



da

THE UNAUTHORIZED MARYVALE
STUDENT MAGAZINE

Sellout

AUGUST 2019
25 YEARS LATER

Sally Macca

**TRIPLE
THE FUN**

CABSY
LOSES AN EXTRA
55 KGS

GOOSE
THE WING MAN
YOU CAN RELY ON

**KNOWING
KNOXY**
PROFFERS
THE IMPORTANCE
OF CHILDREN

**LICK
YOUR
BOWL**
SPARE A THOUGHT
FOR MELANIE'S
PET PEEVE



EVENT
MANAGERS,
SCULPTORS,
SURVIVORS +
MORE SAFETY
CONSCIOUS
PEOPLE THAN
YOU'LL EVER BE



THE CREW

BRENDAN HIBBERT
DEAN ROBERTS

THE CREDO

We loved doing this shit 25 years ago and it is still an honour and a thrill to talk to amazing people today. We strive 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 in Morwell.

THE THANKS

Everyone who appears in this issue took on the awkward, ego challenging journey with us and allocated time in their busy fucking lives to answer these somewhat repetitive questions.

We thank them first and foremost .

And before you ask, 'yes', we completely changed up **Cabsy's** questions because the response were so profound and 'yes' we tested our friendship with **Zorb** by constantly hounding him, albeit out of a dark place, and into the light. Likewise, we asked **Kelly Whykes**, but unfortunately couldn't make it work in under the 72 hours we allocated. To those that feature, thanks for the efforts, photos and thoughts. This issue is dedicated to you. Powerful stuff.

Hats off to **Chris Anstee** who initially raised the idea of a 25 year reunion early in February — sipping local red wine at the Crown Towers in Perth with **Leigh & Kirsten Clifton**, which in turn, set **Belinda Collins** in motion yet again. She immediately stepped up to organise, do the Facebook and ticket booking stuff, plus delivered an unmatched response to our questions. Actually, not only was she the first to respond to *da Sellout*, Issue #4, she set the tone for the remaining interviews.

I didn't expect it — her articulation and richness of experience. I was floored! I hope get some of same happy-tears from this deep dive into her life. Follow her with awe at www.thesocialcrew.com.au.

Also, a big thanks to **Toby Barron** (www.instagram.com/toby.barron/) for the use of his crafted 3D model (he is an amazing talent) — and, of course, **Sally McMahon** for not freaking out when she sees this. We didn't ask for her permission, but we seek her forgiveness. She also supplied many photos and memories came flooding back. It reconnected us all.

Lastly I'm most grateful for **Dean Roberts'** addition of spice and flowing gold at the drop of a hat. I'd like to think he does for the love of it — even though he is surrounded by three amazing girls; a machinery shed full of world-class red wine; strums a guitar and sings like an angel on MDMA. Perhaps it is his blood-thirst for a good story or the sharing of wisdom that he continues to say 'okay'. Either way, *da Sellout* wouldn't happen without his efforts and encouragement. I hope that we both find the energy to do another issue before retirement.

BHD

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ASKING FOR A FRIEND

I've got a mate, who I won't name, that's battling with sex addiction and is hooked on tinder. What advice can I give him? He wants his life back, he's controlled by it.

— **Dora Ex, Richmond.**

DA SELLOUT: Swipe left. Swipe right. Swipe, swipe, swipe. There goes 30 mins of your life. And another 10, so what's another 20?

But for most people, especially younger people. Say early to mid-twenties, the app is actually posing a real threat to their social and psychological development. The poison of immediate gratification. It conditions your brain to be impatient. Being impatient is dangerous for your daily living. It bleeds over into other areas of your life. Things like: running red lights, rushing your children, being snappy with co-workers, throwing homework or papers together haphazardly and getting a bad grade etc. You get the idea. Once you start training your brain to get immediate pleasure, which in this case would be "a match" or a tinder date, you are simultaneously training your brain to expect the same sort of reward in other areas just as quickly.

Tinder uses a variable ratio reward schedule, which means that potential matches will be randomly dispersed. It's the same reward system used in slot machines, video games and even during animal experiments where researchers train pigeons to continuously peck at a light on the wall.

Our brains are wired to seek pleasure and avoid pain. Tinder feeds this addiction with brutal efficacy. That's why it's so addictive. It's easy and immediate ego feeding. Tinder cautiously.

SUNSHINE

How, at 93 million miles away, does the sun feel so warm, yet when a simple cloud passes over it the warmth is incredibly dampened?

— **K Nives, Perth.**

DA SELLOUT: So when you feel the sun's warmth, you're not feeling heat coming from the sun. You're instead feeling heat created on your skin by the sun's light.

Light carries energy. Things with colour, like your skin, absorb light. When they do, the atoms that make them up get 'excited'. Depending on the atom, and what state its in, a few things can happen. If the atom is part of a molecule that energy can go to work breaking it out of the molecule.

If the atom or molecule is on the surface of a solid or liquid, the energy can go towards flinging it off, into the air, turning into a gas.

If there's not enough energy to do either of those things, then the atom will just release the energy to its surroundings. Most of the time, most of the energy is released as heat. This is what you feel when the sun feels warm.

A cloud doesn't block all the light from the sun, but it does absorb scatter a lot of it. Think of water droplets in a cloud like a million tiny disco balls. The light that gets through is either too sparse to be noticeable, or high-enough energy that it causes damage instead (ie. UV light).

SAD SICKNESS

From: [REDACTED]
To: [REDACTED]
Date: Sat, 27 May 1995 10:32:27 EST-10
Subject: Re: sad sickness

TRUST me when I say I know about the sad sickness. I can totally relate to what you are going through. My nights of constant staring, my days of [REDACTED] my thoughts of [REDACTED] and my mind; confused and drained. I'm still not 100% over it, and it's been about 6 months. I guess what I am trying to say is that you've got to hang in there, if not for yourself, for others...for me. I could not stand [REDACTED] You're probably going to think you've heard this all before, but it's all true. You have to be strong, and weak. Have a cry. [REDACTED] write everything you feel down on paper. That's what is helping me. [REDACTED] I write it down. Everything will just flow... your feelings about how you are feeling and the possible cause. You need to do this NOW. Just trust me on this one. Everything will be [REDACTED] I know you realise that I am there for you. Whether you want to talk... about ANYTHING, or whether you want to write. Either way, please, give it a go. [REDACTED] The cause of the sickness for me, and I'm sure is the same for you... is everything. We think, we know we think, and because we think about thinking, we think some more. We are like novelists... in our minds is a [REDACTED] dramas, of scenes which are us, our lives... or maybe we think they are. Maybe we are just over dramatic... (or too emotional). You don't realise what you've made me feel... saying all those things!! [REDACTED] I'm in a way relieved that you feel that way... and flattered. What we have is very rare... it is very genuine, it has always been that way with us, that is what has kept us near... [REDACTED] I'll be talking [REDACTED] Please, understand that it will be a long haul, but you have to give it a go... you have to reorganise your life and your priorities. DO IT FOR YOUR LIFE

You have to start [REDACTED]

DA SELLOUT: Thanks! I'm pleased to report that I'm finally starting. A depressed brain has a very different balance of hormones to a healthy brain, specifically an imbalance of serotonin and melatonin. The blood flow is also altered, and this can be measured with brain scans. It can also manifest in physical symptoms, such as muscle pain, headaches and tiredness. It can be treated with lifestyle changes but mental symptoms that may look like laziness or selfishness are direct effects of changes in the brain. Some personality traits can make you more prone to depression, but they do not make a mental illness alone. As someone with depression, to suggest that I'm undisciplined is really frustrating. I'm often more disciplined than my peers - I have to be just to do the same normal things that they do.

There are factors that can influence depression and some of those are based on your lifestyle, but at the end of the day mental illness has a massive effect on how your brain works, making it undoubtedly harder to think, sleep, motivate yourself and process emotions.

SAYING NO

I get the occasional requests off old friends who ask me to relieve the same repetitive, boring, misspent moments of our youth. I'm open to it, but tire of it as a busy mother of four. What can I do or say to let them know that I actually want to get on with my life and respectfully decline their childish invitations.

— **Television, Maffra.**

DA SELLOUT: Sorry, not interested.

PROFOUND HAPPINESS

When I was in Italy visiting my 88 year old grandpa last month he was showing me around his friend's old house. He picked some random rock up off the ground outside, a reasonably large sized one with smooth edges and no cracks. He said to me in his sort of broken english, "rock must roll many time to get that round." and then started laughing hysterically, like he had been saving that "joke" for the last 40 years. I'm not even sure why I find it so profound, but I think about it a lot.

— **A Reddit, Churchill.**

DA SELLOUT: My grandpa and I are very close, we were out to lunch one day and he began weeping. He told me "I hate that you are my grandson. I hate knowing I met my best friend so late in life. It's been so lonely for so many years and it's only been the last few that we see each other as peers. And I hate that." It has given me a very heavy burden but has also given me one of the biggest joys in my life.

RYO PAPER



— **#TRASHTAG, Northbridge**

DA SELLOUT: Possessing rolling paper is not in and of itself illegal. It is only paraphernalia if the State can prove it is being used with an illegal substance. using the last of your Rollie™ envelope to make a so called filter and then throwing it on the ground is trashy. Clean up your act. Consider using this issue's ultra thick 350gsm **da Sellout** covers for a smoother roll your own experience.

FILLING HOLES

I'm sick of work and really just do it for the money. I know I'd be happier if I retired early and lived a simpler life — Less busy. But WHO IS GOING TO PAY THE MORTGAGE? Put food on the table? How annoying are those that have done this and make it seem like this is actually possible. Is happiness worth the sacrifice?

— **Slave to Money, Everywhere**

DA SELLOUT: Is it really a question if you already know the answer?



BELINDA COLLINS
needs little introduction. She is Australia's leading specialist in designing and producing large-scale events. For example, she arranged our last reunion (21 YEARS IN 2015) and then double booked herself to run the White Nights in Melbourne. Likewise, in 2017, she helped organise President Trump's inauguration, but was then criticised for the lack of crowds. Not all her fault! So we decided it was a perfect choice to start this edition with a dynamo 'Bachelorette' deep dive. For her, it felt like therapy and for us, well, we can always recycled it and use it as a eulogy.

AUN

DA SELLOUT: *How do you look at your nephews and children in general? Do you vividly remember the primary school version of yourself? When you feel like you truly matured? Beyond 18 or before?*

BELINDA: I look at my nephews and see mini-versions of my brother which takes me back vividly to being an older sister and protecting him from the big world, teaching him how things works, sharing experiences, and having a great time playing outside, which is something that my brother and sister-in-law really encourage with my nephews which is great in this digital world. I would love to be around them a lot more than I am able to. I'm looking forward to seeing them grow as young boys, be reckless and make wild decisions. In general, I find kids fascinating. The best thing about them is their innocence and ability to have no filter. To be curious and develop their own unique identity is very grounding. I'm lucky to have lots of friends with young kids, who I'm very close to as well. I'm big on crafting, encouraging adventure and teaching life lessons. Auntie Bee. The primary school version of myself was very shy, unsure and not particularly confident. I remember playing in the trees being imaginative and enjoying time with a variety of friends. Which was a point of contention throughout my childhood/teens - wanting to be friends with all people, not just stuck in one 'group'. Clearly I had commitment issues early. I remember being teased for wearing glasses but not really caring much, but really enjoying seeing the arsehole that teased me daily, on a train one day 15 years later wearing glasses - bottle tops. That was a good day. I also remember feeling different to everyone else, but not in a physical way, in a creative way. I pushed boundaries and always felt I looked at things differently, but was a little unsure how to present myself. I remember doing book reviews

and instead of writing them, I created mini-installations. For example, my favourite: I made a TV out of a box and some cardboard inners from a roll of foil, wrote my review on the old dot matrix paper with a pictorial narrative, wrapped it around the rolls, cut a hole from the front, and presented to the teacher scrolling the story manually from behind, so it looked like a scrolling TV. Pretty sure the teacher thought "Shit. This kid has just changed book reviews forever", at least that's the result I was looking for. Then I showed the girl across the road who was a year above me, and she flat out copied it, and got the same score - I was majorly pissed about that. Bit different these days when 10 year olds are designing Apps, but I felt like it was a game changer.

I think I matured pretty early. I've been pretty driven, focussed and aware of others around me - largely due to travelling solo a lot. I think I started to mature when I moved to Melbourne at 19 and had to make stuff happen for myself. Rent, bills, cooking, finding a job, quitting a job, presenting myself. But I was still loose on weekends. Truly matured... 25 after travelling, but already establishing a career.

