

da Sellout

THE UNAUTHORIZED MARYVALE
STUDENT MAGAZINE

FEBRUARY 2015
21 YEARS LATER

Jazza Atkin

WELL TRAVELLED,
TECH SAVVY +
SUCCESSFULLY
SINGLE

BEE STINGS & BOTOX

DR KYMBLE SPRIGGS
TALKS ABOUT SHIT
WE HAVE NO
IDEA ABOUT



COMEDIANS,
CHEFS, CEOS,
CHEMICAL
SUPERVISERS
AND MORE
SUCCESSFUL
PEOPLE THAN
YOU – 21 YEARS
AFTER MARYVALE

MAJOR ANTHONY KRUPA

THE LEGEND
RETIRES FROM
COMBAT

DOCTOR BOOKISH WENCH

INTERTEXTUALITIES,
CANONICITY &
CULTURAL CAPITAL
IN CHILDREN'S
LITERATURE

BOY BAND HEART THROB

ANSTEE IS
WORTH FUCKIN'
MILLIONS

DAYNA IS THE GLUE

THE ART &
SCIENCE OF
SOUND



ISSUE 3, 2015

THE CREW

BRENDAN HIBBERT
DEAN ROBERTS
MELISSA SPOWART
KIRRILEE ENDERS
TAMMY ROWED
TRACY VANDERZALM*

THE CREDO

We loved doing this shit 21 years ago and it is still an honour and a thrill to talk to amazing people today. We have no idea if we are still the only independent voice for the *Maryvale Student Nation*, but, 21 years later, we have strived hard to bring the reader a complete and unbiased representation of the incredible mass of discovered and undiscovered, used and unused, realised and wasted talent that came out of Kurnai College Maryvale Campus.

THE THANKS

Everyone who appears in here took the fucking time to answer our pathetic, clichéd and often directionless questions and we thank them first and foremost. Likewise, **John Calabro** inadvertently kicked everything off by granting permission to reprint an abridged version of **Brian Vella's** *Made In Gippsland* interview—which in itself is an amazing hat-tip to the talent bred within our beloved Valley. Reading this had a profound effect and it felt extremely humbling to be thanked by Brian. The encouragement helped put this 24pp, 50gsm OP Medical Newsprint in your hand and re-affirms the power of print—a tiny piece of solidarity within the shadow of the disgusting *Charlie Hebdo* attacks. Most of the text has been set in Scala Sans and Scala Serif designed by Martin Major.

* It would have been great to interview more of you, but we had a staff member on an international assignment. Life can do funny things, but we miss our cover-girl all the same.

Also, my brother **Ash** for proof reading drafts and picking up some epic typos. Blame him if you find any further errors.



Belinda Collins was the right person for the job to organise a reunion. She has the energy, passion and has made a career out of it. Legendary effort. Follow her here: www.thesocialcrew.com.au.

Lastly, **Dean Roberts** for his tireless support and piss-funny fabrication. The gold just flows and he dropped everything to provide content, organise sub-editors and win back a readership base that now finds itself on the verge of a midlife crisis.

We respectfully acknowledge the inevitability of our own demise and the obvious, natural response, has been to splash out on a fancy reunion to make ourselves feel young again. See you there. 🍷🍷



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PIG SKIN

My girlfriend likes my scrotum clean-shaven. Um, how do I do that?

— C. Lamb. Yinnar South.

DASELLOUT: Flatten the rounded surfaces. First, buzz with a beard trimmer that has a six-millimetre guard and then apply a shave oil or low-foam gel so you can see your work. Pull your sack down to smooth the sides and, using a razor with a guard, shave the perimeter with short, downward strokes. Pull it up to flatten and shave the hull. Finish with moisturizer then go show your girlfriend.

POT PLANTS

I am having issues with my hanging baskets and pot plants dying, even though I water them regularly. What could be the problem?

— Bob Lowick. Churchill.

DASELLOUT: In it's natural state, marijuana sends down a tap root up to half the length of the plant. Apart from the fact that there aren't many three-foot deep plant pots about, trying to simulate natural conditions would be impractical in terms of weight, space, cost and labour.

Marijuana grows best in a well-drained sandy soil or loam which is high in nitrogen and potash, at least medium in phosphorous, and which contains little or no clay. The pH should be between slightly acidic (6.5) and slightly alkaline (7.5). If the pH is either too low or too high it will interfere with nutrient uptake. Ideally, buy commercial soil. Avoid brands that have peat in their names, and not just because peat is an over-exploited resource. It is very unlikely that a commercial soil will be too alkaline for healthy growth, but it may well be too acidic. The potency of marijuana is, in part, hereditary. Choose your seeds from the best grass available. Different strains grow at different rates. For uniformity of growth, take all seeds from the same batch of grass. Soak the seeds overnight in a glass of water or in wet towels to give them a head start in the water absorbtion stakes. Adding about a teaspoon of "Domestos" (double for thin bleaches) to half a pint of water will prevent fungus forming on the seeds. It does not harm the seeds in any way, believe me. Poke 5 or 6 holes about 1/4 – 1/2 inch deep and evenly spaced in each pot. Place one seed in each hole and cover lightly with soil. Carefully, so as not to disturb the seeds, moisten the soil and keep it moist until the seeds have sprouted.

GENERIC LOVE LETTER

Sometimes things are written for a purpose, sometimes written but never said, sometimes they are recollections of the past, some hope for the no exsistant. The words written on this page, not any of these aspects, or maybe all of these.

I see this a chance to bury all I have ever thought or maybe the things I wished I had said, the point being that you are one aspect of a long journey through life which I won't forget. Not that much has been said and done between us, our two lives too complicated for us individually to understand two people, completely different, or maybe too much alike. All of this only questions in my head, that may never be solved.

I want to thank you, not really quiet sure why, maybe for sitting next to me outside the graphics room reminding me of my fantastic efforts at the graphic party.

You are so strong mentally, your eyes so determined and passionate, your outgoing personality yet always full of unpredictability and sporadic ~~events~~ ^{surprises}. Qualities only one could love.

I want you to defy all odds, be successful and to be happy. I want you to always smile, because you deserve it and never let anyone tell you otherwise.

Let's see yet I think about you leaving on Monday, and feel sad, although I know I shouldn't. You will be in your element, happy, and that's what I ever want you to be. This maybe the end, you gone, not forgotten. I know maybe all this, should maybe, not written, and maybe you not wanting to read. But for me, important to say.

We haven't known each other for long but your a friend, to powerful to forget. I'm glad we were friends, no matter how short the time period. So I guess that my saying is that I will always be around dying for a chat.

BECK

INSIDE JOB

I can't stop thinking about the collapse of WTC 7 on September 11th 2001 – After all, it wasn't hit by a plane and fell at 'free fall' speeds. It has made me question the entire version of events put forward by the US Government. What can I do?

— JB HiFi. Morwell.

DASELLOUT: In the case of WTC 7 the initial acceleration was so close to free fall that there could be no doubt that all the columns, or most of the columns, must have been severed simultaneously. I found this particularly compelling after noting that the north face had little fire while the south face, according to the proponents of the official explanation, had severe fire. We have clear photos and videos of the north face but not of the south face. It is inescapable that if one side of a tall steel structure is heated to the point of failure, while the other side is not, the structure must lean toward the heated side. WTC 7 did not lean however, it just came straight down, and there was so little hesitation at the beginning that it was almost undetectable. This is set out here: <http://tinyurl.com/lu7mnuh> {Acceleration Study Proves ExplosiveDemolition} and here: <http://tinyurl.com/m4qxwx2> {Vertical Collapse of WTC7}

In 2008 the National Institute of Standards and Technology (NIST) produced a report which changed the official explanation for the collapse

of WTC 7. Apparently they had realized that the failure of the building to lean to the south made their previous explanation look foolish. The new explanation was based on thermal expansion. They asserted that a section of floor on the east side had expanded enough to fracture its support at one end and the falling floor caused a domino effect on several floors, ultimately permitting a critical column to buckle due to lack of horizontal support. They say "progressive collapse" followed.

Read more here: <http://journalof911studies.com>

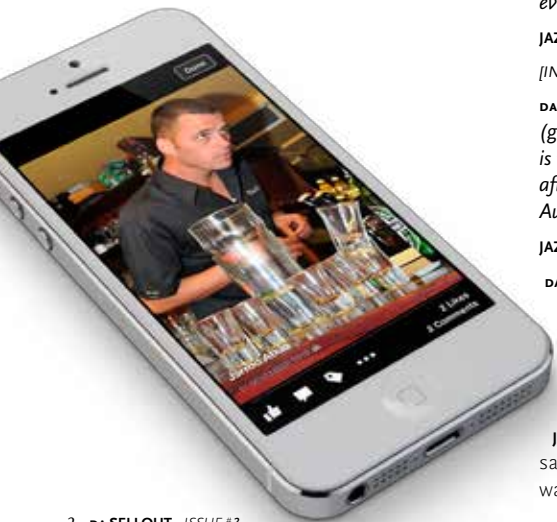
I'VE LOST EVERYTHING



The BACHELOR



In this two part interview with JARROD ATKIN, da Sellout probes deep. Moving from Mornington as a toddler, Jazza lived in Morwell from four til 24. But, he insists we don't mention that. He is a Morwell boy to the core. Interviewed via Skype, casually clad in a blue Bonds chesty 'wife-beater', relaxed into his couch, Jazza is as eager to talk about his travels as he is reticent to talk about long term relationships.



daSELLOUT: *What kind of challenges did you have to overcome to get to where you are today.*

JAZZA: Not many. But, where I am today... isn't um... wasn't that hard to get to where I am today. Any challenges I faced, I would just skirt around them. As Homer says "If something is hard, it's not worth doing". It is true though, I haven't really had any challenges. Can you think of any challenges I might have had?

daSELLOUT: *Umm... Not monumentally difficult ones, perhaps not being able to drive a manual? That was tricky...*

JAZZA: No it wasn't, I'm not Leigh Clifton. Or Cabsy. I've always had a manual license. I got a manual license first time. I can do that shit. If that was my biggest challenge I've ever had, then I've done well.

daSELLOUT: *Well, what about other things, like the 'rut of complacency', or disability or addiction?*

JAZZA: Nar, I've never had any drug problems, I've never had any kids with problems. The biggest commitment is saving money to get overseas. But it isn't that hard. You just have to be committed.

daSELLOUT: *Yeah, I agree.*

JAZZA: You can embellish all this stuff can't you? Make it sound good?

daSELLOUT: *Were there any special teachers or mentors that made a lasting impression on you, even into your career?*

JAZZA: Nup.

[INTERRUPTED BY FIVE YEAR OLD]

daSELLOUT: *Daddy is conducting an interview (giggles) ah, wait – I'll just get her a snack... Here is the next question. How did your life change after you left Gippsland and then later, leaving Australia? Think about it, I'll be back in a second...*

JAZZA: I left Morwell and went straight to London.

daSELLOUT: *Sorry... So. Morwell to London...*

JAZZA: I actually just saw on Facebook Cassa with some chick, must of got married in New York.

daSELLOUT: *So Morwell to London with Cassa?*

JAZZA: Yeah, we flew together. We were on the same plane together. I remember fucking he was watching *The Six Sense* and there was a scary bit

and he shat himself and split orange juice over some Japanese bird.

daSELLOUT: *How did things then change for you once you got to the UK?*

JAZZA: Well, there is a massive difference between Morwell and London. I was introduced to ecstasy...

daSELLOUT: *Cause it hadn't really made it to our shores then had it?*

JAZZA: Not down Morwell way, not in the Valley.

[ANOTHER INTERRUPTION]

JAZZA: Dean needs to be watching this.

daSELLOUT: *So ecstasy and slow reefers... what other changes occurred?*

JAZZA: I was already well up to date with reefers by the time I got to London. I was all over that stuff. That is the thing about the UK – you think it is going to be this massive cultural shock, but it really isn't. Australia to the UK you feel at home immediately. I found it really easy to settle in... And you were the same weren't you?

daSELLOUT: *Yeah.*

JAZZA: There was no real difference. You settle in so quickly... Everyone looks the same, speaks the same language. I found it so easy. You got there a week after me, and I was already all over it by then... Easy

daSELLOUT: *And you landed in a little hostel room with a vanity basin and bunks...*

JAZZA: Yeah, it was a room above a pub that me and Cassa were staying in. I was called Katie O'Connors - In Willesden Green. (149-151 Willesden High Road, Willesden). An Irish pub.

daSELLOUT: *And your first job when you arrived?*

JAZZA: Furniture removalist..

daSELLOUT: *And that would have opened your eyes to some amazing parts of London?*

JAZZA: Yeah, big rich homes in Chelsea and shit like that. One day they made me ride in the back of the truck all the way from Wimbledon to the North West... Someone had to do it, and I was in the back of the truck freezing my arse off, trying to stay warm wrapped up in removal blankets. It took over an hour to get back to the depot after the job. I was only earning £4.50 pound per hour (AUS: \$8.52). But, we didn't pay tax on that...

