

**BASS
CULT
WIRE**
islands



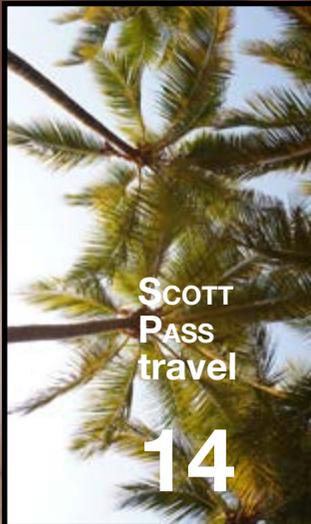
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Featured photographer: Ming Nomchong



BASSCULTURE ISLANDS ISSUE #10



EDITOR'S NOTE

Usually we try to mix artists from different world locations in one issue but Australia is so full of talent and inspiring personalities that we found them all in one place. The variety is outstanding, the stories are incredible and images breathtaking. You all should already be familiar with photographer and traveler Scott Pass, this time Scott will take you on a day by day trip to Cairns - tips for all the travelers. Artist, Celeste Wrona, will make you stop and admire the ink flowing on canvas. And if you ever long for life in wilderness, close to nature, surf and chill, check out the story of Vince Young. For all the health lovers, Melissa Wallace is giving you tips and tasty recipe. Not to be missed - Shanny Matterson's life story on how she moved to the tiny island in Polynesia, ups and downs of living in paradise. All spiced up by amazing images, allowing you to taste Australian lifestyle and fashion, by our featured photographer - Ming Nomchong. Last but not least, meet Nadine Quick, collaborating artist, all the titles in this issue are beautifully designed by Nadine and we think she added magic to this magazine. Thank you all for being part of this issue and making it so blue, turquoise, tasty and inspiring!

Ania Orłowska

#10

Australia

IN FOCUS

EDITOR IN CHIEF

Ania Orłowska

CREATIVE DIRECTION/ GRAPHIC DESIGN

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FILM EDITOR

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SPECIAL THANKS

Nadine Quick

Caribbean Creativity

Caribbean Film Academy

Bassculture Foundation

FRONT AND BACK COVER

Photography: Ming Nomchong

Model: Lilla Lowanna

 [basscultureislands](https://www.instagram.com/basscultureislands)





Featured photographer: Ming Nomchong



Location: Byron Bay, Australia

FEATURED PHOTOGRAPHER

#10

Ming Nomchong

FEW QUESTIONS TO MING

What makes Australia a great place for photographers?

We have so many amazing locations around Australia. The coast, the bush, the outback, the mountains, you name it, we have it.

What challenges do you face when on set in Australia's outback?

The heat, flies, sunburn, batteries overheating. And if something could go wrong, it probably will...

What do you do when not shooting?

I surf, do yoga, run with my pup. I always have my iphone on me all the time to capture anything I see worthy of a photo. And I carry a film camera on all holiday trips.

What's your dream as a photographer?

To work with great people in amazing places, creating magic.

 [ming_nomchong_photo](#)



creating
magic

Location: Australia

COLLABORATING ARTIST

Nadine Quick

 made_something_au

NADINE IS AN AUSTRALIAN ARTIST INVITED TO COLLABORATE IN THIS ISSUE NO 10. WE LOVE HER DESIGNS! FIND CUSTOMISED PIECES OF HER WORK THROUGHOUT THIS WHOLE ISSUE. WE THINK IT ADDS MAGIC! HERE IS A SHORT TALK WITH THE ARTIST.

TYPOGRAPHY AS AN ART FORM.

I definitely look at typography as an art form. I enjoy using different pens, ink and brushes, and find that every tool I use gives me a slightly different style. The most important characteristic of hand drawn typography is that no letter is the same. All the little flaws and differences give each letter personality and character.

LETTER SHAPES AND ARRANGEMENT

The way that the letters are formed, spaced and arranged on the page has a huge impact on the overall look and feel of the piece. It's amazing how you can express personality, grab attention and evoke different emotions through the shape and placement of letters.



COLLABORATION

I really enjoy collaborating with fellow creatives. It was an easy decision when I heard the issue would be covering Australia. Australia is full of so many unique and talented artists and designers, so I knew the issue would be full of inspiring stories!

AUSTRALIA IS...

Unique and diverse in every way.

INSPIRATION IS EVERYWHERE

Lots of my pieces are relevant to what's happening in my life at the time, such as travelling or even just enjoying a good coffee. I work in fashion as my day-job, so also find that many of my pieces are fashion orientated. I find inspiration everywhere, from music and books to Instagram and Pinterest.

