering is satisfying for the soul. People who volunteer are working and giving their time and energy for no monetary gain. It is a rare thing to be able to do in this world, and doing so gives a happiness that can be hard to find these days. Work is done for the satisfaction of completing a task and helping something as fantastic as Triple Zed to exist. Work is also done because it is great fun to hang out with the diverse and interesting assortment of people who volunteer at the station. And, if you are lucky enough to become an announcer at some stage it becomes a whole new level of fun.

People volunteer at Triple Zed for many reasons. Everyone gets a kick out of being a part of the great entity that is Triple Zed. Some come to gain experience in new areas; some for specific work experience in areas such as production or journalism; some come for the social or industry connections; and some come just for the warm fuzzies they get from giving back to the community. Volunteering at Triple Zed enriches your life in all kinds of ways.

Since Radiothon last year we have been making some changes to how the volunteering is run around the station. We have said goodbye to the wonderful Heidi who has run the volunteer department solo for the last few years. We find the station is growing bigger all the time and we need a great deal more volunteers to help things run smoothly. To help us to manage this we have created a new volunteer department with a mission to create a safe and happy workplace at Triple Zed.

It's easy to volunteer at the station. Simply go to our website www.4ZZZfm.org.au and find our application form on the volunteers' page and email it in to us. Or come into the station during business hours and pick up a form from the front desk. Keep an eye on the website for upcoming volunteer information sessions which are held once every couple of months.

We are always keen to have new faces helping around the station. Having new energy coming in keeps the station active and alive! We want YOU to be part of that energy.

Natalie Templeton is the Volunteers Coordinator at Triple Zed.

SUBSCRIPTION RATES:

UNDER 10: \$15

STUDENT: \$30

FULL: \$50

PASSIONATE: \$120

BAND: \$150

MUSICIAN/ARTIST/DJ: \$75

BUSINESS: \$120

COMMUNITY GROUP: \$75

If you listen to Triple Zed on a regular basis you would have heard the rant before, 'Subscribe to Triple Zed, it's great, you get lots of cool stuff.' I know what your thinking, 'Really? How great? What sort of cool stuff?' Well sit tight, I'm going to tell you.

To start with you need to be a subscriber to make requests and because Triple Zed is your radio station we encourage this, we want to play music you want to hear. Secondly, being a subscriber allows you to enter on-air competitions and win prizes (don't pretend you're not interested, everyone loves prizes). You also get discounts at Triple Zed subscriber outlets. Right, so far it's prizes, cheap stuff and song requests, but wait, there's more.

Subscribers get discounted entry to Triple Zed events, and passionate subscribers often get in for free. Of course the icing on the subscription cake is the ability to come and volunteer at the station to help us grow and become even better. So don't just sit there pretending not to be interested, subscribing has all the things you love: prizes; discounts; and cheap entry to gigs. It hardly gets much better than that does it.

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We are what we share

Projects at Triple Zed

So you know Triple Zed is a radio station, but we get up to lots else too. Triple Zed's project manager Giordana Caputo tells you a bit about why she loves what she does.



risbane can be a tough city to live in, with our unchanging brilliantly sunny weather, expansive river and bikini-clad tourists roaming South Bank, one is expected to be happy and optimistic all the time. But on a Sunday afternoon

when the sun is setting and thoughts turn to the work-a-day week I often entertain panicked thoughts of escaping to somewhere more exotic. Then I remember the work I do at Triple Zed each day and realise that it's the most rewarding thing in the world.

The work I do at Triple Zed revolves around grant writing and dreaming up projects to engage different sections of the community in the station and this has brought me into contact with some extremely inspiring people and opened my mind to just how diverse Brisbane is.

One of the main projects I've been managing for the past 18 months is the 4ZzZ Airplay Educational Tour program, where we invite groups in the community to come and check out the station and learn about community media. Students studying for their Certificate in Music Industry visit the station through these tours and many of them bring their own CDs to play live on-air while being interviewed by one of the Triple Zed announcers.

It's pretty amazing to see a 16-year-old kid who hasn't ever been to a radio station before jump behind a microphone and pull off an interview when you know their heart is racing. These students also

get the chance to create their own 'mock broadcast' in Triple Zed's training studio and it often occurs to me while watching them deliver their show to their classmates, that teenagers are natural DJs, 'cause it's all about the ego.

One of the most inspirational tours I conducted was for a group from Mercy Disability Services. Six women with varying mobility and speech difficulties arrived at the station for the tour, their support workers helped them navigate our steep staircases and we spent time in Triple Zed's music library. The women were big radio listeners, but their tastes tended toward old time rock 'n' roll and easy listening, not exactly Triple Zed's preference, but once they heard some Jimmy Little playing in the studio they all started bopping along. We then invited everyone to record their voices in Triple Zed's production studio, while the women were initially shy they soon warmed to the microphone. The Mercy Disability Services support workers said it was the first time many of the women had ever heard their own voices and their eyes popped in recognition when we played the recordings back.

These tours are made possible through the support of the wider Triple Zed community, who always hold open the studio door for visitors to the station.

A group of dedicated volunteers also helped set up our rad new training studio, building walls, sourcing equipment and putting together a training desk, while some excellent local stencil artists decorated the room with street art -come check it out next time you're at the station.





I've also spent the past few years working with young people attending Art Space, the Mater Hospital's Alcohol and Drug Withdrawal Service diversionary program. Our latest project was organising an all ages gig featuring local musicians, artists and craftspeople and a live broadcast on Triple Zed.

Lil Day In was an incredible event for me, because I got to see the young people involved go from knowing next to nothing about event management to successfully organising and managing a medium sized gig and an outside broadcast in about a six week period. The young people were so dedicated and on top of it, all I had to do on the day was watch bands and eat cupcakes.

The majority of projects I organise for Triple Zed revolve around young people, because you may not realise it but as the population ages, so does Triple Zed's listenership and I believe that for Triple Zed to stay relevant and meet its mission statement we need to be actively engaging young people at the station.

This vision fits in really well with the vision behind the Brisbane City Council's Visible Ink Space, which provides space and resources for young people wanting to do creative things in the city and suburbs. Visible Ink recently invited Triple Zed to run some workshops and through the RadioWaves project I trained a group of eight young people in creating podcasts for the station's website.

The young people immediately impressed me with their interest in the way the media shapes our lives and their desire to have their own voices and stories heard. They uncovered skills they didn't know they had and managed to record interviews, sound effects and even music. Then they edited together a range of podcasts on topics ranging from Parkour to metal music. These podcasts are available on the Triple Zed website and what's more, Triple Zed welcomed a whole new group of young volunteers into the family.

While the work I do at Triple Zed is challenging, especially as, like most volunteers, I have to juggle a 'real job' and put together a weekly show, it's actually really, really fun doing what you love.

If you are a community group or a young person get in touch with the station about our tours and workshops or just pop in for a chat, 'cause I'd love to meet you.

Giordana Caputo is an announcer at Triple Zed and you can contact her at giordana@4ZzZfm.org.au.

To find out more about the Youth Projects or Airplay Tours check out the Triple Zed website at www.4ZzZ.org.au or drop us a line at info@4ZzZfm.org.au.

Past Zedders

Triple Zed has come a long way since its beginnings and has had thousands of people come through the station. Sophie Benjamin and Stephen Stockwell tracked some down and asked them what it was like in their day.

So Triple Zed has been kicking around for over 30 years now, it's had three homes and a phenomenal number of people help out over the years. We thought it was about time we tracked down some of these former volunteers and station staff to find out what Triple Zed used to be like, and what trouble they used to get themselves into.

Nicola Joseph

Nicola stumbled into Triple Zed in 1981 after finishing a journalism degree in Bathurst, New South Wales. She had heard of Triple Zed in her last year of university and knew a few station staff through friends so she thought she'd head up to Brisbane. Nicola was determined to get a job in the media after finishing uni and when she flew up from Bathurst for the interview she sat down in front of twelve or thirteen people, turns out she was interviewed by the entire station.

For two and a half years Nicola worked on the early morning shift from 5-10am by herself, preparing hourly bulletins and doing interviews by herself. While it was always an effort to drag herself out of bed well before 5am. The up side was her home was never raided by the police.

"The Special Branch usually raided houses at around six in the morning, but they needed a resident to be home in order to do it. Our place never got raided, but everyone else's at the station did," she says.

Nicola loved the work she did at Triple Zed in the early 80's, but the thing that surprised her most was the fact there were only three women on staff, all of who worked as journalists. After leaving the station, Nicola moved to Sydney and started Radio Skid Row, a community radio station broadcasting to the inner-city suburbs. Nicola says Radio Sid Row was very much inspired by the workings of Triple Zed.



Nicola ended up staying in Sydney and now works as the national training project manager for the Community Broadcasting Association of Australia (CBAA).

Steve Austin

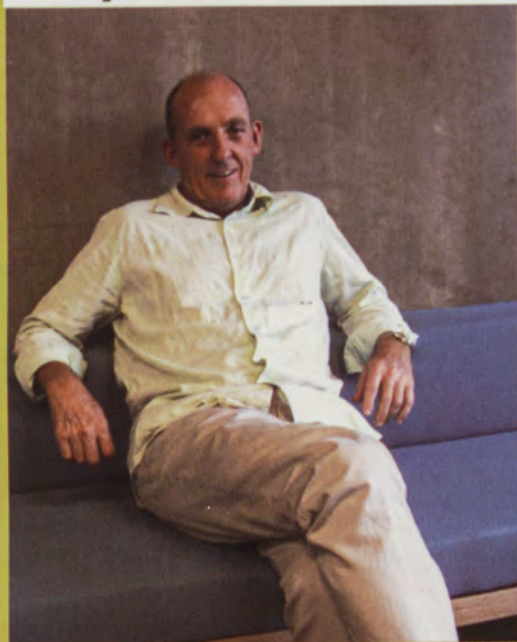
Steve began his time at Triple Zed in 1982 in the time-honoured tradition of a graveyard shift. "I'd enrolled in a radio and television production course and knew a guy called Peter Knapman who was a techo there. There happened to be a one-off vacancy doing the graveyard shift on a Tuesday night, so I gave it a go and loved it!" he says. Steve hosted the 1-5am graveyard twice a week while still managing to work full time, he kept this up for close to two years before the sleepless lifestyle took its toll and he threw in the towel. He had a ball hosting the graveyard, just sitting there playing the likes of Joy Division and The Cure, early REM and the Buzzcocks.

Steve was fascinated by the culture of Triple Zed, as he came from a family that encouraged him to think for himself and Triple Zed fostered that, it was mischievous and caught his ear. When you get around to asking Steve what he loves about Triple Zed he presents quite an endearing answer, "You actually get real people on Triple Zed, they're flawed just like I am," he says.

Steve has stayed in Brisbane and can now be found presenting Evenings on Brisbane's 612AM ABC Local Radio.



Kevin Hayes



Kevin was an architecture student at the University of Queensland (UQ) and was involved with Triple Zed from the very beginnings, helping to build the station, literally. This became interesting when they started knocking out walls upstairs at the Union Building at UQ only to find the floor would not support the weight of the equipment they wanted to bring in, so they headed downstairs and did it over.

Kevin says it was great to see the amount of volunteer support that flooded in: someone actually built the original transmitter, Triple Zed didn't buy it. The broadcast licence only came through two days before they started broadcasting and there had been some tense moments with a change of Federal government so those involved with the station were very relieved.

Kevin is inspired that Triple Zed has carried on over the years and been passed from hand to hand. He says the twelve people who originally set up the station always believed they would never stay there, that they would move on and others would take over.

Still living in Brisbane, Kevin is now the director of Kevin Hayes Architects. The firm has been involved in many iconic entertainment venues in Fortitude Valley, including The Family, The Met and Cloudland.