It wasn't cash in hand, but because you were responsible to pay your own tax... But all the backpackers and Ruskies didn't take that responsibility seriously.

daSELLOUT: *So millions of pounds of backpacker's money leaking out of the UK economy...*

JAZZA: Ha. Yeah. That is where I meet Kerrin too (Kiwi) – He lived in Creeper Wood, just up the road from us.

daSELLOUT: *Ah, didn't Kerrin try to X-ray himself at the depot in a large industrial machine.*

JAZZA: Yeah, they refused to let me... he is a clown isn't he?

daSELLOUT: *It certainly wasn't a medical grade machine. I wouldn't have gone near it. But, it was the start of a great ANZAC friendship yeah?*

JAZZA: I was there two months, then I went up to Edinburgh and then came back and then didn't see him for the rest of the year. I would have met him in February 2001 and then moved into Belford Mews in the Deans Village in Edinburgh in January 2002.

daSELLOUT: *Describe that first year.*

JAZZA: Lived with Cassa for two months, then Edinburgh for three months and I lived in a hostel for six weeks and nearly got thrown out for urinating in a chicks bunk, because I was wasted... Are these stories suitable?

daSELLOUT: *Yeah, they are alright. So, after Edinburgh...*

JAZZA: Went back to live with Cassa in London in South Fields, and worked in a pub where you came to visit me. And lived there for six months. I slept on a bed in the lounge room. Then, went back up to Edinburgh for new years and pretty much spent the rest of my time there. Although, I went on many trips to Spain and Portugal and Sweden (with you), Amsterdam, October Fest in Germany, Berlin and stuff. Running of the bulls was a highlight in Pamplona's [festival Fiesta de San Fermin]

daSELLOUT: *Did you run with them?*

JAZZA: Tell em did. But no, we didn't get there early enough. Cops were there belting blokes with battens and shit.

daSELLOUT: *So you had a few beers before hand, to get up your courage up and the lines defeated you?*

JAZZA: We got there around gam in the morning, but this is the thing, we got smashed the night before, and I was freezing my arse off, in this tent at our campsite, and had a wet dream. I remember that. I blew my load in my pants in a tent in Pamplona.

daSELLOUT: *Ha, excited by the bulls?*

JAZZA: I hadn't had one for years. And I've only had about three in my life, and one of them was there.

daSELLOUT: *Oh god. And most of those were short trips?*

JAZZA: Well, I was in Spain for about a month. We flew to Basque region for a couple of days, then we went to Pamplona for a few days, and then there was a friend who worked each year on the Majorca islands and I was there for about three weeks... I just lived with her and she worked in a bar. Every night they would work from 10pm to 7am. Heaps of Brits and Irish there.

daSELLOUT: *And we'll have to talk about our French trip in the Loire Valley...*

JAZZA: Yeah, and smoked all our weed before we arrived at the Euro tunnel, and smuggled our pills across. You tried to buy some hash off a gang of little French street kids who robbed ya for ten francs.

daSELLOUT: *Ha. Yeah. Nar, it was fifty. It was a pineapple. I was waving it in their face...*

JAZZA: "Ahhh, your stupiiid tourist" – and then they ran, this way and that way, and I wasn't going to chase them...

daSELLOUT: *But it was enough to get us through the night.*

JAZZA: I think we also scored off someone else. And remember, they did actually give you a little block, before robbing you and saying "stupid white foreign dogg"...

daSELLOUT: *And then, I think we sat at a pub and watch people avoid standing in dog shit.*

JAZZA: Yeah, at the front of an Aussie Pub, Wagga Wagga. We still had weed the next day, after we went to that really cool château with the bridge (Chenonceau wins for sheer elegance and beauty.

It is in the Indre et Loire not far from Tours, and its most striking feature is a galleried bridge over the Cher River.) I've got photos of that day. I need to find that. With Benji and Paula (Parer). That was a great trip...

daSELLOUT: *And now I see travel shows showing Loire Valley Tours for old retirees and I think, nar, I've already done that...*

JAZZA: We also went to the Chateau d'Amboise, in the Chapel of Saint-Hubert where Leonardo Da Vinci is buried (or parts of his remains). We were meant to go to Paris, but the car broke down and we had to wait for a tow truck driver to pick us up. We spent most of the night trying to sleep in the car.

[INTERRUPTED. WE PAUSED HERE FOR SEVERAL WEEKS.]

daSELLOUT: *Let's go back 21 years. What were you doing, where and with whom?*

JAZZA: I was with you blokes – you, Calabro, Duncan Pargeter, Nick Blewett – doing nothing. Getting stoned. Getting into the Churchill Pub. Trying not to get kicked out by Knoxy's uncle.

daSELLOUT: *But you never had much problem with looking underage?*

JAZZA: Churchill was hard, but a club was much easier.

[INTERRUPTED]

daSELLOUT: *See how long that will last...*

JAZZA: Did I answer that first question?

daSELLOUT: *Yeah. That will do. What advice would you have given yourself 21 years ago – advice from the older Jazza to the younger Jazza?*

JAZZA: Um... If I was decently prepared I would say fucking pay some attention at school and do some work rather than fuck all. All subjects – I didn't do fuck all at Maryvale really. Just sat around bludging. I didn't excel with my time at Maryvale, that's for sure. I just couldn't be fucked with it.

daSELLOUT: *So your advice would be to concentrate?*

JAZZA: Yeah, so concentrate on school more, I suppose. Take school more seriously. It would have to be. I didn't finished year 12. I left around second or third term. I started an apprenticeship. So I didn't actually complete Year 12 remember.

DASELLOUT: But, your apprenticeship kept you going afterwards...

JAZZA: Yeah, but same advice for my apprenticeship. I would be a tradesman now if I hadn't fucked around in trade-school and finished it. So the advice I would give myself at school is the same as the advice at trade school, fucking take advantage of what you are doing instead of being a bludging cunt.

DASELLOUT: Would you still offer advice to your younger self about travelling being essential when you are young?

JAZZA: Yeah. Ahh definitely. I didn't leave until I was almost 24. But, my apprenticeship was over then, I could have easily completed it and being laughing by then... My travel and my apprenticeship didn't have any to do with each other. I had already fucked my apprenticeship by the time I went overseas.

DASELLOUT: And, so. Since then, what are you most passionate about?

JAZZA: Getting fanny.

DASELLOUT: So in the last 21 years, you have become more passionate about getting laid?

JAZZA: No, I didn't really do that until Denmark, a long time later. That's the thing, I don't know. I'm fucking hopeless at answering these questions. Living overseas I was definitely passionate about, and once I had been over, I was pretty keen to go overseas again.

DASELLOUT: And this is working and living overseas?

JAZZA: I like the lifestyle when you're overseas.

DASELLOUT: Would you say Banff (Canada) or Aarhus (Denmark) as the pinnacle of that?

JAZZA: Denmark. I was there for longer and I had more money when I was there. Banff was good, because it was a different lifestyle, living in the mountains, and totally different culture. Banff was amazing living in the Rockies with deer and elk running around. Bears and shit. Mountains everywhere and it was beautiful. They are different spots.

“But, just to go over and try and bang whatever I can, I could do that short term, but I couldn’t do that for four years again... I’m getting too old for that now...”

DASELLOUT: Is there still a search to find the next amazing experience? A livable city other than Melbourne?

JAZZA: Yeah, but I'm too old now. If I went overseas again, it couldn't be a bar job (although I could do that). I could go overseas again, but it wouldn't be long term again? Unless it was actually some sort of career move. But, just to go over and try and bang whatever I can, I could do that short term, but I couldn't do that for four years again... I'm getting too old for that now.

DASELLOUT: So, as you are getting older, what would you say, in the last 21 years is beginning to piss you off more than anything else. What are you getting cranky about?

JAZZA: Beyond school, nationalism. Southern cross tattoos, flag waving fuckheads. It's true.

DASELLOUT: Overseas this doesn't bother you?

JAZZA: Yeah there are plenty of wankers in Denmark, and they were fuckheads as well, but because it's not my country, oh well... There is fuckheads everywhere. When it is your own country, it just shits you more. I remember a time when it wasn't like that. I blame John Howard.

DASELLOUT: What do you think of our current PM, Tony Abbott?

JAZZA: He is a fuckwit as well. But, the thing is, I'm not the most complicated person. But, the shit that I see when I'm walking around bothers me.

DASELLOUT: And are things getting better or worse with the things you see?

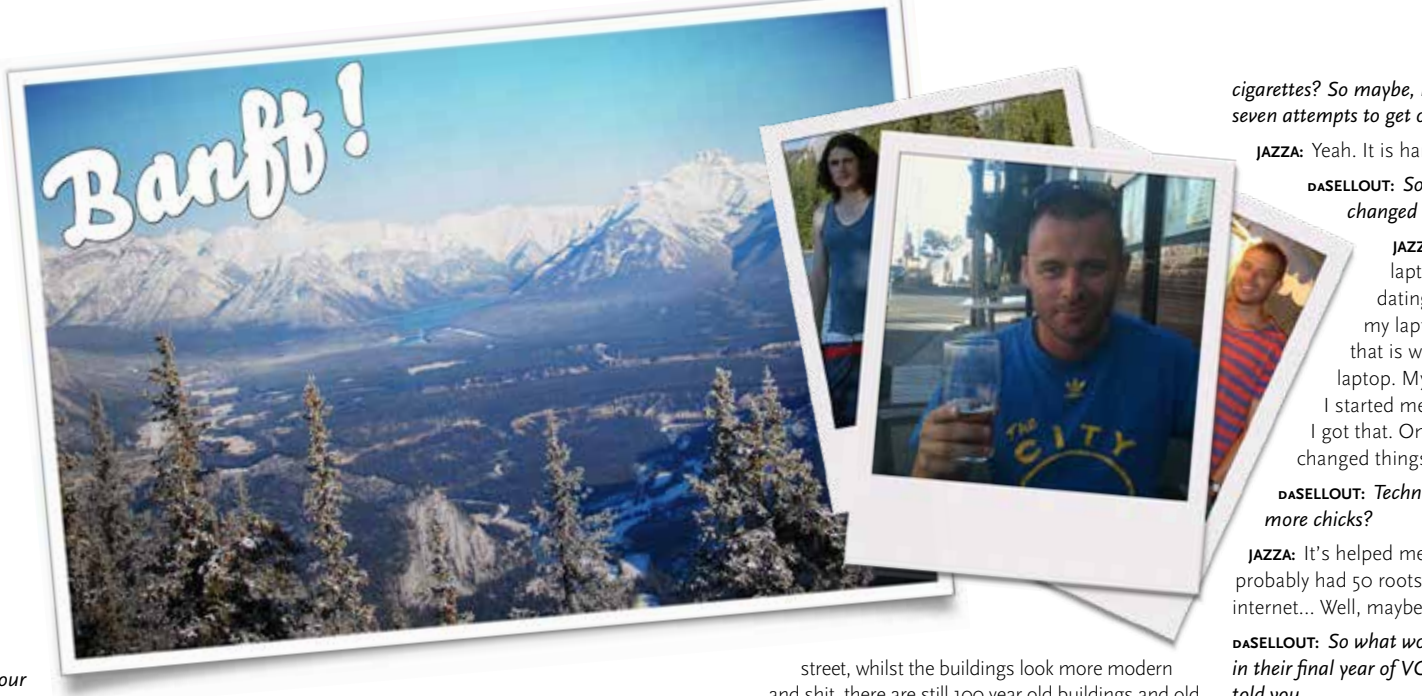
JAZZA: From an Australian point of view, as long as we have the Liberals in control of government and Murdoch controlling 70% of the media, it is just going to stay the same. People read the Herald-Sun makes them think about that sort of shit. If that makes any sense at all?

DASELLOUT: So, following from this, what is going to happen in the next 21 years? In general terms.

JAZZA: I wouldn't have any kids. And I would have travelled heaps. Yeah, no kids and banged heaps more birds. And gone to see more places, and hopefully, living overseas again. You have creative license to embellish all of this.

DASELLOUT: Ha. yeah, I'll focus on the spiritual pursuits of looking at the world from the outside in... Where is going to be the next place you live?

JAZZA: I always say Europe, because I like it there, but I could live in America or Canada – I could live anywhere, if the situation presented itself. I always think of Europe because that is where I like it the best.



DASELLOUT: Even with recent events in France? (Charlie Hebdo attacks happened a few weeks prior)

JAZZA: Yeah, that doesn't bother me. I would still go to Paris, but I probably wouldn't mingle out the front of the Charlie Hebdo offices...

DASELLOUT: Or shop in Kosher supermarkets? Which I can't imagine you being in a Kosher supermarket to begin with...

JAZZA: I've being down to St Kilda plenty of times, and I'm sure there is Kosher supermarkets down there, but I never fucking go in 'em... That shit doesn't bother me... I'd like to travel more in Australia as well – and I'd like to live elsewhere in Australia. And I'd like to see marijuana legalised.

DASELLOUT: Good call. How is that going to happen?

JAZZA: I don't know. How is that going to happen with all these old fucking conservatives / cunts that don't know fuck all, die... If people just use common sense it would happen.

DASELLOUT: It is the same with religion...

JAZZA: To see the downfall of religion in our lifetime would be good for the world. But, Australia isn't a religious country. Less religion is always good.

DASELLOUT: Any other predictions for 21 years time... What is going to happen technology wise? Can you speculate?

JAZZA: Will it be like Total Recall when you put their hands up to talk. A phone just inside you hand and you just go “buu-dip-bo”... [the remake with Colin Farrell in it]. Do you know that 2015 is the year in Back to the Future with hover boards...

DASELLOUT: Yeah, and he picks up a GRAYS SPORTS ALMANAC from an antique store

JAZZA: And that is how Biff becomes a millionaire, because he bets on all the right games [horse racing]. That is what I'd do too, if I went back to the future. I'd get all the sports results. Yeah, I don't know...

DASELLOUT: We will be close to Go...

JAZZA: That's the thing. You walk around outside here – we notice it now, I'm talking to you on my laptop via Skype, I've got a nice fucking flat screen TV there and shit – but if you just walk down the

street, whilst the buildings look more modern and shit, there are still 100 year old buildings and old cars... On the street, technology doesn't mean that much, unless you are on your phone [smart phone]. Technology is not so much in your face, is it?

DASELLOUT: Precisely.

JAZZA: When you actually pull your phone out of your pocket, when you are indoors and in shops and business, that is where you notice it, but when you are down the beach, just fucking laying there, what difference is there from 21 years ago?

DASELLOUT: Mmmm.

JAZZA: It is the same, but different, if that makes any sense?

DASELLOUT: So how has that then changed Jazza's girlfriend acquisition landscape?

JAZZA: It has changed it – changed me into a depraved sex addict – no, I was already depraved, but then I just became a sex addict... now, but, now I trying to get over my addiction at the moment Herb... I can't.

DASELLOUT: And social media hasn't helped...

JAZZA: No. Lovey is one of my mates – he's like my sponsor – I should call him if I get the urge (like blokes in Alcoholics Anonymous, they call 'em when they get the urge) - I'm going to call Lovey and say “Lovey, it's happening again”...

DASELLOUT: Ha, Doesn't it take around seven attempts for most people when they quit

cigarettes? So maybe, it might take more than seven attempts to get over your sex addiction?

JAZZA: Yeah. It is hard work - I tell ya!

DASELLOUT: So new technology has changed that, or has your experience?