DA SELLOUT: *Detail a vivid 1994 memory.*

BELINDA: Year 12 was tough. I was actually diagnosed with chronic fatigue shortly after which I only realised then, why I was so knackered the whole time and probably why I lost focus. I remember feeling stressed for most of it. I knew I wanted more than Gippsland could offer me at the time, and I felt pretty determined to move away and experience different things. I was desperate to get my license and travel. I had no idea what I wanted to do and was told business degree was what I should do, so I think I kind of rebelled against that and my grades dropped dramatically, and I delayed Uni. I wanted to be free.



DA SELLOUT: *Further to that, were you happy in Bendigo in 1998 with Dan? Was that domestic bliss? Do you look at yourself as still 'young' then?*

BELINDA: We were young and trying to figure out where we were going individually, and together. I definitely felt very domestic. Dan was playing AFL reserves so there was a lot of order and time frames to work around, cooking dinners, schedules, supporting footy etc - and I wasn't into washing footy shorts. Thankfully he was very good man in that way. We had plenty of fun, but I was a few years older than him so we were very much in different places at times. It's a weird one. I felt content, but I also felt like I didn't want to be in Bendigo forever. It's very white, and I missed the buzz and culture of the city. It naturally served its course and it was a good thing we went our separate ways when we did. He was very young then, I felt irrational in my approach to some situations because of that. It was a journey whereby we taught each other a lot about life, and learnt from individual mistakes. A period of growth lets say.

DA SELLOUT: *List the countries you've visited?*

BELINDA: Countries – this makes me feel indulgent. We're very lucky to have the ability to travel. My career has helped with most of this as when I lived in London, I delivered events across for 7 years. The numbers are how many times I've been to each, some in different places for anything from 2 days to 5 weeks.

- | | |
|---------------------------|-------------------|
| 1. Australia | 7. Croatia (3) |
| 2. Belgium (4) | 8. Czech Republic |
| 3. Bosnia and Herzegovina | 9. Denmark (2) |
| 4. Cambodia | 10. Finland (3) |
| 5. Canada (3) | 11. France (8) |
| 6. China (2) | 12. Germany (8) |
| | 13. Greece (2) |

- | | |
|--|---------------------------------|
| 14. Hungary (2) | 28. Poland |
| 15. Indonesia (4) | 29. Portugal (3) |
| 16. Italy (8) | 30. Singapore |
| 17. Japan (<i>will have by the time this has printed – Yes, and you loved it!</i>) | 31. South Africa (2) |
| 18. Malaysia | 32. Spain (10+) |
| 19. Malta | 33. Sri Lanka (incoming) |
| 20. Mexico (2) | 34. Sweden (4) |
| 21. Monaco (2) | 35. Switzerland (lots) |
| 22. Morocco (2) | 36. Thailand |
| 23. Montenegro | 37. Turkey (6) |
| 24. Myanmar (Nov) | 38. United Kingdom (lived here) |
| 25. Netherlands (4) | 39. United States (18+) |
| 26. New Zealand | 40. Vietnam |
| 27. Peru | 41. Vanuatu (2019) |
| | 42. Vatican City |

There are so many amazing moments. I actually keep a book of them. Travelling alone in Bosnia, walking through the town on dusk in complete silence, as the call of prayer echoed and bounced around the mountains. First site of the Gate of the Sun at Machu Picchu. Swimming in Cenotes in Mexico. Being stuck at the border of Vietnam and Cambodia with no where to stay, in the middle of monsoon rain. Hiking to the top of Kotor mountains and sitting for 3 hours watching the sun set. Dancing in the sun at MoMa in Long Island and in Mexico with a 70yo South African writer who wouldn't take no for an answer. Simple things like enjoying wine in underground wine bar in London, feeling like I was in another time, with someone special, walking the streets of Shoreditch each morning discovering new street-art, surreal moments like having afternoon tea in Buckingham Palace and meeting the Queen, returning home to Aussie beaches. Too many to list here.

As far as living overseas goes, I lived in London for seven years, I'd absolutely live there again sometime. My Mum is English, so I feel at home there, as much as I do here. I'd love to live in New York. I dream about living on an island. Who knows. I'm open to anything. It's nice to be close to family now, but I can see myself living overseas again, especially as I don't have children it's more obtainable, but I don't think that would stop me anyway.

DA SELLOUT: *Event Management wasn't really a subject on offer back in the nineties. How did you make it your career? How well did your education prepare you? Have you completed further study and what type of student have you become?*

BELINDA: In year 7 to year 10, the subjects I chose or were drawn to were art, robotics, metals, woodwork, pottery, sewing, language and science subjects like biology and physics. I was pretty good at them and almost a straight A student. I loved going to a Tech School for this reason - the variety and ability to create. I won the 'Career Award' in Year 10 which apparently was an indication of future success, and was asked to represent the school in Melbourne. I remember trying so hard to get detention after that because I got a bit of shit for being a 'suck'. Business was a real thing then, and in Year 11 and 12, I was directed to focus on the more business related subjects for Accounting, Maths Methods etc. I vividly remember Ms Yeo, my Chinese art teacher hitting me on the arm and calling me "stupid girl" for going that direction - different times.

“Whilst lining up for the dole, I had an epiphany and threw everything I had into starting my own business—with \$200 in my bank account...”

I nailed Year 11, then in Year 12 completed mostly business subjects. I went to study Business at TAFE and found myself working as a legal assistant in Criminal Law, working high profile cases like Jayden Leskie case, then progressed to moving to Melbourne to work in commercial litigation, preparing cases for Supreme Court for major companies like BHP, Shell etc.. In between I noticed that Financial Planning was a thing and thought I was pretty good with numbers, so studied my Diploma of Financial Planning and ended up working as a Portfolio Manager for an Investment firm and, on the stock exchange in Bendigo for a lovely man, Kevin, who was a great mentor. Although I was good at both careers, I didn't love them, so on the side started helping out with the Regional Football League running finals series and things like that for a couple of years.

It was good money working in law and finance though, so I used that to my advantage to save to travel overseas, whilst learning the basics of event management in sport.

When I moved to London when I was 27yo, it was a chance to reinvent the wheel, so I went for jobs as an Event Coordinator in Investment banks and freelancing for brands, which seemed to be buzzing at the time. I knew I'd have big budgets to play with and opportunity that I wouldn't have in smaller businesses, so I went for it.

As I'd worked in law and finance in corporate institutions before, I didn't really feel intimidated at all, and had a corporate background. I could talk the talk, and understood the chat, but I remember walking through the doors of Deutsche Bank in my first role and thinking 'I need to buy a better shirt'.

The first event I produced was a conference and gala just outside of New York, in West Chester, for 200 people, with a wild after party in Manhattan, which ended in some random toy house with a tea party, getting a lift home with my colleague as we stood up through the roof with our hands in the air singing through Time Square, I thought, this is it. I was 27 and I loved the buzz. From there, the next was running the hospitality area and ticketing for the PGA Golf Tour in Scotland. My sporting 'experience' got me that one, I just blurred the lines a little and because I was Australian, everyone thought I knew sport - but I really hated golf.

I went on to deliver about 300 events including gala dinners, parties, launches, fashion shows, conferences, art exhibitions, sporting events across about 20 countries for anything from 20 - 25,000 people. The opportunity to work

in buildings such as the Tate Modern, galleries in Berlin, stadiums, ruins in Rome, palaces in Istanbul, raids in Morocco, caves, castles and crypts, was incredible.

I returned to Australia in 2011 and whilst I worked on major event with the Australian Hockey Team and rebranding Hockey for London Olympics, I couldn't find anything that was at that same level - for obvious reasons and I didn't want to work in sport. It was challenging not having the diversity and flexibility to be creative. I was 'made redundant' from a role in 2013, for pushing back on being asked to follow the tradition of women and 'sit behind the desk because women are better at admin' and because the men were intimidated by my success - after being asked to travel to China to reshape the business and introduce an entirely new approach to events - which was adopted. I felt frustrated, and even though I could see that role was filling a gap, those few months after were challenging. Mum was going through treatment (she's fine now), my boyfriend and I split (which is a good thing), I totalled my car (distracted and accidentally ran into the car in front) and I didn't really know what was next. Whilst I knew I'd done the right thing standing up for myself, it was depressing. I was 36, single, reconnecting with Australia and starting again after the most amazing events in the most amazing places, and missing my London life. But, I wasn't going to let it hold me back. Whilst lining up for the dole, I had an epiphany and threw everything I had into starting my own business - with \$200 in my bank account.

I now run my own event agency based in Collingwood which focuses predominantly on things I like art, music, culture, tourism, education, and launches and celebrations for corporates and nfps. Which as you can see by the above, is almost full circle to where I started - making, creating and developing concepts. We've designed, curated and delivered incredible events, working with amazing people and inspiring events such as White Night, Dark Mofo, Pause Fest (the guy who runs this sucks), St Kilda Festival, artist Rone on his biggest project to date and we're currently rolling out our own concepts for the 100 year celebration of the Great Ocean Road for tourism. Personally, I've directed/produced a huge variety of music events, including John Farnham's Hall of Fame show at the Palais Theatre - the moment Mum and Dad started to recognise I'm actually the one delivering this stuff, and not just working the door. I also ran an art gallery for 3 years at the same time which exhibited some of Australia's most amazing contemporary street artists.

I'm really proud of my career, and whilst it hasn't been the most direct route, every experience has benefited another. Whilst I work interstate a bit now, it would be amazing to tap into the international market again, or just start over with something new.

Since everything above, I've studied Spanish, and a variety of other short courses with a design focus. My approach to study is the same, I tend to be very focussed, get distracted, and cram. Some of my best work happens on deadline.

DA SELLOUT: *List the last three books that you have read? Review each briefly. What is the best book you have read in your life so far. Think hard.*

BELINDA: Oh god, there is a pattern I wasn't even aware of, until now

Jasper Jones

Young love. Discovery of self. Not judging a book by its cover. Everyone has a story.

The Subtle Art of Not Giving a Fuck

Exactly as it says on the box. Stay true to your values, and move forward recognising that some people just don't think about much more than themselves, and have different values to yours.

Every Idea is a Good Idea.

My housemate gave me this book. It helps you tap into creativity, and feel inspired by experiences.

Best Book:

The Magic Faraway Tree by Enid Blyton

The ultimate fairy tale. I think I read this book about a zillion times when I was a kid. Now that I think of it, all of these questions feel like everything leads back to the embracing of imagination and curiosity that this book encourages.

Likewise, the best event ever, most inspiring music concert and most profound film... Detail why. Include dates.

Best event ever?

Dark Mofo. I love that it pushes boundaries and makes you think differently.

Inspiring music concert.

Prince and a piano, Hamer Hall. Being close enough to see Prince's fingers move across that piano was incredible.

Film.

Life of Pi. Survival and Trust.

Good Will Hunting. Encouraging the underdog.

The Notebook. Okay, this is not profound, but I love this movie. The 40s, the frustration, the love story, the flashbacks, everything about it. It reminds me

of chats with my Nan about times gone by, and also I absolutely love the romance of it.

Eternal Sunshine of the Spotless Mind. I first watched this after a break up in 2004, and subsequently made the decision to travel. It's confronting which is what I like about it. I think it made me think about acceptance of a situation differently, and how to push forward.

DA SELLOUT: *What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?*

BELINDA: Indulgent gift. Besides investing in travel; music. Recently, a \$600 ticket to see Lenny Kravitz in New York in the most beautiful venue ever, by myself. After agonising over it for a day, I made the choice to be in Row EE, front and centre. It paid for itself when Lenny came into the audience, I was literally pushed forward by the girl next to me screaming "You gotta touch him girl, you all the way from Down Under". Somehow, I was the only person in front of him in the aisle, as he sang Let Love Rule about 20 cm from my face. I'd like to say I safely directed him back to the stage. It sounds pervy, but geez he has nice arms and soft skin. I'll never regret that choice. Next stop. Meet Ryan Gosling. Two completely different men; the rockstar and the ideal husband.

Someone else? Monetary wise, probably a gift for a boyfriend. One had a pretty good run there as he was studying whilst I was working in law. I think I give the gift of good parties. I threw a huge Halloween party in a warehouse in Collingwood once for about 170 people. I sold tickets to justify it, but that still cost me a couple of grand.

I would like to think I give a good gift of friendship and being a good daughter (at times). I invest a lot of time into writing to friends on occasion. I think words and actions are often stronger than 'gifts' as such.