Steve Stockwell

After studying at UQ Steve got involved with the station not long after it got going. He would have been there from the start but he was other-wise engaged. 'I had my head up my butt doing a philosophy thesis,' he says. He began working on specials, getting live bands for recordings and thinking up bizarre topics for radio documentaries. Steve ended up hosting a breakfast show at one point during his time at the station and because he lived at Highgate Hill, just across the river from the university, he would row over to do his shift. Also playing in the band The Black Assassins during the early 80's, Steve ended up being involved in the punk scene.

In the mid-80s he headed to Sydney to study more but instead returned to work in Queensland with the ALP during the Goss campaign. When he headed back to Sydney he ended up working for *Four Corners*. He rang the show and ended up being put on to Marion Wilkinson, an ex-zedder, who hired him, saying "At least he knows what a story is."

Steve cites Triple Zed as the force that got him into the media. It also helped him make contacts with people who are still his friends and colleagues today. He currently lives down at the Gold Coast and you can find him as the head of journalism at Griffith University's Gold Coast campus.





Brendan Greenhill

Brendan found himself involved with the station in the mid-80s and didn't leave until 1996, with a commitment of somewhere around 15 years. During his early days at Triple Zed he worked as a presenter as well as a reporter for the news team and generally got involved in whatever rabble rousing he could find.

During the early 90s Brendan became the coordinator of Triple Zed's current affairs show Brisbane Line. They used to get in a good turnover of students, they'd give them access to a recorder and a mic, teach them some interview skills and they would start to produce stories and develop

portfolios. A lot of them ended up going on to host shows. During his time as the Brisbane Line coordinator Brendan would host Saturday Brisbane Line, a three-hour show. Saturday Brisbane Line was an afternoon show and would feature a wrap up of the weeks events, they would re-play some stories from the week, get in a special guest and try to stir people up to put on talkback.

Since his time at Triple Zed Brendan has had a few callings but has settled in the Australian Capital Territory working as an ambulance support officer, taking emergency calls and liaising with paramedics and other ambulance staff.



THE BARNEY RUSTLE BLANKET

BY CRUMPLER

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doing it yourself



Are you a local band? Do you want to get your music out there without the hassles/ hangups of having a manager or label? It may seem impossible but don't freak out, you can do it, I believe in you.

Where there is a will there is a way. If you don't want to go the traditional route of the studio recording and label distribution channels, you rest assured there are other ways to get your music out there.

Now I'm not going to say you'll get an amazing sound every time from a home recording but that doesn't mean you can't get decent recording from a well thought out home set up with someone who knows what they're doing. Nowadays you don't even need to go as far as pressing a release as there are places who will host your tunes online for nothing. However if you do decide to go this way make sure you have a good read of the terms and conditions before agreeing to anything and have a handle on copyright law (I know it sounds boring but it can be important). Some online hosters (I'm not going to mention any names) can be pretty sneaky with their terms so always keep that in mind.

After you've done all your recording and mastering and decided you deserve to be paid for all your hard work hit up APRA (www.apra.com.au) as they are the guys (and girls) who make sure you get your royalty payments. It's not hard to register and I'm pretty sure the temptation of making some money is enough to get you onside.

There are other ways too. Just check out this stuff

about Live and Local if your not convinced there is more than one way to skin a... banana.

4ZzZ subscriber bands rock the airwave... LIVE!!!

What do you get when you combine a radio station that has always supported the local music scene, local musicians who support community radio, and a local recording studio that supports both? 4ZzZ's Live and Local show, that's what.

4ZzZ Live and Local showcases the work of local subscriber bands and artists in a one-hour, live-to-tape show recorded exclusively for 4ZzZ listeners at Wavelength Recording studios.

Presenter Robyn Clare approaches 4ZzZ subscriber bands to come into the studio to record a full live set, usually broadcast a couple of weeks later. "It's 4ZzZ's way of thanking the artists who support us," says Robyn, "and local talent is just awesome! Our bands can hold their own anywhere in Australia."

4ZzZ listeners get to hear a professionally recorded live gig made just for them, and bands have a whole hour to promote their music. All Live and Local artists also receive a CD of their set to use for their



own promotion.

To capture the essence of a band's live sound the sessions are recorded live in no more than two takes, then mixed and mastered. Most of the sessions are recorded at night (after the musos finish work their day jobs), or on weekends.

Sound engineers who have donated their time to support the Live and Local Project are Joe Panetta (owner of Wavelength Recording), Dave Atkins (Wolfmother, Resin Dogs) and Marcello Milani (Tibet2Timbuk2, The Toothfaeries).

The show features loads of different bands and covers all the different styles of music presented by 4ZzZ.

"and local talent is just awesome! Our bands can hold their own anywhere in Australia."

So bands and artists, what are you waiting for? Does this sound like the sort of experience you or your band would be interested in getting in on? If it does then it's your lucky day as all 4ZzZ subscriber bands can be part of the action on the Live and Local show. You do need to be a subscriber band though, so hit up the 4ZzZ website at www.4zzzfm.org.au and click on the 'Subscribe' link for more details.

Also, feel free to e-mail Live and Local for more info at 4zzzliveandlocal@gmail.com.

Robyn Clare is an announcer at Triple Zed.



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- **Rocketsmiths** – www.myspace.com/therocketsmiths
- **The Pretty Boys** – www.myspace.com/theprettyboysbrisbane
- **Mouthguard** – www.myspace.com/mouthguard
- **Davey Spicer & The Creatures of Habit** – www.myspace.com/daveyspicercreatures



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www.jubileehotel.com.au

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CAFE WHAT?

There are services around Brisbane that provide support to people in troubled circumstances. Ruth Chalker looks at how Café One is doing things a bit differently.

Great food, subsidised prices and a welcoming atmosphere have all helped Mission Australia's 'Cafe One' on Brunswick Street, Fortitude Valley, to become increasingly popular.

Cafe One currently serves breakfast and lunch to about one hundred people every day. Full fresh cooked meals cost at most four dollars and cups of coffee or bowls of cereal soup just one dollar.

Most of the customers are either homeless or in temporary housing, and have been visiting the café since it opened in its current location three years ago. For them, visiting a cafe, rather than a soup kitchen, and paying for meals, rather than relying on handouts, is incredibly empowering.

Mission Australia's Operations Manager of its Community Services in Queensland, Avryl Gratton, says Café One has a real feel of community to it and the clients have developed ownership and responsibility for the space.

"When I walked in the door for the first time I saw Michael, a client who is currently having some problems finding permanent housing. I watched him pick up a mop and wipe away all the footprints and scuff marks in front of the bain-marie," she says.

Michael says a little bit of respect goes along way and he just wanted to show Mission Australia, and its employees and volunteers, that he has respect for the café.

Café One's Team Leader and Welfare Referrals Officer, George Blair, says many of the clients offer to volunteer. He says his policy is

to encourage them to address their own problems first, and then, if they are able to find housing, and are healthy and well, he might recruit them into volunteering regularly.

The café has recently had an increase in the number of its customers. George believes it is because they changed from serving mostly pre-prepared food, to fresh cooked meals. However Avryl says, while it may be too early to say, the increase in customers could be due to the financial crisis and the pressure it has put on people.

Café One is much more than just a cafe, and George, who is often referred to as 'Uncle' by the clients, coordinates an extensive list of welfare services. These range from providing legal assistance, to help finding accommodation and ID cards, to providing hygiene packs and blankets for people sleeping rough.

With only three paid staff, Café One relies heavily on its volunteer staff. The café is often understaffed and is always looking for new volunteers who can rise to the challenge.

Long time volunteer Devan Pillay began at Café One when he was looking for work experience in order to get paid work at a café. He now finds volunteering at Café One much more enjoyable and less stressful than his paid job.

He says volunteering keeps people grounded and the customers really appreciate being served by someone with a smile.

- If you would like to volunteer at Café One, please contact George Blair on (07) 3252 3572 or blairg@missionaustralia.com.au

Ruth Chalker is a journalist at Triple Zed.





MUSIC

If you fancy yourself as a muso, or you're just trying to get some music out there, QMusic are here to help. Ben Walker takes you through who QMusic are and what they do.

There's no denying it: being an artist in the music industry is difficult. From organising gigs to dealing with record companies, the process can be overwhelming. QMusic is dedicated to providing resources and advice to Queensland musicians - anything from legal advice to how to press CDs. Since 1994, QMusic, a non-profit organisation, has helped emerging artists and new bands in Queensland make contact with the wider music industry.

The organisation's Executive Officer, Denise Foley, says the benefits for artists being members of QMusic are huge. "QMusic members get a discount on a whole range of services including grant writing, tickets to the Big Sound Music Conference, entry to QSong and basically any service we provide," she says. "One of the biggest benefits of becoming a member is that anytime that you want any advice, you can call us 24/7," Mrs Foley says.

If artists can't afford membership there are still lots of services that QMusic can provide. There are numerous free professional advancement workshops each year generally featuring music industry guest speakers as well as representatives from QMusic.

QMusic runs two major events each year: Q Song and Big Sound. Q Song started in 2006 and began as a way to recognise and celebrate Queensland music. There are 23 categories ranging from pop to the 4ZzZ presented Punk Metal Award. Other categories include blues and roots, indigenous, folk and world music as well as song of the year and lifetime achievement awards.

The 2008 awards had over 1400 entries from across the state and were judged by a panel of music professionals, including some from Triple Zed.

The other key event organised by QMusic is the Big Sound Music Conference. Now in its 8th year, Big Sound started off as small event designed to get the music industry to Brisbane to hear what was going on. Last year's conference had over 80 national and international speakers in town to see Queensland music.

QMusic's Denise Foley says the 2009 Big Sound conference will be different this year, focusing more on public participation than the market approach of previous years. "At that time (during Big Sound's beginnings), and to an extent today, the music industry was based in Sydney and Melbourne." "But Big Sound has grown to be the biggest music conference in Australia," Mrs Foley says.

Many artists from around Queensland will be playing at a variety of venues and clubs in Fortitude Valley during the festival, giving the public a greater view of the Queensland music scene "It is a great way for artists to get great information and network with industry professionals," Mrs. Foley says.

As QMusic continues to grow and expand, and with events like Q Song and Big Sound on the musical calendar, local artists will have more ways to get their music out into the world, putting Queensland at its rightful forefront in the Australian music scene.

Ben Walker is a journalist at Triple Zed.



SpeakOut

Changing - Our - World

The team from SpeakOut's Traineeship Program is behind the layout and design of this magazine but SpeakOut gets up to much more than just that. Danielle Golding had a chat with them and found out what else it is that SpeakOut does.

One thing evident within Brisbane's youth scene is that SpeakOut just gets louder and louder as each year passes. Located in the heart of the city, SpeakOut has been offering the traineeship program, providing alternative training models as well as creative and innovative ways to empower young people.

According to the SpeakOut website, of the 3.7 million young people living in Australia, one in 13 is reported as victims of abuse and neglect, and one in five do not attain their Year 12 qualifications. The staff and programs of SpeakOut seek to address these issues of marginalization and disadvantage through creative industries and social enterprise, encouraging young people to find new ways of engaging with the world and their circumstances.

Abuse, neglect, poverty, homelessness, unemployment, isolation, poor mental health and learning difficulties are examples of the issues that SpeakOut's programs directly respond to. Specifically, their programs offer education, training, employment and creative outlets that allow young people to pursue meaningful career and learning pathways.

Amida Callinicos originally became involved in a SpeakOut program that introduced participants to filmmaking and fashion design. Upon completion of her first program she began an Arts Administration Traineeship and recently was employed by SpeakOut as their Administration Officer.

"Because it is so flexible, and especially in the last period of your traineeship, you get to choose what you want to do and you get a taste of a few different things. I've also discovered that I really enjoy writing. I write up the minutes at meetings and press releases." Amida said.

