



WONDER! THE ZINE

FRANKSTON YOUTH COUNCIL





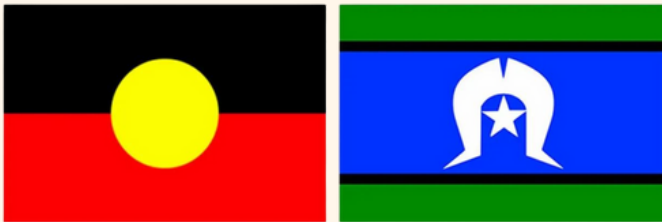
# ACKNOWLEDGEMENT TO COUNTRY

Frankston Youth Council acknowledges the Traditional Custodians of the land on which we meet and on which this zine was created, the Bunurong People of the Kulin Nation.

We pay our respects to their Elders past and present.

We recognise that sovereignty was never ceded.

It always was and always will be Aboriginal land.



# WHO ARE WE?

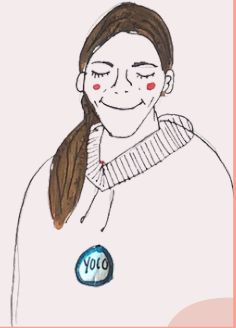
**Frankston Youth Council** is a youth advocacy and action group of 12-24 year old young people who are connected to the Frankston area.



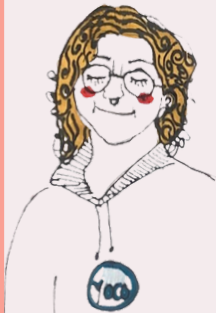
**YoCo** gives young people a voice to represent other young people within the Frankston community & explore their own personal government and community objectives.



Hiya! I'm **Jorden** and I use he/him pronouns. I love crocheting, musical theater and science! I hope you find some cool things in our zine!!



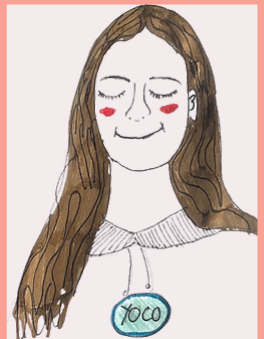
Hi I am **DJ**, my preferred pronouns are he/him. My hobbies include scouting and watching movies, generally Sci-fi or Superhero. My favourite quote is "Life is what happens when you are busy making other plans" by John Lennon. Hope you find something helpful in our Zine!!!



Hi, I'm **Issy!** I use they/she/he pronouns. I love music, photography and films. I really hope you find this zine really helpful and enjoyable!!



Hi, I'm **Ollie**. I like creating music, I like creating different drumbeats on my phone. My pronouns are he/him and I watch too much YouTube. I relax by going to the youth hangouts and beating the youth workers at Wii sports :)



Hi, I'm **Sam!** I use she/her pronouns. I love art, indoor plants and birds

# WHO ARE WE?



G'day, I'm **Pete** and I use he/him pronouns. I like to build stuff and do hands-on activities. I love to wind down by hopping on the couch and watching netflix.

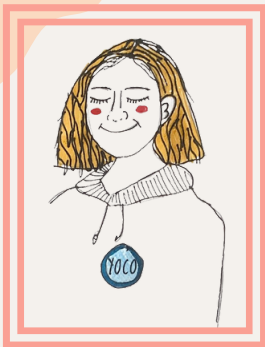


Heyyy, my name is **Mac!** I use he/him pronouns. I love to spend my time reading, advocating and getting out in nature  
\*insert upside down smiling face\*

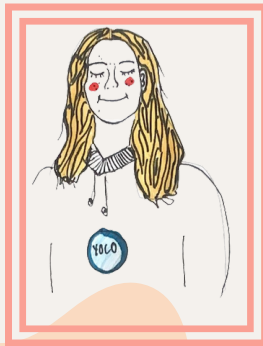
This Zine focuses on Mental Health, Well-being and Mindfulness.

Each page is written by a YoCo member, discussing a topic of their choice/a form of self-care that they actively participate in!

We hope you ENJOY!