DA SELLOUT: *What is the longest you have been alone, away from other humans — true solitude.*

BELINDA: Do Netflix caves count? I actually don't think I've been completely away from humans in solitude more than 48 hours. I need to sort that out. As much as I'd like this to be different, getting lost in the wilderness is a little scarier for women. That's something that I'm always a bit jealous of. I would love to have a crack at something along the lines of the movie Into the Wild, the bit before he freezes to death. Just the first week. Bear Grylls style – with no drinking of wee.

DA SELLOUT: *Plus, talk about the benefits of single life. I'm really curious about it. Is it very deliberate or just something that you are content with?*

BELINDA: Ha. A point of contention. Is she just too fussy? It's deliberate in that, I've had relationships

that I don't feel challenge me at all, and now that I'm older and able to identify that those don't work. I've also had longer relationships that I felt like a housewife in, and those that I've let go on way too long, and grand loves lost or the timing has been off. Right now, I don't want to spend time with someone that doesn't excite me, challenge or support me. I find it hard to understand why society finds that so surprising and assume it's because of a choice as such. I'll take it as a compliment.

We're living in a time where the traditional boy meets girl relationship is changing. I'm a successful, determined and strong woman. Sadly, most men find that emasculating and are intimidated. I'm not exactly the girl that sits back and has no opinion, but I'm also often unable to gauge if someone is interested, so I tend to miss opportunities by sitting back too - and get friend zoned. My radar isn't great. It'd be a whole lot easier if guys just expressed themselves a little more. I'm actually quite reserved initially with guys I'm really into.

My lifestyle is also pretty different - I run my own events business and at one point I also co-managed an art space. I would imagine I'm pretty full on to be with in that I'm often running at capacity. I'd absolutely love to be with someone that understands and supports that life, maybe runs a bath for me some days, is interesting themselves, and has a tendency to say "fuck it", let's fly to Africa. And, to be completely honest here, you need to be attracted to that person as well. I'm also very much an old romantic, so call me crazy, but good old fashioned charm, expressing feelings, and manners are a big thing for me. That doesn't mean being smothering, but sharing things. Sounds simple.

So, put simply, I haven't met someone in the age bracket that society says you're supposed to 'settle down', so, why should I be with someone for the sake of 'time' - that clock that every person, magazine, media outlet reminds me is ticking every

second. I'm an example of proving that people can love in different ways, and times, then so be it.

You also said raw, so here you go. My favourite man so far, he exists but is unfortunately living in a different country. We met travelling in 2004, and met up again in London. We had an amazing but short time. I still feel like there is a connection that is very much prevalent, but it's a

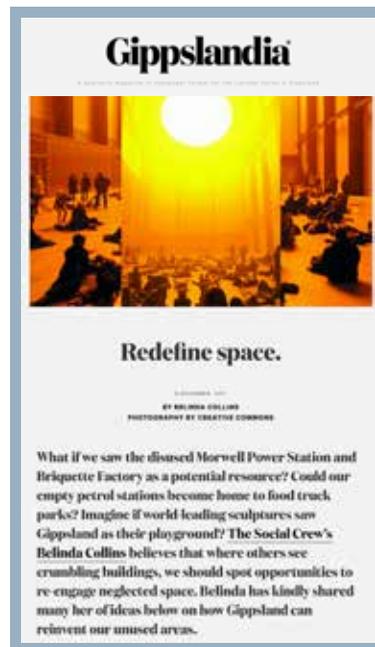
little complicated. Weirdly he's probably one of the only people that truly understands me, what I do, has a similar curiosity with the world and thirst for adventure, and continues to encourage me, he's also super inspiring and intelligent. There is a magnetism with him. But like I said, it's complicated - and we live in different places.

In saying all of this, there are many benefits to single life. I have a fantastic, awesome group of single women in similar circumstances, and many amazing female and male friends who have relationships, kids or the like that are so great to be around. I can walk straight out the door and get a coffee, go on holiday, and make plans without checking with someone else, I can have lovers. I can also play a great role model in different ways to my nephews and friends kids.

My life is pretty sweet. I meet so many interesting people continuously and have a huge network of amazing people. It's not a disability being single.

DA SELLOUT: *What is your artist superpower? Can you sing like Michael Jackson in the shower, craft perfect Excel spreadsheets and running orders that would make the Pope weep? Don't be humble. Tell us. We will be the judge...*

Honestly, I think bringing people together. I'm also really good at idea generation. My mind is very active. Random skills – I can also look at a room / area and tell you its dimensions on sight alone, I can ride no hands for more than 1km, I can touch type and I can speak Spanish. I'm very bad at singing and a bit uncoordinated so I fall over and break stuff a lot – my brain goes faster than my limbs.



Belinda has also written some fantastic ideas about how Gippsland can reinvent unused areas.

Read more <https://gippslandia.com.au/redefine-space-in-gippsland/>



Hall of Flame

ISSUE 1
1993



ISSUE 2
1994



ISSUE 3
2015





Cabsy

Consider the Dalai Lama, when asked what surprised him most about humanity Man... Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived. DANIEL CALABRO is living.

DA SELLOUT: *My mind. What is it? What am I making of it? What am I using it for?*

CABS: The logical me looks at my life with a fair amount of awe and gratitude. I've got two healthy smart kids, a gorgeous and intelligent wife that works her ass off to provide great things for us, healthy parents, great relationships with my siblings, and I live a pretty rich lifestyle with lots of great food, travel, a nice house, and lots of other things that are enviable on the western scale.

The emotional me, however, does have moments of feeling like there's more to life. Maybe I could have done more with my musical potential? Maybe I've exchanged some more important nourishment from nature with a life of comfort and decadence, and maybe the busyness of my situation has pushed aside the opportunity to maintain good relationships with people that would have otherwise enhanced and enriched my life in a more substantial way.

I guess it boils down to what people think warrants "the best possible life"? Is it money and health, or to really 'experience' life. Money and health bring happiness, comfort and security, but also threaten to create numbness. Hardships bring lots of terrible things, but they often equally bring out the very best in humanity.

I'm not sure that anyone that really thinks broadly about their existence could be 100% content with their life. Grateful, yes - but who wouldn't be curious about the "what if's"? It's yin and yang - every great thing comes through sacrificing something else. I don't know what's most important, I guess the older I get, the more scared I am to experiment with hardship and sacrifice.

DA SELLOUT: *What is it you want? To keep on breathing? What about feeling? Desiring? Growing? Ceasing to grow? Using your voice? Thinking? Which of them seems worth having?*

CABS: I guess I can easily recall a general feeling that anything was possible. Being in the last year of school created this sense that I was finishing up an obligatory rite of passage that stood between me and 'life'. I can remember having so many ideas about what I might do, who I might become. In hindsight, it was clearly a serious case of ignorance mixed with obnoxiousness and naivety. If I could go back now and speak with my year 12 self, I would have a lot of suggestions about how to think and be. It would still include a decent amount of what I 'did' actually do, but perhaps with more purpose and a better sense of reality.

As for travelling, I've mainly spent time in Italy. I have quite a lot of family there from top to bottom - more there than here in Australia actually. One of the things I really love about Italy, and Europe in general, is the sense of intrinsic 'maturity' within the culture. The food, the history (and lessons therein), the respect for family and the older generation, the attitude towards drinking and socialising, the work ethic, humanitarian and environmental attitudes, and so on. It really makes you see how immature Australia is in many areas, and how naive we are. Not entirely our fault - we do live literally on the other side of the planet and have very little pressure placed on our society thanks to a very low population. It goes back to my earlier point that harder times often bring out the best in a society, and in reality, we've got it very fucking easy.

DA SELLOUT: *Frightened of change? But what can exist without it? What's closer to nature's heart? Can you take a hot bath and leave the firewood as it was?*

CABSY: I've never really been a fiction reader. I feel like there's not enough time to spend sitting reading fantasy when there's so much knowledge to be acquired. Most of the books I've read either served the purpose of teaching me something I need to know - how to renovate, how to control sound, how to be a dad, etc. Or they have been serving the purpose of helping me to understand myself better - books on buddhism, meditation, exercise, diets, and so on.

My latest interest is set pretty firmly in Philosophy. For me it ticks every box. It's thought provoking and engaging, it's inspiring (not just because of the concepts it presents me with, but also because I am inspired by people that have dedicated their lives to discovering these concepts). It also serves the greatest purpose, which is to keep me growing as a person.

There is a great magazine called New Philosopher which consumes most of my reading time. Every issue looks at one single subject, and dissects it through a range of Philosophical perspectives. For example, one edition was on the future, one was on education, one was on the importance of 'Play', another was on luck, etc. Whatever the subject, every single article is awesome and it's got me hooked.

Ironically, in the education edition there was an article on the importance of reading novels. It expressed the concept that we can best learn empathy and compassion through experiencing life through the eyes of another person, and nothing does this better than a novel. Possibly could explain why my innate sense of compassion is pretty shit.

Music has always been a massive part of my life - literally since birth. Dad has told me a thousand times how he put a Joe Pass album on the moment I came home from the birthing suite. And ever since then I was played all kinds of Jazz and Classical music, day and night. I really appreciate that he did that because my appreciation level for complicated music is sky-high and I get amazing kicks out of seeing great Jazz or Classical concerts. This year I've been pretty luck to see some incredible shows. One that really stood out was Wynton Marsalis playing with the Lincoln Jazz Orchestra and the MSO. They played some incredible pieces, including some Duke Ellington numbers I've never heard (from the album "Far East Suite"), and an amazing Leonard Bernstein piece called "Prelude, Fugue and Riffs". For me, hearing music of this calibre performed live is life-changing and hugely inspiring. Not only because the players themselves are some of the best in the world and awesome examples of human capability, but because the music itself is so unbelievably complex and amazing that it leaves me feeling so impressed with what a human can produce. The fact that someone can conceive, transcribe and execute such things leaves me feeling blown away every time.

DA SELLOUT: *Nature takes substance and makes a horse. Like a sculptor with wax. And then melts it down and uses the material for a tree. The for a person. The for something else. Each existing only briefly. It does the container no harm to be put together, and none to be taken apart. Give yourself a gift: the present moment.*

CABSY: That's pretty hard really. I don't really give myself 'gifts', but have definitely not held back when it comes time to get what I need - In both a materialistic and emotional sense. I guess materialistically, my house is about the most decadent thing I've ever 'gifted' myself. Perhaps anyone that owns a house should feel similar? It's a pretty amazing thing when you view how a majority of the world lives. In a more human sense, I suppose my kids are the most indulgent thing I've ever gifted myself - at the end of the day, I (along with the critical help of my wife) brought 2 little dudes into the world, without their permission. I still think this is a pretty major fucking thing (especially considering their lives are going to be a shitload harder than mine). It's pretty indulgent.

Considering my wife required my involvement for both of those things, it's probably fair to say that they are equally the most generous gift I've ever given anyone else too.

DA SELLOUT: *Treat what you don't have as nonexistent.*

CABSY: Pilates started for me because I had a really bad back thanks to a sedentary job, a lot of sitting around smoking weed, zero physical exercise, and a lot of lifting heavy equipment. Just like hardships bring forth action from humanity, pain brings forth action from me. Pilates helped a lot, and was the beginning of me realising that I can have a bit of control over things with lifestyle choices.

Nowadays, I do daily yoga, regularly fast, practice mindfulness, eat a plant-based diet, regularly exercise, and read a lot of philosophy. All these things help greatly in holding me back from murdering my children when they are driving me insane, and they also alleviate the pain caused by some of the damage I did throughout my younger days of not looking after my body properly.

All of these things took a long time to establish. Things like being a vegetarian and exercising took a long time because I'd not grown up with these things in my life - it was like beginning from scratch. Mindfulness is also hard as there is really no endpoint. You never 'master' it, but rather just try to get it into your life.

I still have a long way to go before I hit buddha status, but I've seen the benefits, and there's not turning back once you start down these paths. I've swallowed the red pill.

DA SELLOUT: *Many lumps of incense on the same altar. One crumbles now, one later, but it makes no difference.*

CABSY: In all honesty, I think I'm a lot more like my mum than my dad. My mum is the planner, the organiser, the general pants-wearer. She doesn't fluctuate too much emotionally day to day, and is interested in travelling around, getting out and living life. She was also the disciplinarian in the house. Dad is more emotional, and would happily sit in his study and practice guitar all day, every day. One thing I definitely picked up from my dad was the whole self-help thing. I remember him being a psycho when I was younger. Then one day he read a Dale Carnegie book, and completely changed. It really was one of the best examples he could have ever set for me - to see an adult recognise their faults and set about working to change their personality. So many people hide behind the excuse that "It's just who I am", when that is really just saying "I could not be fucked making any effort to even try and change".