Innovative was one of the key words for 2008 with SpeakOut enjoying a jam-packed year full of new



events, projects and a record number of graduates from its traineeship programs.

SpeakOut Creative, the boutique, profit-for-purpose, graphic design studio at SpeakOut, also chalked up a successful 12 months, with one notable achievement being an extensive signage project for the Boondall Wetlands and Chermside Hills Reserves Environment Centre's. SpeakOut Creative was contracted by the Brisbane City Council to work on the project and collectively young participants designed and developed a series of signs now showcased at both centres. The striking artwork highlights the talents of SpeakOut while providing an educational insight into the environment and history of the region.

Even though SpeakOut's successes in 2008 were impressive, 2009 is shaping up to be a pretty good year. A new content portal, brisbane.tv, chose SpeakOut Digital as their preferred hosting provider. The hosting and domain services that the young SpeakOut students provide to businesses, government agencies, community organisations and individuals has helped Brisbane.tv become a family-friendly internet directory for the city of Brisbane.

SpeakOut has travelled a long road to be where it's at today. Established in 1995 the enterprise was initially based in Sydney and focused on a fashion label encompassing t-shirt design and production. The enterprise has since moved to Brisbane, shifting it's focus to graphic design and multimedia. No matter where it moves or how it changes it is clear that creativity and innovation will constantly remain the underlying threads weaved throughout SpeakOut's history. Their various campaigns are modeled so that staff can work with young people, ensuring that all are valued and equipped to change their world and create a better future.

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www.speakout.com.au

Danielle Golding works is a journalist with Triple Zed.



GET UP AND GET OUT THERE

Activities
for under
18s



If you are under 18 and sit at home whining about how there is nothing to do, this is for you. Tristan Tobin had a look at what Brisbane has to offer its youths.

I know a lot of you under 18's think you're more likely to get mauled at the zoo than have fun in Brisbane. You chumps are wrong. Brisbane actually has heaps of inexpensive stuff for under 18s to do, just ask the Brisbane City Council.

Before you rip this page out and use it to wipe some grim part of your anatomy hear me out. The council isn't paying me to write this article, in fact I'm not getting paid at all. I went away and did some research and legitimately started to wonder why I don't do some of this stuff. Did you know there are places in Brisbane you can go and get a \$5 Muay Thai Boxing lesson? Yeah, that shut you up didn't it? Haters.

We'll start with activities you can do anywhere. Council's Active Parks program provides free or inexpensive things to do at over 50 parks across Brisbane. Most activities don't even require a booking, you can just show up and have a go. To sweeten the deal, most of it is free. The most you will have to pay is \$10, but for 10 bucks you could be kite surfing or canoeing. If you're too stingy to pay for anything you could just take a free karate/self defence lesson and judo chop the people in the canoe class. Other stuff on offer includes abseiling, rock climbing, tai chi and meditation. Go to www.brisbane.qld.gov.au for more info and to check out what's going on near you.

Next up we have the numerous Police Citizens Youth Clubs (PCYC) spread around Brisbane. I know if you're under 18 you're probably still struggling to

get over that time the police showed up and poured your vodka cruisers down the drain. Stay with me don't give up now.

The Redcliffe PCYC is on Klinger Road at Kippa Ring and offers boxing, judo, ju jitsu, wrestling, weights, basketball, gymnastics, indoor football and heaps more. It also has the usuals of a swimming pool and skate park. A yearly membership fee of just \$16.50 gets under 18s regular lessons in various activities for about five bucks a pop. Visit them at www.redcliffepcyc.com.au

The \$16.50 membership fee for under 18s applies to all PCYCs and each centre has its own variety of inexpensive activities. PCYC Mt Gravatt also offers skate skills, cooking classes, break and hip hop dancing, kaizen (mixed martial arts), music workshops and more. If you're a skater, a massive skate park at the back of the PCYC is available for causal use for \$2.70. Activities and classes run all week and on top of that the Mt Gravatt PCYC is number 90 Klump Road, right next door to the Hibiscus Sport Complex. If you're keen drop them a line on 3420 4655. For detailed information on class times and activities at Hibiscus Sports Complex go to www.brisbane.qld.gov.au and search for "hibiscus sports".

The Ipswich PCYC offers much of the same frivolity. It holds classes in Muay Thai Boxing, drumming and cardio exercise among all the other activities listed above. The club is on Griffith Road Eastern Heights. Visit the site at www.ipswichpcyc.org.au. Youth of Ipswich, there is life outside your commodore.

Do you lie in your room listening to Simple Plan thinking about life and wondering why he/she

doesn't like you? If so you obviously have a deep connection with music and are a really deep kid, just like every other teenager.

If you do legitimately like to get out to a live gig or two but are tired of jumping the sharp fences at over 18 concerts I might just have an answer for you. Fretfest is dedicated to helping up and coming folk and roots performers by providing gigs around Brisbane. So if you're an aspiring muso you should look into it at www.myspace.com/fretfest. The program is responsible for helping some big local artists including Pete Murray and Paul Greene. The best bit is that us talentless, stumpy-fingered types get to go along to all these gigs and check them out for free. Fretfest gigs are held at selected suburban pubs around Brisbane. The only catch is parents or guardians will need to accompany under 18s because of licensing issues. Don't moan, it's better than Facebook.

I know a lot of under 18s think you're more likely to get mauled at the zoo than have fun in Brisbane. You chumps are wrong.



Final order of business is the Gallery of Modern Art's Cinematheque. GOMA runs monthly cinema themes with concession tickets starting at \$6 per movie. At the time of writing, GOMA's current theme was 'Be Afraid' featuring movies such as the 1974 original Texas Chainsaw Massacre and the original Friday the 13th as well as some modern classics like Seven and Silence of the Lambs. Sounds pretty cool, no? For more info go to <http://qag.qld.gov.au/cinematheque>.

I told you there was stuff to do in Brisbane. What do I expect from the youth of Brisbane for staving off their boredom and bettering their lives? A judo chop of gratitude honed from your \$5 martial arts class is all

the thanks I need.

Tristan Tobin is a journalist at Triple Zed.



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So you want to look good but you don't want to shell out hundreds of dollars at some pretentious high-end fashion store? Well you're in luck, as we sent out some of Triple Zed's fashion gurus to gather some info on Brisbane's best second hand stores.

Michelle Brown from Triple Zed's Sponsorship and Promotions Department is up first, revealing a couple of Brisbane's vintage outlet secrets.

Paddington Antique Centre

Hidden amongst the antique furniture and jewellery vendors at the Paddington Antique Centre is a smattering of clothing stalls with some very reasonably priced items. Two of the stalls in particular have a great selection of women's dresses, formal and casual, skirts, tops, sunnies, jewellery and shoes. Plenty of men's shirts, pants, ties and hats. Generally in both stalls the clothing styles range from the forties up until the seventies, with a few later items thrown in if they are fancy enough.

The selection of vintage jewellery and décor is to die for and can get very pricey, although it is easy enough to find a bargain or two!

There is a true vintage vibe to the Paddington Antique Centre, a little upmarket for a true bargain hunter but a nice place to get inspiration from.

Where: 167 LaTrobe Tce, Paddington.

When: Open 7 days, 10 – 5pm

Box Vintage

If you don't have time to sift through thrift stores looking for great items then Box Vintage is your kind of store. With all the hard work done for you it's a vintage clothing smorgasbord. All the bases are covered in the women's wear selection with tops, skirts, pants and a great variety of shoes and accessories. There is also an impressive variety of dresses, featuring everything from day smocks to fancy evening frocks. The men's gear includes jackets and coats, some great sports jerseys, hats, pants and plenty of t-shirts. They also have a great selection of cowboy boots and Western shirts direct from the USA. There is a huge range of sizes available throughout their stock, which is always a bonus, and they pride themselves on the quality and originality of their pieces.

If you have money to burn then you can set fire to your wallet in here with too many great vintage pieces to choose from!

Where: 29 Vulture St, West End. www.myspace.com/boxvintage

When: Tue - Fri 10.30 - 5.30pm, Sat 9 - 4pm, Sun 11 - 3pm



Emma Carroll, one of our news co-ordinators, is up next and she is taking us on a tour of some of Latrobe Terrace's most comprehensive and well stocked op-shops.

Retro Metro

Now at two locations on Latrobe Terrace, Retro Metro has the best of the best vintage and one off pieces, albeit at a price. On the other hand, it also stocks pretty cheap retro gems that even highly motivated bargain hunters will be pleased with. The well known constant-garage-sale store is chock-a-block full of men's and women's t-shirts, shorts, trousers, jeans, skirts, blouses, jackets, scarves, hats, bags, jewellery and scarves. The sale rack brags \$5 finds and most items are affordable even on a budget. An ideal location to find that coveted animal print jumpsuit for under \$20.

The second store, a bit further down the road, is a more recent addition to the burgeoning franchise. Inside the street side done-up Queenslander with tinted shop windows, Retro Metro's second coming is for the serious vintage shopper. Whole rooms are given over to racks upon racks of men's and women's period clothing. Not one item of clothing in this store is under twenty years of age. Whether

you're in the market for a 1940s night gown, 1980s acid wash or leather garments straight from the 70s, this is the place to invest.

Downstairs at Endo's shop for Labels

Endo's shop for Labels is like the David Jones of op-shops. Upstairs houses men's and women's casual and formal wear, bags, hats and shoes galore; at prices you'll find yourself willing to pay. Downstairs a sign in the dressing room heeds caution as most stock is older than you are. The whole downstairs is given over to 'retro' clothing -and this is where the fun really begins. A whole under-house area full of furs, dressing gowns, cardigans so ugly they're cool again, fake leather skirts, type writers, men's button down shirts and vinyl. The only negative is that it may take two or three hours to feel as though you've covered everything.

Influx of new stock at Endo's happens pretty regularly, meaning you can keep coming back with the clothes there also being fairly seasonal. Many a fancy-dress shopper has come out of Endo's satisfied but that's not to say there aren't plenty of highly fashionable pieces available; you just have to know where to look. Prices vary, you could find an \$8 dress



made only of terry towelling; or you could face the possibility of paying \$80 for leather jackets. Either way, you've found a quality piece of clothing.

It's now time to head out to the suburbs a bit. **Tess Curran**, a Zed Volunteer, takes us through a few of her favorite op shops south of the river.

They say Annerley is the new West End, albeit a slightly sloppier and more suburban version. Sure, it does have that same community feel, bohemian vibes, and organically minded cafes, but let's face it: Annerley's main claim to fame is its op shops.

Four second-hand treasure havens exist within just steps of each other at the top of Ipswich Road. The Blind Society and Vinnies are quaint little sanctuaries of thrifty goodness, both sitting adjacent to an enormous Lifeline well known as Brisbane's retro dress-up capital. At this place, no hat or wig or stretch sequin bodysuit is ever too much. Here you'll also find flocks of quirkily-dressed young things – cute indie couples, DIY outfits – so it's definitely as much an adventure in people watching as it is shopping.

But by far the favourite store among locals (and this writer alike) is the charming Asthma



Foundation Shop, found just a jaywalk away. It is packed with an enticing mix of ornaments, books, accessories and vintage attire, all at reasonable prices and with endearingly cheeky service. So get browsing, and breathe easy. (Yep, pun intended).

Where: Ipswich Rd, (near beginning of Annerley Road).

Lifeline SuperStore Woolloongabba

Add the words "Lifeline" and "Superstore" together and you've pretty much got an op-shoppers version of Disneyland. Yes, this is kind of place you enter and just want to run around like a child: climbing on chairs and tables, rustling through cupboards, and tapping on xylophones. It's the kind of place where you find a purple ride-on unicorn and really have to spend some time reminding yourself that you're 23 and are definitely far too old for it (doesn't mean you can't carry it round the store for the next half an hour though).