JAZZA: I've never owned a laptop. I've been on internet dating a bit... But, when I bought my laptop a couple of years ago, that is when things took off. My own laptop. My own house. That's when I started meeting heaps of chicks once I got that. Once I got my own laptop, it changed things.

DASELLOUT: Technology has helped you acquire more chicks?

JAZZA: It's helped me get heaps of roots. I've probably had 50 roots with the help of the internet... Well, maybe not 50 – around 40.

DASELLOUT: So what would you say to younger men, in their final year of VCE, right now... That no one told you...

JAZZA: About life in general, and getting roots...

DASELLOUT: Yeah.

JAZZA: I would say it doesn't matter. I wasn't very smooth as a young cunt – still aren't. No matter, your best fucking years will be in your thirties. You might think when you are 18 and young and virile and all the chicks are young and tight, that is when your best time to fuck is, but in my experience, it is better when you get older.

[LYNDA COMES HOME AND SAYS HELLO]

JAZZA: How are you going?

LYNDA: Good. [then proceeds to rip into Jazza's couch as the epitome of bad taste... It was only \$150 from the Salvos]

DASELLOUT: In your experience, what is the most common cause of relationship breakdowns? Just then was a pretty good example – bitching about your couch... Hasn't even sat on it.

JAZZA: It is always the woman's fault. Women breaking blokes' balls – that is the whole problem. Modern studies tell us that monogamy is not natural. It is not the natural human state. That is the problem. You can try and convince yourself it is and try to live that way, but, so many people cheat, because it is natural to cheat. People with the hottest missus will root a fat, ugly chick, because it is not the same chick they usually shag. People can get great sex at home with a missus that they love and who is hot, but they would still cheat, because the grass is always greener.

DASELLOUT: Good, so now a hypothetical question: Say you had a mate who was in a toxic relationship, was dominated by his girlfriend and she wasn't putting out, how far would you go to intervene?

JAZZA: I would just tell him he is a dumb cunt and get out of it. I would tell him straight out.

DASELLOUT: And if you found yourself in a similar situation, wait, let me rephrase that, have you ever found yourself in a similar situation to that?

JAZZA: Nah, because I have only every had two girl friends in my life.

DASELLOUT: And was there any commonalities with how they ended? How they break down?

JAZZA: I was only 19, you know, and I'm not a very good boyfriend, because I don't feel I need to tell people what I'm doing all the time, and fucking, I'm not that affectionate, I don't buy – I'm not a good boyfriend from a lot of chicks' perspectives. With Amber, I broke up because I wanted to leave Canada and she wanted to stay. Simple as that. I wanted to do, what I wanted to do. We had different views of where we wanted to go, so we went our separate ways.

DASELLOUT: That's cool...

JAZZA: I'm organising a catch up as we speak. I'm on my phone with a 41 year old Maltese chick. She is quite sexy too. She is at South Bank, so I might catch up with her after seven.

DASELLOUT: For a Sunday session eh? What if things go well with her, and she is really into you, what are the warning signs, that things are getting a little bit too steamy? Wet? When do you pull back... or will you let it take it's course?

JAZZA: Chicks like me for my line. My profile very much tells them that I'm not up for anything more than a casual relationship. If things starts to go that way, I don't know, I just pull out of it. Chicks can tell I'm not, and I think I'm pretty good at making sure that they know what it is I'm after and even if I like to hang out with them, which I do with some, I doesn't mean that, um, don't construe that as, yeah, I'm in love with ya, and what we have got is permanent or something.

DASELLOUT: Mmmm, cool.

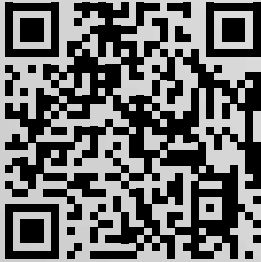
JAZZA: Just be cold and indifferent. That's all you have to do.

Past issues are now online

ISSUE 1
1993



ISSUE 2
1994



TOBIAS SPARK was featured in Issue #2 of da Sellout in 1994. Back then he was a man struggling to find himself as the first in 1994 with a drivers license. It helped many of us escape Maryvale and head straight to the Jeeralangs for some of the most epic underage parties ever. Twenty one years later, he opens up via text message about life, regret and the celebration of the little things that matter...

Unfortunately in 2008 I lost my little brother Monty to accidental drug overdose. They say that 'time heals all wounds', but I think the saying should be—Time makes you better at dealing with the pain of losing someone.

DASELLOUT: *Tell us about what keeps you busy day to day in 2015.*

TOBY: Work, family and a little bit of cricket on the side. Still love to catch with mates, with many of whom I went to school. Still love watching my beloved Demons get smashed every week.

DASELLOUT: *Approaching 40 years old, is there anything in life that you regret doing or not doing? Conversely, what do you most celebrate?*

Regret

- Not finishing year 12
- Not buying a house when my mum and dad told me too when I first started working before the property boom.
- Not travelling more when I was younger
- Not ringing my little brother a week before his birthday when I was thinking of him. He died two days later and we buried him on his 27th birthday. Not talking that last time still hurts today.

DASELLOUT: *If you could give some manly advice to the younger version of you 21 years ago, that you knew you would heed, what would that be and how would you word it to convince yourself.*

TOBY: Something that would resolve my regrets.

DASELLOUT: *Top three tips on how to relax at the crease and score runs in cricket?*

TOBY: Firstly, I think you have me mixed up with someone who actually scores runs. Secondly, smoke a blunt.

DASELLOUT: *What is the key component to a: 1 Successful relationship; 2 Alert mind; 3 Healthy Body?*

- 1 Be open and honest. Even though Cindy thinks I tell a few white lies from time to time.
- 2 Never stop learning and listening. Always challenge yourself.
- 3 Stay involved in sport as long as you can! You're a long time retired. If you can walk to the shop instead of driving and on nice days walk the kids to school.

DASELLOUT: *What takes the most effort to maintain?*

TOBY: All of the above

DASELLOUT: *What is the most insane thing you have seen in your life?*

TOBY: Following two mates on the Monash freeway doing 100 and seeing the driver climb out the driver's window across the roof and in the passenger's window. I won't mention any names Brendan Hibbert and Zorba Parer.

DASELLOUT: *What is the most amazing thing you have seen in your life, that still gives you a lift thinking about today?*

TOBY: Melbourne winning a game of football, no seriously the birth of my kids.

DASELLOUT: *Quickly bring us up to speed on the last 21 years.*

TOBY: I left high school half way through 1994 and went to live and work in Melbourne. The next ten years except 1999 where I lived in Queensland, I worked with various civil construction companies and lived in many different share houses. I have a very hazy memory of these years but did meet some good people who still are my friends today.

For the last 11 years I have lived Churchill, Jeeralang and finally settling in Yinnar. I have worked at Gippsland water as a water quality technician the whole time I've been back in the Valley.

I have been married to Cindy McConville for the past nine years and have two beautiful girls and one little boy.

DASELLOUT: *Likewise, what piece of advice today would you like to be reminded 21 years from now, when you are around years old.*

TOBY: Love more. Smile more. Travel more

DASELLOUT: *Tell us something about you that very little people know. Why has this become part of who you are?*

TOBY: I'm a pretty open book, I don't think I have any secrets



AMANDA REEDY is a talented writer/producer obsessed with all things comedy. She was the Series Producer of Melbourne's iconic live to air comedy variety hour Studio A for 26 episodes, and has created exclusive online content for The Melbourne International Comedy Festival for the past three years. When she says "have a nice day", she fuckin' means it! We love that.

DASELLOUT: *Quickly bring us up to speed on the last 21 years.*

AMANDA: After school I moved to Queensland where I worked at the Hard Rock Cafe and lived with my sisters. I had blast there but wanted to go travelling so I headed over to UK for a couple of years where I worked in hospitality did a bit of travelling and partied a lot. After two years I thought it was time to return home seek out a career path. I decided to study film and television which had always interested me. I had worked at Fountain Flicks in Morwell along with my sister, brother and my mum and I guess that's where my obsession with film started. I have been working in the industry for coming up to 15 years but it's only in the past five years that I have really found my niche in comedy. It's hard work and there a lot of egos in the business but I just love making people laugh, being around creative and funny people, and I finally feel like I'm really good at something.

DASELLOUT: *Tell us about what keeps you busy day to day in 2015.*

AMANDA: I am working on a new comedy sketch show that will air on Foxtel from April this year. It's really exciting as it's a brand new format starring a

group of exciting young comedy actors mixed with some of the legends of Australian comedy like Magda Szubanski, Glenn Robbins and Gina Riley. It's really a dream come true to work with these guys and be a part of such a dynamic production.

DASELLOUT: *Explain in detail some of the technical, hard won skills that you have learnt over the years to achieve the production quality / grade you do?*

AMANDA: I started in the film industry literally making coffee and worked my way up the ranks. I think because of my hands-on, grassroots experience I'm a really well-rounded Producer. With all those years of being on set, working with editors and visual effects artists, collaborating with actors, writers and directors, I have a skill set that can only come from years of experience making mistakes and learning how to do it better next time.

DASELLOUT: *Approaching 40 years old, is there anything in life that you regret doing or not doing? Conversely, what do you most celebrate?*

AMANDA: Sure I have regrets. I would have liked to have studied music and used my voice more. I have been in lots of bands over the years but always regretted not mastering an instrument and learning how to fully read music. In an alternative universe I would probably have become a music producer—maybe I still will.

Other than that, I want what everybody wants: to travel more; love more; be a better friend, sister, daughter, and partner; and to remember that the only thing that really matters is what you do with this moment, and this moment only.

DASELLOUT: *If you could give some womanly advice to the younger version of you 21 years ago, that you knew you would heed, what would that be and how would you word it to convince yourself.*

AMANDA: I would say, Amanda, don't smoke, it's a fucker to give up and it becomes really uncool really quickly. Invest in yourself. Don't waste your time worrying about what other people think of you because it's out of your control and completely unimportant. The only opinion that really matters is what you think of you. Be bold, and mighty forces will come to your aid.

DASELLOUT: *Likewise, what piece of advice today would you like to be reminded 21 years from now, when you are around 60 years old.*

AMANDA: Life is short and only the good stuff matters.

DASELLOUT: *Tell us something about you that very little people know. Why has this become part of who you are?*

AMANDA: I am completely obsessed with blue grass country music and I am a closet blue grass country singer. A lot of blue grass is extremely religious and almost gospel-like. I'm not religious at all but it really moves me and I love the harmonies. Very uncool.

DASELLOUT: *Give us your perspective on how social media / online dating and the internet in general has changed the way people connect. How is this same (or different) from 21 years ago in Morwell.*

AMANDA: I think as you get older it's harder to connect. You get busy and you don't hang out with ten mates on a Friday night anymore. Social media and online dating can be really fantastic tools, though. I've done some online dating, it's pretty strange but makes for great comedy material :)

DASELLOUT: *What is the most insane thing you have seen in your life?*

AMANDA: I went travelling with a team of Indigenous Australian Rugby players and I got to film them performing a traditional Indigenous war dance on the Great Wall of China. It was completely surreal. I have never felt more proud to be from Australia as I did in that moment.

DASELLOUT: *What is the most amazing thing you have seen in your life, that still gives you a lift thinking about today?*

AMANDA: hmmm, see above

DASELLOUT: *What are your next steps?*

AMANDA: I'm writing a narrative comedy. My boyfriend is American and we plan to move to L.A. in a couple of years. I hope one day to become a writer/showrunner and create something along the lines of *Orange Is The New Black*. We want to have kids at some point (shit I better hurry) and we hope to divide our time between L.A. and Melbourne.



THE Sonographer

The human heart was invented in 1642 by the Russian writer Yevgeny Platchkov. Prior to his lyrical and poetic works, people found things very difficult. Conversations were sparse, sport was really very boring and it was notoriously difficult to carry a 48-pack of toilet paper home from Aldi. It has been theorised that all humans have a heart, though the way we treat each other would suggest otherwise. DAYNA ROBERTS (NEE CAMPBELL) is certain that she has a heart because she has taken some pretty pictures of it with her ultra high-frequency heart-probulator. She is no one-trick heart pony though. By day, she uses sound to identify heart abnormalities. By night, she uses her violin to create uniquely heartfelt sounds. Whether she has a songraphers probe in her hands or a five-string electric violin, the result is the same... a positive influence on the lives of those around her. But wait... there's more. The roles she plays are constantly changing. One moment she is a South Gippsland vigneron, the next a sleep challenged mother of two, and in between, the leader of a classical string ensemble. If you want to really upset her, put a very ripe banana under her pillow.

DASELLOUT: Quickly bring us up to speed on the last 21 years.

DAYNA: Ok here we go... lived Monash Clayton for three years doing my Biomedical Science, then married in '98 (to Dean Roberts). Began taking music more seriously (Dayna plays Violin, Dean vocals/guitar) and moved to Adelaide for a band opportunity for three years, also commencing work in the field of cardiology and beginning further studies in Echocardiography (ultrasound of the heart). Back to Melbourne for further echo work prospects (including some weekend work at Latrobe Regional Hospital). A new band followed. Meanwhile, Dean studied viticulture and began getting passionate about Pinot Noir. We spent a year doing the travel work thing overseas, mostly working in the UK, but also experiencing some volunteer work in Bangalore, India. I also did some work alongside Dean at the International Wine Show in London. Returned to South Gippsland and commuted for a few years to Melbourne work (a city mouse/country mouse existence) whilst beginning restorative work on a wildish vineyard (purchased 2006), hence giving rise to the Lithostylis wine label. A new band and two amazing daughters (Siiri age 2 and Neve age 6)! Life is diverse and full!

DASELLOUT: Tell us about what keeps you busy day to day in 2015.

DAYNA: Motherhood and domesticity obviously is a huge one but I'm lucky too to have my parents nearby who love to help out and spend time with their granddaughters. We also love it that our work life often incorporates our kids—we have countless photos of Neve and Siiri out in the vineyard. I think when you run your own business you could be working 24/7 but at least it's diverse in its own way. There is practical vineyard work and then winery work, plus marketing/events, admin and of course artistry when we have the headspace. Our musical endeavours keep us very busy too—we are

currently in another original instrumental band (The Dirt Floor) that is getting busier locally. Each week there are generally rehearsals, sometimes recording and then gigs of course. I also continue to work in Echocardiography part time.