I've changed quite a lot over the years - mostly for the better - and I'm not sure I would have been so willing to try had I not seen him do it.

My kids are 10 and 9, so we do have some arguments about tech. We have a no-screen policy in our house. This mainly came about because my kids turn into cockheads when screens are allowed, which we recognised early on. Without screens, they are far more creative, more active, more motivated to play, and have much better communication skills. My wife and I both feel the same about this, and the reality is that neither of us had the kind of tech we see today at their age. I am completely comfortable with technology, even without having grown up with it, and don't feel like restricting it is holding them back in any way. Most of the people that are at the forefront of developing technology did not have any modern tech in their life as children either.



What I want for my kids is irrelevant. What I do and how I act is what is going to shape who they are far more than my attempt to push them down a certain path. With that in mind, I see even more need to make sure I get my own shit together.

DA SELLOUT: *The mind without passions is a fortress. No place is more secure. Once we take refuge there we are safe forever. not to see this is ignorance. To see it and not seek safety means misery. Talk about music. From teaching guitar in Drouin, to the heady days of the Grand Silent System...*

CABSY: Without going over what I've spoken about earlier, I think it's safe to say that music has equally been a blessing and a curse for me. The blessing has come from the immense joy it has given me through creativity and life-experiences from touring and recording, etc. It also had the major advantage of connecting me with my wife, who has in turn brought a swathe of other amazing things into my life. If for no other reason, I am glad that I learnt music for this.

The curse is that music feels like it is my purpose. When I am not doing something with music (which I haven't for about 5 years now) I feel like I am denying myself of something intrinsically connected to who I am, and letting myself down. The thing is, music needs a lot of attention. I am too far down the road to be content with 'ok', and therefore anything I do musically needs to be at a certain level for me to feel that it's worthwhile. With young kids and two busy businesses, finding adequate time to dedicate to music is just not possible at the moment. Having children and staff creates a large amount of responsibility, and the reality is that letting music fall by the wayside is not going to have a negative affect on the lives of others — therefore it has been a necessary sacrifice.

For now.



SALLY-McMAHON

Introducing our fourth issue cover girl, SALLY McMAHON — We'll assume either she is going to be super cool with this, or brace ourselves for her to never speak to us again.

DA SELLOUT: *Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?*

MACCA: An 8 and working my way to the top

DA SELLOUT: *Detail a vivid 1994 memory?*

MACCA: What sticks in my mind, is the Potato Cakes in the bread roll with mayonnaise from the canteen for only 90 cents. Yum!!!

DA SELLOUT: *What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?*

MACCA: A Jet Ski and a ride on my jet ski and recently buying a puppy for my boys.

DA SELLOUT: *Talk about your healthiest habits and routines. Detail how you see the mother in yourself when you parent your two boys? Talk about the mundane bits and good fortune that you want for your sons.*

MACCA: Our routines revolve around sport, foundations that I gained from living in the country. I believe that playing sport really helps keep the children busy and active, keeping them off all these electronic devices these days.

The boys and I start our week with school, work and sport. Whether it be playing basketball, training or coaching we all do it together. To add to our busy weeknights Brock has soccer training three nights a week and games for both boys on Saturday and Sunday. You can see our week is fun filled with kids at school, mum at work and all of us at sport. Not much time for anything else, some socialising with friends and family on weekends.

We are very structured in our daily routine, to the point we use a white board timetable for all to see what is happening throughout the week, this includes our extended family and our carer's activities. I remember my mother using a calendar to share all our time schedule and events throughout the week.

I believe both my boys are destined for great things, Brock who is 12, will be a professional soccer playing for Barcelona and Jaxson with me the next Usain Bolt. Whatever they put these minds to, they both will both be successful. Well that's what I think anyway. All I can hope for is that they are good people, be kind and considerate and enjoy life to the fullest.

DA SELLOUT: *Talk about friendships. How do you keep in touch with old friends? What sort of time is permitted to make new friends? Talk about your most important relationships?*

MACCA: Facebook has helped my stay in touch with old friends, texting each other to keep in touch. I love catching up with old school friends, we don't have to talk all the time to stay connected and to stay great friends. When we do catch up, after not seeing each other for such long periods, it feels like yesterday. We can pretty much start off where we last left things. Our old stomping ground always pulls us all together. Can always count a local friend to host a great get together. I value all of my school friendships; some of my closest and dearest friends are from even primary school.

My recent friendships I have developed are more through the boy's school and sporting events. Although, work has brought some new long-term friendship into my life too.



DA SELLOUT: *What are your plans for the future? What are you actively working towards that you care to share? Travel plans? Your business etc?*

MACCA: Life at forty plus is a new beginning for me, so many faces, new places and fun experiences is now awaiting my future.

DA SELLOUT: Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

ELLYTE: I'm a good solid 8 today it's important to live for today. I have learnt that being happy is a choice. Many bad things happen to all of us, it's how we choose to react to these situations that determines which rung we stand on. Trust me, I'm not always an 8, but I try.

DA SELLOUT: Detail a vivid 1994 memory. What has stood the test of time in your mind?

ELLYTE: Excuse the chemo brain, my memory is not as flash as it once was. I remember strange things about that time. I can't hear a wobbly chair without the thought of our maths exam. I can't see a Renault without remembering being 18. Seeing how many people we could fit in my Mum's car.

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

ELLYTE: The most in dulgent gift? It's easy to say I purchased this or that, but I think, recently, it's acceptance and time. Life has changed so dramatically over the past 2 years, that it's ok to be exactly where I am. As for someone else, forgiveness, I no longer carry any baggage, I mentally wiped the slate clean. Oh yeah, before my last surgery, I purchased a Louis Vuitton trunk.

DA SELLOUT: Talk about your career. What is it like being a nurse? How does it impact the way you live your life seeing daily trauma in our peoples lives?

ELLYTE: I've been a nurse and a mental health nurse for over 20 years. I worked in emergency departments for a while where I was a witness to both the worst and the best humanity has to offer. No one comes to see a mental health nurse in their best day. It's important to give people hope and kindness. My husband is also a health worker so the impact of trauma has been lessenend as I could always talk to people about the shitty things I was witnessing.

DA SELLOUT: Further to the above question, talk about mental health. Talk about techniques, methods and ways to cope.

ELLYTE: I have seen many ways to cope working in mental health. Not all of them effective or healthy. I aka big fan of mindfulness. Being in the moment and putting all your effort into the patient in front of you. I have witnessed some unbelievable violence and sometimes have been in the wrong side of it. It's is amazing how violent people can become. I firmly believe in medication and lots of it. Nobody needs to be awake and on that much distress. I have coped my compartmentalising my life. I would not bring home to work and try really hard not to bring work home. This is sometimes a little hard with bruises and cuts and scrapes. Therapy also helps

DA SELLOUT: Talk about your house, your tidiness, and the things that you wish you could throw out but can't for some reason?

Ellyte Walsh

It is rare nowadays that people take the time to contact da Sellout and nominate an individual to be interviewed. So naturally, we are thrilled to bring you an ELLYTE WALSH exclusive.

ELLYTE: I'm not the person to ask. I try, but I'm not very tidy, I like a little chaos, throwing things out is not very hard though. I love nothing more than throwing shit out. Nothing more cathartic than a good clean out. I can't seem to throw anything away that was my parents, I just pack it up and move with it all. Finally in a great place and have all my Mum and Dad's things proudly displayed.

DA SELLOUT: Talk about your travels. Where have you been?

ELLYTE: It's been 15 years since I lived in Morwell, I have beautifully happy memories of Morwell and growing up. I loved in Canberra for the past 14 years and I've recently made the move to Townsville. I'm not as well travelled as everyone else. I chose uni and working instead of travelling. We have travelled to Thailand on several occasions and we love it — especially to get tattooed.

DA SELLOUT: Discuss the reasons for starting or not starting a family? (*Sorry for not stalking you on facebook thoroughly enough to inform this questions myself)

ELLYTE: I could go into the very sad story about my reproductive years, but no one wants to hear that. No I don't have children of my own. I have 4 incredible step daughters and 5 amazing grand children, but enjoy my time as my own. I know that is incredibly selfish, but, emotionally it is a shit load easier. I can still eat toast for dinner and no one cares.

DA SELLOUT: What do you think you're most lacking? Where is your weak point, your soft spot, what's the one thing that you just haven't been able to master?

ELLYTE: I lack balance and I'm way too trusting. Being a mental health nurse, too trusting has not always helped in my career, but, I am happy with my flaws as much as my strengths. I wish I could master juggling, just. And do it.

DA SELLOUT: Talk about old friendships. There was a great photo you posted back in November 2013 of your year 10 formal. What do you remember from that night? What isn't captured in these photos?



ELLYTE: It's odd what I remember about that time. I remember my Mum fell asleep and the principal had to drive me home. I remember it was where I grew up, which was a little difficult. I remember getting ready with my friends and having a great time with everyone. I remember kind of getting very drunk at the after party.

DA SELLOUT: What some advice for people who are struggling in a job that they hate?

ELLYTE: I'm a simple girl with simple ideas. If you hate what you do, who you are with, leave. Take that jump to be happy, what have you got to lose? The older we get, the bullshit gets less tolerable.

DA SELLOUT: Talk about the future. What are some of your predictions for Australia in the next 5 to 10 years? Outlined some of your thoughts on climate change and the effects it will have on our kids.?

ELLYTE: Our kids and grandkids won't have choices, the climate will dictate so many parts of our lives, we have what, 11 years before our climate in irreversible. Our children and grandchildren will have to reap what we have sewn.

DA SELLOUT: Who (or what) has been your best teacher?

ELLYTE: I have had so many great teachers in my life. People and circumstances. I think my smarts came from you lot. I learnt more from all of you, that I have carried with me my whole life. My job was easier because of you. My street smarts come from everyone, my misspent youth stood me in good stead to be a mental health nurse.

DA SELLOUT: What is the secret to happiness?

ELLYTE: Living for today. In 2 months I have outlived the time I was given to live, so I cram in as much as I can everyday. Make today count. Tell people you love them. Hug tightly. Tell some one they look nice. Be nice to people, it's not that hard.

MELANIE KENTER is totally the feature and Knoxy is just the sub-story. We'll go so far as to call her the 'hero' of this entire enterprise and give her the centrefold. What her rant does here, will echo in eternity.

DA SELLOUT: *Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?*

MELANIE: I'd say I'm on the 9th step. Can't complain about anything - have a gorgeous family, supportive husband, good job.. but I'm a firm believer in there's always room for improvement so I'll continue to strive to hit the top step.

DA SELLOUT: *Detail a vivid 1994 memory.*

MELANIE: The memory is a little vague these days on specific recollections but one memory that stands out was making my deb in 94 with Knoxy. I hadn't really planned on doing the Deb, hence the last minute decision to take part in year 12. I clearly remember saying to my mum "we need to get me a dress for the Deb" to which mum replied "no need for that, you can just wear your sisters".

My sister was 3 years older so the fashion had evolved in that time and she carried a little less weight than I did in year 12. I didn't fit in the dress when I tried it on 4 weeks out but there was no way mum was buying me another. Instead I stuck to a diet of an apple a day and a Danone diet light yoghurt each day for those 4 weeks and made my arse fit in that dress come Deb day. It wasn't without repercussions though. As a result of my starvation diet I barely had the energy to stand after being introduced onto the stage. I remember standing there with Knoxy as everyone else got introduced and repeatedly saying to him "I'm gonna faint". He was freaking out and trying to blow air on me to prevent me from passing out. Was a bit of a shamozzle really...

Another memory I have is of heading down to Darling's take away shop on church st pretty much every day after school with Steve Esler for chips and gravy. At the start of year 12 I moved to Drouin so I used to commute on the vlone bus each day. There was about an hour each afternoon to kill before my bus left so Steve and I would hang out and eat 50 cent bags of chips & gravy and chew the fat while I waited for the bus.

In hindsight it's probably the reason why I couldn't fit into the Deb dress.

DA SELLOUT: *What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?*

MELANIE: I'm not really overly indulgent when it comes to myself. I live pretty minimally and hate clutter. I much prefer to spend my money on experiences and travel. I treated myself to a trip to Uluru with my younger sister last year. That was an amazing once in a life time experience.