While the toy section IS amazing, this place is really about the home wares. Honestly, you can equip your whole kitchen for about \$10 in one go, and that includes a fat ceramic chef to hold your wooden spoon and spatula. Don't



forget the millions of mugs, rugs, baskets, vases, ornaments, books and clothes; and my favourite: fill a bag of crockery for only \$2!

Then there's the furniture. It's kind of like the joy of kerbside collection night, only with far less wood rot and spying neighbours. The back half of the store is chocked wall to wall with cupboards, bookcases, desks, dressers and much more. All the items are in good condition

and reasonably priced (most pieces will cost you \$50 at most). Just make sure your listening when the salesman tells you the cupboard you want is \$39, not \$89, because when you get out two \$50 notes and stand there ready to pay, everyone will just end up laughing at you.

BARGAIN BUSTERS

THERE IS NOTHING MORE SATISFYING THAN LOOKING GOOD FOR NEXT TO NOTHING. Michelle Brown, Emma Carroll, Danielle Golding and Ryan Moore know this so they tried to get some cool threads for next to no cash.

We wanted to bust the myth that you couldn't put a great outfit together for under \$20, so with \$50 total in our pockets and a skip in our step, a team of Zedders set out into the Valley on a treasure hunt of the clothing kind.

Danielle from the Triple Zed news team was our femme fatale for the day and Ryan, also part of the Zed news crew and an announcer, were both ready to pose for a worthy cause (well semi worthy) and it was relatively easy to uncover some hidden gems amongst the Valley's second-hand and bargain stores.

First stop St Vincent's on Brunswick St. had quite a few frocks to choose from, although most fell outside our \$25 individual budget. One in particular caught our eye but at \$18 we couldn't bear to use up all the budget on our first stop, so we asked kindly for them to hold the item for a couple of hours. We had no luck in the guys department, with nothing exciting Ryan or the rest of the team.

We heard the Red Cross store on Wickham St was having a \$1 sale on some items so of course that was our next destination. Low and behold within a few minutes of perusing the racks, appearing like a ray of summer sunshine, the \$1 yellow frock was uncovered. No, that was no mistake my friends, \$1 was indeed the price we paid for Danielle's casual day dress. We decided that this was a sign and we could buy the \$18 Vinnies frock as well! By this stage Ryan was feeling dejected and we were all worried that the men's challenge was going to fail miserably as nothing fit or was inspiring enough to even consider.

Half elated with our bargain purchase, half disappointed, we still had Lifeline on Ann St to check out and we weren't going to ignore the cheap Chinese stores either.

As our group descended on Lifeline the first thing we noticed was one of Triple Zed's invaluable volunteers Marty Mclaussen volunteering in the store, what a champion he is. Proving to be a big improvement in the guy's selection we quickly pieced together Ryan's outfits and several of us bought items for our own personal collections.

Accessories maketh the outfit, so next stop Life Factory on Brunswick St for some headwear, can't say no to \$5 hats! Danielle also managed to pick up some casual footwear (thongs to be exact) for a dollar, although they were slightly off colour. We discovered Ryan's jacket and tie in the leftovers of a Triple Zed clothing swap, so those cost us nothing!

So, the Triple Zed bargain brigade proved in a couple of hours that you can look good for under \$25, twice!

Team included: Danielle (model),

Ryan (model),

Emma (stylist/shopper),

Michelle (stylist/shopper)

\$25



Jacket – 4ZZZ clothing swap
leftovers
Shorts – Lifeline \$10
Hat – Life Factory \$5
Tie/scarf – Clothing swap
Shoes and belt models own



Dress – Vinnies \$18
Shoes & Sunglasses models own



Dress – Red Cross \$1
Hat – Life Factory \$5
(bow stylists own)
Thongs – Life Factory \$1
Necklace models own.



Vintage shirt – Lifeline \$5
Shorts – Lifeline \$5
Thongs borrowed
from Gemma

E C O FRIENDLY OUTLETS

So where does one shop if you want to help the environment? Well Tess Curran headed out, did some research, and put together this list of environmentally friendly outlets as a guide to the eco conscious shopper.

Biome

Autumn is the perfect time to make a fresh start, so why not pamper yourself with some natural, green products by local eco-beauties Biome? Their range of goods – available at their City and Paddington stores as well as online – includes natural cosmetics and body products, organic cleaning supplies and eco-friendly homewares, as well as plenty of books, gifts and knick-knacks.

While green products can be a little pricier, the benefits to your health – and the health of old planet earth – are immeasurable. What's more, they last longer, are better for you, and leave you with that indefinable glow of guilt-free consumerism. Or maybe that's just all the jojoba... www.biome.com.au



Two Beat Tremble

Eco may be the latest 'it' word on every fashionista's lips, but sometimes it takes a little wading through the greenwash to separate the real deal from those just riding the fad. Introducing Two Beat Tremble: a sassy local street label with sustainability truly at heart, not just padding their wallets. Designed by local BFA graduates Kelly Elkin and Betony Dircks (a.k.a. multitalented Brisbane songstress Shiver Like Timber), Two Beat Tremble aims to "merge conscientious fashion with artistic, challenging clothing." And it certainly succeeds. With a formidable combination of vibrant colours, daring prints, creative shapes and sustainable fabrics, this brand is living proof that fashion and ethics don't need to be mutually exclusive.

The girls are currently overseas exploring life and inspirations in Europe, but look out for fresh designs later in the year at shops like Violent Green and Ecume.

Meanwhile, you can check them out at www.myspace.com/twobeattremble and email in search of any remaining stock or specific orders.



Pop Culture Designs

Team two Scottish ladies with a plethora of fabric, lace and oversized buttons, and you've got new DIY Brissie label Pop Culture Designs. Featuring handmade clothing, bags, purses, and jewellery, each piece is bright, creative, fun and – with no two pieces ever the same – guaranteed to always be unique. The ladies also collect and stock a range of vintage clothing and footwear, while also adding custom embellishments to new and recycled clothing: textile flowers, clusters of lace, patchwork fabric, dangling ribbon, and too-cute buttons in every shape and colour imaginable.

Catch them every Saturday at the Valley and West End Markets. For more info, or to place an order e-mail pop.culture.designs@hotmail.com.

Betty Jo

With her charmingly quirky designs gracing the pages of nearly every Australian fashion mag worth its name, it seems we just can't get enough of Betty Jo. Perhaps most famous for her handmade retro-look owl brooches, this Melbourne jeweller really is the ultimate in creative, crafty, and cute-as-a-button (quite literally too – as most of them utilise actual buttons to varying degrees). Inspired by nature, kitsch and all things enchanting, Betty Jo's designs are individually created from completely recycled materials, including retro lino, laminex, doilies, and other bits and pieces from her grandma's old sewing box. Her latest range of brooches is like thrift shop kitsch come to life on your collar, including lamps, teapots, old telephones, cuckoo clocks, handbags, coats and a whole lot more. Like the best little golden books, these sweet beauties will always leave you with a smile on your face.

Visit www.myspace.com/bettyjodesigns or buy directly from [m]art (Fortitude Valley) GOMAGiftstore (South Brisbane), and etsy (for links and more go to www.linoforest.blogspot.com).



Gorman Organics

When my mother started me on a diet of organic fruit and veges while I was still in nappies, I knew she was onto something. How could something that looked and tasted so good be so good for me, and the planet as well? Call me an overly perceptive 3-year-old, but even then I could have sworn that 20 years later organic would begin to make its mark in the fashion industry (and in a much more glamorous way than the man who sold hemp pants at the markets).

In a world that's never more keen-to-be-green, Gorman are one designer label actually putting their money where their mouth is when it comes to sustainable fashion. Their first range of completely organic threads was launched in 2007, to much acclaim, and they have just unveiled their third collection of eco-chic designs.

Visit their beautiful Adelaide Street store or go to www.gorman.ws where you can also shop online.

Reverse Garbage

'One person's trash is another person's treasure'... This is precisely the thinking behind West End's renowned rummage-haven Reverse Garbage. This eco-minded, non-profit co-op is a myriad of things: a little bit craft shop, a little bit thrift shop, a little bit kerbside-collection-night, and a whole lot of genius. Really, not enough good things can be said about this innovative store, which is now strutting proudly into its tenth year of business, all in the name of recycling and saving precious usable materials from their destiny as landfill.

Crafters and sewers will delight in the enormous array of quality fabric and materials available (fill a bag for only \$5!); as well as loads of paper, plastic, cardboard, old theatre props and many other decorative bits and bobs. There is also a lovely gift shop in store, where you can purchase or be inspired by what local artists have created from almost completely recycled materials. In the words of the owners themselves: "waste is something we do - not something that is."

Visit them Mon-Sat at 296 Montague Road, West End or online at www.reversegarbage.com.au

Tess Curran is a Triple Zed volunteer.





REACHING CRITICAL MASS

A wise sage once said: "Pedal power not petrol power, people power not corporate power." A Critical Mass participant then responded: "This is totally awesome." They were not wrong.

It was the dawning of a new era for Brisbane. A time of bikes, free love and dress-ups. Brisbane's freewheelin' bike-spoke folk had arrived, on bicycles.

"It's about a lot of different things. It's about bike culture, reclaiming the streets, showing alternatives to car culture and drawing attention to using more sustainable transport,"

En masse the tradition continues, as the bike-spoke folk take to the streets on the last Friday of every month for fun. And to show Brisbane what a more cycle friendly Brisbane could look like.

Below begins a less waffling account of what Critical Mass is:

Wikipedia, the leading world authority on everything (second only to Linda Rose), states that Critical Mass is a cycling event. Great. Wikipedia continues by stating it is typically held on the last Friday of every month in cities all around the world. So far so good.

While the ride was originally founded with the idea of drawing attention to how unfriendly the city was to bicyclists, the leaderless structure of Critical Mass makes it impossible to assign it any one specific goal. Awesome!

In fact, the purpose of Critical Mass is not formalised beyond the direct action of meeting at a set location and time and travelling as a group through city or town streets. In Brisbane this has seen the ride go through tunnels and across over-passes, and always to a final debriefing and nice cool beverage.

At the moment the rides are being themed. A clown theme in 2008 was followed more recently by the 'pimp your stack hat' ride and the green super-heroes ride. How fun.

Critical Mass enthusiast Emma Brindal, of Friends of the Earth, says for her Critical Mass is about drawing attention to using more sustainable transport.

"It's about a lot of different things. It's about bike culture, reclaiming the streets, showing alternatives to car culture and drawing attention to using more sustainable transport," Emma says.

"It's a positive, celebratory experience and really quite empowering for those who go in it," she says.

A clown theme in 2008 was followed more recently by the 'pimp your stack hat' ride and the green super-heroes ride. How fun.

Bouts of driver aggression and police interference have been known to take place, but for the average cyclist, unicyclist, skateboarder or rollerblader it is commonplace to encounter these problems on the road.