UNIQUE HANDWRITING

As long as I can remember I have been creative. When I was little I would spend hours at my Grandma's house drawing and working on craft projects. It was a natural progression for me to go on to study Graphic Design at Uni. I kept hearing people say that my handwriting was really unique, or that they had mistaken it for a font. So I decided to explore it further and use it as a basis for my designs.

COCONUTS
 PALMS
 MOJITOS
 BIKINIS

Are you viewing this magazine on a mobile device?
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Featured photographer: Ming Nomchong





Location: Cairns, Australia
Photography & text by Scott Pass

 scottypass

HELLO Cairns

Day by day travel experience with Scott Pass

CAIRNS IS A BUSTLING TOURISM HUB OFFERING MORE ADVENTURE, REEF, ISLAND AND CULINARY EXPERIENCES THAN YOU COULD POSSIBLY IMAGINE. FROM PALM FRINGED COASTLINES TO THE NORTH, TO THE SCENIC HELICOPTER FLIGHTS OVER VLASSOFF CAY, CAIRNS DOES NOT DISAPPOINT ON THE ADVENTURE FRONT CATERING TO A DIVERSE TOURISM SECTOR.

TAKE A TRIP TO FITZROY ISLAND TO ENJOY THE ULTIMATE SECLUDED ISLAND EXPERIENCE. THIS TINY ISLAND, ONLY THIRTY MINUTES FROM CAIRNS MARINA WILL LEAVE YOU SPEECHLESS WITH ITS MAGNIFICENT WHITE CORAL BEACHES SURROUNDED BY TOWERING SMOOTH BOULDERS THAT PLUNGE SEAMLESSLY INTO THE SURROUNDING AZURE WATERS. FITZROY ISLAND IS THE PERFECT RAINFOREST AND ISLAND EXPERIENCE - THE BEST OF BOTH WORLDS.



DAY ONE: ARRIVAL INTO CAIRNS

Just recently I made a very spontaneous, action packed and eventful trip to the beautiful Cairns and Great Barrier Reef region. It was without a doubt the most last minute and extremely busy two days of my life with a hectic work schedule prior to my departure to one of the world's greatest heritage listed sites and natural wonders of the world.

Cairns is one of those places that has to be seen to be believed. In recent times, the esplanade and surrounding restaurants, cafes and bars have been developed and revived and are now world class, providing tourists and locals with a vast array of food and dining selections. If you're a fan of seafood, Cairns has some of the best fresh produce go-

ing around.

My first night was spent relaxing and enjoying a walk down to the esplanade to scout out photo locations for the following mornings' sunrise, accompanied by a quick trip to Coles for some snacks and food for my day trips.

DAY TWO: FITZROY ISLAND

It's a good idea to book ahead for any tours you might be wanting to do whilst visiting Cairns as places fill up quickly during the peak season for outer reef expeditions and scuba diving trips. Cairns is a tourist hot spot so it always pays to do your research and plan in advance. Personally, I booked a day trip to Fitzroy Island with Fitzroy Island

Resort (bookings via their website) for a full day journey. I was only expecting to do a half-day tour but as I travelled in off peak season (March/April) they didn't offer the half-day return transfers back to the Cairns Reef Fleet Terminal. Day Trip Cost: \$74.

When you arrive into Fitzroy you'll notice a dramatic change in water colour and scenery. Large green looming mountains greet you on arrival directly in front of the perfectly manicured Fitzroy Island Resort, which nestles in behind the main entrance jetty. If you've booked a full day tour, you'll need to check in at the reception at the resort and collect your return transfer wristbands for the boat transfer back. So what's next? The island is yours.

The island has a few highlights to

enjoy and explore. I've now travelled twice to Fitzroy Island and my first stop over once arriving is always Nudey Beach (Disclaimer: Not a nudist beach) - Fitzroy Island is family friendly! Nudey Beach is an iconic stretch of white coral beach located on the Eastern point of the island only a 10 minute, easy walk from the jetty. The water is unbelievable. Some of the most beautiful and clear waters I've explored have been at this very beach.

Journeying back to the resort, we stopped for lunch at Foxy's Bar and Restaurant. From here we decided to tackle the summit and lighthouse walks on the island.

Note: These hikes are NOT easy! The summit walk is extremely steep and is approximately 3.6km. The view is absolutely incredible but its tough going to get there. Take plenty of water! This is by far one of the most epic hikes I've ever done. You've been warned.