DASELLOUT: What do you think the next 21 years holds in terms of Ultrasonography? Will it still be your main occupation and what will your career look like in 2036?

DAYNA: Since I have worked in the field, the advances in the technology of cardiac ultrasound have certainly expanded exponentially. The basic procedure hasn't changed much, but the computer modelling capability with certain 3D probes (and also 4D modelling) of anatomy is amazing. There is a good chance that in time, cardiac ultrasound will be usurped by high resolution CT scanners.. the jury is still out. They are even suggesting that cardiac surgery will soon be a thing of the past (especially as we advance technology like transcatheter valve implantation which negates open heart surgery). I would love to broaden my sonography skills but its challenging living in a regional area. Possibly I could learn obstetric and vascular modalities with the right practice. Already, I am diversifying my career into wine and music and I think I might need a time machine as it is.

DASELLOUT: Approaching 40 years old, is there anything in life that you regret doing or not doing? Conversely, what do you most celebrate?

DAYNA: Regret is not something that plagues me thankfully. There are times of disappointment obviously, but in time you can see the bigger picture and purpose. Perhaps it would have been better to stay overseas for longer but then other opportunities would not have surfaced. On the whole, I feel really thankful to be here in good health with a family and friends around me, abundant food and a place to call home... I'm fortunate. Celebration? It's wonderful to see things come to fruition literally and to see the seasons

change. We planted a lot of fruit and nut trees at our block so it's fantastic to be growing a lot of our own food. Transitioning to a more sustainable life, making wine, making music, hearing our children laugh—these are definitely things that are worth celebrating.

DASELLOUT: What book do you think everyone would benefit from reading?

DAYNA: Status Anxiety by Alain de Botton—it's really good for people who seem to just want to keep up with the Jones's all the time. Man's constant addiction with acquiring goods and chattels in the hope of finding acceptance and security. Religion for Atheists is another of his numerous books. Having a faith myself (but wrestling with this concept of "religion"), I find a really interesting read into the atheist mind set and ironically seeing mankind's need for awe, faith and ritual.

DASELLOUT: What gift have you been given that gives you the most joy?

DAYNA: There are no specifics, but I love the little cards and pictures my daughters give me that communicate their love. There was a Mothers Day card that Neve made me in her kinder year - a cut and paste sparkly picture of a teapot and a tea bag sticky taped on it with words of such love inside. Its a real treasure and I guess these are the things that mean most to me. But I cannot deny that getting a much-awaited five-string electric violin recently from Dean was also pretty cool!

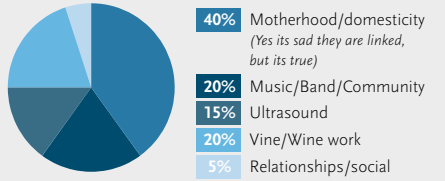
DASELLOUT: What advice stays with you and rings true throughout the years?

DAYNA: Let love guide your life.

DASELLOUT: How do you sleep? What techniques do you use to still your mind, deal with restlessness etc?

DAYNA: I have learnt that computer and smartphone use are the antithesis of restfulness for me so generally I avoid them when I have to get to sleep. Low light, reading, warm milk...gosh I'm feeling sleepy just thinking about it!

DASELLOUT: If you were a pie chart, made a list of up to ten items/ingredients, and their percentage weighting, of the components have fused together to make Dayna the woman she is today.



DASELLOUT: Why is motherhood the main ingredient?

DAYNA: Motherhood/domesticity—yes they are linked and it's a big one. There is no denying it, having young children and managing a household takes up a lot of time and energy. If you are someone who has a meal put in front of them three times a day, opens a well stocked fridge/pantry, goes to your cupboard and pulls out your clean clothes, remains healthy because of their cleaner environment...just be damn thankful... there is a little house elf doing a heck of a lot of work behind the scenes!

DASELLOUT: Björk recently talked about the end scene in Mary Poppins when she's made friends with everyone, and the father realises that kids are more important than money—and [then] she has to leave. [chokes up] It's a strange moment. Björk explains: "Women are the glue. It's invisible what women do. It's not rewarded as much" Pause and reflect briefly on partnership, motherhood and family.

DAYNA: We have obviously come a long way in valuing motherhood in all its fullness but unlike other cultures (like India for example), I don't yet think Australians seem to revere it (... possibly the feminists would cry foul). When fertility and motherhood is celebrated, valued and practically supported, I'm sure women are surely happier and can parent more positively. We need to reward ourselves a little more and apologise less (all advice I need to take on myself!).

Its been an interesting journey for Dean and I and this whole question of role models, pre- and post-children. Earlier, I was the primary breadwinner and it was challenging to relinquish the role to have kids. We have had to constantly adapt to new roles and that can be both challenging as it is liberating. Being a mother, there are things emotionally and physiologically for the kids that only I can do...but they also (ideally) need to be raised by the father, wider family and a very supportive community.

DASELLOUT: Without deliberately guiding you into a cheesy response, what are the hopes and fears you have for your daughters?

DAYNA: I hope they grow up not being ruled by fear. Fear and anxiety seems everywhere at the moment. Fear of failure, fear of commitment, fear of trying....may they have courage and be the better for it!

DASELLOUT: What are you doing tomorrow?

DAYNA: Finishing of the netting of the vineyard. Its a huge job that takes a few days including pegging and clipping, patching up holes etc. The grapes are certainly colouring up and the birds are definitely interested. My parents will come out and Mum plays with Siiri whilst Neve is at school. The evening will comprise of a rehearsal—I'm currently leading a string chamber group down at Inverloch which is a lot of fun and helps to keep up my music sight reading/classical skills.

The Physician



DR KYMBLE SPRIGGS graduated as a doctor from the University of Melbourne Medical School in 2000. Soon after he conducted a series of underground experiments to ascertain whether it was possible to re-animate deceased humans using 9v batteries and re-runs of the Cosby Show. Aside from a feint twitch every time Arnold said "Whattchoo talkin' 'bout Willis?", his experiments were unsuccessful. However, he did notice by chance that when stung by a bee, even a corpse will say "Ow!", and sometimes even "Ow, that really hurt!". His interest in Allergies stemmed from this discovery. He recently completed a Short Course on Maniacal Laughter, passing with Distinction. He maintains his dream to raise up an army of super-zombie's so he can play an elaborate practical joke on his Uncle Dennis.

DASELLOUT: What are you doing now?

KYMBLE: I'm a specialist Allergist and Clinical Immunologist. I work at Royal Melbourne Hospital and have a private practice called 'Avid Allergy' with offices in Collins Street and Berwick. I have a special interest in paediatric allergies.

DASELLOUT: What have you learnt in the last 21 years?

KYMBLE: I don't feel like I've learnt a lot, but I know that's not true! I know myself a lot better — I now understand my own motivation. When I was in year 12, learning came fairly easily to me and I was used to being a 'big fish', but becoming a 'little fish' at uni was challenging. Suddenly I was one of many, and I didn't like it. It took a while for me to understand and come to terms with it. I learnt a lot about other people and how I could relate/fit in. I've also developed an understanding of how family works — that it takes a lot of effort from adults to make an extended family work. I took that for granted as a child.

DASELLOUT: What advice would you give your year 12 self?

KYMBLE: I would tell myself to be less worried about what other people think. Don't hold back so much — when you open up to people you find more commonalities than you expect.

I would also say it's ok to not be 100% correct. Stop looking for the 'right' answer — the exploration of ideas is just as important.

DASELLOUT: Where do you see yourself in another 21 years?

KYMBLE: It is hard to envisage where I will be in 21 years. I will still be involved with immunology. I would like a job in the public hospital system and may end up doing research or teaching. Maybe I will be retired!

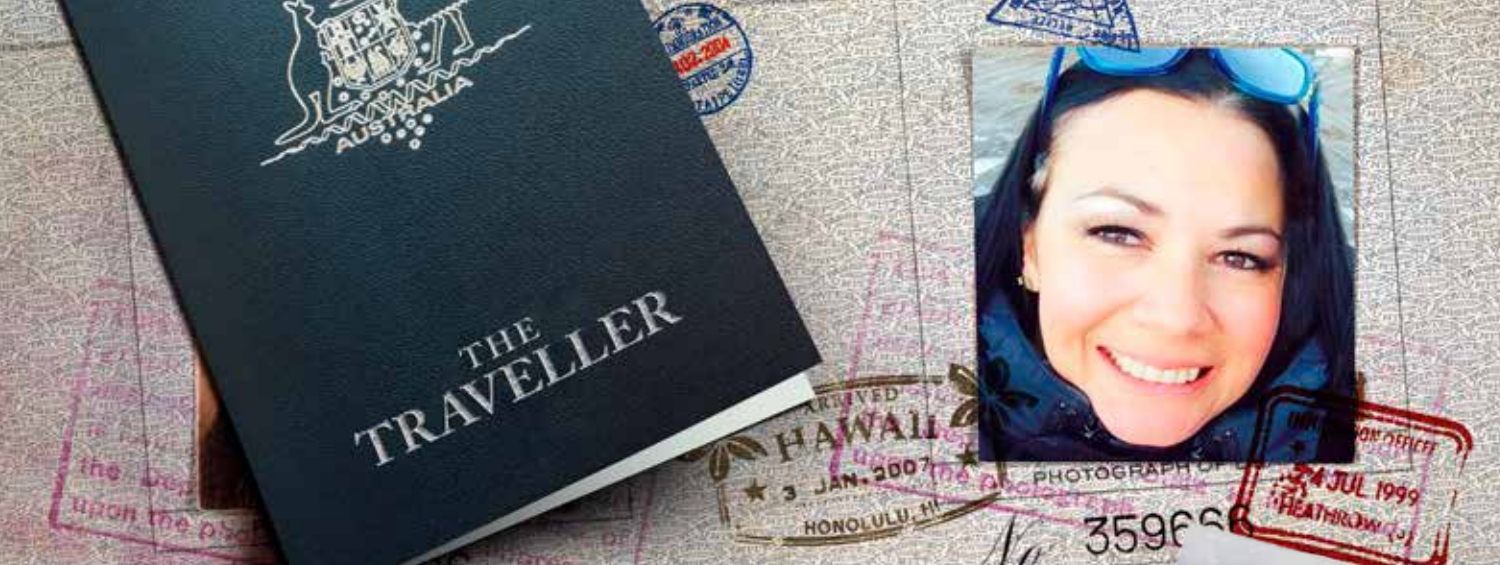
DASELLOUT: How do you define success?

KYMBLE: I don't necessarily feel successful — I don't think about it like that. I think you are successful if you set yourself your own goals and set out to achieve them, not someone else's ideas. You have things that you think are important and if you can make them happen, that's success.

DASELLOUT: Give us the top three things on your bucket list.

KYMBLE: Well, it's going to sound pretty boring, but:

- 1 I'd like a house in the country to have land, animals, etc.
- 2 Have kids.
- 3 Spend more time with family and friends overseas, particularly in Germany.



Lets be honest. There are only two possible reasons why someone travels as widely and regularly as MELISSA BUTLER. The first is crime: Drug running, identity theft, money-laundering, arms dealing and the like. The other, perhaps more plausible reason is espionage. Think about it... under the cover of a legitimate job, this easy going, happy-go-lucky adventurer just happens to arrive at Moscow's Sherimetyevo airport immediately preceding whistleblower Edward Snowdens' arrival there. She is then casually photographed appraising Russia's space technology. The following evening she is 'accidentally double-booked' at Restaurant Gussyatnikoff, favourite haunt of bad-man Vladimir Putin. Double-booked? Double-agent more like?! You decide.

DA SELLOUT: Which subject/teacher do you wish you paid more attention to in Year 11-12?

MELISSA: Not sure on paying more attention but I wished I had taken a class to learn another language and history.

DA SELLOUT: Which subject/teacher taught you lessons that are still relevant?

MELISSA: Maths & Business Management (both very useful and versatile in the real world).

DA SELLOUT: Any words of wisdom for Year 12 Melissa?

- Learn another language other than English, you may never use it but you will appreciate it
- Study something that you enjoy and not what you have been told to do and you will find that studying will be much easier
- Always have goals to look forward to both—big ones and small ones. You'd be surprised how much more you will achieve by having these goals.

DA SELLOUT: A quick list of all the countries that you've been to:

MELISSA: I can't give you a quick list but I can say that I have been to over 55+ countries and some of these I have travelled to more than over 20 times on various trips.

DA SELLOUT: What is the most memorable travel experience that you have had?

MELISSA: This is actually a hard question, as I have many due to various reasons but here is my TOP 5:

1. Dancing with the Massai warriors and staying overnight in the village in Tanzania, Africa.
2. Trekking through Nepal to Everest Base Camp and seeing Everest for the first time.
3. Staying overnight in the Ice Hotel on a bed made of ice in Kiruna, Sweden
4. Summiting Mt Kilimanjaro on my birthday and having everyone sing Happy Birthday to me on the summit.
5. Going to Moscow for Christmas and visiting the Russian Space centre and Red Square.

DA SELLOUT: What the scariest travel experience that you've had?

MELISSA: Flying into one of the world's most dangerous airport Lukla (also known as Hilary airport) in a small plane, where the emergency exists had gaffer tap on it, you were given cotton wool for your ears to block out the noise from the engine and you fly onto a mountain without any traffic control to direct us. The worse bit was knowing that I needed to catch the plane back after my trek.

DA SELLOUT: What do you miss about Australia in general, and what do you miss about Gippsland?

MELISSA: Australia – I miss the big open spaces and the laid back Australian lifestyle. Traveling all the time makes you appreciate Australia and how lucky we do have it. I really miss Big M's and twisters

Gippsland – I miss the simple things like going to the local fish and chip shop and having pizza that is fresh and most importantly being able to go up the road to visit family and friends.

DA SELLOUT: Single? Engaged? Married? Children? Pets? Which of these are the most appealing?

MELISSA: All those points are important but to me, the most important one is being married to my husband of 14 years. I wouldn't have been able to do half the things without his support. It is wonderful to have someone with whom to share your life experiences.