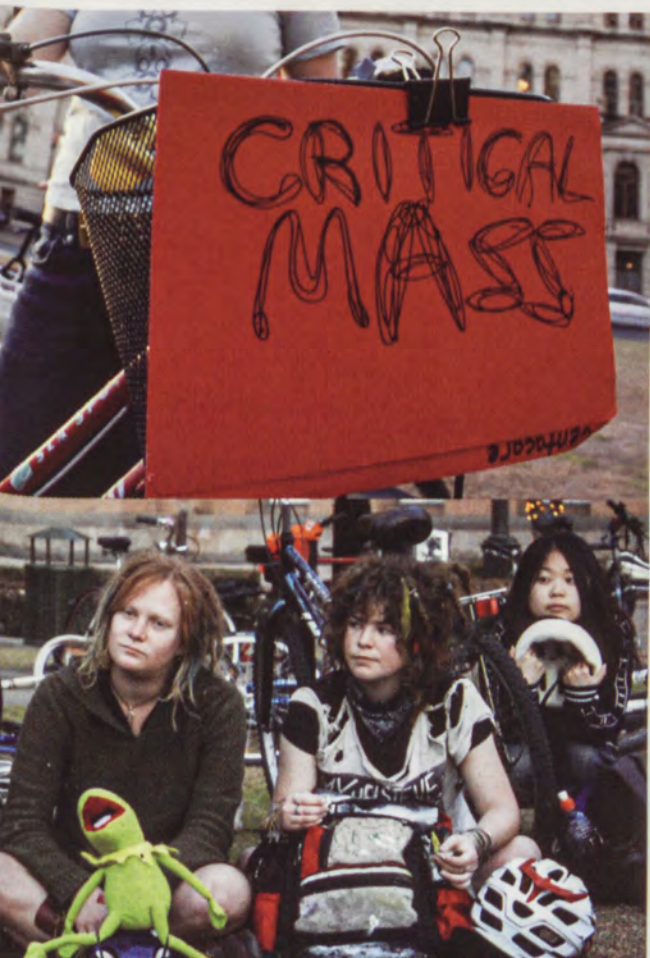
What's great about Critical Mass is, you can face up to it with some friends once a month, and all the tension dissipates.

Come along and take part as a whole lane is dedicated for an hour or two to the movers and shakers of the sustainability variety.

Last Friday of every month meeting at 5.15pm in Queens Park, leaving at 5.30pm.

Zedders who regularly 'mass up': Olivia and Giordana Caputo, Innez and Ili Tulloch, and Dean Shadbolt.

Ili Tulloch is an announcer at Triple Zed.



A collective of designers, artists and crafters, brought together by the love of creating quality handmade wares and fashion.



For info on our BrisStyle Markets, Giveaways, BrisStylettes and their Etsy shops visit us online... www.brisstyle.blogspot.com



Organic Food For Thought

Submersing yourself in the lush greenery that is the Northey Street City Farm instantly entices you into this community oasis only minutes from the CBD. You're easily intoxicated by its shared spirit, filled with a plethora of passionate volunteers who love what they do.

The farm's Community Engagement Manager, Rosco, says "Just sitting here and having a shared cup of tea in the communal kitchen makes NSCF a much healthier, more inclusive, more constructive place to hang, than down at a local shopping centre or in front of a TV."

The Roots

Inspired in 1994 by a small group of local green thumbs, the once flood prone and barren land along the banks of Breakfast Creek in Windsor, has been transformed into Brisbane's largest community garden.

Co-founder and resident trainer Dick Copeman says the farm "has fulfilled and exceeded their expectations," during its 15 years of operation.

Popular demand and a steady increase in volunteer numbers over this time have allowed the NSCF to offer weekly farmers markets, environmental

courses, farm tours, a certified organic nursery and a wide range of other interactive activities.

Rosco explains "this allows volunteers to consciously take responsibility for their inputs and outputs which provides a sense of hope and accomplishment that many communities are currently lacking."

Northey Street's four-hectare site has grown into a booming culture of worm farms, intricate composting systems, forest regeneration areas and bush tucker retreats which have allowed the farm to become self-sustainable.

The Big Picture

Thinking globally whilst acting locally is at the forefront of the NSCF's passion. By rejecting the world of mass consumerism and choosing to live by the key principle that 'slow and steady wins the race', the farm has become a self-sustainable haven for both the environment and volunteer community.

Rosco explains that changing your life by reducing your carbon footprint locally, rather than through 'Mickey Mouse schemes' giving you a right to burn emissions by planting a tree somewhere,

is crucial to both environmental awareness and the local community. The farm's impact on, not only the environment, but the wellbeing of the Northey Street community is echoed by its exuberant and energetic focus on the welfare of its volunteers.

Supporting work-for-the-dole programs and giving marginalised groups or people an opportunity to be part of a community gives volunteers a real sense of belonging.

Rosco believes it's what makes the farm such a great place to grow as a person while being immersed in a diverse and interesting community.



The Finer Details

Anyone, of any age or background, will feel welcome in this embracing community. Volunteering options range from gardening to helping out at the markets and you can invest as much or as little time as you please. If you're interested, either contact the farm directly or turn up between 9am-4pm Tuesdays to Thursday and speak to one of the friendly volunteers.

Where: Corner of Northey and Victoria Streets, Windsor.

Contact: www.northeastcityfarm.org.au or (07) 3857 8775

Lisa Kingsberry is a journalist with Triple Zed





So you know a load of vegetarians, but vegan? Isn't that some kind of cult? Bea Hogan, Dangergirl, Chris Jackson and Gemma Snowdon cover what it means to be vegan.

Having a vegan diet is not only a healthy and karmic way to live, it's a life choice. Abstaining from eating, wearing and buying anything that is an animal derivative, vegans come in all shapes and sizes and from all walks of life. It's not all about lentils either, in fact you have to be pretty creative with your cuisine and these days the amount of stuff

you can cook is endless. One thing that vegans have in common is a love and respect for mother earth. Vegans also don't get how someone can love their pet dog or cat, but sit down and munch on some roast beef or a steak. To a vegan there is no difference between a dog, cat, cow, pig, ant or the beloved cockroach for that matter.

It's completely understandable that the vegan lifestyle is mysterious to many and people often want to know more. There are common questions that are asked every time you tell someone you are a vegan and, for the most part, we are happy to answer them. Then there are the ridiculous questions that leave you dumbstruck.

We have thought up some stupid answers for some stupid questions.

Can you eat peanut butter?

Peanut butter is so damn tasty that it's often the one exception every vegan makes.... it's surprising how many people don't know that peanut butter is made solely from peanuts ground up into a buttery paste.

What about breastfeeding?

Breast milk is made for human babies to consume (the same way cows produce milk for calves) therefore it is natural. Perhaps if women were strapped down and had their breast milk forcibly removed to feed to cats it would be an issue. And yes this is an actual question that has been put forward.

If you had a pet cow/chicken would you drink its milk/eat its eggs?

Would you drink milk from your dog? Veganism and vegetarianism originally began in protest to the way animals are used as an unnecessary commodity. According to this theory vegans could eat their animals byproducts. The answer to this question varies from vegan to vegan depending on the reasons they have chosen the lifestyle.

If you were starving to death on a desert island and the only thing to eat was bacon and eggs, would you eat it?

The chances of this happening are very slim. Like that time on the Mighty Boosh where Vince and Howard were trapped on an Island and there was a man made out of bacon and eggs -would you eat that man? Because that would make you a cannibal and in modern society this is generally frowned upon.

If everyone were vegan what would happen to all the cows?

No doubt the cows would relish in not being oppressed anymore and further evolve into a race not unlike the human and we would all live in harmony. Until of course the cows got it in their minds to start milking guinea pigs.

What about other cultures... how can Eskimos be vegan?

How can Eskimos have Facebook accounts? Despite the stereotype, there are few vegans that expect everyone in the world to live the same way. It's a personal lifestyle choice and most vegans respect your right to eat meat as you respect their right not to eat meat.

If an ant falls in your drink and you drink it, are you still a vegan?

No, you aren't still a vegan. Drinking an ant is a terrible thing to do, perhaps hold a memorial service for the ant's family and invite some close friends and neighbours to discuss pros and cons of hemp clothes.

“If an ant falls in your drink and you drink it, are you still a vegan?”

Would you be mad at me if I slipped some meat/dairy into your food?

I can again relate this back to cannibalism- would you be mad if I were to offer you some mince only for you to later discover it was, I don't know, Aunt Miriam?

Should vegans eat biscuits shaped as animals?

Again, no real vegan would ever do this. It is so offensive and disrespectful

to all animals. Although there are those chip things in the shapes of little men, so perhaps this could be a bit of a grey area.

If you come to my house for dinner I'm expected to cook a vegan meal so when I come to your house for dinner shouldn't you cook meat?

If you go to a vegan's house for dinner you will be expected to snack on carrot sticks with a main course of boiled cabbage.

Bea Hogan, Dangergirl and Chris Jackson are announcers with Triple Zed.

Gemma Snowden is one of the Triple Zed news co-ordinators.

Life after drugs

Jacqui Marshall has a chat with alternative therapist Jost Sauer about his views toward drug rehabilitation.

Drug abuse and addiction is a major problem in today's society and Jost Sauer is a forward-thinking alternate therapist who argues the current model for drug rehabilitation is not beneficial to drug addicts. He instead presents a new model for society to utilise, a model that does not condemn the drug experience.

Jost's model draws on his own experience of 35 years of recreational drug use, being a former speed addict and drug dealer. "Drugs are only the introduction. There is a next step, and because so many people are using drugs, we need to look into how the next step can be available for us, so we can take this planet into a truly incredible dimension. One that we've already seen on drugs," he says.

Terrence McKenna's "Stoned Ape" hypothesis of Human

Evolution suggests monkeys became self aware after eating magic mushrooms. Using this awareness they came down from the trees, started walking and sparked the beginnings of the human race. Jost is a subscriber to this theory but asks another question: if monkey + mushroom = human, what does human + mushroom equal?

Using traditional Chinese medicine accompanied by talk therapy and practises such as Kung Fu, Meditation and Qi Gung, Jost claims instead of suppressing the experiences addicts have on and after drugs recovering addicts can transform them as to recapture the emotions and experiences from drugs. This is drawn somewhat from the Yin and Yang cycle of creation and destruction as well as the transition of the five elements:

wood, earth, water, metal and fire.

Believing that drugs open users up to a spiritual experience, a Yang dominated experience, Jost goes on to say that the problem with using drugs is human beings do not have the developed Yin ability to be able to translate these experiences and work them into their daily lives. He says drug users are sensitive people, and they use drugs not to escape reality but to escape the reality society sets for people.

Jost claims people who use drugs regularly are not happy with the reality of the future ahead of them and says he can sympathise. I mean with the economic crisis, mortgage, divorce rates and the general day-to-day stress of life, it's not hard to see why people would be unhappy and unfulfilled with daily life. These people then use drugs that open them up to



the experiences they want in life, and this is where the pattern of addiction sets in.

Drugs are a temporary fix though, as drugs will never again make a user feel the way they did when they had their first experience. In his second book, *Drug Repair That Work*, Jost talks about his own meditation experiences, something that he has practised everyday since discovering this technique for drug rehabilitation. "If only we knew how much love there was in the world, we would never think a dark thought again," he says.

Jost by no means encourages people to take drugs and does not comment on the taking of drugs, believing it would be hypocritical given his past. He claims that the time for 12 step programs is coming to an end, due to the identification of being an addict, and the feelings of guilt associated

with having really enjoyed using drugs. In 12 step programs, such as Narcotics Anonymous or Alcoholics Anonymous an ex-user introduces themselves as "My name is ... and I am an addict." Even if this person has been off drugs for 20 years, the person still identifies with being an addict. Jost says that he attempted these programs when he first began to stop using drugs, but they made him feel so guilty he couldn't keep it up.

With his history of drug addiction Jost understands the complex nature of the emotions associated with people giving up a drug they are addicted to. Usually people in the process of getting clean feel a range of emotions, from anger to fear, anxiety to sadness and also, in a sense, a deep loss. For a lot of addicts their drug of choice is like a partner and it is often difficult to give up the 'love affair'.

Jost does not believe former addicts need to feel as if they are defeated, or that they must resign themselves to a life of what they may feel is 'mediocre', or what is normal and expected of them from society. With Jost's revolutionary model of drug rehabilitation, former addicts and users can recapture all the beauty and happiness they experienced on drugs and transform their lives into something that is so much better and stronger than before. He believes it is then they can really take society to the next level.