The afternoon was spent relaxing by the resort on one of many beaches and soaking up the last few hours of daylight. Late afternoon was spent travelling back to the marina followed by a swim in the Cairns Esplanade Lagoon - a popular place for locals to spend the warmer parts of the day for a BBQ and relaxing.

Later that evening I caught up with a friend from school and we enjoyed an incredible seafood dinner and drinks at the Boatshed, Cairns Marina. This was one of many brand new bars and restaurants you can find along the Cairns Marina providing a clean, fresh and vibrant dining experience. If you get time, stop by The Salt House and check out the menu. Although I didn't get time to enjoy the food and drink at this particular restaurant, the reports were great and it looked like a fantastic place to enjoy a night out with family or friends - the vibe looked incredible.

DAY 3: PALM COVE & SCENIC HELICOPTER FLIGHT

I woke early on Saturday morning to venture North and explore Palm Cove - a half an hour drive North or Cairns City. Put simply - Palm Cove is breathtaking. Clumps of coconut palms stretch as far as the eye can see, lining the beachfront and silhouetting the coastline just before sunrise. Boutique, luxury apartments and resorts huddle close behind the main strip providing tourists with an unbelievable accommodation experience. The main esplanade is home to a huge variety of cafes, boutique shops and restaurants and has a similar feel to Noosa, Sunshine Coast. I tied up my hammock quickly to a couple of coconut palms and took a minute to enjoy the sunrise and grab a few photographs. Palm Cove is honestly incredible. I would highly recommend a visit or stay in this part of



Far North Queensland.

Come 10:30am on Saturday, I was beginning to get quite nervous. I had pre booked a scenic, forty-minute helicopter flight over Green Island, Arlington Reef and Vlasoff Cay. I wasn't nervous about the flight itself, but more so about the camera settings I would need to use to get the shots I wanted for this leg of the journey. I had always wanted to fly over Vlasoff Cay, and I finally had the opportunity to do so - so the nerves began to kick in. Cairns is a special place for me - I was born in Cairns so to return some years later as a budding photographer and blogger was a big deal - more so now that this trip was solely dedicated to ensuring I managed to get some incredible photos.

I booked my scenic flight through GBR Helicopters and tried to score a seat only about a week prior to leaving for the trip. Lesson learnt - book well in advance, particularly if you are a solo traveller. Helicopter flights generally require a two-person minimum - so keep that in mind.

Excited (yet crazy nervous) I jumped into the helicopter and took off across the Cairns Marina and onward towards The Great Barrier Reef. The experience was just as I had envisioned. The weather was absolutely perfect and the reef, indescribable. So many shades of blue and green poured its way through a staggering landscape of corals and marine life. I fired off a few test shots (as suggested by photographer Lisa Burns from The Wandering Lens) and I was good to go. I didn't need too many adjustments with

the settings and the results speak for themselves. The entire flight was something I'll never forget. If you ever have the opportunity to do a scenic flight, don't hesitate - It's worth every cent!

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FAR NORTH
QUEENSLAND
IS A MUST
VISIT!**







Featured photographer: Ming Nomchong



Location: Sydney, Australia



ink overload.

Celeste Wrona



‘PAINTING FOR ME IS OFTEN QUITE AN INTUITIVE PROCESS.
I PICK THE COLOURS THAT FIT WITH ME AT THE TIME’

- CELESTE WRONA

TELL US ABOUT THE TECHNIQUE YOU USE THAT MAKES THESE BEAUTIFUL FLOWS OF INK.

I use a combination of different inks on a glossy paper that allows my inks stay fluid for a longer period of time rather than absorb into the surface of the paper. I have learnt over time to very carefully watch the inks as they dry and organically move across the surface and bleed into each other. I do not move them manually too much until they are at a particular stage of dryness that I can identify by eye. Once they are at this stage of dryness I then move the inks around which creates beautiful layers and fluidity of inks over inks.

WHAT INSPIRES YOU? IS IT THE NATURE? OR IS IT JUST THE FLOW OF RANDOM COLOURS?

Most definitely nature! I get lost in the tiniest of details in the textures, colours and lines from everything around me. This is something that has consumed me since I can remember, I could explore for hours the beauty in the smallest of objects, shells, leaves, bark, the sky, the ocean. Particular colours also draw me in. Painting for me is often quite an intuitive process I pick the colours that fit with me at the time, so my paintings are mostly a reaction of my influences and emotions on that particular day.