Hi, I'm **Yas**. I use she/her pronouns. I am still in school and have a passion for music, art and social justice. I play the flute, piano and I sing, and I have enjoyed participating in about 6 bands and ensembles this year. .



HELLO! I'm **Jess** and I use She/Her pronouns. I love music, art, gardening and sewing. I'm passionate about advocating for young people and giving others the space to express themselves freely. I'm so excited to share this zine that we have all been working so hard on. ENJOY!!!!!!

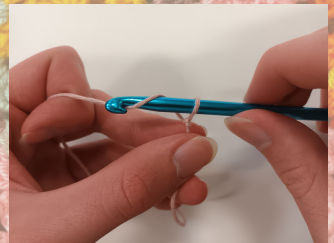
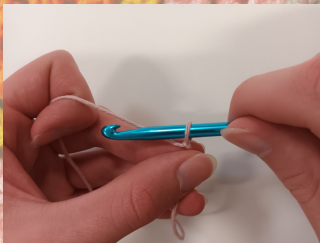
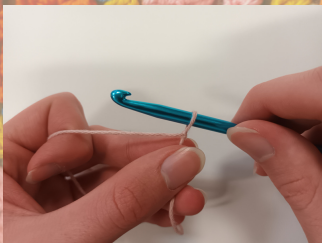


Hi! My name is **Laura**, and my pronouns are she/her. I love to play tennis and paint, and really enjoy working with others- I'm passionate about getting involved in our amazing community!

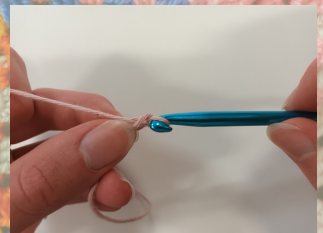
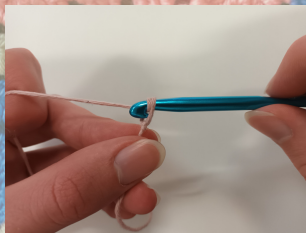
# CROCHET

*Written by Jordan*

- Crochet is an awesome mindfulness activity that I do almost every day! When I first started, it was quite hard, so please don't be disheartened if you find it hard too.
- When you first start out, it is all about learning to hold your hook (QR code). After that the easiest stitch to learn is a chain, this is done by creating a slipknot then moving the hook under the yarn and around, then pulling the loop through the loop originally on the hook (see photos below). Then continue doing this until you feel confident with it!
- After finishing your awesome chain, YouTube will be a really good resource for other stitches like; Slip Stitches, Single Crochet, Double Crochet, and Half-Double Crochet. Once you get used to doing these you will be able to complete the Granny Square pattern on the other page :)
- Also, the hook we included with the yarn is a little bit too big for projects, so if you find it fun with the bigger hook, then consider going out and buying your first hook! I recommend a 3.5 mm for this size of yarn (this is the size I used for the granny square)



scan me



# CROCHET



## Round 1

1. Chain 4 and slip stitch into the first chain, then chain (ch) 3. This counts as the first double crochet (dc) stitch of the first granny cluster.
2. Into the center ring, work 2 dc. You should now have what looks like 3 dc next to each other. This is the first granny cluster. Ch 2.
3. Now, make the second granny cluster. Into the center ring, work 3 dc. Ch 2.
4. Next, make the third cluster: Into the center ring, work 3 dc. Ch 2.
5. Then, make the fourth cluster. Into the center ring, work 3 dc. Ch 2.
6. At this point, you should have 4 granny clusters separated by ch-2 spaces at the corners and the last ch-3 space at the end. To join the round and create the square shape, slip stitch (sl st) into the top of the first ch-3. This completes the first round

## Round 2

1. Chain 4. (This counts as the first dc and ch-1 space.)
2. In the next ch-2 space (aka the first corner space), work: 3 dc, ch 2, 3 dc, ch 1.
3. Repeat Step 2 twice more for a total of three times.
4. In the last ch-2 space, work: 3 dc, 2 ch, 2 dc.
5. Join with a sl st to the 3rd chain of the beginning chain stitches.