Jost Sauer runs his clinic on 86 Latrobe St, Paddington in Brisbane. He has written two books, *Higher and Higher* and more recently *Drug Repair That Works*.

Jacqui Marshall is an announcer at Triple Zed.

DOWN THERE

by Jessie Morwood

I've looked 'down there'. I took a mirror one day and peered intently. I'd only had my first baby a week before and I was a mass of stitches. Even so, my husband had demanded sex because it was 'Your Duty'. And now I was peering down terrified the stitches had ripped because I was in so much pain. I was so young, so hurt, so alone...

It was probably twenty years before I looked again. This time I was curious. I had read one of those feminist books which exhorted women to embrace their bodies. I had taken a mirror, squatted on a towel on the bathroom floor and had a look. I was shocked...

After three children, a miscarriage and daily sex, it had changed. It was nothing like the cunts I'd seen in pornography. It was an angry red colour and frilly.

It was kind of pretty once I got over the shock. I liked it. Funny about that...

I had a friend who painted cunts. Not on the body mind, but up on the wall in big, glorious colours... It was confronting. There was no creamy juice or menstrual blood but it still was confronting...

It's funny how we view our cunts. We don't really... unless it is to look into the mirror during a particularly heated sexual romp to see it is positioned 'properly'. To get off on it's stretching and pulling...

We stick things 'up there'. Tampons, diaphragms, fingers, penises, carrots, cucumbers, vibrators. But we don't take

ownership. We don't love it and nurture it and embrace it as our own. It's all alone...

I hear there are women who have plastic surgery 'down there' to have it shaped and moulded to fit others' desires... others' aesthetics... others' needs... Quite sad really...

Plastic...

Surgery...

Apt names...

Treating our bodies like modeling clay. Cutting and stitching and pummeling and moulding Dehumanising...

This is not a human of blood and bone. This is not a body with veins, nerves and feelings...



This is just a thing. A thing to be cut. A thing to be moulded. A thing to be abused. A thing to be used...

I have decided I'm not a 'thing'...

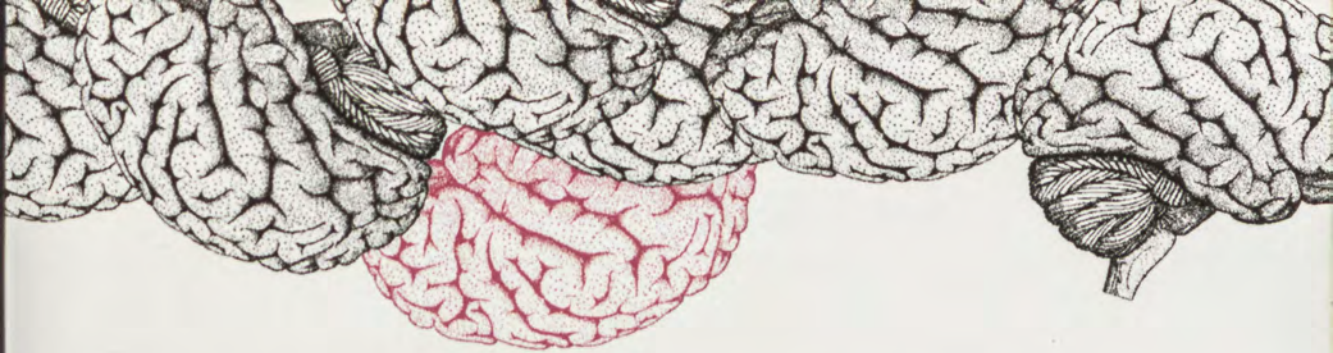
My cunt is not a 'thing'...

She is a beautiful part of me...

She's the part of me which makes me a woman. She's the part of me that tells me that I'm still fertile. She's the part of me which has birthed my beautiful children. She's the part of me which becomes wet, and soft, and yielding when I'm aroused. She is a part of me I love...

I think I'll call her Rose...

Jessie Morwood is an announcer at Triple Zed.



It's not just you

Mental health is a serious issue and Dominic Geiger has a look at the state of young Australians mental health.

You've all probably been bombarded with a number of mental health messages in recent years. For some it may even seem slightly weird to see a Brisbane City Council bus driving around without a "Beyond Blue" slogan on its side. Others have probably been saddened by television ads telling us one in three Australians has some sort of mental disorder, or that depression affects one in five young people at some point.

So it seems the marketers for the various mental health services or medications have done their job. Several issues, however, still need to be addressed. The first, and the most obvious of these, is why do Australians, and particularly young Australians, appear to be so prone to developing mental illnesses of one kind or another? Also, why do we seem so focused on solving the problem once it has surfaced, rather than creating a social environment where mental disorders can be avoided in the first place?

The National Health and Medical Research Council (NHMRC) released a report on this matter in 1993 entitled "Breaking Out, Challenges in Adolescent Mental Health in Australia". Though this publication was rescinded in 2000, it still makes some very relevant and interesting points about Australian society and culture. It says the "rigid model of secularism, the populism, the racism and xenophobia, and the masculinist sexism" which permeates through Australia's mainstream culture, negatively influences the way adolescent Australians develop their identities and perceptions of the world around them.

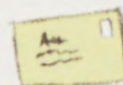
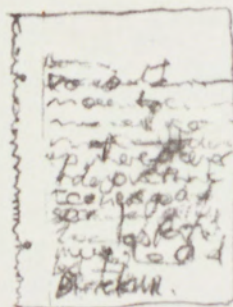
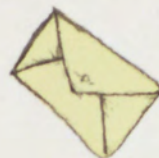
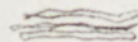
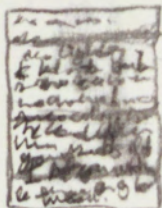
Furthermore, Beyond Blue, the national depression initiative, says family problems, genetic predisposition, and diseases previously thought to be unrelated to mental instability, can also cause mental illnesses like depression and anxiety. According to Beyond Blue's website ongoing difficulties such as life-long unemployment or living in an abusive or uncaring relationship are more likely to lead to depression than recent life stress.

Clearly there is no single underlying cause of mental illness in Australia. And although our social culture may create an at risk environment for those of us who do not fit the athletic, Anglo-Celtic, heterosexual mould, individual experiences also play heavily into whether or not one develops a mental illness. Unfortunately, since Australian mainstream culture is unlikely to change any time soon, and it's just not practical to hide in a bubble for the rest of one's life, mental illness probably isn't going to disappear for a while.

And, consequently, neither will the bus ads.

However support for anyone who thinks they may suffer a mental illness is available, and sanctuary from mainstream culture can be found in many communities and groups (such as 4ZZZ) who strive to create diverse, inclusive, supportive spaces in Brisbane.

Dominic Geiger is a journalist with Triple Zed.



Locked In

You may have heard *Locked In* at one stage or another but do you have much of an idea of what goes on behind the scenes? **Ruth Chalker** takes an inside look at the workings of Triple Zed prisoner show.

Heather: Charlie, how many letters have we got this week?

Charlie: ... F***in' heaps!

Announcers at Locked In, Triple Zed's prisoner radio show, are overwhelmed by the incredible increase in letters over the past year.

Charlie (Robert Wilson), Heather Anderson and Nicki Debreczeni used to have to beg listeners to write in and request songs. Now they receive up to 17 letters each week with messages for loved ones and song requests.

Locked In exists as a rare space in the media for prisoners to voice their opinions without censorship. Having their letters read out on-air gives people in prison a voice and helps them stay in contact with friends and family.

In Generation Zed, former announcer John Tracey says, "for some prisoners the show means an awful lot, psychologically... The power of being able to say what they want in their letters that are read over the air, through the prison censors, is really important to prisoners."

Depending on which way the wind blows, inmates of 5 or 6 different jails in and around the Brisbane area can pick up Triple Zed. However Locked In also receives letters from prisoners in jails as far away as Townsville, Maryborough and Woodford, containing messages and songs for people in jails in Brisbane who they know will be listening.

While many of the listeners who write in are 'regulars' and have been doing so for many years, Charlie says the number of letters they receive simply exploded sometime last year.

He says word got around of how big his personal music stash was, and of Triple Zed's impressive music collection, and the song requests have poured in ever since.

Now the entire two-hour show each Monday night is filled with requests to and from prisoners. Each letter usually contains two or three song requests, however the announcers have to restrict the

number of requests played to one song per letter due to time restrictions.

As well as providing a forum for personal messages and song requests, the show also strives to provide its listeners with vital prisoner and jail related news and information. Triple Zed and Locked In have a long history of reporting on prisoner issues in Brisbane - during the 1983 riots and hunger strikes at Boggo Road Jail Triple Zed was often the first to break the news.

The announcers Charlie, Heather and Nicki have all volunteered their time to work on Locked In for three, four and five years respectively.

Before joining the team, Charlie frequently listened to the show and wrote letters regularly while he was in prison. He admits that staying out of jail is incredibly hard but says that his relationship with his fiancée and her daughter gives him "a purpose to stay out of jail because it is so easy to go back in".

Heather Anderson started volunteering with Locked In when she began her PhD on prisoner radio. Nicki volunteered at a time when nobody else would, and saved the show from possibly being cancelled.

"I think between us all there is a sense that we are doing something that is really valuable and important," Nicki says.

Locked In runs every Monday night from 6-8pm and for more information you can check out Heather's PhD *Raising the Civil Dead*, or short documentary called *Locked In Behind the Microphones* on YouTube.



"for some prisoners the show means an awful lot, psychologically... The power of being able to say what they want in their letters that are read over the air, through the prison censors, is really important to prisoners."

Ruth Chalker is a journalist at Triple Zed.



BATTLE OF THE BUFF

It's everywhere, a creative vent beyond council vernacular. Ed Koch, a New York mayor during its' contemporary birth, was confident it could be eradicated. A few decades later the culture has instead become international.

Art crimes deemed grossly illegal, provided by artists on the run. Hannah Robertson has a chat with three experienced graffiti enthusiasts about how they've managed to live their dream.

Painting a panel on a train wasn't exactly a wise move way back in 1984, but for Kasino, his days painting running trains on the Kuraby line as an ambitious young man gradually launched him into a rewarding career. 25 years painting and working in the graffiti world has taken him on a journey to New Zealand, New York, San Francisco, Germany, Norway, Croatia, France...basically all over world...being encouraged to paint graffiti and being paid to do so. At just 39, he runs three Butter Beats stores in Queensland, exhibits his own work here in Brisbane and internationally, and has produced legendary underground graffiti magazine *Blitzkrieg*.

A graffiti veteran, Kasino has lived through the time when 'the buff' came of age in Brisbane. 'The buff' - the acid wash rail workers use to clean off graffiti from carriages



(also a loose term to describe graffiti removal in general) - has been gaining momentum rapidly over the last few years, with the Brisbane City Council injecting over \$6 million dollars into a hench localised Graffiti Task Force last year.