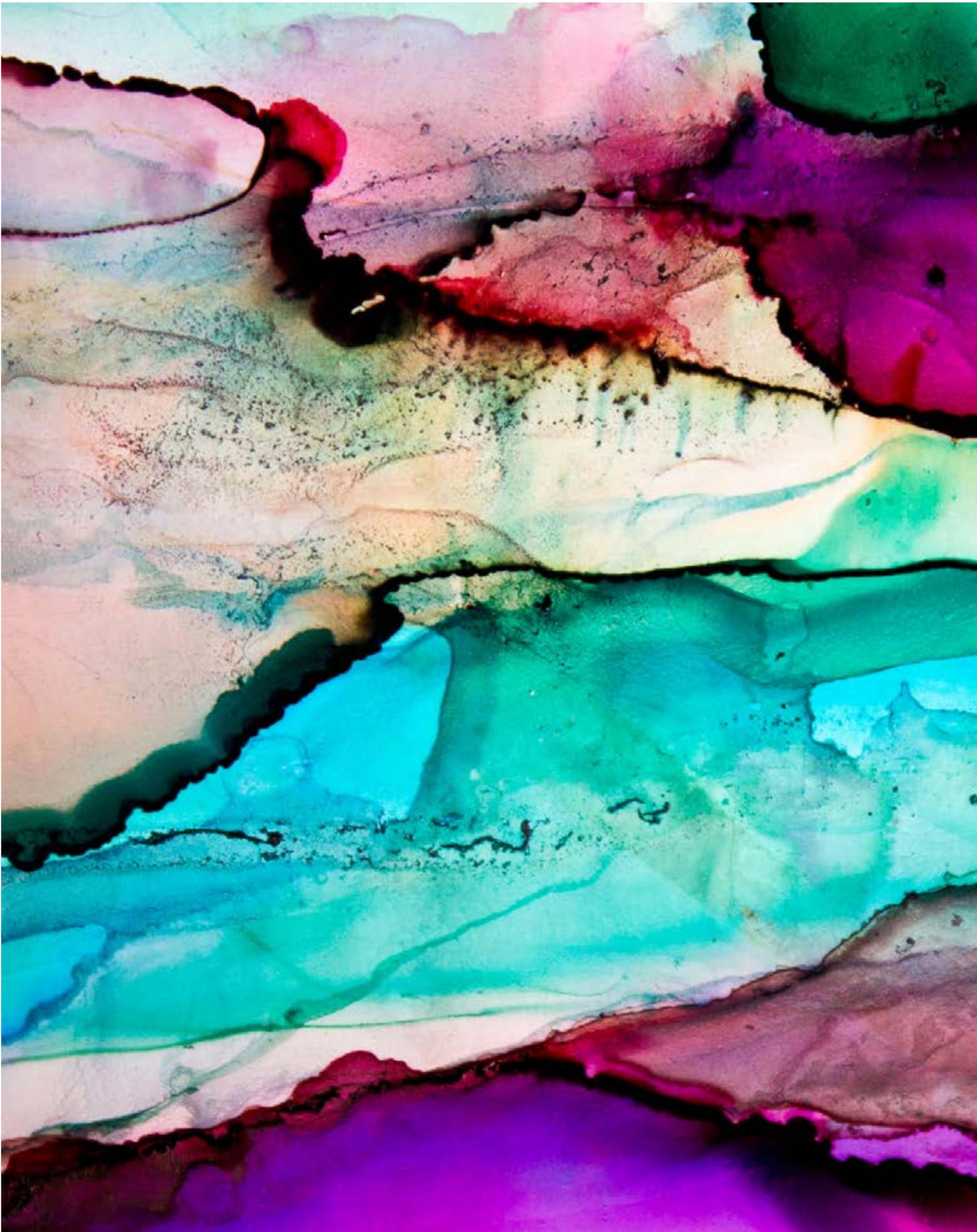


HOW YOUR LIFE IN AUSTRALIA IS REFLECTED IN THIS ART ? OR IS IT AT ALL?

My home is on the outskirts of Sydney and I back on to bush-land. I often go walking through the bush with my son and our two dogs, on these walks I am always intrigued by the absolute beauty that nature provides, all of these things I see become part of my inspiration. My “Alive” series for example was created after a bush walk where I had taken many photographs of the beautiful layers in colours and textures of a gum tree as it was shedding its bark, the contrast between the smooth and rough and the layers of lines and tone were just captivating.

WHAT’S YOUR BIGGEST DREAM WHEN IT COMES TO YOUR ART?

My biggest dream is to always have the same energy and love for art throughout my life. This involves a very important balance between business, family and the pleasure of creating, that I am always mindful of. Art consumes my mind everyday and I love getting lost in my thoughts, ideas and making, If I can live till a very old age still working in my studio, with the same passion in my heart, surrounded by colour and my family, I will be a very happy person indeed.