DA SELLOUT: What are you most passionate about, and how do you realise/exercise this passion?

MELISSA: I have many passions (like skiing and trekking/scrambling) and every time, I go somewhere I find another passion. But like so many other people, I am especially passionate about travel, adventure, food, culture—basically anything really that encourages me to learn more about the world and an excuse to



be outdoors whilst enabling me to share experiences, tips and ideas with others.

DA SELLOUT: Who has had the greatest influence on your personal growth? (There may be more than one person).

MELISSA: There is not one particular person who is a great influence on my person growth. I think it has been the many people that I have met along the way on my travels and working aboard in various countries or cities like India and Chicago or visiting the children in Africa who didn't have anything and were happy to be alive, to working with very wealth traders and clients on a daily basis where money is not a problem.

I love nothing more than meeting people from around the world, and hearing and exchanging stories and experiences. Everybody has a story, and I feel like life is really one big book with a different chapter dedicated to each individual.

At some point all these individuals (and experiences), have had some influence on my life.

DA SELLOUT: Please supply a 3 point bucket list:

1. Go to the Arctic on a research boat and see the Polar bears.
2. Go trekking with the gorillas in Rwanda.
3. Go on a safari in Africa & volunteer in an orphanage.

DA SELLOUT: Where do you see yourself in 21 years?

MELISSA: Completing my bucket list and hopefully retired, yet still traveling around. I would also like to return to Australia one day and explore our own beautiful country.



The C . E . O

For 20 years, while the entire world has played catch-up trying to get their head around this thing you may have heard of called the 'internet', massive corporations like NAB, Myer, Honda, Qantas and Bunnings have been relying on a Churchill boy to guide them.

Meet BRIAN VELLA, one of Australia's leading web experts.

MADE IN GIPPSLAND: In a sentence, tell us your job description, and what you do?

BRIAN: Managing Director of a high performing, digital creative and technology team at DT. Beyond DT, I'm also the Executive Director of Digital at Ogilvy, essentially responsible for the digital evolution within the broader Australian Ogilvy network.

MIG: Do you specialize, or have a particular niche?

BRIAN: We are a full-service digital marketing agency. Our model is based on a deep and broad group of digital specialists collaborating together everyday across all industries.

MIG: How did you get into that career?

BRIAN: I studied Management & Marketing at university. It wasn't a typical journey, as I deferred study to get into Graphic Design half-way through the course. A few years later I recognised I was never going to be the world's best designer, though identified that I loved the creative field. So I moved into project and account management, which was more aligned with my study.

MIG: With what kind of people do you get to work?

BRIAN: The best in the business. I'm lucky and proud to have world class talent in my team, that I get to work with everyday. The core pillars of our business are built around our Technology Director, our User Experience Design Director, our Design Director and Creative Director. From a client perspective it's generally CMO's. Day to day I generally combine Consulting & Coaching these days. Consulting to clients, in terms of their digital strategies and working with the leadership team on their careers and evolving their own teams.

MIG: What are some of the most impressive things you have done in your career?

BRIAN: Grown our team from six to 160 people. Beyond size, we've built a high-performing team that continues to lead the market in many ways – from growth, awards, retention and profitability.

In 2012, we were named 'Business of the Year' in the prestigious STW Group from 75 other marketing communication companies.

MIG: What are your fondest memories of living in Gippsland?

BRIAN: The time and space. Even when I moved to Melbourne, for the first 10 years I'd travel back almost every weekend to get out of the city. I maintained my membership at Traralgon Golf Club for many years, enjoying the company and relaxed atmosphere of the Club. More often than not after golf I'd head to the local footy or cricket (depending

on the season) to watch good friends in action. I love the community aspect of local sporting clubs and miss that most.

MIG: What kind of challenges did you have to overcome to get onto this career path?

It was a big decision to move to Melbourne. At the time all my friends and family were living locally, and almost no one I knew had moved on. I had a stable job that I was interested in, though I felt like something was missing. On top of that I'm an only child, so leaving my parents was a big deal. I took a chance, applied for a job at an ecommerce startup, and ended up getting the job. Even after receiving the offer I wasn't sure, and it wasn't until the CEO of the company took myself and my girlfriend (now wife) to dinner that I changed my mind. I remember thinking at the time that I'd do it for a couple of years, get some experience and then move back. 15 years later I'm still happily settled in Melbourne.

MIG: Were there any special teachers or mentors that made a lasting impression on you, even into your career?

Brendan Hibbert, now a design lecturer in Perth, had the biggest influence on my career (he may not know this – I should probably tell him)! I worked under him in my very first job and he taught me everything I know about Design. One thing he said to me, which I still think about today, is that 'everything has been designed'. This provided great inspiration and

is something that's guided my point of view on creative services, and how DT has evolved. Since then, without doubt it's been David Trewern, the founder of DT (and now non-executive Chairman). We've worked closely together for more than a decade.

MIG: What subjects did you do at school, or what things did you do locally as a kid that may have led you to this career?

I studied Management and Marketing. Though at the time had no idea where that would take me. It was ultimately my 'summer job' at the small graphic design studio Messenger Media that led me to where I am today. I was lucky enough to work closely with a few entrepreneurs (Antony Svasek, Daniel Lewis and Andrew Philips) that instilled in me a work ethic and the curiosity needed to succeed.

MIG: What was your first job out of school?

'Glassy' at the 'Chill Bar' in Churchill. Back in the day it was the place to be on Uni Nights.



MIG: What are the best things going for Gippsland?

The natural beauty of Gippsland is underrated. Perceived or otherwise, the rat-race does catch up with you. It's good to be able to go to a place that's less intense – I think this is healthy.

MIG: Any things else?

I'd remind people not to underestimate the value in loyalty...

Big thanks to John Calabro and Brian Vella for letting us reprint this interview and in doing so, ensuring DA SELLOUT #3 became a reality. Read the complete interview here: www.madeingippsland.com.au





THE SOLDIER

Here at da Sellout, we pride ourselves on our ability to fabricate a story where there really is none. Like the old adage says; ‘Don’t ruin a good story with the truth’. So, when we stumbled upon ANTHONY KRUPA’s story, we felt genuinely challenged. We asked ourselves how we could make it more exciting? Should we add some explosions? No, it’s already got them. Should we put in some toilet humour? Already there, gold-plated too. What about deep lows to balance the huge highs? Also included. Ok, I bet it doesn’t have anything as James Bond-esque as a clandestine Russian arms deal replete with huge loads of cash, armed SAS troopers and a post transaction Vodka or three? Ahhh...

Truth really is stranger than fiction. Anthony’s tale is too strange to be false...

Anthony left Maryvale and studied to be an Officer in the Australian Defence Force (ADF) at Duntroon graduating as a Lieutenant at the tender age of 20 years old (one of the youngest Officers since the Vietnam War). He was deployed in operations 11 times to Afghanistan, Iraq, East Timor, Qatar, Kuwait, UAE, Bahrain, PNG and Bougainville. He is currently retired veteran from the ADF.

DASELLOUT: *As a former Major in the ADF, you must have studied leadership extensively. What in your opinion are the hallmarks of a great leader?*

ANTHONY: Lead by example was my mantra. I would never task my subordinates to do anything I would not do. I also believe having moral fortitude, courage and initiative is key to success in achieving every mission. I shaped my leadership on the Five Working Fundamentals from *The Art of War* by Sun Tzu which includes Tao, Nature, Situation, Leadership and Art. Those who truly understand these fundamentals will win, those who don't will be defeated. Having said that, I also enjoyed a drink or two with the diggers after a hard day's work!

DASELLOUT: *Having high personal expectations is a double-edged sword. Agree/disagree? Discuss.*

ANTHONY: Agree 100%. When asked by **DA SELLOUT** what drove me, 21 years ago, my response was –'Pressure'. I then went on to say that—"it is pressure that turns an ugly cold rock such as coal into a sparkling diamond". Having high expectations of myself, being enthusiastic and having the drive to succeed at all costs served me well until it all came crashing down on the 9th August 2012 – I will never forget that day as it changed the course of my life (more on that later).

DASELLOUT: *What's the most scenic toilet you've ever frequented?*

ANTHONY: This is an interesting question as I have had the fortune of dining at the Burj Dubai (only 7 star restaurant in the world) that had a very impressive dunny and then I have had the misfortune of using many porta loos and drop pits in some really crappy places (no pun intended). But to answer the question, I would have to say it was at Saddam Hussein's riverside palace in Basra in 2005. We were on operations conducting a patrol and although we had no need to go to his palace we couldn't resist. I was busting for

a number two and when you have to go you have to go. Normally in Iraq the toilets were not traditional, but in the palace there it stood: a gold-plated porcelain toilet in working order. That's right, gold plated toilet, taps and toilet paper holder. As officers, we knew we were not allowed to take souvenirs; however, let's just say there is a gold plated tap from Saddam Hussein's toilet in the Australian War Memorial vault.

DASELLOUT: *Was there any evidence to confirm/deny the rumour that Saddam was a scruncher and not a folder?*

ANTHONY: Neither, as he was a Muslim he used his hand and water so the true question was whether he was a righty or lefty (culture says a lefty).

DASELLOUT: *When you first walked into Saddam's presidential palace, what was the first thing that entered your mind?*

ANTHONY: Fuck me! I had seen his other palaces (yes plural) in Baghdad, but this was different. It was old, run down, shot at and blown up in places but it was really beautiful. I still remember the date palms loaded with dates looking over the water—it was surreal to say the least, considering we were in a war zone.

DASELLOUT: *Tell us about Sergei the Russian arms dealer. What were the circumstances of your meeting?*

ANTHONY: One of my many deployments was to training the Iraqi Army. After the fall of Saddam the Iraqi Republican Guard was disbanded. It was my role to train the new Iraqi Army in Al Samawah in all facets of the military – i.e. infantry, logistics and communications etc. It was a huge task. Anyway, one of the many tasks was to arm the new Iraqi Army with weapons and the preferred weapon of course was the 7.62mm caliber AK-47 assault rifle (and I'm not talking the cheap Chinese knock offs here). In order to provide the weapons the Multinational Forces HQ in Baghdad would engage arms dealers and we would be tasked to conduct the transaction. So I travelled from Al Samawah in southern Iraq to Baghdad in order to collect my authority and the cash. I still remember to this day entering a room heavily guarded with pallets of cash. Each pallet had US\$60 million and I lost count at 20 pallets. Once I collected my measly US\$12 million, my



Close Personal Protection (SAS troopers) and I set off for the Port of Basra on the boarder of Kuwait. This story has so many interesting moments but the one to focus on is when I meet the captain of the ship, the arms dealer called Sergi. Whilst my guys and his guys (all armed to the teeth) are using many money counters to count the US\$12 million Sergei and I hit it off as my back ground is Russian/Polish—so in true fashion we had a few (many) vodkas. That in itself was bazaar as I was like Nick Cage from the Lord of War conducting a sanctioned arms deal but what came next would blow your mind. Let's just say that the US Delta Force thought there was something illegal going down and the captains quarters were stormed. My men, Sergei's men and the Delta Force guys had guns at the ready. Normally I would be doing 50s and 5s (Army saying for butt hole opening and closing very quickly in anticipation of something happening). Instead, Sergei says “Na zdorovie” which is a friendship word in Russian for cheers and we kept drinking. For the record no one was shot and the Delta Force boys were a little embarrassed once they read my orders from Headquarters—plus they shit themselves as they didn't know who was worse: the Russians or the Australian SAS.

DASELLOUT: *Did Sergei offer pork fat and garlic to go with the Vodka?*

ANTHONY: No, but let's just say he did offer “entertainment” after the shit storm passed—which we had to say ‘No’ to, as we had another mission.

DASELLOUT: *Are there ever common sense solutions to conflict which is obvious to the people on the ground but which eludes politicians/media?*

ANTHONY: Common sense is not so common so I don't think I will be able to answer this one easily. As an Officer I understood the strategic reasoning behind most deployments and why it was in the best interest of the Australian people. From a personal point of view I have come to realise that for every action there is a positive and equal reaction (thanks Newton). In other words, violence only cause more violence. I know I have stepped around your question, so I will say one last word: what Australia has done in recent

conflict and what my involvement has been has been the right action to take.

DASELLOUT: *How do the conditions/expectations of a modern professional soldier compare with those of a soldier circa WWII?*

ANTHONY: Facebook. Facetime. Coffee shops. Gym. Money. I'm not saying the soldiers of today are soft, but the first thing almost every soldier does after a patrol is get on the internet, go to the gym or have a coffee at a full on coffee shop in the middle of a Forward Operating Base (FOB) in the middle of Afghanistan. If you are to take away any of these so called ‘rights’ the soldiers get pissed off. Compared to the soldiers in WWII things were much simpler. Having just walked the Kokoda Trek I can honestly say the soldiers of today would be checking their mobile phone signal to post a selfie. Please don't think I'm saying the soldiers of today weak, I'm just saying that things have changed—and not all for the better.

DASELLOUT: *You have witnessed acts by humans which no-one should have to see, what restores your faith in the basic goodness of humanity?*

ANTHONY: My interpreter Allah from Iraqi in 2005 was considered a traitor and his father was killed for helping the Coalition forces. Allah saved the lives of my team and I many times as he was a very smart and dedicated individual who really wanted to change Iraq. In 2007 the PM, Kevin 07, approved a clandestine operation to relocate the interpreters who helped the Australians in Iraq to Australia. Allah was the first approved to start his new life in Sydney. The first time I met up with Allah he fell to the ground and kissed my feet as he could not thank me enough for the new life I had given him. All I could think about was that his father was dead and his mother had to remain in Iraq but Allah was happy... and free.

DASELLOUT: *Is it normal for a 30-something year old to be promoted to Major? Prior to your retirement, what would have been the logical next step in your career advancement?*

ANTHONY: Well I graduated Duntroon at 20 and commissioned as a Lieutenant which was very young. I was promoted to Captain a little early for good behavior at 24 and then again early to Major at 29 (always my goal to crack Major before my 30

birthday). Due to the fact that I had deployed so much and had specialised in so many areas I was rewarded with an overseas posting to the USA (Mechanicsburg in Pennsylvania) starting in 2013 on promotion to LTCOL which was just amazing. My family and I were so excited. We had found our home in the USA, schools for the boys and had even sold our house so we were well and truly on our way. I was also in line to get another medal from the Queen (I had received a Commendation for Distinguish Service in 2005 and many other commendations) so my career was looking very good as I was being groomed to be a General one day. If I had not retired I would be back from the USA probably in Canberra and almost a Colonel at only 38. I will stop there as what could of been is no longer.