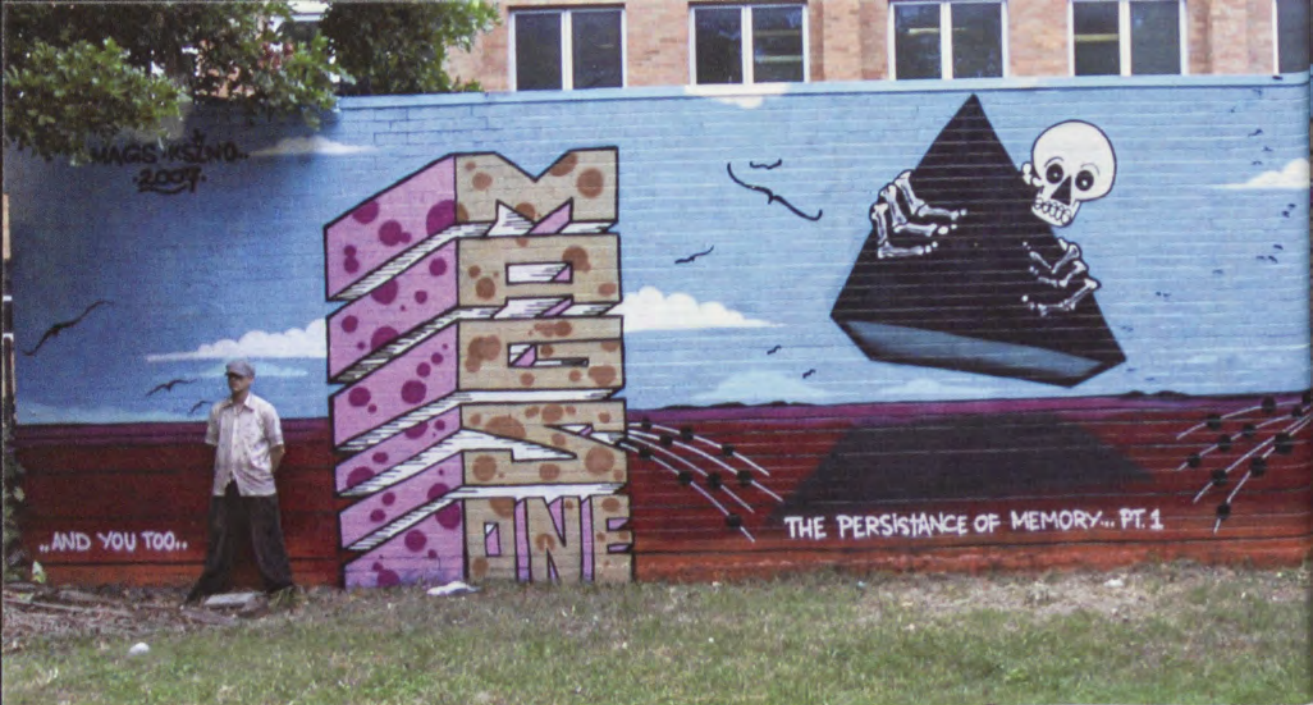
Kasino fears the buff is sucking the culture out of Brisbane's streetscapes.

"All the world's biggest centres have got lots of good graff, and graffiti is an indication of creativity in that city, of expression in that city, rather than what we've got at the moment, which is this sad, horrible, plastic vibe."

"Once you've been to Europe you realise how slow and backward Queensland is in dealing with the arts and culture in general," he says.

So, should the Brisbane City Council stop scaring the pants off young aspiring writers by aiming to track down and arrest graffiti 'vandals'?





"Instead of trying to criminalise young people we should look at having legal walls to paint. In Brisbane, if anyone rings the council trying to do the right thing and paint a legal wall, they're going to get told by the council that the council has a zero tolerance policy when it comes to graffiti and there are 'no legal walls in Brisbane'. The council and the police often turn up to legal walls that young people organise for themselves and try to get them shut down," Kasino says.

"To me, young people that want to be creative, that want to do art, that want to express themselves with colour are not really bad people, and shouldn't be treated as such."

Contrary to the current Council stance on graffiti, Street Art is receiving cult status in Brisbane. Local street art magazine *Artillery* has seen overwhelming popularity in Brisbane, with issues one and two of the mag selling out, and issues being seen lining the 'Recommended' section at Borders in the city.

Inspired by local underground art magazines *Hype* and *Blitzkreig*, Editor-In-Chief Luke Shirlaw wanted to create a magazine that would combine his love for graffiti culture, art and photography. He used the money from a car loan to do so.

"I think the explosion that we are seeing at present is bigger than it ever has been before and it's only going to grow stronger," Shirlaw observes.

Shirlaw's magazine has seen launch parties for each issue held at various nightclubs in Brisbane. Instead of fearing the public spotlight on writers within the venue, or for outsiders; having to fear the writers themselves. Writers, enthusiasts and the broader public have the pleasure at such events to mingle and network civilly.

Hard to believe? Unlikely, according to Shirlaw.

"There is always a possibility that police will infiltrate publicised events such as the *Artillery* launches, and I'm sure that they have done so in the past. It only makes sense for them to do such a thing."

"With that in mind, each *Artillery* event has been a great opportunity for the graffiti community to get together with no police problems what-so-ever, touch wood," he says.

If you're enticed by travelling the world, having beers with graffiti legends and becoming involved with popular graff literature, without potentially risking a hefty jail term or expensive fine, a legal art space like Jugglers can help kick start your dream.



Jugglers Art Space, located in Brunswick Street, began in 1998 as a bi-monthly music performance and visual arts event, with live graffiti exhibitions from a wide range of street artists. Jugglers have grown to include galleries, artist studios and an open-air art space for budding and experienced artists to practice aerosol street art and graffiti.

"Every demographic of our community comes through here, from young people practicing, looking for safe spaces to practice their artwork, through to art collectors and artists that have gone through formal training and that are professional, exhibiting artists," General Manager Randa Breen explains.

"We would average between 10-60 aerosol street artists coming through in any one week."

Breen encourages all members of the community to take a look at Juggler's Art Space to remove some of the stigma surrounding graffiti.

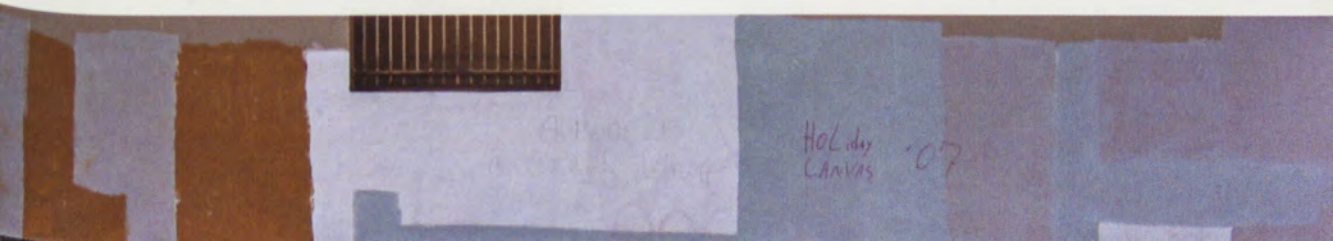
"We encourage and support graffiti artist's talents, and show them other applications for their art form, including ways they can generate further income and employment down the track.

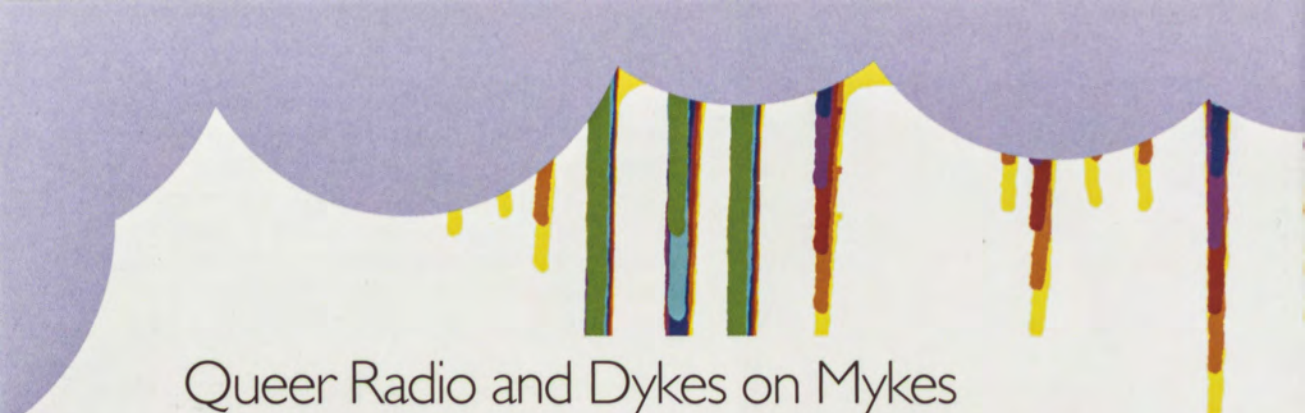
"Graffiti is the next generation of applying a mark to a surface. I don't think that just because of the way the paint comes out onto the surface it should be banned or restricted."

Juggler's Art Space is located at 103 Brunswick Street, Fortitude Valley. For more info on Kasino and Artillery magazine, visit www.kasino.com.au, and www.artillerymagazine.com.

Hannah Robertson is a journalist at Triple Zed.

"To me, young people that want to be creative, that want to do art, that want to express themselves with colour are not really bad people, and shouldn't be treated as such."





Queer Radio and Dykes on Mykes

Mark Jeffery and the Queer Radio and Dykes on Mykes crew give us the rundown of what they get up to within the walls of Triple Zed.

Triple Zed provides programs catering for people from all walks of life and the lesbian gay bisexual transgender and intersex community is no exception.

Instead of trying to wrap their tongue around that mouthful, the presenters of Dykes on Mykes and Queer Radio on Wednesday nights tend to just say queer, or LGBTI, to refer to all that aren't straight.

Dykes on Mykes and Queer Radio have been Zed staples for some time. John Frame, one of the longest serving Queer Radio contributors, became part of Triple Zed in December 1993

following an invitation for listeners to become involved.

Michael Cardin & Gai Lemon were anchors at the time but by late 1994 John was anchor. Apart from a small time when Joseph Madler, Michael Philips and Felix Kellet took the chair John was anchor right up until July last year. John currently takes a back seat but is still involved.

"All guests are special. But one guest I think was special was US musician Mark Weigle performing live in the studio", says John.

"Pansy Division also performed live and Eurovision finalist Brian Kennedy was interviewed live in studio.

"Others I particularly liked were Jimmy Somerfield, Steven Fry, Rufus Wainwright and Julian Clary. Julian was good fun. Bob Down was great too, we've spoken to him a few times.

"To me, the main role it's played and that's proved works is the number of people who started with the show in their teens and are now healthy men in their 20s or

women in their 30s. It helps people become socially adept, healthy, self confident and happy individuals," says John.

Queer Radio started at Triple Zed in 1991. There have always been gay and lesbian friendly programs and presenters on Triple Zed though. Gay Waves aired in the mid 80s, before that the Gay Radio News Service and programs from 2SER in Melbourne featured LGBTI content.

Deb Murphy is a fifteen-year veteran hosting queer programs on Triple Zed. She works in a hardware store on the Sunshine Coast and spends many hours on public transport each week coming down to host Dykes on Mykes.

"I must be a masochist," she says. "No, seriously, I do it because I love Zed & everything Zed stands for. We do have a strong voice out there in the community and I would hate to see that go.

"We've got one listener who calls herself Karen Mothballs - as in mothballs in the closet. She's married and been listening to us for years.

"We are a lifeline to the broader
q u e e r
community
that can't
access
gay

bars, can't pick up gay press and don't have gay friends. They're lost and alone. They connect with us, we're their friends.

"We're very active at queer events - proudly wearing our Zed t-shirts. We have stalls at pride fairs and many other events.

"We've had some outrageous guests over the year. One guest insisted on doing her show only in her knickers, if only we had a camera in the studio.

"The presenters we've had have also been such a varied group of people that have added to the diversity of the show.

"Gai Lemon is a founding member of Queer Radio. It was the second show to go to air in the present studios. Gai was involved heavily for ten years or more and still makes special guest appearances.

"Davina's also been part of the show for a very long time.

And KK was a part of it back in the day when I first started coming in. It was more of a different animal then, a bit like a drop in centre. It's a whole different show now, I love that ways it's evolved over the years.

"Ruth is a really well respected musician around town. KK and Ruth's input is great. There's always something new," says Deb.

Mark Jeffery is an
announcer at Triple Zed.