26. basscutture islands





Featured photographer: Ming Nomchong



Location: Niue, Polynesia

It isn't always greener in paradise.

BY
SHANNY MATTERSON

 rebelandroam

IT'S THE AGE-OLD ASPIRATION OF MANY THE WORLD OVER: 'I WISH I COULD SELL EVERYTHING AND MOVE TO A TROPICAL ISLAND'

WELL, I DID. FOR REALS.



FOR THE LAST YEAR AND A HALF, MY PARTNER, DAN, AND I HAVE CALLED NIUE - A TINY ISLAND IN THE POLYNESIAN PACIFIC REGION - OUR HOME. WITH ONLY ABOUT 1,500 PEOPLE LIVING ON THE ISLAND, IT'S A SMALL AND CLOSE-KNIT COMMUNITY WHERE THE ONLY THING BRIGHTER THAN THE SUNNY WEATHER IS THE SMILES ON THE FACES OF THE LOCALS.



Niue is one of the friendliest and most laid-back countries in the world. We wear flowers in our hair and Havaianas on our feet. Everyone waves at each other when driving; seatbelts are optional; and riding in the flatbed of a truck is the norm. Television is limited; Internet is intermittent. There are no billboards, shopping centres, night-clubs, fast food outlets or movie theatres. Traffic doesn't exist and you can count the number of main roads on your hand. Most food comes either via plane (once a week) or cargo ship (monthly); everything else comes from the sea or from family-tended bush farms.

From May-October we have the tourist season, so the population increases over this time. Visitors flock to our island to see the migrating Humpback whales who come to Niue to breed (Because, let's face it, Antarctica gets pretty damn cold and even whales need a summer vacay). Niue is one of the only places in the world where you can experience in-water interactions with these magnificent creatures. I've been blessed to snorkel with a mother Humpback and her yearling offspring, and it was truly one of the most beautiful and awe-inspiring moments of my life.

**BASICALLY, IT'S ONE OF THE
TINIEST AND MOST REMOTE
- BUT BREATHTAKINGLY
BEAUTIFUL - NATIONS IN THE
WORLD.**

BUT HOW DID I GET HERE?

Dan and I decided to move overseas at the end of 2015; but as often happens in life, an opportunity came along 12 months ahead of schedule. Dan was offered a head instructor position a dive shop in Niue and decided to move to this small (and until then, unheard of) island for the tourist season. Apart from being a freelance travel writer and creative copy wrangler, I'm also a primary school teacher. Because a girl's gotta' pay the bills, amiright? So with little information about the country, I sent out my resume and within a few weeks was offered a teaching contract at the local school, commencing immediately.

Suddenly, our five-month visit had morphed into a two-year commitment. So that's how in February 2015 we found ourselves quitting our full-time jobs; selling and giving away everything we owned; moving out of our rented apartment on Australia's Gold Coast; and flying off to a tropical island in the middle of nowhere – all within four weeks.

LIFE AS AN EXPAT IN PARADISE

A lot of people ask what life on a tropical island is like and I always reply with this: Challenging, but rewarding.

I came to Niue with no knowledge of what I was getting into, and I've had to learn on my feet along the way. It's been a year and a half of learning to teach a new curriculum; a new language; and a new way of doing things. What worked in Australia doesn't always work here. I'm definitely a better traveller for the experience.

One of the most challenging days I've had was also one of my first. I remember walking into my empty, dusty, leaky, wasp-infested concrete classroom on the first day of work – after landing in the country less than 48 hours earlier – and feeling completely out of my depth. We came to Niue with just a suitcase each, so I had (very) limited means to turn that space into a functioning classroom.

I remember sitting on the concrete floor in the tropic humidity, staring at a dead crab rotting in the middle of the room, and (silently) crying. I'd never felt so filled with self-doubt, professional-