My two sisters and I bought my mum a new Mazda 6 for her 60th birthday back in 2012. Apart from being too tight to buy me a new Deb dress in 94', she's always been incredibly generous and is such a hard working person. In 94' we went from living in a 3 bedroom home on a 500sqm block in Morwell to a 110 acre dairy farm in Drouin. Mum grew up on a dairy farm and always longed to be back working on one. She single handedly milked 100 cows morning and night for a long period of time to support the family, in fact she's still milking 30 odd cows there now in her late 60's - she's a pretty inspirational woman.

It felt good to be able to give back to mum when we passed her the keys to that car.

DA SELLOUT: *So, I have to admit that I'm not a big facebook user and I haven't stalked you to find out about your life. Write about who you are and your greatest achievements in less than 100 words.*

MELANIE: I'm a mum to 3 kids. My two boys, Ollie (9) and Ned (3) and daughter Frankie (6). Married my hubby Jamie in 2004. We met at Monash Uni - Gipps, when I was working in the student pantry and he ordered 2 hot dogs with cheese and a creamy

soda. A chance follow-up meeting at the Churchill pub for Thursday uni night a few days later, where I couldn't help but interrupt him and hang shit on his drink of choice - a subzero & raspberry... like seriously. We've been together ever since.

Graduated from uni with a bachelor of business degree and got straight into working life in various marketing roles before ending up at Australia Post 15 years ago. Have worked in product management and marketing roles during my time there with 3 career breaks for kids.

We live on the Mornington peninsula in Mount Eliza. I've been there for 9 years after spending about 8 years in Melbourne.

These days I spend my time juggling work, running around doing sport drop-offs and trying to still have some kind of social existence. Facey and Instagram have been a great way for me to stay connected with people. I still keep in regular contact with a few people from Maryvale - Knoxy is god father to my oldest and I catch up with Fiona Hall whenever I'm on the Goldy or she's down south.

DA SELLOUT: *Talk about your decisions.*

MELANIE: While I got married at 27, we decided to start a family a bit later than most. I had my first at 33 and third at 38. I wanted to set my self up career wise first and also have the freedom to do a bit of travel in the earlier days.

Making new circles of friends has been harder for me as a full time working mum and something that I'm making a conscious effort to do more. I'm not around as much for the school drop offs, pick ups



and coffee catch ups. I'm more tuned in these days to the friendships that I make - I don't have time for bitchiness, rudeness and fake people. I surround myself with a small number of kind and authentic people.

DA SELLOUT: *List three women who have had the greatest, most profound impact on your life.*

MELANIE: No famous celebs here for me. Just a few of my nearest and dearest..

1. My mum - she taught me that by working hard you can achieve pretty much anything.
2. My sisters - growing up the 3 of us used to fight like cats & dogs but as we've grown older we've become extremely close and I now call them my closest friends. They've both been instrumental in helping me juggle family and career. They're the people I can always call on when I need help.
3. My good friend Dal — we met while studying at Monash.

The one chick that makes me LOL time after time. Doesn't matter how many times we catch up, we can always reminisce about the same stupid shit that happened at Uni and still laugh like it's the first time we're telling these stories.

DA SELLOUT: *Complete these starting points:*

1. *Lifes best teacher is...* failure
2. *All men should...* pull their weight domestically
3. *The secret to happiness is...* being grateful for what you already have

DA SELLOUT: *Talk about your travel and any overseas moment that you still hold dear?*

MELANIE: I've travelled extensively through Australia and visited a few countries – Fiji, Bali, Thailand, China, Ireland. One regret I have is not taking some time straight after uni to travel through Europe. I still have plans to do this as well as

take the kids to Disneyland (I'm on a mission to fast track this one as they're not getting any younger). I haven't felt the need to live abroad, but whenever we do go on a holiday domestically I often find myself looking at real estate and considering for 5 minutes what it would be like to just drop everything and live in a different part of the country for a period of time.

My husband is a school teacher so there's been opportunities for us to just get up and move to regional or remote areas. I like the thought of this to expose the kids to different cultures and experiences but in reality having the courage to drop everything and leave the safe and secure for the unknown has been daunting.

DA SELLOUT: *Where will Melanie be when she is 50?*

MELANIE: Over the next 10 years I'll be head down bum up raising my kids to be decent humans. I want them to be able to hold conversations with adults, be kind and most importantly have a good sense of humour. Being able to laugh and make people laugh has been my recipe for happiness.

I also want to make sure I'm present in whatever I'm doing - whether that's listening to my kids read, in a meeting at work or having a few Vinos with the girls. My life's become so fast paced and busy that I'll be making every effort to slow down and appreciate life's moments for what they are.

By the time I'm 50 I hope to be working less, and travelling and socialising more.

DA SELLOUT: *Let's rant.*

MELANIE: I have a pretty low tolerance these days for most things but what ticks me off big time is loud eaters and heavy breathers. Like there's a dude at my work who chooses to eat his cereal after he arrives at work each day. Each morning I am greeted to the sound of him slurping milk.. I don't understand how the process of eating cereal can be so loud. And then there's people who bite their fork when they eat.. again, why? Or the people that are so incessant on finishing every last scerrick in their bowl that you can just hear the sound of spoon scraping on bowl for 5 minutes - they'd be better off and quieter if they just licked the damn bowl.

And don't get me started on heavy breathers.. I'm talking about the ones that sound like they are snoring while they're awake. Or when they've got a few bats in the cave and so there's a whistle noise as they breathe in and out of their nose. Does my head in!!



DALE GEMMELL AKA GOOSE is the real deal. He is the reason we haven't had another stock market crash since the GFC. Defined loosely as a 'Strong Silent Type', yet down to earth enough to make women flock to him due to the mystique that surrounds his Jumbuck persona.

DA SELLOUT: Which step of the ladder would you say you personally feel you stand at this time?

DALE: I would have to say around step 7 at this stage. I've just recently (January) come out of a long term (10 year) relationship. As the decision to leave was mine, I left my home and have been living itinerantly ever since until I get the house back in mid-July. Despite this displacement, I think I am the happiest I've been for quite some time as the decision to leave was absolutely the right one – that in reality should have been made years earlier. It took my Mum getting diagnosed with cancer late last year to shake me up and look at where I was at, while making some life changing decisions in the meantime. Mum has since nearly made a full recovery.

My job is very challenging and rewarding (for reasons I'll comment about in response to a later question) so I am happy with where I'm at from a career perspective.

I have my health and a fresh perspective on life in light of my recent changes that I'm sure will lead to taking some more steps up the ladder soon.

DA SELLOUT: Was it an early epiphany that you can articulate for me? Further to that do the same for an overseas moment while travelling that you still hold dear?

DALE: Don't think I have any epiphanies for you, or at least none that have occurred without the 20/20 wisdom of hindsight. A couple of things I remember vividly:

Assisting Marc "Bugsy" Cheffers with a Physics CAT that involved shooting an arrow straight up into the air from the centre of the footy oval and timing how long it took to come back to Earth. Upon shooting the arrow, we both looked at each other as a sense of panic kicked in, as we hadn't determined beforehand who's responsibility it was to keep an eye on the arrow?! Can't ever remember running quicker than we did that day.

In an attempt to hit a cricket ball into the fat head of a certain annoying person on the basketball courts

TOP GOOSE

but miraculously missing, the ball proceeded to sail through a window into the classroom of Mr Nello Carbone. As the Gemmell name was respected in teaching circles through my Dad being a Principal and my sister being, well.....my sister (refer later question) Nello approached me later for the dirt on who the perpetrator was. But I remained resolute, as I was not a snitch!

DA SELLOUT: List the last three books and the most inspiring music concert and most profound film... Detail why. Include dates. (*your recent Bon Jovi concert attendance doesn't count)

DALE: Perhaps best to focus on music here, as I'm not a huge reader. Having said that, Raymond Feist's Magician was a pivotal book for me growing up and did foster a love of fiction that I too seldomly explore.

Concerts - well, my first was Paul Simon's Graceland Tour with the Ladysmith Black Mambazo at the Glasshouse back in 1987 – which was such a special way to be introduced to the world of live music (as seeing Foster & Allen at the Warragul Entertainment Centre years earlier didn't quite cut it.)

Best concerts (and there are 2 as I can't split them) was seeing Guns and Roses at Calder Park in Year 11 along with 75,000 other people, and; Glen Hansard and the Frames at the Melbourne Recital Centre in 2013.

With Guns and Roses, it was the sheer spectacle of the event. Anyone that was there that day would have vivid memories of the searing heat, followed

by a massive storm and the relief the rain brought, before Axl, Slash and the band came on and blew everyone away.

Glen Hansard and the Frames concert is at the other end of the spectrum, but just as special. He performed for over 2 and a half hours, with the last set being without microphones. This culminated with a conga line of the entire band that went right through the hall and up in the balcony where I was and into the entrance area. The whole band played there for a while before the conga line reformed out and up onto St Kilda Road where the busking continued. The music was amazing, but his generosity with his fans and the intimacy of the night was what made this special. So much so, that I saw Bruce Springsteen for the first time later that week (which had been on my bucket list of concerts for ages) and I would go and see Glen perform 10 times over instead of Bruce if given a choice in future.

For those that haven't been exposed to Glen Hansard before, you should check him out. He was actually one of the guitarists in the Commitments as well as wrote the music and performed in the movie Once.

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

DALE: I haven't ever had expensive tastes or any degree of materialism. Having said that, I do enjoy a good scotch and tend to pay over the odds for a decent bottle as a treat each Christmas.

Most generous gift would be upon my separation from my ex, giving my former stepson Liam my much loved drum kit that I've been wheeling around for over 15 years. He's a fantastic drummer and could do it more justice than I ever would. I say it's a "gift", as it was one of the few things not bolted down that my ex didn't try to get her hands on through the settlement process! Not the most valuable gift in terms of \$'s, but certainly in terms of sentimental value.

DA SELLOUT: Talk about your ideal/dream musical theatre role. Has the stage given you stability at 42? Do you actively meditate?

DALE: My dream musical theatre role would be Don Quixote in the Man of La Mancha. It was the first professional musical I ever saw, and the story as well as the music still captivates me.



I wouldn't say that the stage has given me stability, but it certainly did help give me confidence and overcome some of my fears and anxieties. It also gave me a sense of belonging after I gave up playing footy due to a dodgy knee and having to work a couple of jobs to pay my way through Uni.

Missing that comradery that you get when playing team sport, the theatre was a good substitute, and the singing was much better! I would say however that I kept playing roles where I would change from a beast into a prince and yet the adage of art imitating life has yet to come true...

As far as healthy routines go, I can't say that I've really mastered any – although they do say that drinking red wine is good for you these days... don't they?! Probably the greatest advancement I've had with my health is the ability to notice when my thought patterns are going a bit haywire as a precursor to a downward spiral into a bout of depression (something that I've battled with continuously over the years). It took a long time to actually notice the warning signs and then actively do something in prevention of one of these downward spirals that has had such a positive impact on me.

I've tried to meditate but am hopeless at trying to still an overly active mind!

DA SELLOUT: *Talk about your General Manager role with Skillinvest – How does it compare to the finance world? Is VET training superior to a University education? Expand this in any direction your hobby horse decides to gallop.*

DALE: I went from being a part owner in an accounting firm in Traralgon where you had to keep timesheets accounting for every 6 minute block of your day while beating invoicing and write off targets. I was also looking for tax loopholes for rich people to avoid paying tax and providing business advice solely based on a profit motive. Worst thing I remember having to do was an Austudy Application for an exceedingly rich orthopaedic surgeon's son as all their income and assets went through a family trust, making them eligible.

So the move into the NFP world was a conscious one, after getting sick of making rich people richer. While starting in finance roles, I eventually moved into more operational based management, culminating with my current appointment. Now I have the pleasure of working with an organisation

that is committed to assisting young people, particularly those experiencing disadvantage. Rather than being in some back room counting pennies or determining people's fate based on dollar value, I now get to drive innovation and growth – being on the front line of actually making a difference.

Some examples of programs I oversee are:

- An employment program that places Indigenous youth into Traineeships in Police Stations across Victoria;
- VCAL programs targeted at migrants and disengaged youth that have seen members of the Apex gang renounce their gang affiliations, and a multitude of students be the first ever in their family to obtain a VCE/VCAL level qualification;
- Young Parents Education Program where young parents get to re-engage with VCE education while having their babies in attendance in the classroom.