Check the program
guide for Queer
Radio and Dykes
on Mykes times.

A stylized sunburst logo with a yellow center and orange and white rays, positioned behind the main title.

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Children by Choice

An unplanned pregnancies often mean difficult decisions have to be made. Daniel Wynne had a chat with Children by Choice about how they can help.



Pro-choice does NOT necessarily mean pro-abortion. A woman dealing with an unplanned pregnancy must examine her own values and needs when choosing which direction to take. Children by Choice (CbyC) provides support, counseling and information to pregnant women and assists them in making their own decision, whether it's parenting, adoption or termination.

"There are many pregnancy counseling organizations in Australia who don't share our pro-choice philosophy, and will not provide information to women about where they can access abortion services, even if this is the option the woman has decided with her unwanted pregnancy," Children by Choice's Cait Calcutt says.

Around half of all pregnancies are unplanned, and almost one in three women will terminate a pregnancy in their lifetime, which makes the work of groups like Children By Choice particularly vital.

CbyC provides direct referrals to places like adoption agencies and abortion clinics. They're also a politically active organization, campaigning for women to have greater reproductive freedom in society.

"Both women and their doctors who participate in abortions are still unfortunately susceptible to criminal prosecutions," Ms Calcutt says.

"The legislation in Queensland is over 110 years old and we are increasingly out of touch compared to other states, who have in recent years reformed their criminal abortion laws to allow abortion to be considered a health issue, rather than a criminal act.

"Abortion being retained in the criminal code perpetuates the stigma, the isolation and the misinformation around abortion that unfortunately still exists today," Ms Calcutt says.

In 2003, Children by Choice teamed up with a number of other organisations to push for emergency contraception to become available in pharmacies. The campaign was a success. Now, CbyC are calling for the medical abortion pill RU486 to be made available to Australian women.

Children by Choice welcome volunteers and Ms Calcutt says people can help out in a range of ways.

"They can help out with our fundraising events and programs, as well as administration, website updates and office management," she says.

If you want any more info you can check out the website at: www.childrenbychoice.org.au.

Daniel Wynne, otherwise known as Danny, is a journalist and announcer at Triple Zed.

COLLECTORS★

Ever been to a collectors house and had a look at whatever it is they hoard? It's a pretty cool experience sharing in someone else's passion, and Stephen Stockwell went out and did just that.

A LOT OF PEOPLE END UP COLLECTING SOMETHING AT SOME POINT, I myself had a stamp collection in my younger days. Of course stamps are nothing compared to the collections you will find adorning the following pages, everything from pinball machines to cookie jars to BMXs. Before I get too far into this though I would like to thank all the people who replied to my queries about their collection. Honorable collections we unfortunately didn't have room to include were Simpsons stuff, skulls, and Avon bottles. I even heard the Mayor of Ipswich, Paul Pisasale, has a collection of short black coffee cups but I wasn't brave enough to ask him. Anyway, enjoy these collections.

Gavin Tiernein Pinball Machines



Most people over the age of about 25 have very fond memories of playing pinball machines, be it in a pub or arcade. Gavin has said fond memories but takes it a bit further with his collection of over twenty pinball machines. Starting with machines from the 30s Gavin's collection covers seven decades with the newest a Space Station machine from the early 90s. The collection started about 20 years ago in the UK when Gavin was sitting in a pub with a mate talking about how much he wanted to own a pinball machine. As luck would have it his mate actually had an old, out of order machine he was willing to let go of. Much to his mates dismay, and with a minimal knowledge of electronics, Gavin had the machine working within half an hour of getting it home, and it all went from there. Gavin has ended up restoring dozens of machines, a hobby born of necessity more than anything (unless you're willing to throw thousands of dollars at a refurbished machine it's hard to get something in working order). He picks up out of order pinball machines and restores them, with his current project being a Captain Fantastic, the machine from The Who's Pinball Wizard, something he's been chasing for almost ten years. The ground floor of his home is a dream for those who grew up with pinball machines or enjoyed the days before games were played on a screen. Hell, I grew up with games on screens and I had a ball (pardon the pun).

Cheryl Thompson 4222 Merchandise

Every collection I went to see was amazing, but as this is the Triple Zed magazine this one gets pegged as being really awesome. Cheryl has a pretty phenomenal collection of Triple Zed merchandise, everything from shirts to subscriber cards (of which she has about 25) and old editions of Radiotimes. The prize piece of Cheryl's collection is one of the first Triple Zed t-shirts featuring the original 105.7fm frequency, a shirt that can be dated between 1975, when the station started broadcasting, and 1978, when we changed to our current 102.1 frequency. Cheryl has been a subscriber for more than 25 years and ended up with this collection by merely hanging onto the Triple Zed merch she came in contact with over the years. The collection is a great look back into Triple Zed history. Looking at a program guide from 25 years ago is actually a slightly surreal experience, especially for someone who wasn't around then. The shirts in the collection are a great mix of the old and new, and stretch from the late 70s to right now. When I asked Cheryl why she has kept collecting over all these years the answer was a simple one: "It's just that warm inner glow that makes it worthwhile."



Pete Cooper BMX Bikes

Who knew Pete Cooper from The Porkers was such a BMX nut? Pete was involved with BMX during its early stages in Australia and even helped set up tracks in Newcastle and country NSW. But that was years ago and now he's getting back to his roots with his collection of vintage BMX bikes, bikes pre 1985. Currently there are 18 bikes in working order around Pete's house and another 20 or so in various states of restoration. Pete began to collect during that late nineties/early 2000s when he realised he could get his hands on the bikes he had always wanted. The collection grew from there and he now has several hanging off the wall in his living room, some inhabiting display cases around the house and another half a dozen hanging in his home office. He also has the largest complete collection of Quiksliver BMXs (a classic I'm told). One of the reasons Pete is so drawn to these vintage bikes is because they are so 80s, apparently he's always been a fan of the days of plastic tuff wheels and fluoro bike parts.



Dave McCormack Sunny Queen Egg Stickers



The name Dave McCormack is hardly unfamiliar among those with knowledge of Brisbane music, and rightly so with his old band Custard earning itself a place on Brisbane's walk of fame. But while many would be familiar with his music, few, if any, would be aware of his rather bizarre collection of Sunny Queen Farm egg stickers. The stickers, distributed with Sunny Queen eggs in Queensland during the late 70s and early 80s, were themed and sticker names were related to eggs, sometimes rather tenuously. They were released in categories and Dave has attempted to get his hands on the entire release, a goal marred by the fact he has no idea how many there are. His collection began during the original release of the stickers when Dave was in primary school although he only ended up with about half a dozen. Dave says the collection really got going about 10 years ago when he started finding the stickers in second hand shops around Queensland, and more recently the on Ebay. Dave's collection currently sits on 62 stickers, and while he would like the whole set he says part of the charm is not knowing how many are left.

Greta Kelly Violins and Fiddles

There are few who can say they have a collection quite like Greta's. While her collection is hardly massive, featuring only 5 fiddles, it probably has more of a history than Elton John's pants. Each of Greta's fiddles is fascinating with her violin being almost 100 years old and made by a Czech fellow during WWI. The violin was then taken to London during the Second World War and Greta's mother bought it from a friend of the maker. She also has her Grandfathers violin, the instrument he played as a child. While Greta has violins we are used to seeing around she also owns three traditional Turkish fiddles: a kebak kemane (an odd looking thing with a skin), a kemanche tarhu (a very unique fiddle that features a resonant cone), and a karadeniz kemanche (a more primitive folk fiddle). All of the fiddles in her collection receive regular use as she plays in Egyptian, Turkish and Spanish Bands, as well as a classical orchestra. Greta can be found playing around town regularly and the Turkish band she plays with appeared at the Woodford Folk Festival.



John Challenor Juxtapoz Magazines



I don't think I've ever met anyone who collects magazines before, but now I've seen John's collection and had a chat with him about his mags I'm going to have to make a conscious effort to track some more of these people down. Sitting down and having a look at every single issue of *Juxtapoz*, an art and culture magazine, is a pretty awesome experience, John knows the magazine back to front and is a pleasure to talk to about the history and influence of it. John picked up the the first issue, as something to read on a long bus ride to Toowoomba one day and what initially started as an interest grew into a fascinating collection. He now gets a couple of copies of each issue, one to read and one to add to his ever-growing collection.

Tess Ebony Cookie Jars

To Tess vintage cookie jars are the embodiment of everything she loves about vintage. She only started collecting the jars about four years ago and has around 25, never using them to store cookies though, with the jars usually housing jewellery, buttons or other various odds and ends. Tess gets her hands on these jars wherever she can, often finding them at garage sales, op shops and church sales. Currently they are placed on various flat surfaces around Tess' room but the storage of these jars is something that is becoming increasingly difficult due to their ever-growing numbers. Tess also collects various other vintage ornaments and ceramics including novelty salt and pepper shakers. While Tess has never housed cookies in any of her jars one that was a present to her brother was quickly put to its intended use and filled with Monte Carlos.



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Triple Zed's Hot 100

Everyone loves the Hot 100. Tuning in to Triple Zed on New Years Day and listening to the best songs of the last year is always a pleasure. Kate Brownlie-Smith steps up to the plate to tell us a bit more about our favorite countdown.

New Years Day, 2009, Brisbane:

Come on dude, turn on the radio! Why? Cause the Hot 100 starts in about 5 mins. Huh? Isn't that on Australia Day? No, no, that's the Hott-est 100. The Triple Zed Hot 100 is on today. Haha oh gee, that's original, couldn't you guys come up with your own name? <sigh> We didn't copy... don't get me started. Please, just turn it on, you'll like it....

On New Years Day in 1977 Triple Zed started the tradition of counting down listeners' favourite songs of the past years in what was (and still is) called the Hot 100. It wasn't until more than 10 years later 2]JJ in Sydney (which employed many ex-Zed staff) began conducting its own Hot 100. Because Triple Zed held the rights to the name Hot 100, there was some legal biffa when Triple J became a national broadcaster, resulting in them changing their countdown to the "Hottest 100". Knockoff? What knockoff?

Triple Zed's Hot 100 seems to me a bit like a fruit cake – a tasty, tasty hunk of fruity goodness, with some juicy cherries and some delicious nutty gems stirred into the mix. Add a dash of granny's rum and you've got yourself a feast. And, just like a fruit cake, it may take a bite or two to get used to – it's not really your ordinary sponge-cake countdown – I mean come on, the Kings of Leon didn't even make

it in there once!! No, the Hot 100 is in a class of its own as a crazy mash of genres and artists.

This year was no different, with the Hot 100 including every genre under the sun. Nick Cave told Lazarus to dig because he was trying to get to that fictitious place called Tokyo. The cute-but-kick-arse Danger Bunnies made acquaintances with Six Ft Hick. Ben got pissed off because the Rapture told him he wouldn't get any sex but when he told Sigur Ross the guy just started talking gobbledegook and tried to touch his shorts.

Jean tried to chat up the last boy band in Nova Scotia. I think they thought she was too skinny, but Lord knows she's uber cool. The Fuzz Parade looked their gift horse in the mouth and almost had a heart attack. What? Faker? No wait... it's White Mansions <sigh>.

People were burning bridges, crawling through the mud and letting it roll. It's all just one big, sexy party, but then, what can we say? Life is a little crazy and when it comes down to it, we were all born and bred on Triple Zed.... Damn, where the hell did those emus come from.....????

Oh, and back to that fruit cake – it just occurred to me that it'll only ever taste as good as the stuff you put in it, so start mixing....

Now be sure to cast your vote when the polls open for 2009's Triple Zed Hot 100. Like every year, the results will be aired on New Years Day and voting is open in the last couple of months of the year.

Kate Brownlie-Smith is a journalist at Triple Zed.

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