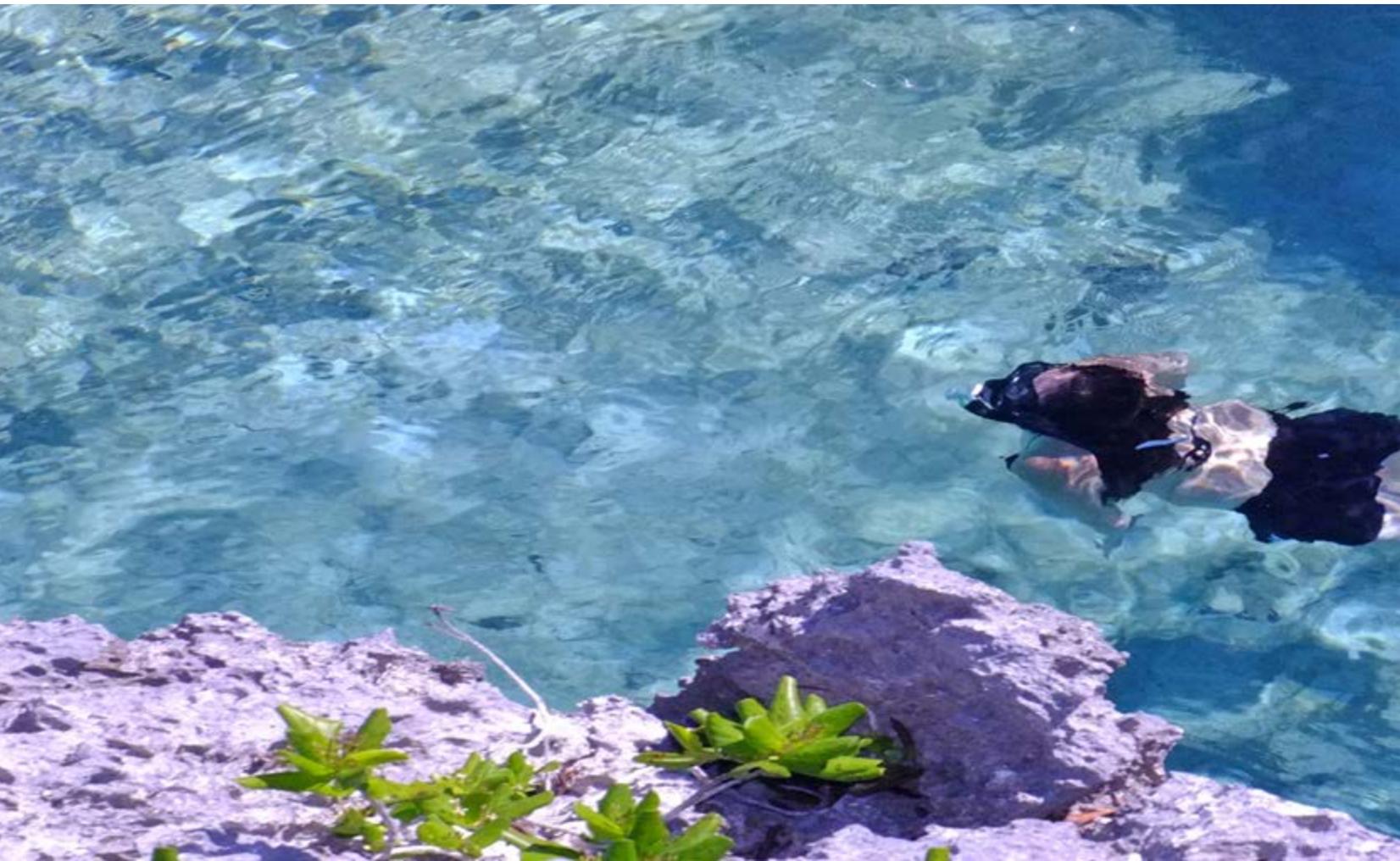
ly speaking. It was one of those times when you think ‘What the hell have I done? How am I going to make this work?’ But like all challenges faced when living abroad, you just gotta’ pull your shiz together – boot-and-rally style - and make it your own.

The difference in culture, values and religious beliefs has definitely been a big learning curve. There are many beautiful things about this island and it’s an honour to be a part of it. I love the way culture is openly celebrated and valued here in Niue. From cooking and weaving to building vakas and using traditional fishing methods, Niueans are fiercely proud of their heritage. I especially admire that people are encouraged to express themselves and their culture through song and dance. I love learning and witnessing the traditions and customs of the Niuean people; and although I may not always understand them from my (Australian) cultural viewpoint, I certainly respect and appreciate it.

However, the grass – or in my case, the coconut – isn’t always greener in paradise. The language barrier is especially hard at times; although Niueans are fluent in English, they don’t speak it all the time. This can make it hard when you’re the

IT WAS ONE OF THOSE TIMES WHEN YOU THINK ‘WHAT THE HELL HAVE I DONE? HOW AM I GOING TO MAKE THIS WORK?’

only palagi (‘white person’) in a group and can’t follow the conversation. I’ve been learning and speaking the language as best I can and I often understand the context of a discussion more than I can contribute to it. But still, there are times when I have no idea what is being said and that can cause cultural overwhelm inside me.