As far as the difference between VET and University goes, I think the VET sector has an image problem. A university qualification is seen as the ultimate educational path (hence being classed as "higher" education) and VET is seen as secondary or ancillary. VET's cause isn't aided by the fact that there have been a lot of shonky providers out there giving the industry a bad name, when in reality, Private training providers (RTO's) that focus on quality and not profit actually deliver better outcomes and links to employment than the TAFE's do.

University and VET should be seen as being equal as both produce graduates that are just as important to our economy and society. They should be promoted equally by careers counsellors with VET pathways being encouraged and supported by parents in the same light as university pathways. Ask yourself, how many rich people do you know and how many of them went to University. The answer might surprise you (not that wealth is the be all and end all of measurements of success and contributions to society...)

University graduates miss out on a very important component of education that the VET sector has in spades, and that is the practical application of the acquired learnings – especially through apprenticeships and traineeships. I have seen a lot of graduates fresh out of Uni with no practical experience that are completely useless because they have only learned in a theoretical environment. I therefore think that practical work placements should be mandatory in all qualifications at Uni level to redress this deficiency.

DA SELLOUT: *I won't lie to you, that I had a crush on your big sister growing up. She was always so – mature. How is your relationship with your niece/nephews? Talk about your decision not to have kids.*

DALE: Well, I can tell you that you weren't on your Pat Malone there as I've heard it all 1,000 times before! My older sister has 2 beautiful girls, Senae & Matisse that I get along fantastically well with. My recent separation saw me move in with them all for a brief while, which was a great opportunity to spend more time with them. We have a mutual love of music and theatre, so have enjoyed giving guitar lessons as well as watching them sing and dance.

It's interesting you ask about kids as this has been a decision I've reflected on a lot since recently becoming single. I was a step-parent in my last relationship for 10 years and must admit, struggled with it a lot. More that I never felt like I could contribute to the parenting the way I would like as I was always undermined or overruled.

We decided early on to not have kids, but I fear that I was resented for this ever since as it was more my decision than hers. I can't

remember exactly the thought process around this decision at the time other than I think I knew subconsciously that she was never the right person for me to be in a relationship with – let alone to have kids with. Before you know it, 10 years goes by and you wonder why you didn't make the decision to move on sooner, especially when I now feel my window for having children of my own has passed. I think this is a shame as I reckon I would be a great dad, plus I'm the last male of my lineage so the Gemmell name from that lineage dies out with me.

I'm happy either way as I don't feel like I need to have had children to feel complete. I also feel as though society puts too much pressure on people to conform to a standard of getting married and having kids and if you don't you run the risk of being labelled as selfish?! To me, that is the epitome of absurdity.

DA SELLOUT: *Given your wealth of experience in the workplace, could you please compare Gen X, Gen Y and Millennials with regard to; Time management, interpersonal skills, eye contact, dress sense and overall work ethic.*

DALE: Great question guys, and one that I could bang on about for ages – but I'll try not to. I remember when I was working back in the accounting firm and partnering with Monash to provide a recruitment pipeline for us. We went from students that wanted to work while they attended Uni – as I had done, to people waiting until they finished before they got a job. We eventually got to the point where they wanted to finish, have a gap year overseas before coming back and expecting to walk into a job having had no relevant experience (and in many cases no experience whatsoever) and get paid \$50k+ right off the bat.

Furthermore, after starting work, they would then stay at home for years! We had some people in their late 20's still living at home, some of them having their Mum's iron their shirts and pack them lunches each day. They could afford flash cars and a new home as their first home when they did eventually move out because they hadn't had to contribute anything in living costs prior. Needless to say, they weren't the most resilient, reliable or productive team members considering they had been molycoddled their entire life.

I don't believe things have changed much since. The gap between rich and poor is getting bigger, however the middle class has expanded and has also become more affluent. This results in families spoiling their kids, or at the very least, not making them have to fend for themselves or contribute to the household financially or otherwise. There is little incentive therefore for them to have to find work, or if they do find work, stick at it if they don't like it. As a result, they (millennials) are less resilient, have a poorer work ethic and much less loyalty that our generation.

The issue is though, they hold all the power as there are so many jobs that they can pick and choose as they see fit. I see it so often that they come in for job interviews looking as though they'd just come from a skatepark. And whatever happened to a decent handshake?! Even some of the burlier ones have a limper wrist than a judge on Dancing with the Stars!



DA SELLOUT: Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

MARK: At the moment I would say 8.5, all things being equal things are good. Two beautiful children and incredible partner, a wonderful home, fulfilling job and a diverse range of business interests and investments. I've been lower at times obviously but right here, right now, it's pretty cool.

DA SELLOUT: Talk about your house, your tidiness, and the things that you wish you could throw out but can't?

I like structure – kids need routine too. There's a balance which needs to be walked between the cleaning the house and having fun in making the mess!!! Don't ask for photos of our place though!!!

I can't throw out CDs for some reason either, even though I can't listen to most of them anymore. My kids would suggest I hang on to jocks and socks too long too...

DA SELLOUT: What's one thing that you found in Morwell that you have not found anywhere else in the world?

My children are 1000% my soft spot. They just melt me. I can't curtail my love for them, nor would I want to!!

I'm missing success with St. Kilda too mate, a flag would be handy for both of us hey. P.S. You are still my favourite Saints wingman – haha

DA SELLOUT: Talk about Jazza? Discuss your thoughts reading his interview four year ago after knowing him for so many years?

Jarrod is unique. The interview was an insight in to him. I have said that he will live to 100 as nothing really fazes him unless it's Melbourne Demons or someone not putting enough gravy

MARK KNOX was fully into Pantera twenty-five years ago and we actually considered calling this article 'Vulgar Display of Power', but, with a witty mathematical superscript of 'To the power of KNOX^k'. However, nothing seemed to add-up. So, we resorted to asking Jazza {da Sellout, Issue #3, pp 2–5} if he could summarise Knoxy in less than ten words. He did it in one — "Portly"

However, I would actually not like to think there is a ceiling as well and that happiness is infinitely achievable.

DA SELLOUT: Detail a vivid 1994 memory?

Hope 1992 is OK – I still remember being incredibly humbled by my two best friends (still are today) throwing me a surprise 16th birthday party. Couldn't reconcile that someone would care so much to do something like that. It's a memory I think of often and what a great thing it is to do nice things for other people. It's awesome and I don't know if they know how much it meant but I guess they will when they read this!!!

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

It's ongoing – I am able to indulge my love of music, travel, culture and experiences which is awesome. The world is an amazing place filled with interesting people. I hope it never stops either!!!

I was once able to pay off a car loan for a family member which was pretty cool.

DA SELLOUT: If you were fishermen, would you have used nets, long line, trawling, or would you have been more of a pearl diver or craypot setter?

I've actually never caught a fish in my life. However, I would have to say pearl diver for the experience, the possible benefit & impact of that experience which might lie at the depths. Christ these questions are deep Herb!!!!

DA SELLOUT: Talk about trust. Business acumen that you've picked up. What resonates with you that you can share with us?

Trust is incredibly important. There's a sense of vulnerability which presents when you truly trust someone and it pervades life everywhere: in life, love, team sport and work.

In terms of advice it is be kind to people; treat people as you would want to be treated and engage them in discussions and decision making.

KNOX

Lifelong friendships, deeper connections is one stand out. The area gave me a necessary sense of resilience, purpose and internal values. It shaped who I am and many of the friendships I built contributed to that significantly.

DA SELLOUT: Your mathematics, your addition and multiplication is of 'rainman-like' superpower?

Hardly a superpower mate! Maths was an escape for me in difficult times at home to be honest, I would spend lots of time working out problems or playing with calculator. Type **5318008** and turn the calculator upside down!!!

I studied economics and accounting at uni and being good with numbers has always been handy in work and life. I deploy it most to calculate frequent flyer points and credits, flybys and splitting restaurant bills lately!!!

DA SELLOUT: What do you think you're most lacking? Where is your wake point, your soft spot, what's the one thing that you just haven't been able to time?

I'm far too emotional!!! I internalise things too much and become overtly emotional.

on his chips – those are the things that set him off.

We have a lot of common interests to it's great that we get to speak often and catch up. We have lots of great shared memories which we recall often when we meet up for beers or gigs. He's a simple man (in a nice way) and time with him is stress free and fun.

I love him and love spending time with him.



DA SELLOUT: *Most helpful tip you could give someone who is just about to graduate? What can they do? What do you advise?*

I've seen many unfortunately and I've seen the impact of people staying when they shouldn't.

If people find a leader or person who motivates or even inspires them, it will make a huge difference. Culture starts from the top, if you can work with someone with the same values, if it is impacting someone profoundly I would say move on. There is a organisational culture uprising taking place in modern society and I think this will be exciting.

DA SELLOUT: *What some advice for people who are struggling in a job that they hate?*

Nobody is good at nothing mate, I am convinced of that. I would say find someone who believes in them as a starting point and build from there. If that isn't possible, believe in

yourself and don't be complacent. If none of that works, there are some great support services which can link people in with someone who can and will help them. We are always on the look out for more apprentices and trainees at work Herb!!!

DA SELLOUT: *Talk about the future. What are some of your predictions for Australia in the next 5 to 10 years? Outlined some of your thoughts on climate change and the effects it will have on our kids.?*

I am not an expert but I wonder if there are too many extreme weather events in our lifetime to not make it an issue. I have to hope that the balance between society global and business economic needs can be navigated to

who helped me immensely – I didn't know how much he was helping me at the time, it is only now that I understand.

DA SELLOUT: *Who (or what) has been your best teacher? Really expand upon this I'm interested to know how you got the smarts that you got.*

To be fair my parents weren't overly successful – mum did the very best she could. From her I learnt to work hard, be resilient and care for others more than

KEY

ensure there is an opportunity to thrive.

My faith in world leaders is not strong enough at the moment so uncertainty will prevail for a fair while yet. For Australians we will continue to prosper but our small population will see our economy dwarfed by our neighbours which will present with some challenges – I would be more open to expanded migration for Australia as a global citizen as well as combatting the issues of a small population base.

DA SELLOUT: *Talk about the people you admire most?*

I'm inspired by many people, from a range of backgrounds. Jarrod is quite philosophical at times. I have a mentor who passed away last year whom I think of a lot and someone

you care for yourself.

If you adopt this, on balance, you will be OK. I learnt so much from my dad – it's just unfortunate that it was about what not to do.

My sister is my hero – she has not let her disability impede her ability to be successful, strong and resilient. Things are hard for her but she does what she needs to and with great dignity. She is awesome and someone really should write a book about her (I might do this – I'll need some assistance if you are free?)

DA SELLOUT: *As mentioned earlier, I was really taken by your speech at the last reunion. It was off the cuff, delivered pitch-perfectly and you really helped position the night about living in the present. Can you expand upon just thinking about our purpose here, what happens after death?*

I am not religious or philosophical in any way and I am unsure of what might exist beyond this life. Therefore I focus on living a good life just in case. I'd like to think there is a purpose to what we do in this life and beyond.

DA SELLOUT: *What is the secret to happiness?*

Pretty simple – love, laugh and live. Love what you and who you do it with. Laugh with the people you love and live a full life – you only get one crack at it. Try and leave your world in a better place than when you arrived.

I would also proffer that children offer a unique meaning and gift to life in general.



ZORBA PARER started at Kurnai, but left us early for boarding school at Scotch College – His loss really. Ever since, he is compelled to prove himself worthy – test pilot; a stint with NASA; launching an aerospace industry in Cambodia; free soloing El Capitan; and now, plans to restart Hazelwood station and mine the moon...

DA SELLOUT: Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

ZORBA: Rung 3; I've been thru some intense personal experiences in the past 19 or so years... capped off by two divorces; juggling raising a child, with trying to pay the bills...the deeper down the rabbit hole of existence, the greater the heat and intensity of the experience. Along the way I have achieved grey hairs, waxing, pegging, and a variety of sub-cultures extreme and esoteric. When Socrates reached his rung zero...they made him drink the mandrake, and he did so willingly, in order to ensure a lack of hypocrisy.

DA SELLOUT: Detail a vivid 1994 memory. In between the underage drinking partying and eventual graduation what has stood the test of time in your mind. Is it a happiness glow? Was it a routine? Was it an early epiphany that you can articulate for me?

ZORBA: Finishing High School was definitely a moment....quickly followed by the intensity of seeking a life after high school...choosing between acting at NIDA and learning to fly at Moorabbin....and somehow winding up here in 2019...