DASELLOUT: *Your battles with Post Traumatic Stress Disorder (PTSD) eventually led to your retirement from the ADF, has your view of mental health issues changed since having to wage your own battle on depression?*

ANTHONY: Let's just say I had no idea what PTSD, depression, panic attacks or anxiety were. In fact, I thought only weak cunts got mental health illnesses. Wasn't I wrong! After my mental break down on 9th August 2012 I was hospitalised for almost two months in the Austin Repatriation Hospital (Ward 17) for mental unwell veterans. The first two weeks I seriously cannot remember as they had drugged me up so bad to save me (I had hit rock bottom and tried to end it all). I still remember sitting down in the court yard at Ward 17 and my pyschiatrist, psychologist, mental health nurse and wife sat with me when they explained what had happened and that I had Combat related PTSD, major depression, severe anxiety and panic attacks. They went on to say that for my entire life and the 17 years in the Army I lived on adrenaline and had deployed over and over again despite the tragedy, death and heart ache I had seen as it was like a drug for me. Considering I had never done any drugs or even had a cigarette I was being told I was an addict—addicted to combat.

DASELLOUT: *It has been estimated that in recent years, three times as many soldiers have died from suicide caused by PTSD than have died in active service. What can be done to stop this trend?*

ANTHONY: Forty-one soldiers have died in combat in the past 13 years, four of whom I knew and over 12 I was involved in their repatriation to Australia to be laid to rest. If this was not enough to have to personal experience the next truth is not for the weak minded of faint at heart. During my service I knew of at least eight suicides related to PTSD and since my retirement I have know of almost 12 in the past 18 months. Through my involvement with *Soldier On* I had a friend conduct a survey and due to the fact that the Australian Defence Force does not keep statistics once discharged they believe there has been 120 suicides relating to PTSD in the last 3–5 years. I have been actively working

DASELLOUT: *What do you miss most about being in the ADF? Have you found another source of this thing?*

ANTHONY: This is a very touchy question for me as the Army made up half of my life and all of my adult life. The truth is I miss what ultimately fucked me up. I miss the deployments, I miss the action, I miss travelling to some of the dangerous and exotic places on earth. But most of all I miss the ability to lead others and make change. Have I found something else to replace it, YES. It was there all along and its called a family.

DASELLOUT: *Children are great levellers. Have yours ever cut Major Anthony Krupa down to size?*

ANTHONY: I have two great sons. Zane is 14 and Jett is 11 and to be honest they are both my world. It may be my military training or CDO (its like OCD but in order), but I now have the luxury of waking my boys up each morning, preparing school

DASELLOUT: *What passion/craft have you focussed on since retiring from the ADF?*

ANTHONY: Family. My Ducati. A passion for coffee. Stand Up Paddle boarding. Helping other veterans. Yes it sounds like I have a tough life, but I take care of my family first, me second and others thirld. I have always loved coffee to the point that I import it, roast it and drink it. I ticked off a bucket list item in Bali recently having drunk the famous Kopi Luwak coffee. Luwak coffee refers to the seeds of coffee berries once they have been eaten and defecated by the Asian palm civet. At US\$28 a cup I was in heaven.

DASELLOUT: *Using five words only, describe what your wife loves most about you?*

1. Passionate
2. Enthusiastic (well I was)
3. Generous

"I used to think that mental health was for weak cunts..."



with *Soldier On*, RSL and other organisations to try and work out what can be done to stop it and although we have come up with many ideas that have been implemented more needs to be done.

DASELLOUT: *Describe your involvement with ‘Soldier On’?*

ANTHONY: *Soldier On* is about Australians coming together to show their support for our physically and psychologically wounded. They want to show the men and women of The Australian Defence force that they will always have their backs. Founded in 2012, the organisation was inspired by the death of a friend. Lieutenant Michael Fussell was killed in an IED blast in Afghanistan in 2008 and his friend John Bale looked for a way to support those who survived the blast. He quickly realised there was no easy or accessible way for members of the Defence forces, or the public, to show their support for those wounded in battle. I found *Soldier On* in July 2013 and I can honestly say I am here today and owe my life to *Soldier On*. Since being involved with *Soldier On* I was fortunate to travel to Canada as part of the Wounded Warrior weekend which included veterans from Australia, Canada, England and the USA. I have conducted many morning teas to help get veterans out and in touch, a formal *Soldier On* Gala raising over \$2ok and I also represented *Soldier On* with the Wyndham Leaders of the future Program on mentoring 16-18 years old to be future leaders which culminated in walking the Kokoda Trek. I continue to work with *Soldier On* as they are key to my rehabilitation and my connection to my service.

lunches, having breakfast with them and then taking them to school. As I am now the first and last person they see every day I consider myself lucky for this second chance as my 11 deployments totaled over 3 years away, many training course which equated to almost two years away and for the past decade when I was in Australia I would travel interstate 1-2 nights per week. My wife and I worked it out and in the 18 years of my service and 17 years together I spent almost 7 years away. I am amazed we are still married—having said that we renewed our vows in Vegas last year with Elvis so she obviously still loves me.

DASELLOUT: *Do you have any tried and true relaxation/meditation methods?*

ANTHONY: Considering I went from never going to the doctors or even taking a panadol I now take daily meds and see a range of specialists. I have come to realise the meds are a necessity and when I'm not on them I don't cope but along with regular sessions with my GP, psychologist and psychiatrist I can keep on top of things. I'm not afraid to admit I have a mental health team as it is now my full time job to take care of myself. I do use grounding techniques every morning to start the day, I have a daily spa to relax my injuries, and I use many form of relaxation techniques to keep me calm. The best one I use is to go outside and focus on three things I can see, hear and smell. It's amazing how we neglect the simple things in life. And for the record, I'm now off social media which sucks as it is hard to keep in conact and help other veterans in need; however, I don't have any of the bullshit associated with it.

DASELLOUT: *World Peace in three easy steps?*

1. Abolish religion (this will happen when the aliens land).
2. Shut down the internet (Im a technophobe and would love to go back to the good old days)
3. Everyone should chill out and surf/paddleboard or ride motorbikes.

DASELLOUT: *What lesson will you pass on to your children that your father passed to you?*

ANTHONY: Moral fortitude. Be true to yourself and others and take responsibility for your actions (good and bad).

DASELLOUT: *What lesson will you pass on to your children that you wished your father passed to you?*

ANTHONY: Work to live, don't live to work. I learnt the hard way and I am fortunate to have a second crack at life.

DASELLOUT: *Please supply a three point bucket list.*

ANTHONY: I actually do have a bucket list and I am always adding to it and ticking things off. I recommend everyone should have grand goals, realistic goals and goals that involve others.

1. Conquer Mount Everest
2. Be able to go inside the great pyramid and explore the labyrinth of tunnels
3. Play in the World Series of Poker Main Event in Vegas with my youngest son (7 years to go Jett).

DASELLOUT: *Where do you see yourself in 21 years?*

ANTHONY: Back in the day I told da Sellout I would be the first President of the first Australian Republic. Who knows, I might come out of retirement and change Australia. Or, I can just continue to be a retired veteran, try and help others, paddle board, drink coffee and most of all spend time with my family.



Budgies. Lorikeets. Parrots. It doesn't really matter so much what the breed is, so long as it's smaller than a chicken and raised on Tim Tams. That's Adrians secret. He demurred when probed about his Chicken and Walnut wraps, but we have it on 'good authority'—small breeds of pet birds provide the intense flavour and unique chewy texture of this Grange Café bestseller. As for his unusually creamy and nutritious Latté's... we cant be totally sure, but we have intercepted quite a few refrigerated packages on route to the Grange from the West Gippsland Hospital Midwifery Department. Coincidence, or is a latte literally 'mother's milk' to ADRIAN MILKINS?

DASELLOUT: *Which subject/teacher do you wish you paid more attention to in Year 11-12?*

ADRIAN: I pretty much wished I paid more attention to all of my classes...at the time I couldn't really given a flog what was going on...I think I pretty much knew I was going to be a chef one day...

DASELLOUT: *Which subject/teacher taught you lessons which are still relevant?*

ADRIAN: Well the one thing I do remember is that the lady who was the cooking teacher one day told me I would never be a chef, cause I didn't go by the recipe and protocols that she set...so that's pretty much all I got out of that one...and I have currently been a chef for over 20yrs...lol

DASELLOUT: *Are there any teachers you would like to formerly apologise to?*

ADRIAN: Yeah I would like to apologise to Ruth Howard as she is the only teacher that I can remember swearing at...my bad!!!

DASELLOUT: *Any words of wisdom for Year 12 Adrian?*

ADRIAN: Can't really give much words of wisdom on this one as I think I only lasted about 4-5 months of year 12 and not a hell of a lot of work got done in that's time...just many miles in the legs walking up to Mid Valley.

DASELLOUT: *What are the three most important lessons you have learnt from running your own business?*

1. Surround yourself with good, reliable and trustworthy people.
2. Always be confident in the products that you are selling, never sell shit you would not eat or use yourself...this is or course a cafe scenario...so I don't have sanitary products here...
3. Most important of all—be ready to work hard... and I mean real hard long hours.

DASELLOUT: *How did you pack such a huge amount of deliciousness into your walnut and chicken wrap? What is the secret?*

ADRIAN: Sorry Dean, I can not disclose the secrets of the WRAP...

DASELLOUT: *Is it true that all great chefs swear at their staff like Gordon Ramsey? Can you be a great chef and also a really nice guy?*

ADRIAN: I think all chefs are crazy angry bastards... it's a high pressure job and some times it gets full on...look I've thrown plates and swore and yelled at a lot of people...but at the end of the day it's just part of the job...or it used to be before all this sexual harassment stuff come into play...but seriously it's just a heat of the moment thing and it's usually forgotten about after the service has finished...and yes you can be a great guy as well.

DASELLOUT: *Do you eat food at home that you would never admit to, like Pizza topped with melted chocolate, pork crackling and twisties?*

ADRIAN: Mate, I never really eat any crazy shit... but I love 2 minute noodle you can do anything with them guys...tuna, mince beef and so much more...YUM!

DASELLOUT: *How would you describe the Gen Y work ethic?*

ADRIAN: Gen Y work ethic...they have one do they? Look there are some gems out there that understand you are now getting paid to do a job and use common sense...which is not really common after all...but yeah I think to many people think that you owe them to be working for you...I have always told my apprentices that you should always work in a business like you own it as the better the business is going, the more stable your job is and as a chef you get a better reputation

DASELLOUT: *What has been the highlight of your career so far?*

ADRIAN: The highlight has been getting my café as it was what I had been working up to all along.

DASELLOUT: *What would you do differently if you started your business again?*

ADRIAN: Too many to list Dean...your first business you make a lot of mistakes...it's whether you learn from them that's the difference...

DASELLOUT: *You have had to deal with the death of both of your parents within a year at a relatively young age and yet you have managed to retain your happy and playful outlook. How is this so?*

ADRIAN: The only thing I'll say about losing my parents is that you never stop missing them and you question a lot more about life itself.

DASELLOUT: *Has it affected your relationship with your son?*

ADRIAN: Having a son is the best thing that has ever happened to me...I now have a best friend for life...doesn't get any better than that.

DASELLOUT: *Please supply a three point bucket list:*

ADRIAN: 1. Go for a trip overseas—would love to go to Italy and America.

2. Finally buy that Audi that I have always wanted.
3. Retire in Noosa...very soon!

THE

players

DASELLOUT: *Talk to us about any awkwardness when talking to girls?*

CHRIS: Back in the day conversations with the ladies were never awkward, it was nearly a full time job.

DASELLOUT: *Talk to us about any awkwardness talking to sons?*

CHRIS: What's awkward at times are their innocent comments without realizing that they can sometimes be highly offensive. Always good fun but fair to say that conversations with the two boys are becoming more interesting as they get older!

DASELLOUT: *Explain the best way you cope with dealing with distraction?*

CHRIS: I actually don't mind distraction—it helps me switch off from work which can be challenging due to the nature of my employment. I try not to be distracted when I'm with the family—that too is challenging as they know when I'm not around mentally.

DASELLOUT: *Dealing with depression?*

CHRIS: Too busy to get depressed, don't have time for it. Emotions though, well that's another story. Getting better as I get older.

DASELLOUT: *Tell us about love. What it means? How is it best demonstrated?*

CHRIS: Fuck that's a broad question, can be demonstrated in many ways and relevant to many circumstances but let's just say loving life in general—taking the good with the bad sums it up. You appreciate it more as you get older I think.

DASELLOUT: *Best memory of Maryvale days?*

CHRIS: Mate there are so many, they were some of the best times I ever had. School was a blast, well the social aspect anyway because I wasn't successful academically. I wrote my name on my math's exam and walked out but spelt my name right so technically I got 100% on that exam! I loved playing basketball at lunchtimes, Knox was my rival and we were always captains. There are other more explicit memories but not willing to implicate myself.

DASELLOUT: *Bucket list items - only top three - we don't have much time left?*

1. Take the family to a few different countries.
2. Raise the boys in a manner that hopefully ensures they make the right decisions.
3. Take the company to extreme heights.

DASELLOUT: *Technology that you feel will change how you work in the next 10 years. Remember 15 years ago you were selling phones, now you are a huge advocate of face to face meetings and in a sense, technology gets in the way. What's next?*

CHRIS: I'm not overly technologically sound so to say, but if I relate it to my industry, it will definitely continue to evolve. The nature of recruitment requires communication and I believe that relationships is key—so it won't eliminate our core product. It will play a part in continuous improvement and improving efficiencies. You will definitely continue to see new apps for job seekers over the next ten years.

DASELLOUT: *Detail some of your big picture plans and ideas for next 21 years?*

CHRIS: Retire in 12 years and maybe live in different parts of Australia at different times of the year. Continue to help the boys evolve if and when needed and keep the wife happy. Simple but a good formula.