## Round 3

Continue following round 2 by doing 2 double crochet clusters in every corner and 1 in each hole across the sides

If you have any trouble please refer to the video through this QR code:

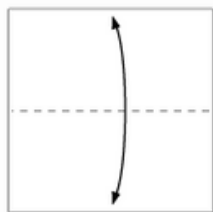
scan me



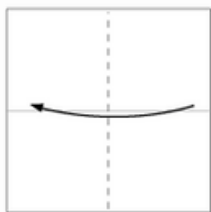
# ORIGAMI

Included in your Zine, you will find some paper to create your own Paper Crane or Jumping Frog!

QR codes also provided to watch a YouTube video if you prefer!



**1** Fold in half to make crease



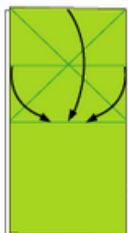
**2** Fold in half



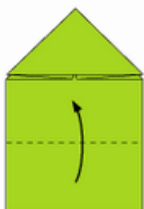
**3** Fold to make crease and fold back



**4** Fold to make crease and fold back



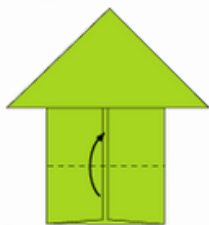
**5** Fold in the lines



**6** Fold in the dotted line



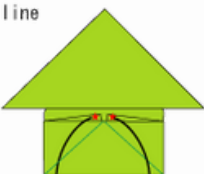
**7** Fold in the dotted lines to meet the center



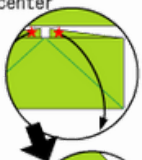
**8** Fold in the dotted line



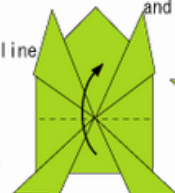
**9** Fold in the dotted line and fold back



**10** Pull out the corners



**11** Fold in the dotted line



**12** Fold in the dotted line



**13** Fold in the dotted line



\* Hold with a finger and release to jump



**14** Turn over

**15** Draw eyes and finished

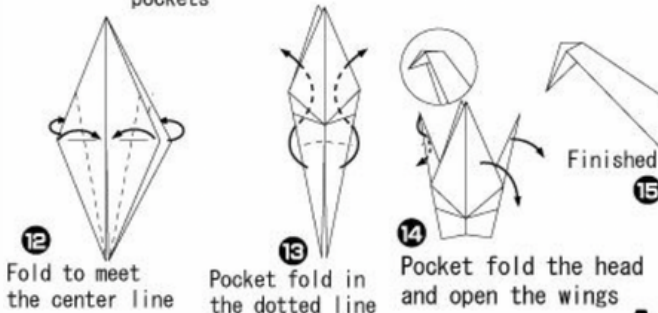
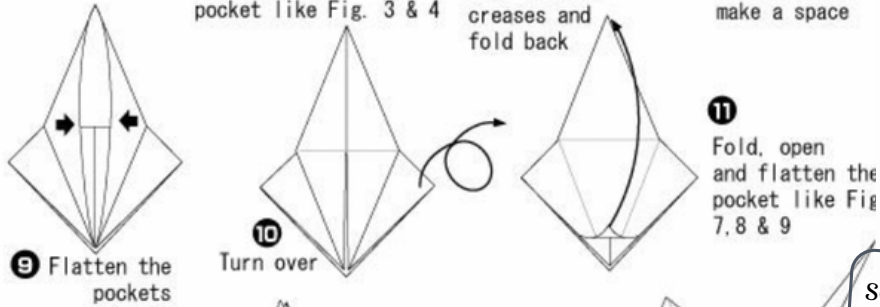
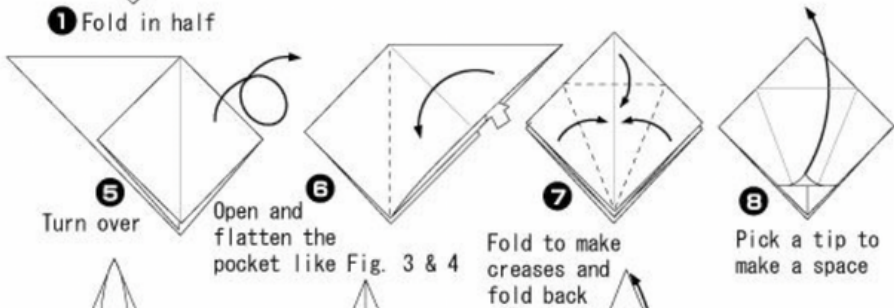
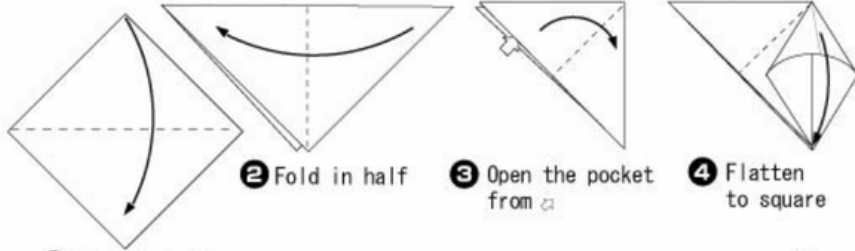
## A Jumping Frog