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

ZORBA: A child. To both questions. Otherwise I think the most indulgent thing I've done was order a limo to pick up my daughter, when my car was broken and a taxi wasn't good enough for the baby mumma.

DA SELLOUT: If you had to summarise your scotch college education into a few sentences for a marketing strategy, which angle would you pitch to parents? What would the key benefits be?

ZORBA: Disciplined and structured, with highly trained professional teachers equipped with world class equipment and facilities, supported by excellent support staff.

DA SELLOUT: Talk about trust. For example in your business and professional context – advice that people gave you that you trusted.

ZORBA: Business rule #1: always make sure there is an angle for you to make revenue... don't give it away for free...give away those angles and ideas that are necessary for your real payoff to be realised.

DA SELLOUT: Speak about the importance of getting your own house in order.

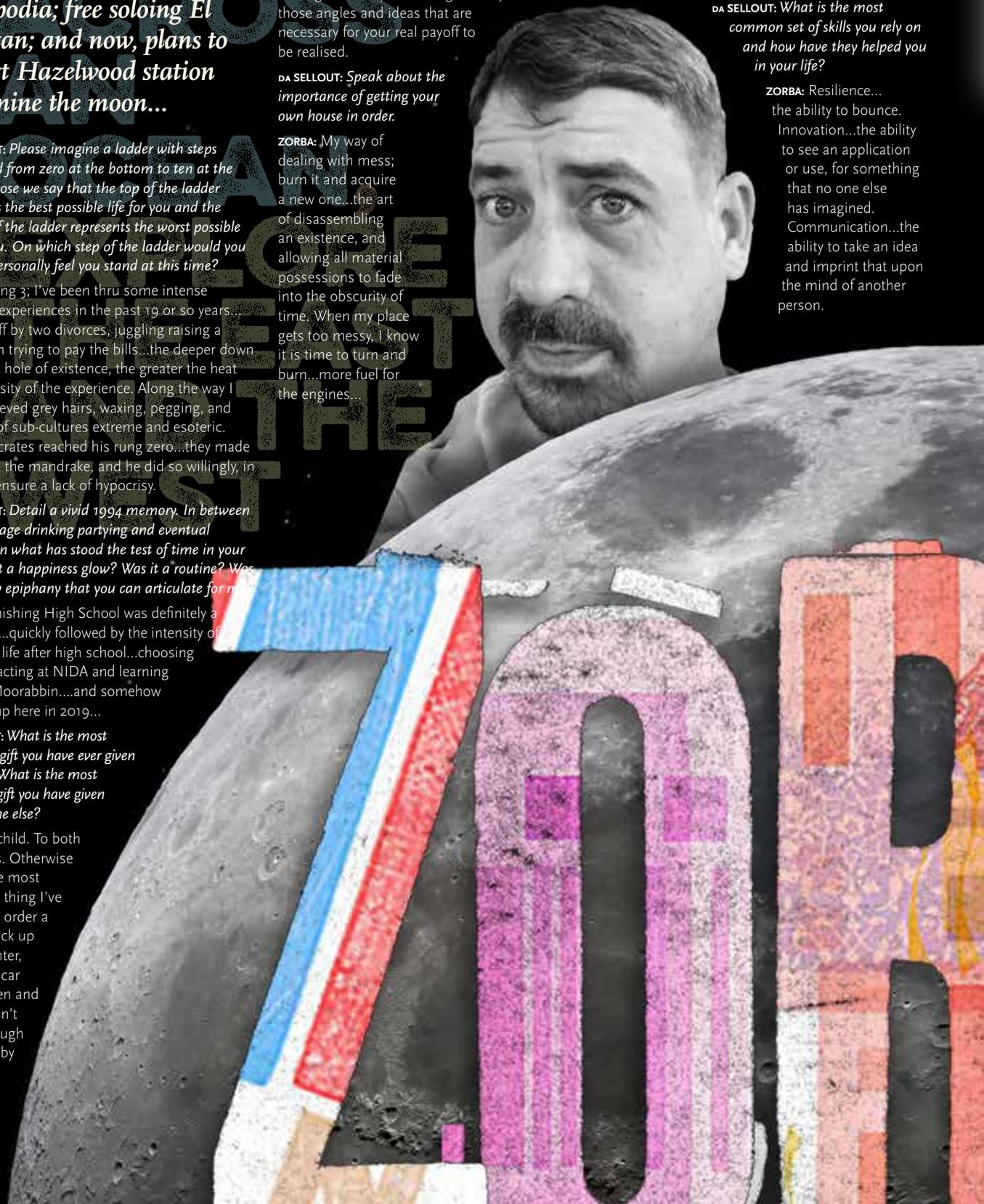
ZORBA: My way of dealing with mess; burn it and acquire a new one...the art of disassembling an existence, and allowing all material possessions to fade into the obscurity of time. When my place gets too messy, I know it is time to turn and burn...more fuel for the engines...

DA SELLOUT: What's one thing that you found in Cambodia that you have not found anywhere else in the world? Cheap massages don't count.

ZORBA: Personal Liberty. Cambodia is emerging from a social dynamic I like to call 'the wild'. When all sense of civility, society, and civilisation are removed, you get a basic human society which is universal; the wild. In the wild you have only the gifts and abilities you have, there is no one coming to save you, and you have to take what you need, from others who also need it...this leads to a society with absolute liberty...you are at liberty to choose any path, but once set upon you cannot go back.

DA SELLOUT: What is the most common set of skills you rely on and how have they helped you in your life?

ZORBA: Resilience... the ability to bounce. Innovation...the ability to see an application or use, for something that no one else has imagined. Communication...the ability to take an idea and imprint that upon the mind of another person.



DA SELLOUT: *In follow-up to the above question, what do you think you're most lacking? Where is your wake point, your soft spot, what's the one thing that you just haven't been able to time? (Your inability to sprint 20 meters has been noted.)*

ZORBA: An excess of trust...

DA SELLOUT: *What is the most helpful tip you could give someone who is just about to graduate?*

ZORBA: Go climb a rock, stumble across an ocean, explore the east and the west...do not settle until the world ties you down from a weight of experience.

DA SELLOUT: *List the people you admire most?*

ZORBA: *Academic and philosophical fields*

Sir Roger Penrose; *mathematical cosmology*
Mike Griffen; *Space Architect*
Scott Neesom; *Philanthropist*



DA SELLOUT: *Talk about the future. Your thoughts on the next ten years globally. Your insight into space flight in the next ten to twenty years. Then bring yourself into the picture... where is Zorb in ten years?*

ZORBA: The future is filled with terror and hope... thus is it always. We must as a species find a path to the stars. We must as individuals find ways to live that respect liberties, and ensure all are free to walk their journey. Zorba in ten years...moon base mining, reactor grade, helium-3.

DA SELLOUT: *What some advice for people who are struggling in relationships that they hate?*

ZORBA: Don't struggle, let them pass, it's like being choked into unconsciousness, just let it happen.

DA SELLOUT: *Outlined some of your thoughts on climate change?*

ZORBA: Australia is going to experience a serious social disruption. In the next five years China will collapse in a 'Civil War' moment. With the collapse of China, a flood of humanity will be released into the world...Australia will need to make wise choices to prevail and advance fairly into an ever changing world...

Sports

Alex Honnold

Adventurer

This old Australian fella from NT I met in a seedier part of Phnom Penh...he was in the Kingdom pre-1992, which means he entered on foot and without a passport to the then USSR controlled Cambodia. He held no passport, wore sandals, and recognised neither borders or masters...a truly free spirit.

Strong, thoughtful, powerful and articulate women

Sally Greenburg; *Oncologist*

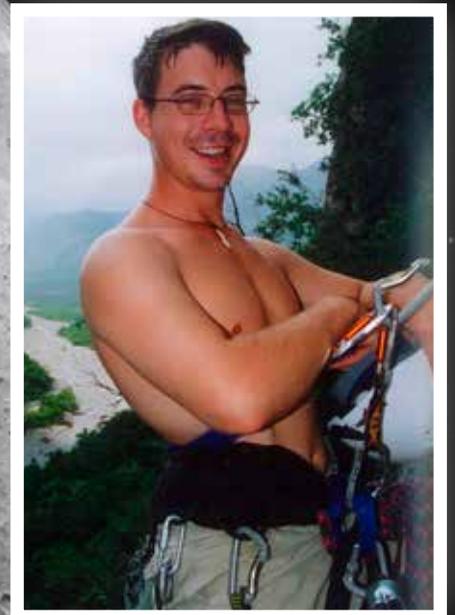
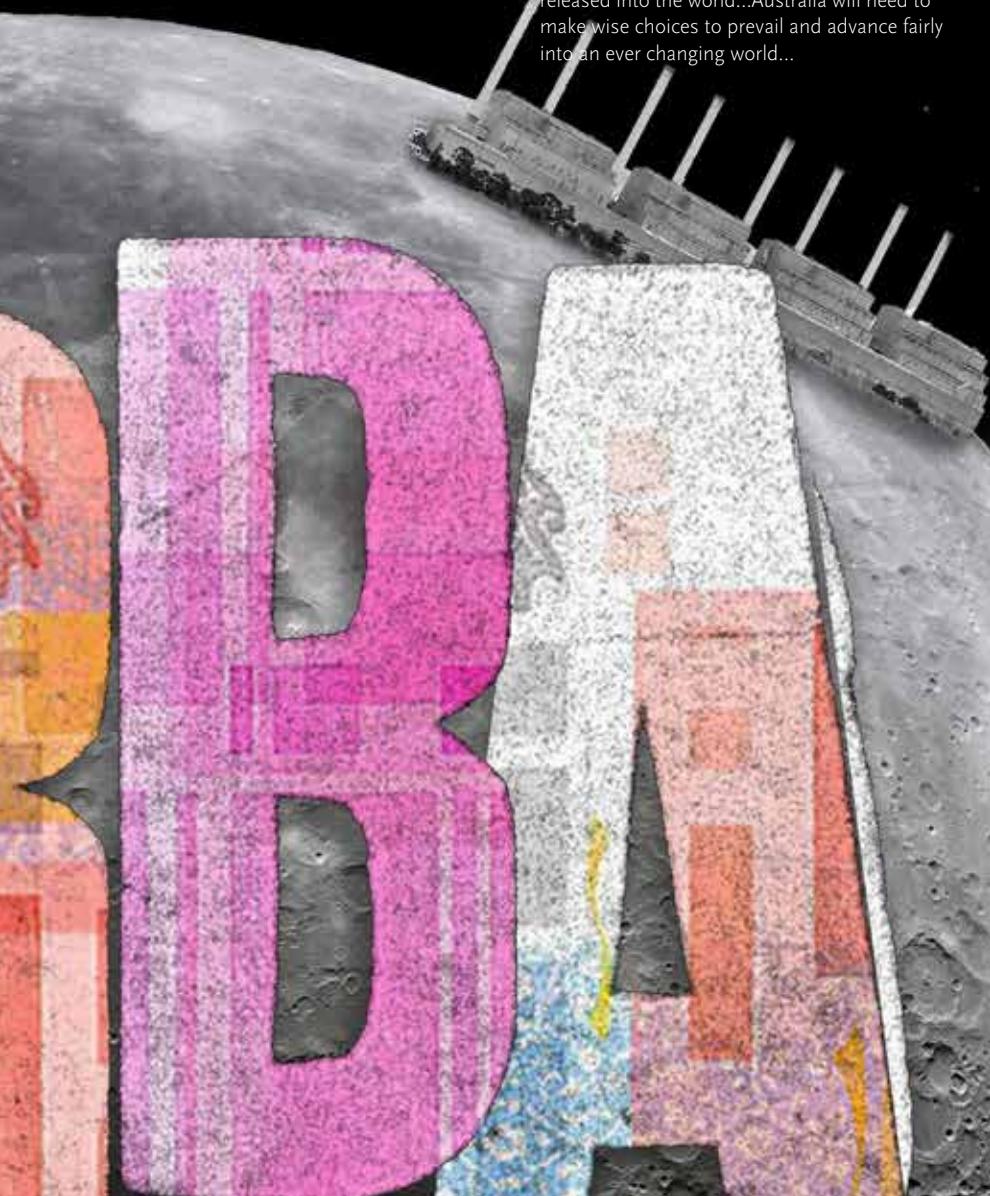
Mary Good; *Flight Director*

Madeline Albright; *USA Secretary of State*

Gillian Triggs; *UN Human Rights Comm. Chair*

Someone from 1994 who you are now re-discovering or still admire

James Goodridge, *bird man and Scotch chum extraordinaire*. His son Jerome and Sienna-belle (my daughter) are the same age, and get along like nerds with new D&D dice.