DASELLOUT: *What was the most profound aspect of having a collapsed lung recently? Where did this put your head space? Did it highlight your age, frailty or present you with any offering?*

CHRIS: It actually wasn't a big deal considering the severity of it. Didn't affect my head space as it's quite common for my demographic, tall

CHRIS ANSTEE went from 'Boyband heart-throb' to owning one of Australia's fastest growing recruitment companies, ranking 14th throughout Australia in the BRW Fast Starters. His executive diet consists solely of Berocca in Beer.

fit and handsome. It's actually fairly common. Hangovers are what highlight your age now, I'll reaffirm that on February 22nd! In saying that, it was quite painful and not a pleasant experience.

DASELLOUT: *What excites you most about being alive in 2015?*

CHRIS: Family, friends and work goals.

DASELLOUT: *List some Mentors / people who spoke the truth to you about business management. What did they say? What have you learnt yourself?*

CHRIS: There are mentors and then there are those I worked with who taught me what not to do. I've been lucky enough to have been exposed to both. Nothing beats experience and you need people you can vent to and use as a sounding board. For me it's having a mix of different people with different strengths and weaknesses so access to a network that compliments you is paramount. I've had a few mentors remind me to keep my emotions in check, I keep reminding myself even now and will continue to remember that in new and difficult circumstances.

DASELLOUT: *Expand upon this business insight - What key thing have you learnt about interstate offices / growing the business that you are unlikely to read in BRW or common 'management course text book'?*

CHRIS: Interstate expansion comes with challenges as they are typically different markets. Breaking in to a new market without knowledge of your brand is hard but as they old saying goes, activity breeds productivity! So hiring the hard but as they old saying goes, activity breeds productivity! So hiring the right people will determine your success. Getting people to buy in to your vision is key when expanding.

DASELLOUT: *Tell us about how it felt to be in the BRW 2014 FAST START list (Number #14) twenty years after Maryvale and you are at the helm of a business turning over more than \$21 million. What does this mean?*

CHRIS: Yeah a far cry from smoking bongos on the midvalley train tracks. It was a great achievement and naturally something I'm proud of. I guess it means there is so much more to achieve which can't be done without the support of family, colleagues and friends. Hopefully there will be more accomplishments over the next 5 years.

DASELLOUT: *Five tips to ensure successful career (Everyone from a warehouse worker to 2.I.C)*

1. Have passion in what you do.
2. Lifestyle balance.
3. Surround yourself with positive people.
4. Never give up.
5. Enjoy the wins.

It's 1986.

Yinnar Primary School. Portable 4, 2:04pm on a Tuesday. A texta is airborne. It's one of those thick ones with the big square point, favoured by youths with a propensity for decorating public transport. Freeze this xylene-filled projectile in your mind's eye. Mark a parabola over the sky-gazing students of Grade Four from point of origin to final destination. Now consider the players. At one end of the parabola: a scary, 124 year-old, gimpy-legged, eye-patch wearing Religious Education teacher of questionable job-suitability. At the other, a dark-haired bush-kid with a unique knack for argumentative discourse (i.e. taking the piss). So, the philosophical conundrums are thus: Who threw the texta? Why? What part did the texta play in the physical manifestation of God through the person of Christ? Was the texta the final nail in the lid of the coffin of organised religion, or was it a catalyst for spiritual enlightenment amongst those who witnessed this event? Would the texta be miraculously diverted from its intended course by divine intervention? Ultimately, could the children of Grade Four ever dissociate the texta from 'religion' and therefore from God? And yes, at one end of that parabola sat Shift Supervisor and father of three; DANIEL SELWYN.

DASELLOUT: *Which subject/teacher do you wish you paid more attention to in Year 11-12?*

DANIEL: I started to get lazy at the end of year 11 so I wish I had paid more attention to all of my subjects, hence only doing the first term of year 12.

DASELLOUT: *Which subject/teacher taught you lessons which are still relevant today?*

DANIEL: Murray French, Metal work. Work hard and apply yourself.

DASELLOUT: *Are there any teachers you would like to formerly apologise to?*

DANIEL: There are no teachers that need my apology but to the ones that said I would amount to nothing, Thankyou your apology is excepted.

DASELLOUT: *Any words of wisdom for Year 12 Daniel?*

DANIEL: Pull your head in, don't be lazy and finish school.

DASELLOUT: *Describe your life post-Maryvale to the current time in 20 words or less....*

DANIEL: Post Maryvale: job-hopped around the Valley and east coast for five years, moved to Kalgoorlie for three years, fell in love, moved to Perth, got a stead job, got married, had a family.

DASELLOUT: *Describe the average day in the life of a Shift Supervisor at Coogee Chemicals...*

DANIEL: My working day consists of getting up at 5am, 15 minute drive to work, Shift change with Nightshift supervisor, Short toolbox meeting with my shift, on requirements for the day and then it's pretty much hashing out problems within the various plants we have on site, meetings and phone call after phone call from various departments and people within the company, 5:30pm shift handover with nightshift supervisor, 6pm leave for home.



DASELLOUT: *Whats the best thing about living in WA? What do you miss about Yinnar South?*

DANIEL: Best thing about living in WA is the country side—beautiful beaches, untouched wilderness up north, The thing I miss most about Yinnar is my family and really good mates from school.

DASELLOUT: *In Primary School you once said that when you grew up you were going to be a roadworks STOP/GO man because they got paid to stand around and do nothing... Did you ever pursue this dream?*

DANIEL: I didn't pursue being a stop/go man but luck had it when I left Maryvale I worked with a subcontractor for the Morwell Shire and every now and then I got to operate the highly technical piece of equipment known as the lolly pop stick. Yes it is as boring as it looks to do that job.

DASELLOUT: *Complete this sentence. The problem with the Australian Government is...*

DANIEL: The problem with the Australian government is they are all in it for themselves and not the people of this country—They are lying, deceitful people, tell you one thing to get your vote and as soon as they are in power they change their minds.

DASELLOUT: *James Hird or Mark Thompson?*

DANIEL: Mark Bomber Thompson. I like James Hird but he has tarnished the bombers and it will stick for a long time.

DASELLOUT: *Could you describe in five words or less the average Collingwood supporter?*

DANIEL: Average Collingwood supporter: no teeth, one-eyed buffoon.

DASELLOUT: *The most fun you've had in a 4WD?*

DANIEL: Most fun in my 4wd was a trip up the west coast of WA along the Gibb River road, up to Darwin then through central Australia to Port Augusta then across the Nullarbor back to Perth in six weeks.

DASELLOUT: *How is the Daniel Selwyn of 2015 different from the 'Poony' of 1994?*

DANIEL: I am different now as I have matured (some will disagree) grown up and have a family to take care of.

DASELLOUT: *Married? Children? Names/Ages?*

DANIEL: Married for 10 years to the lovely Donna and have three wonderful boys, Bailey eleven, Lauchlan eight and Jaxon three.

DASELLOUT: *What have your children taught you about life and about yourself?*

DANIEL: I always have been a believer that we have children to see how strong we are mentally—My children have taught me to relax and have fun and not be so uptight.

DASELLOUT: *Biggest high & lowest low:*

DANIEL: Highest high the birth of my 1st 2 children. Lowest low not being able to be in the room for the 3rd child's birth due to complications (he was fine).

DASELLOUT: *Please supply a 3 point bucket list:*

- 1 Travel USA.
- 2 Catch a Barramundi.
- 3 Drive to Cape York Peninsula.



Here are two actual legitimate ridgy-didge facts about EX-PRINCIPAL PETER ROBERTS. If you have never met him and wonder what sort of a person this ex-English teacher, ex-Principal is, then look no further than these two gems. Fact numero uno: Peter recommends the following method when disposing of a sick or maimed family pet;

1. Find a quiet bush location devoid of onlookers.
2. Dig a hole next to a tree.
3. TIE UP YOUR PET TO THE TREE.
4. Shoot pet.
5. Untie deceased pet and roll into hole with boot.
6. Backfill.

Peter notes that failure to undertake step three potentially results in wasted ammunition and undue emotional scarring. He asked that we don't mention step 7—Bawl your eyes out. Fact the second. Peter doesn't read books. Never has. He copied answers from other students in university and insists that any story worth reading has already been made into a movie by either Peter Jackson or Walt Disney.

DASELLOUT: You always seemed a very 'in control' personality. Calm, unflustered and reasonable. Was there ever an occasion during your tenure at Maryvale which ruffled your feathers?

PRINCIPAL ROBERTS: No.

DASELLOUT: Really?

PRINCIPAL ROBERTS: There's nothing that I can recall.

DASELLOUT: Not the bomb threats and repeated assassination attempts?

PRINCIPAL ROBERTS: No....I mean, I have a few scars here and there. One exit wound in particular makes it hard to wear a belt, but whoever was pulling the trigger probably had other things on his or her mind. Clearly, there was a lack of focus on the shooters part. I didn't take it personally, I've dealt with much more life-threatening situations playing Christmas Carols with the Salvation Army Band in Fullham Correctional Centre....And as for the bomb threats, they were fairly benign. They were actually perpetrated by a known individual, who shall remain nameless, but who at some stage may have been referred to simply as 'F'. We are fairly sure, that although

this individual had nasty intentions, he or she was ultimately inept at the construction of bombs. Evidence of this surfaced very early on in the art-room where Miss McMullen found what seemed to be a basketball painted black with the word 'BOMB' stencilled on it in white. It seemed to have a fuse, made from twine, but we were fairly certain it was harmless.

DASELLOUT: Fairly certain?

PRINCIPAL ROBERTS: Well it was the typeface that was real giveaway, normally this kind of bomb would use a sans seri...

DASELLOUT: I'm sorry, are you suggesting that a painted basketball could be dangerous if printed with the right kind of font?

PRINCIPAL ROBERTS: ...Well, these things have to be taken seriously. All necessary measures and due courses must be employed. No unturned stones, etc.... We dealt with the Anthrax letter with the same diligence.

DASELLOUT: Anthrax? I wasn't aware there was an Anthrax scare?

PRINCIPAL ROBERTS: Well, it wasn't an issue in the end, not scary at all. Turned out to be Wizz-Fizz. Someone's idea of a joke I guess.

DASELLOUT: And how did you ascertain the contents of that letter? Which lab did you send it off to, or did you hand it over to the police?

PRINCIPAL ROBERTS: Look, if there's one thing I learned in my time as a Principal, it's that the Police are a last resort. They have much more important things to deal with than the potential infection of a few feral adolescents with *Bacillus Anthracis*. No, we used good old fashioned lateral thinking to arrive at our correct conclusion. I believe it was Nello

Carbone who suggested that we package the white powder up in a discarded Whizz-Fizz wrapper and place it discreetly in the Canteen sweets display.....

DASELLOUT: What!?

PRINCIPAL ROBERTS: Yes, and the fact that Sonny Brown appeared to suffer no ill effects from snorting the "Anthrax" proved our theory that the students of Maryvale were gutless terrorists. No commitment whatsoever. Wobbly, jelly-legged, spineless cowards the lot of them.

DASELLOUT: What about the time Toby Spark and 2 other Alternative Activities kids hot-wired your car and were allegedly involved in a high speed chase with Police, which may or may not have ended in three fatalities and the temporary shut-down of Cooling Tower No.2 at Loy Yang?

PRINCIPAL ROBERTS: A day in the life of a Kurnai Principal. Toby's alright—a bit hot-blooded, but he meant well. Turns out they had scheduled maintenance at Loy Yang for the following week anyway, and we managed to cut a deal for those kids. We shopped some of our less academically inclined students to take the fall. It was really important that our TER's stayed high on average. Otherwise, no-one would send their kids to Maryvale right?!

DASELLOUT: And that Vietnam Vet who lived on Bridle Road that was being heckled by students, you know, the one who came to have words with you wielding an M16?

PRINCIPAL ROBERTS: Old school gak the M16. Hard to conceal. Max Alvin saw him coming a mile off. They had a name for him... what was it?...it was either 'Private Parts' or 'Major Bumsore'. Can't remember exactly what those kids called him. It was funny though! Anyway, everyone knew the drill, we secured the perimeter, put the call out, Carol Dickinson did the rest...Rear naked-choke in the end if I remember rightly!?

DASELLOUT: What if I was to mention the name Jack Ho.. PRINCIPAL ROBERTS: AAAAAAAAAARRRRRRRGH!!!!

(Lamp breaks, antique ming vase topples, chair flies through window)

(Interview suspended at 18:45, resumes at 19:08)

DASELLOUT: That was quite reaction to the mention of Ja....

PRINCIPAL ROBERTS: Don't say it. Don't ever speak his name. Not if you value your ability to procreate.

DASELLOUT: O.K.....So, can I say 'ex-College Principal'?

The Educator

DASELLOUT: What are you doing now?

ERICA: I'm a university lecturer in Education (Queensland University of Technology). I specialise in literature for young people, and I teach folks who are training to become primary school teachers, secondary school English teachers, and teacher-librarians.

DASELLOUT: What have you learnt in the last 21 years?

ERICA: Exactly how much I don't know. I have always loved learning, and now I am lucky enough to have it be my job to learn and to help others to learn. But, there are the things I bet we've all learned: people don't change all that much, so there's not much use trying to make them; as years go by, you realise that the people and ideas that are important to you are much easier to hold on to than those that are hurtful or dangerous; and, of course, most things 'come out in the wash'—as the recent Disney song tells us: "let it go"!

DASELLOUT: What advice would you give your year 12 self?

ERICA: Relax a little bit, kiddo: this is one year out of many. Be a little more generous to your teachers: they're doing a TOUGH job. Be a little more generous to your peers: most of them are probably as stressed out as you are, about one thing or another, and most of them are probably not at all worried about or interested in what you are up to! For survival: just stay away from the bullies—you can't rationalise with them, and they're clearly leading rather sad lives. Most of what you think matters right now, doesn't.

Of course, my year 12 self would be confident that none of this was true!

PRINCIPAL ROBERTS: Hmmp. He was, by title only, College Principal. Should never have got the job. Waste of space.

DASELLOUT: You've obviously been deeply affected by Ja...er...the ex-College Principal, was there a particular incident that caused the enmity between you?