SCAN ME!

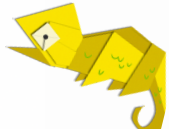




# ORIGAMI



SCAN ME!



Traditional Diagram: Fumiaki Shingu

## A Crane

# BOOK RECOMMENDATIONS

*Written by Mac*



## **The princess saves herself in this one- Amanda Lovelace (16+)**

\*Content Warning\*- Child abuse, intimate partner abuse, sexual assault, self harm, eating disorders, queer-phobia, alcoholism, racism, trauma, death, suicide, grief, cancer, fire and possibly more. Remember to practice self care before, during and after reading, and step away or disengage when needed.

'The Princess Saves Herself in This One', is a series of stunning poetry about a princess who became a damsel in distress and ended up a queen. It is a beautiful reminder that we don't wait for our knight in shining armor to rescue us, we have the power within.

## **Growing up in Australia - Black Ink**

**Themes-** Prejudice, class, race, gender identity, sexuality, religion, disability, belonging, generational change, institutional power and childhood.

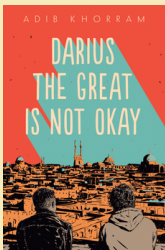
A collection of short stories that capture the diversity of our country, highly recommended if you want to educate yourself on different communities or be comforted by stories from your own community.



## **Darius the great is not okay- Adib Khorram**

**Themes-** Identity, belonging, mental illness, culture, dying family member, bullying, suicide, prejudice.

Follows the personal journey of Darius Kellner, an Iranian-American teenager with clinical depression who feels like he doesn't fit in. The representation of mental illness in this book was stunning and I really enjoyed watching Darius and his fathers relationship grow.

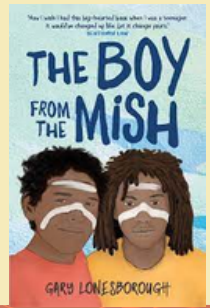


## The boy from the Mish- Gary Lonesborough

**Themes-** Racism, violence, homophobia, racial slurs, alcohol abuse, drug use, assault.

A rollercoaster of emotions and beautifully nuanced coming of age story about Jackson as he learns about his sexuality, dealing with racism and ultimately finding his place in society.

I very much so adored reading this book.



## Terra Nullius- Claire G. Coleman

**Themes-** While yes, this book is fiction, it is influenced by Indigenous Australian survival narratives and does explore themes such as colonisation, mass genocide, slavery, racism, separation of family and reeducation.

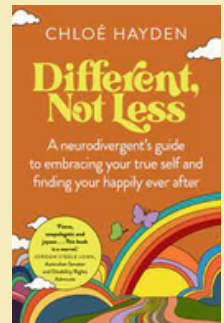
This is not Australia as we know it, nor the Australia of our history. This is Terra Nullius is something new but all too familiar. I must admit I am not a huge fiction reader, but damn I loved this book!