HOWEVER, THE 'RAD' DEFINITELY OUTWEIGHS THE 'NOT-SO-RAD'

When Dan and I aren't working, you'll find us snorkelling and diving along one of the pristine reefs lining Niue's coastline. We get up to 100m visibility here, which - as any diver will tell you - is basically a scuba wetdream come true. We also spend our time exploring caves and chasms, sea tracks and hidden pockets of coral-cruised shore with our adopted island puppy, Willow.

We live in a cottage that overlooks the Pacific Ocean. Coconuts, limes, chilies and papaya grow rampantly. We share our land with about eleven-thousand chickens and geckos, but that's just part of the charm. We even have a hammock.

Going out dancing on a Saturday night means wearing cut-off shorts, Havaianas and no makeup - not a high heel or fake eyelash in sight! Sunday is the day of rest where pretty much everything shuts down and people attend church services. We usually hang out at our favourite local bar, The Washaway, where we gorge on homemade burgers, serve our own beers at what could possibly be the world's only 'honesty bar', and watch the sun set over Avatele Beach.

WILL WE STAY HERE FOREVER?

Who knows what the future holds. There are so many islands and countries waiting to be explored, and I want to experience as many of them as possible while I can. Niue is such a remarkable and special part of the world and I'm pretty damn grateful to be able to call it my (adopted) home. For now, I'm just enjoying every moment I have here, soaking up the experiences - good and bad - along the way, and making this chapter of my life a story worth sharing.

GOING OUT DANCING ON A SATURDAY NIGHT MEANS WEARING CUT-OFF SHORTS, HAVAIANAS AND NO MAKE-UP - NOT A HIGH HEEL OR FAKE EYELASH IN SIGHT!



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Featured photographer: Ming Nomchong



Location: Noosa Heads, Australia

Meet **VINCE YOUNG**

THE
**HAIKY
LEGEND**

surfing.wilderness.jamming.



 finlungs



photo by Aleksander Jason



‘GROWING UP ON THE COAST IN AUSTRALIA THE OCEAN IS ENGRAINED INTO YOUR HEART. SOMETHING ABOUT IT DRAWS YOU IN. MAYBE IT’S THE WAY IT CAN MAKE THE WHOLE WORLD FEEL SMALL.’ - VINCE YOUNG

I grew up a few hours south east of Melbourne on some pretty rugged and raw coastline surrounded by bush and cold surf. So as a child I was always wondering off into the wilderness on my own personal solo adventures or hunting waves at the beach. From a very young age I was introduced to bush adventuring as most of my homes had bushland full of rivers, huge hills and loads of animals just out my back door. Surfing was a must as the beach was never more than a short trip. But now I reside in the warm tropical waters of Noosa Heads. Living in a place where you’re surrounded by national parks, amazing waves and beautiful weather gives you a massive respect for the wilderness and how you can help protect the environment around you. I like to hope I do my best at helping people understand the importance of the nature around us and see the beauty in it all. Most days I wake up early look out off my balcony to check if there’s any surf.

Next stop waves or the coffee shop where I meet my friends maybe surf for a couple of hours until we feel guilty enough we’re not at work and head off for a few hours then straight back to the beach. I live with some amazing humans who are all musically talented so most of the nights are spent jamming on a variety of instrument from banjos to mandolins. Sometimes the moon comes up above the ocean and grabs our attention, if the moon is bright enough we head to first point Noosa for a few sneaky night waves before bed. In a weeks time for a few months I’ll be five hours north from my home in Noosa in a small tropical town named Agnes Waters which is at the most southern tip of the Great Barrier Reef and the most northern surf beaches in Oz to give surf lessons and take tours through some of the surrounding national parks, so feel free to stop by for a few waves, blow the froth of a couple as the sun sets or just enjoy the intrepid landscape.



IF NOT IN AUSTRALIA WHERE WOULD YOU BE?

On a yacht sailing around the world

IF YOU COULDN'T SURF ANYMORE WHAT WOULD YOU DO INSTEAD?

Play music, skateboard and probably spend a lot of time in the ocean

BEST SURFING SPOT IN AUSTRALIA?

Not telling you haha but my favourite at the moment is Tea Tree Bay, Noosa Heads.

GUYS WITH BEARDS ARE...

Hairy Legends!

YOUR LIFE'S MOTTO

Remember to have fun

THE BEST THING THAT'S EVER HAPPENED TO YOU

Hasn't happened yet

OCEAN OR FOREST?