PRINCIPAL ROBERTS: All I'm saying about Jack, is that his hair isn't white because of old age, it's from all the lies he told! The bastard! And contrary to what Geoff Block might say, it had absolutely nothing to do the Lamingtons that those Home Ec. kids made, which apparently were delicious though I wouldn't know that for sure, and my previously unused Miss Piggy mug was definitely NOT involved! Lies!

DASELLOUT: O.K.....moving on.....Can you recall some particularly fine students from '93-'94?

PRINCIPAL ROBERTS: No.

DASELLOUT: Really?!

DASELLOUT: Where do you see yourself in 21 years?

ERICA: I haven't got the faintest idea, and that makes me happy. I hope to be still involved in teaching and research—I love the experience of helping people learn, and my work allows me other wonderful opportunities such as travel. Beyond that, I have no clear idea of where I'll be living or what exactly I'll be doing!

DASELLOUT: How do you define success?

ERICA: In tragically predictable ways... health and some happiness. Enough money to buy whatever books I fancy, as much caffeine as I desire, and to travel to new places every now and then. To be a positive rather than a negative influence in other people's lives. Anyone who is lucky enough to find something they're passionate about and commit at least part of their life to pursuing it is successful!

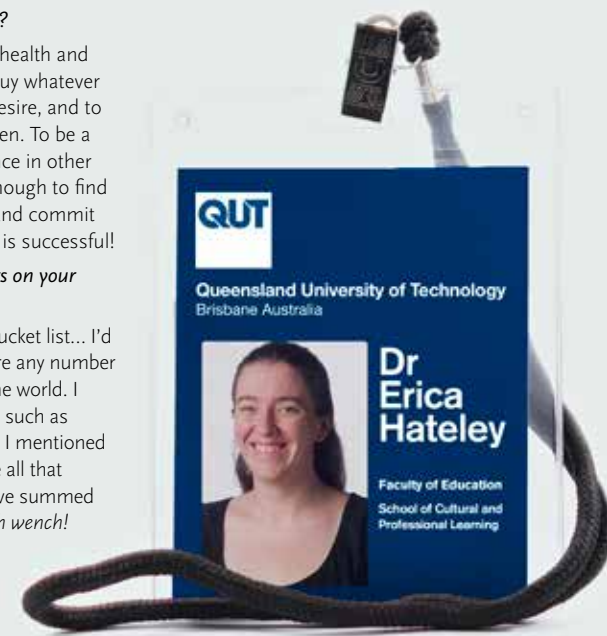
DASELLOUT: Give us the top three things on your bucket list.

ERICA: Oh, no! I don't actually have a bucket list... I'd like to visit Botswana one day. There are any number of libraries I'd like to visit, all around the world. I have no interest in anything "extreme" such as bungee jumping or sky-diving... I think I mentioned earlier that I don't think people change all that much—it seems as though I could have summed all this up in a few words: still a bookish wench!

PRINCIPAL ROBERTS: No. Oxymoron isn't it? Fine students. Contradiction in terms. Makes no sense. No, the fineness comes after. While they are students, they are just meat with ears. Empty heads in need of enlightenment. Vacant space which needs filling. Useless cretins in need of... DASELLOUT: O.K., I get the idea, but what about those over-achievers who got go-something on their TER, like Spriggs or Downie or Gardiner?

PRINCIPAL ROBERTS: Funny thing that. I guess there's enough water under the bridge now, that I can be up-front, yet strangely obtuse about it. Let me put it this way.....imagine that you had a total disregard for your superior and his white lies and that it was more important to you that your school looked good to all the other principals than anything else in the world and that you had a particularly silken bottle of 'White Out' which was souped up by some concoction of Narendra Shankars, and that your wife was gifted with a calligraphy pen and that you picked some names at random and that those names 'magically'

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had big numbers associated with them...can you imagine that? Not saying anything like that happened, but in a parallel reality, anything could have happened...or not happened.

DASELLOUT: Thanks for your time Peter. Anything you would like to leave us with?

PRINCIPAL ROBERTS: Mr. Roberts to you. I could still crush ye like a worm, so show some respect. As for a last word, how about this: If you went to Maryvale and took it seriously, you're an exception! None of the teachers did! And there was definitely NOT an incident involving Michelle and Harry Metcalfe and a booking of a College vehicle which was spotted at a B&B in Sale. Definitely not. You DIDN'T hear it from me.

DASELLOUT: Bucket list items?

1. Eviscerate that sad excuse for an ex-college principal. Put his guts in a bucket.
2. Piss in the bucket.
3. Kick the bucket.



THE Art Therapist

There is an old Zen parable which is loosely translated as: **Do not sacrifice substance for form.** MELISSA TELFORD (NEE FRASER) is definitely a woman of substance who has sought experiences of substance throughout her life. By that, we don't mean substance abuse. Let's be clear on that. Unless green tea is considered a substance capable of being abused. Assuming that green tea is not on any list of banned or even just moderately discouraged substances, we can sleep easy knowing that Melissa doesn't have form for substance abuse...which reminds me of an old Zen parable...

DASELLOUT: Describe your life at this point in time?

MELISSA: My life right now mainly revolves around my two boys, Ollie who is six and is in Grade One at school and Charlie who is three and is at home with me. After living in so many different places we have finally settled in country Victoria and so I'm lucky enough to have school runs that involve driving past the mist-shrouded sight of Hanging Rock and the beautiful Macedon Ranges. My days are a mix of school, playgroups, songs, walks and lots of Lego. I also spend a lot of time in the garden as we have started growing our own fruit and vegetables and doing lots of home d.i.y. jobs to try to turn our newly built and character-challenged house into something with a bit more creativity and soul. I have also just recently finished adding primary teaching to my training, so I'm currently navigating that tricky transition back into the workforce after time out with kids.

DASELLOUT: Where has your life journey taken you so far?

MELISSA: Since leaving school my life has taken me all sorts of places. It has taken me to live and work in several countries and given me amazing experiences that have broadened, challenged and inspired me and my view of the world. I have studied psychology, Art Therapy and now primary teaching and have worked in all sorts of jobs from insurance and hotel cleaning, to teaching English in South Korea, working on mental health projects with children from refugee and diverse cultural backgrounds and as an Art Therapist with women who have experienced trafficking in Cambodia. And now, I have had my own children and I'm learning to see the world all over again through their eyes.

DASELLOUT: Describe one of the most memorable moments in your life?

MELISSA: A lot of my most memorable moments have happened while travelling. I've been lucky enough to spend time living and working in South Korea, Vietnam and Cambodia and that has given me opportunities to meet amazing people, be involved in some really interesting work, and travel to some truly magical places. I have motorcycled through remote villages in northern Vietnam, travelled around ancient towns

outside Mandalay in an old pick-up truck and been on some pretty hilarious blind-dates whilst living in Korea. But if I was to choose just one memorable experience it would be my trip to a Buddhist temple in Naejangsan National Park in the south-western part of Korea. I had arrived late thinking I would stay in a minbak or local homestay but the sight of them made me feel a little uneasy as I was travelling on my own. Luckily, as I was wandering around the temple grounds I met two Buddhist nuns who invited me to stay at the temple. They took me in and introduced me to one of the monks who was a photographer and we talked about photography and art over some cups of green tea. Then, when they learnt it was my birthday they gave me some of my most memorable gifts — an ancient piece of Korean pottery, some fermented green tea made on the temple grounds and some of the monks own photographs. They also let me join them for their nightly chanting which was such a magical way of seeing and experiencing the temple. Then the next morning I woke to see temple shrouded in mist and in such a beautiful light and shared a delicious vegetarian breakfast with them the next morning.

DASELLOUT: What do you hope your future will hold?

MELISSA: I well and truly have the travel bug, so I hope my future holds more opportunities to live and work overseas. I'd love the chance to share and explore the world with my boys and to give them a chance to experience new flavours, sights and cultures and to broaden their way of looking at their own lives and their world.

DASELLOUT: What are three things that would be on your bucket list?

- 1 Living in a Spanish-speaking country. I spent a while learning Spanish and would love the chance to use it and hopefully become more fluent.
- 2 Go to Japan and learn Shibori-dyeing from a master.
- 3 Probably more travel? There are so many places I hope I get the chance to visit one day, like Tibet, Machu Pichu, and I'd love to do a campervan holiday around Australia and Europe with my boys. Or maybe learning the guitar?

THE SUBTLE ART OF NOT GIVING A FUCK

In my life, I have given a fuck about many people and many things. I have also not given a fuck about many people and many things. And those fucks I have not given have made all the difference.

People often say the key to confidence and success in life is to simply "not give a fuck." Indeed, we often refer to the strongest, most admirable people we know in terms of their lack of fucks given. Like "Oh, look at Susie working weekends again, she doesn't give a fuck." Or "Did you hear that Tom called the company president an asshole and still got a raise anyway? Holy shit, that dude does not give a fuck." Or "Jason got up and ended his date with Cindy after 20 minutes. He said he wasn't going to listen to her bullshit anymore. Man, that guy does not give a fuck." Chances are you know somebody in your life who, at one time or another, did not give a fuck and went on to accomplish amazing feats. Perhaps there was a time in your life where you simply did not give a fuck and excelled to some extraordinary heights. I know for myself, quitting my day job in finance after only six weeks and telling my boss that I was going to start selling dating advice online ranks pretty high up there in my own "didn't give a fuck" hall of fame. Same with deciding to sell most of my possessions and move to South America. Fucks given? None. Just went and did it.

Now, while not giving a fuck may seem simple on the surface, it's a whole new bag of burritos under the hood. I don't even know what that sentence means, but I don't give a fuck. A bag of burritos sounds awesome, so let's just go with it.

The point is, most of us struggle throughout our lives by giving too many fucks in situations where fucks do not deserve to be given. We give a fuck about the rude gas station attendant who gave us too many nickels. We give a fuck when a show we liked was canceled on TV. We give a fuck when our coworkers don't bother asking us about our awesome weekend. We give a fuck when it's raining and we were supposed to go jogging in the morning. Fucks given everywhere. Strewn about like seeds in mother-fucking spring time. And for what purpose? For what reason? Convenience? Easy comforts? A pat on the fucking back maybe?

This is the problem, my friend.

Because when we give too many fucks, when we choose to give a fuck about everything, then we feel as though we are perpetually entitled to feel comfortable and happy at all times, that's when life fucks us.

Indeed, the ability to reserve our fucks for only the most fuckworthy of situations would surely make life a hell of a lot easier. Failure would be less terrifying. Rejection less painful. Unpleasant necessities more pleasant and the unsavory shit sandwiches a little bit more savory. I mean, if we could only give a few less fucks, or a few more consciously-directed fucks, then life would feel pretty fucking easy.

What we don't realize is that there is a fine art of non-fuck-giving. People aren't just born not giving a fuck. In fact, we're born giving way too many fucks. Ever watch a kid cry his eyes out because his hat is the wrong shade of blue? Exactly. Fuck that kid. Developing the ability to control and manage the fucks you give is the essence of strength and integrity. We must craft and hone our lack of fuckery over the course of years and decades. Like a fine wine, our fucks must age into a fine vintage, only uncorked and given on the most special fucking occasions.

This may sound easy. But it is not. Most of us, most of the time, get sucked in by life's mean trivialities, steamrolled by its unimportant dramas; we live and die by the sidenotes and distractions and vicissitudes that suck the fucks out of us like Sasha Grey in the middle of a gangbang.

This is no way to live, man. So stop fucking around. Get your fucks together. And here, allow me to fucking show you.

SUBTLETY #1: NOT GIVING A FUCK DOES NOT MEAN BEING INDIFFERENT; IT MEANS BEING COMFORTABLE WITH BEING DIFFERENT

When most people envision giving no fucks whatsoever, they envision a kind of perfect and serene indifference to everything, a calm that weathers all storms.

This is misguided. There's absolutely nothing admirable or confident about indifference. People who are indifferent are lame and scared. They're couch potatoes and internet trolls. In fact, indifferent people often attempt to be indifferent because in reality they actually give too many fucks. They are afraid of the world and the

repercussions of their own choices. Therefore, they make none. They hide in a grey emotionless pit of their own making, self-absorbed and self-pitied, perpetually distracting themselves from this unfortunate thing demanding their time and energy called life.

My mother was recently screwed out of a large chunk of money by a close friend of hers. Had I been indifferent, I would have shrugged my shoulders, sipped some mocha and downloaded another season of The Wire. Sorry mom.

But instead, I was indignant. I was pissed off. I said, "No, screw that mom, we're going to lawyer the fuck up and go after this asshole. Why? Because I don't give a fuck. I will ruin this guy's life if I have to."

This illustrates the first subtlety about not giving a fuck. When we say, "Damn, watch out, Mark Manson just don't give a fuck," we don't mean that Mark Manson doesn't care about anything; on the contrary, what we mean is that Mark Manson doesn't care about adversity in the face of his goals, he doesn't care about pissing some people off to do what he feels is right or important or noble. What we mean is that Mark Manson is the type of guy who would write about himself in third person and use the word 'fuck' in an article 127 different times just because he thought it was the right thing to do. He just doesn't give a fuck.

This is what is so admirable — no, not me, dumbass — the overcoming adversity stuff. The staring failure in the face and shoving your middle finger back at it. The people who don't give a fuck about adversity or failure or embarrassing themselves or shitting the bed a few times. The people who just laugh and then do it anyway. Because they know it's right. They know it's more important than them and their own feelings and their own pride and their own needs. They say "Fuck it," not to everything in life, but rather they say "Fuck it" to everything unimportant in life. They reserve their fucks for what truly fucking matters. Friends. Family. Purpose. Burritos. And an occasional lawsuit or two. And because of that, because they reserve their fucks for only the big things, the important things, people give a fuck about them in return.

Read the full article by MARK MANSON here: <http://markmanson.net/not-giving-a-fuck>



Leads with an intense strawberry fragrance, with some characters of smokey oak and dried herbs.

Pepper and five-spice add complexity. Fine tannin and soft, savoury texture. Red-fruit flavours linger on the palate.

Light-bodied with an elegant and savoury finish.

Overall, a fragrant, supple and balanced wine.



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