## Different, Not Less- Chloe Hayden

**Themes-** Ableism, bullying, assault, sexual assault, mental health, violence, discrimination,

This newly releases book explores the life of Chloe and her journey towards finding her happily ever. It beautifully explores what it can feel like to be neurodivergent as well as works as a practical guide.

Also, fun fact Chloe Hayden is also a young person!





# PARC PENINSULA AQUATIC RECREATION CENTRE

Within your packs there is a voucher for PARC Peninsula Aquatic Recreation Centre. This voucher will allow you to access the pools, spa, gym floor or classes and will expire on the 31st December 2022.

PARC is located at Cnr Cranbourne Road & Olive Grove Frankston VIC 3199. If your curious to learn about the different ways you can use your voucher please head over to <https://parcfrankston.com.au> where you can find out what classes are available to use and for opening and closing hours.

There are also other ways to get involved with PARC and access their services if money is an issue for you. We know how important it is to stay active, look after yourself, and feel connected for your overall wellbeing. They have a range of FREE online exercise classes to enable you to workout where you feel comfortable. Check out PARC your way today and workout anywhere, anytime!

**#PARCfrankston #PARCyourway # FrankstonCity  
@PARCfrankston**



# YOGA

*Written by Izzy*



**Mountain Pose**



**Warrior Pose 1**



**Warrior Pose 2**



**Triangle**

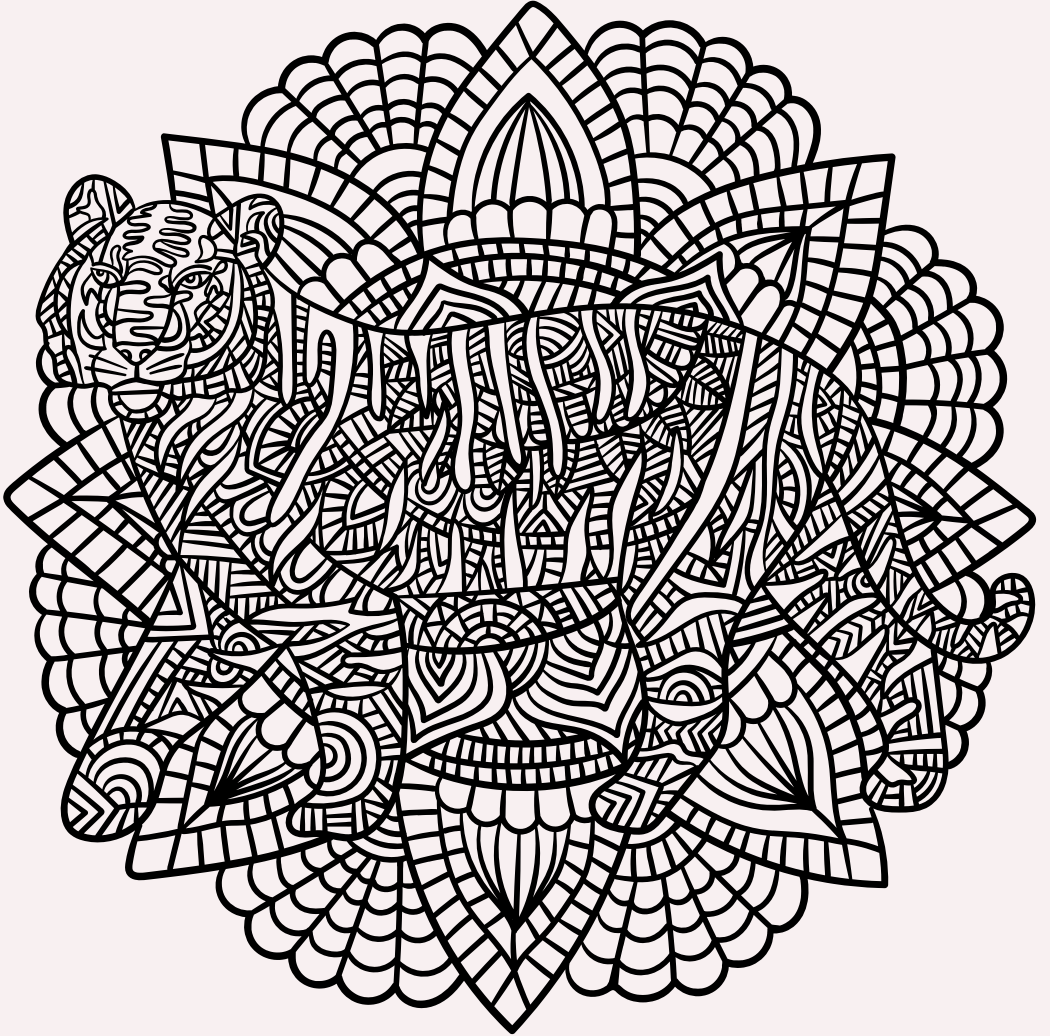


**Downward Dog**



**Child's Pose**







# FEEL GOOD

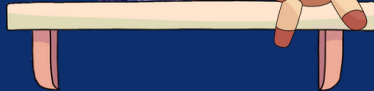
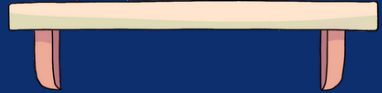


*Written by Pete & DJ.*

## **Top Gun: Action/Drama**

Pete Mitchell, code-named Maverick, an impetuous, daredevil Navy-pilot ace, is accepted into Top Gun, Miramar's elite Fighter School. But there, the impulsive young pilot will have to compete with the best of the best.

Run Time: 1hr 50min



## **Finding Nemo: Adventure/Comedy**

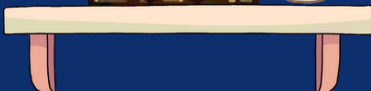
After his son is captured in the Great Barrier Reef and taken to Sydney, a timid clownfish sets out on a journey to bring him home.

Run Time: 1hr 40min

## **17 Again: Comedy/Drama**

Mike O'Donnell is ungrateful for how his life turned out. He gets a chance to rewrite his life when he tried to save a janitor near a bridge and jumped after him into a time vortex. Run Time:

1hr 42min



## **The Greatest Showman: Drama/Musical**

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Run Time: 1hr 45min



# TRAILS, WALKS AND WHEELS

*Written by DJ.*

## Langwarrin Flora & Fauna Historical Trail

Distance: 2.8km

Estimate Time: 1 hr

Terrain: Dirt & sand trails

Closest Public Transport: 789, 790,  
791, 1.8km from start location.



**Open Hours: 24 hours a day, every day, including weekends and public holidays.**

Contact: For more information visit online [www.parks.vic.gov.au](http://www.parks.vic.gov.au) or phone Parks Victoria on 13 1963.

Additional Information: Visit the Reserve's military sites along the Langwarrin Historical Trail. Signs along the trail provide an insight to previous land use. Today, all the military buildings are gone, however evidence of past activities remains including the stone capped reservoir, rifle butts and the fountain of a hospital site.

<https://www.parks.vic.gov.au/places-to-see/parks/langwarrin-flora-and-fauna-reserve>

Emergency Contact: In an emergency, call 000 and quote the emergency marker code. Green 'Emergency Marker' signs are located throughout the Reserve in the case of emergency.

SCAN ME



# Pretzels with cream cheese frosting dip



## Pretzels

3 1/2 cups all-purpose flour  
2 tablespoons sugar  
1 tablespoon malt powder (Ovaltine) (optional)  
2 teaspoons instant yeast  
1 teaspoon kosher salt  
1 tablespoon unsalted butter @ room temperature  
1 1/4 cups whole milk  
2 tablespoons baking soda- for boiling

## Topping

1/4 cup unsalted butter, melted  
1/2 cup granulated sugar  
1 tablespoon ground cinnamon

## Cream Cheese Frosting

115g cream cheese, room temperature  
1/4 cup unsalted butter, room temperature  
1 cup icing sugar  
1 teaspoon vanilla extract  
1 tablespoon heavy cream

### Step 1

Using a mixer with a dough hook attachment, combine all dough ingredients (except baking soda) & mix on a low speed until the dough comes together as a smooth cohesive mass (5-10 minutes). The dough should be slightly sticky. If it's too dry & won't come together, add an additional tablespoon or two of milk. If the dough is too sticky, add an additional tablespoon or two of flour. Cover the dough & let it rise in a warm place for 1 hour; it will rise minimally.