Kirrlée Enders



Kirra is an arse-calculator.

Just when you thought you were due to step off in the Haberdashery department, some little shit reverses the polarity on the power supply and you start heading back down to the Childrens Toy department with all it's beeps and flashes and screeches and snot-nosed little brats... at least that's how we interpret KIRRILEE ENDERS' take on her life (but you'd do well not to listen to a word we say). From being a student at Kurnai, to teaching students at Kurnai, Kirra has truly gone full circle. Fully sick even. She's a hyper-vigilant, adventure-loving, endlessly-resilient, super-woman who is great in a crisis but even better in the moment.

DA SELLOUT: Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

KIRRA: I think my life is more like an unpredictable escalator rather than a set of numbered steps.... no sooner do you think that you are at the top, in a sweet spot, then life switches out...and you head downwards. The nature of my existence right now means that I think I might almost be in 'my best possible life'- like soaking in a patch of warm sun and then something (or the weather) changes and I'm caught in a storm not of my own making. Life is not exactly what I would call perfect but I have learnt to really appreciate the times when things are good, even if it is only for a moment. It only takes a second to catch that precious moment, we just have to notice that it's there and appreciate it while it lasts.

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

My kids, though obviously they were half from Malcolm too.

The most generous gift you have given someone else? My hyper vigilance. I went through a period of stress where I became a bit anxious and hyper vigilant. As a result I had a run of spotting people in trouble before others did, and so I ended up in a few emergency situations. And then friends started calling me before they called ooo because they knew I was 'good in a crisis' and ambulances often take a long time to get out to our small town. So this led to a number of high pressure situations and this fed the need for me to remain hyper vigilant.

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"Because of the 'deficit' in my VCE score I met my husband and the recipe was set for our three kids."

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On which step of the ladder would you say you personally feel you stand at this time? Or do you look at that ladder and want to paint it yellow and turn it into some kind of hanging garden?

DA SELLOUT: Detail a vivid 1994 memory. What has stood the test of time in your mind?

I remember clearly not getting the VCE score I needed to get into RMIT. I think I missed out by a tiny margin...and now looking back I thank my lucky stars that I didn't get the marks I wanted. Because I didn't make the grade for RMIT and into a course that wouldn't have suited, I ended up in New South Wales and taking a completely different journey. Because of the 'deficit' in my VCE score I met my husband and the recipe was set for our three kids. So that is my vivid memory...one of disappointment...but one I now count as one of my luckiest moments.

The last situation occurred when I was kayaking at Inverloch and I came across a drunk man with emphysema who was half way through drowning because a) he was completely pissed b) there was a hole in his kayak and c) he couldn't swim. It took a lot of maneuvering and effort to get him to safety. When we finally got back on the sand his drunk mate was clearly impressed because he wacked me on the back and said "Oh man that's the sort of shit that ends up on the news!" But when I found out that the kayak had sunk because the man had cut a hole in it to fit an esky full of beer I made a promise to myself to stop looking out for people in trouble because one day some idiot would probably drown me in the process of me trying to rescue them. But yep that has been the greatest gift I have given to other people....my hyper vigilance.



But I have to say that after a few weeks of teaching on a casual basis at Kurnai and I got the message to meet Blocky in his office 'for a chat', my very first thought was that I was in trouble again. And then when I walked into the office and Mr Carbone was there too....it felt like the 1994 all over again. I was so relieved when it was clear they were asking me to stay on. Not my most professional moment when I blurted out 'Thank goodness- thought I was in trouble.' So yeah maybe I still get a little nervous around Carbone but he is really one of the good ones when you get to know him.

DA SELLOUT: *Exactly how hard do Kurnai teachers party?*

Kurnai teachers party as hard as we work...or maybe we work too hard to party? I will let you draw your own conclusions on that one.

DA SELLOUT: *Are there any students from 1994 that current teachers still talk about with hushed voices for good or bad reasons? Shining lights of academic excellence, or someone who traumatised the staff repeatedly?*

KIRRA: I hate to burst all our egos at once but can you imagine how many thousands of students have graduated from Kurnai since our year? I am not entirely sure that Geoff Block even knew exactly who he had employed when he took me on....I am still pretty sure he thought I was my sister. (She would have been a far better catch for Kurnai as she was the dux of her year) Although I suspect he has exacted his revenge for my lack of due diligence and attention in his VCE English class of 1993 and 1994 by making me teach VCE English. Pretty sure I now have a handle on all the things I missed 25 years ago....thanks Blocky.

"I already knew that life was precious and fragile but now I have more of a drive to make the most of the time we have..."

DA SELLOUT: *You have turned full circle, teaching at Kurnai 25 years on from learning there. What's it like to be professional peers with people who taught you? What are the students like? How are they different from our generation?*

KIRRA: Returning to Kurnai was a surprise to say the least. I feel good about the fact that I am now giving back to the school that helped launch me into adulthood. I love the fact that I am now teaching students who are also at that same jumping off point. The students are a fantastic mix of individuals like we all were.

Kurnai has also come a long way- I love working for such a dynamic and vibrant school. I don't think that the students nowadays are really any different from our generation at all... the world has changed a bit but they are still just like we were. Returning to work amongst some of the teachers that helped us navigate through our VCE has been a privilege - imagine having the strength of character to put some many years into teaching...I'm not sure I will last the distance that those teachers have.

DA SELLOUT: *Is Carbone a kitten deep down inside, or does he still scare you?*

KIRRA: Maybe I am too scared to answer that one....let me clear it with him first?

DA SELLOUT: *You married one of the most creative, impulsive, spontaneous and unique characters in history. How has Malcolm challenged you, and how have you grown from knowing him?*

KIRRA: Wow...he is chuffed with that description! I first met Malcolm when we were interviewing for flat mates. Straightaway I knew he was someone completely unique but being naturally suspicious I voted for him not to move in. That made for a great wedding speech. He has challenged me on so many levels. Life was never going to be uninteresting with him around. He has a way of seeing the world that challenges my own view. In many ways we are polar opposites so that can be challenging in itself. I think I have grown from knowing him because he broadens my horizons and has a habit of taking me on adventures I would never have chosen on my own.

DA SELLOUT: *Your father recently passed away. How has this changed you, are you more 'in the moment'? Does having children help soften the blow?*

KIRRA: This is such a difficult question to answer. I can't really say how it has changed me because I feel like I am still recovering and evolving from the experience. The journey that cancer forces you to travel with a loved one is such a confronting one. I already knew that life was precious and fragile but now I have more of a drive to make the most of the time we have. Does having children soften the blow? No I don't think so. Having to guide your children through the death of someone they loved dearly is heartbreaking in itself. Does having children remind you that death is a part of the cycle of life and an inevitability? Absolutely. My gorgeous Dad got to hold his first great grandchild in his arms the week before he died. He passed away on the day that she was due to be born. We were so lucky that we were able to share that moment together as a family. Again I think it's about holding onto those precious and fleeting moments and making the most of them while they last.



TOBY BARRON



DA SELLOUT: Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

TOBY: HA! as an artist i'd have to say I travel this ladder up and down all the time, sometimes to 10 when i'm working on a dream project then back to 1 when 'survival mode' kicks in after an extended break between projects. As an artist you learn a certain resilience on the journey and ways to shore up the downtime by diversifying - learning new skills, passion projects etc and but I cant imagine any other life so ultimately its a 9 (need to leave room for my next achievements!)



DA SELLOUT: Detail a vivid 1994 memory. In between the underage drinking partying and eventual graduation what has stood the test of time in your mind. Is it a happiness glow? Was it a routine? Was it an early epiphany that you can articulate for me?

TOBY: I had failed year 11 twice before I moved to Gippsland! after another year off, I finally decided to go back to school and get my VCE. its not needed to be an 'artist' but I had the epiphany that I need to do it for my own self respect. To show myself I can commit even if I wasn't sure what it was that I was committing to, I just knew I had to keep DOING something. I knew that if I gave up, like some of the people I knew had, that it would be so much harder later in life to get going again. Its easier to steer a ship in motion.

DA SELLOUT: What is the most indulgent gift you have ever given yourself? What is the most generous gift you have given to someone else?

TOBY: Ooo it would have to be the virtual reality headset I just bought, cant wait to fire that puppy up! My part of the film industry has traditionally been very secretive, it was a struggle as a junior to discover the tips and tricks to making a creature..

my favourite gift is helping fellow artists learn something that helps them in practice to bring their vision forward

DA SELLOUT: Have you ever considering teaching?

TOBY: I have taught various workshops over the years and as a supervisor in the film industry I get to train the next generation of fx artists, I like to do and teach at the same time

DA SELLOUT: Talk about trust. For example in your business and professional context — advice that people gave you that you trusted. Financial advice. Business acumen that you've picked up. What resonated with you that you can share with us?

TOBY: Well the best financial advice I could give and fail at myself all too often is make hay when it shines and put enough away for when it rains.

And network! Sell yourself! Nepotism is alive and well, most of my work has come from word of mouth. find people better than yourself at what you want to do and avail yourself to them, make their life that bit easier by doing the mundane task and soon enough they will start giving you bigger responsibilities. Too often we get a junior on and they just expect to do the 'cherry' task, not realising the senior artist has spent many years getting to that level. As an artist the biggest battle I too have fought is my Ego, you want to be seen to be able to do 'that thing' and at times its been given to me and my own sense of what I could do fell flat in the face of the task

DA SELLOUT: List a few of the things that you wish you could throw out but can't for some reason?

shitty thoughts...but hey now they make for good script writing!!

DA SELLOUT: What's one thing that you found in Gippsland that you have not found anywhere else in the world?

those bloody massive Earthworms...

DA SELLOUT: Your illustration and sculpting 3D skills are like an un-natural superpower. How has it helped you in your life? Where did it come from? How did you learn this?

TOBY: I really began my art training at Maryvale. I had barely drawn a couple of pictures before then but I had discovered an interest. I did all the art subjects I could and attempted to get into the VCA. my folio wasn't strong enough but I kept at it and the following year I was accepted into a visual arts degree at USQ. I lasted a year. (post modernism is not my thing). A chance encounter with an fx artist opened up the world of the film industry and I haven't looked back. The older I get the more I take on learning - Acting, Script Writing, Creature Performance, CGI.. its become a source of pleasure instead of angst

DA SELLOUT: In follow-up to the above question, what do you think you're most lacking? Where is your weak point, your soft spot?

TOBY: I had always felt that because I got into art and then the film industry late in life, that I was somehow an impostor. that took a very long time to shake off. It helped realising most artists suffer from impostor syndrome. that lead to the problem of over-compensating, trying to hard to 'prove' myself (so if I could go back to the younger me i'd say - Chill ! and worse, I would stifle my passion and even stop creating because of negative self talk - 'who am I to be doing this work', 'they've been doing it for longer than me'.. The antidote has been to simply keep creating !

DA SELLOUT: Most helpful tip you could give someone who is just about to graduate from year 12, likes to party, it doesn't really feel that good at anything, has no trade or natural skill and no real hobbies they are passionate about. What can they do? What do you advise?

TOBY: Hell that was me! I did literally this - lock yourself in a room with a pen and paper and quiet your mind. journal everything you like -to do, watch, participate in, makes you smile etc etc. in every aspect of your life mental physical emotional spiritual etc then imagine a career where you get to do all or most of those things, does the role exist? if not, you may have invented a whole new business!

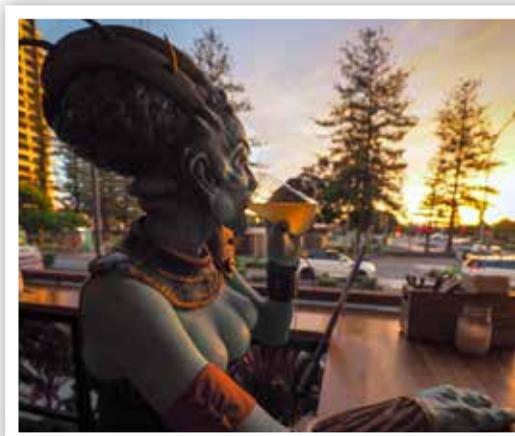
DA SELLOUT: What is the secret to happiness?

TOBY: Stop listening to everyone else, listen to your inner whisper.

Find your greatest weaknesses and make them your greatest strengths.

Step into other peoples shoes esp. your loved ones.

Remember you have intrinsic value — this is your self worth, not your job, your likes, your friend count.





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