### Step 2

Turn the dough out onto your work surface (you shouldn't need to flour your work surface) & fold 2-3 times to gently deflate it. Divide the dough into 12 equal pieces. Scan me to see how to shape your pretzels



### Step 3

Preheat oven to 175°C and line a baking tray with baking paper. Bring a large pot of water to boil & add 2 tablespoons of baking soda. Boil the pretzels for 45 seconds, each side, then place on the tray. Only boil max 3 pretzels at a time. Bake the pretzels at 175°C for 25-30 minutes or until golden brown. In a medium bowl, mix together the cinnamon & sugar. Lightly brush the pretzels with melted butter then toss in the cinnamon sugar mixture.

## Cream Cheese Frosting

Using a mixer cream together the softened butter & cream cheese until completely smooth. Add in the icing sugar & beat on slow until combined. Add in the vanilla and cream & mix until smooth and creamy!

# Chocolate chip cookies



## Ingredients

150g butter, softened  
1/2 cup brown sugar  
1/2 cup caster sugar  
1 egg  
1 tsp vanilla extract  
1 3/4 cups plain flour  
1/2 cup milk chocolate bits, plus 1 tbsp extra  
1/2 cup dark chocolate bits, plus 1 tbsp extra

## Step 1

Preheat oven to 180C or 160C fan forced. Line 2 baking trays with baking paper. Using an electric mixer or whisking by hand, beat butter and sugars, and 1-2 minutes or until smooth and well combined. Beat in egg and vanilla until combined.

## Step 2

Stir in flour. Stir in dark and milk choc bits. Roll 2 level tablespoonfuls of mixture into balls and place on prepared trays, 3cm apart. Press down slightly. Decorate with extra choc bits.

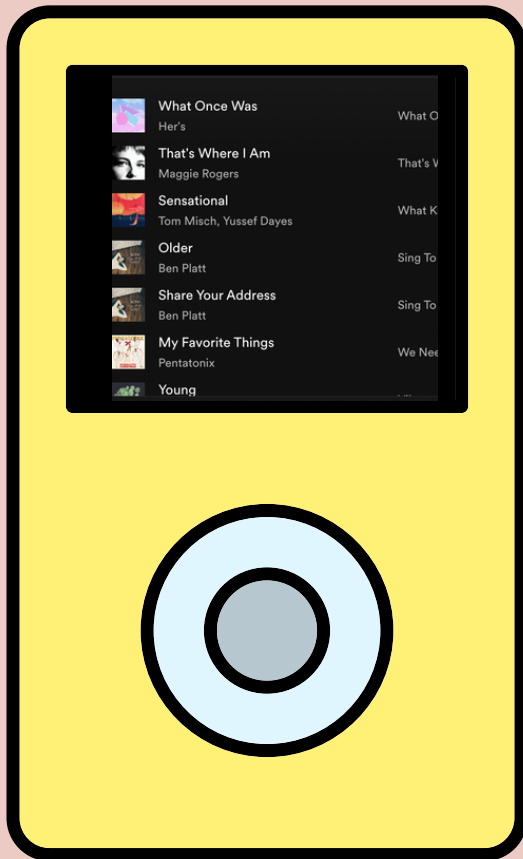
## Step 3

Bake for 15-18 minutes or until light golden and cooked. Transfer to a wire rack to cool. Store in an airtight container for up to 1 week.



# THANKS FOR READING!

OH WAIT! Check out our



## SPOTiFY PLAYLIST



**"IF YOU HAVE THE CHOICE  
BETWEEN BEING RIGHT AND  
BEING KIND, CHOOSE BEING KIND"**

**(DR. WAYNE W. DYER)**