Trick answer: I live surrounded by both





photo by Marlee Owen

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Featured photographer: Ming Nomchong



Location: Australia

 wholesomedaily

wholesome passion

BY
MELISSA WALLACE







MY NAME IS MELISSA, I LIVE IN A SMALL BEACHSIDE COASTAL TOWN IN AUSTRALIA. I'M A WIFE, MOTHER, HEALTHY LIFESTYLE LOVER, WITH A PASSION FOR NUTRITION AND HEALTH. NATURAL LIVING TO ME IS ABOUT BEING VIBRANTLY HEALTHY, WITH REGULAR EXERCISE, REST AND SLEEP, PURE WATER, CLEAN FRESH AIR, HEALTHY AMOUNTS OF SUNSHINE, AND EATING FRESH WHOLESOME FOODS. MY PASSION FOR HEALTHY WHOLEFOODS HAS EVOLVED OVER THE YEARS PARTICULARLY AFTER HAVING CHILDREN AND WANTING TO PROVIDE THE BEST NUTRITION FOR THEIR GROWING BODIES. ALONG THE WAY IT HAS BECOME A PASSION TO NOURISH OUR BODIES WITH WHOLE PLANT BASED FOODS THAT HAVE BEEN PROVIDED TO US FROM MOTHER NATURE FOR OUR BODIES TO FUNCTION OPTIMALLY.







THE ESSENTIALS

The human body needs a long list of nutrients every day. The essentials, though, are called “macronutrients” and your body needs them to stay healthy and perform optimally.

The top 5 are:

- GOOD CARBOHYDRATES for energy like brown rice
- PROTEIN to build and repair tissue obtained from foods like beans and nuts
- GOOD FATS provide backup energy and is found in avocados
- VITAMINS AND MINERALS help maintain optimal health by eating what they call the rainbow lots of fresh vegetables and fruits.
- WATER, aim to drink at least 2 litres of water as it enables vital bodily functions.

BANANA AND STRAWBERRY “NICE CREAM”

MY FAVOURITE GO TO RECIPE IS THE POPULAR PLANT BASED ICE CREAM KNOWN AS ‘NICE CREAM’ IT IS SO SIMPLE IT HARDLY QUALIFIES AS A RECIPE.. IT’S AMAZING HOW MUCH LIKE ICE CREAM IT TASTES; IT FEELS LIKE AN INDULGENCE, BUT IT’S A FRUIT IN DISGUISE AND THE KIDS LOVE IT. I LIKE TO KEEP A FEW BAGS OF FROZEN BANANAS IN THE FREEZER ON HAND SO THAT I’M NEVER MORE THAN A FEW MINUTES AWAY FROM THIS COOL, TASTY TREAT!
- melissa wallace

*serves 2

INGREDIENTS

4 frozen ripe bananas

1/4 cup frozen strawberries

1 splash (tablespoon) almond milk
(or any nut milk)

toppings of your choice
(this could include maple syrup, vegan chocolate, nuts, fresh fruit)

DIRECTIONS

1. Slice two bananas into coins and place them in a bag in the freezer overnight. (Make up a few bags as one serving is never enough!)
2. The next day, blend the frozen bananas, milk, blend at high speed until it reaches a smooth and creamy consistency like ice cream.
3. For a soft-serve consistency, serve mixture as is. For a consistency more akin to a solid scoop of ice cream, freeze in a plastic storage container for an hour or until firm.
4. Transfer your nice cream into two bowls add whatever toppings you prefer.





Featured photographer: Ming Nomchong





GOT WOOD

As mother nature would love us all to be. Loving and caring like these bamboo tooth brushes. Use it and throw it in the compost. biodegradable and non-toxic, made with recyclable materials and printed in soy bean ink because it cares for the environment. Anything more you need to know to switch your plastic for wood?



COOL
THINGS.



ESPJR

Pure cuteness! I would love my baby to wear one of these cute, island oriented, Caribbean designed and made T-shirt. Such a beautiful statement for an island baby. And all these precious leatherback turtles... love. Teach them small the importance of Mother Nature.



COCO BOWLS

Most likely after drinking the water out of your coconut you would throw away the shell... think twice and look at these natural beauties! Naturally round and strong coconut shells make perfect bowls. Cut, cleaned and polished with virgin coconut oil by Coco Bowls are ready to use by all the eco-friendly souls! Enjoy!



FILM REVIEW.

THE DRESS MAKER (DIR. JOCELYN MOORHOUSE, 2015) by Sebastiaan Visser

When Tilly returns to her home town in search for the truth about a mysterious death, she tries to get accepted by making garments. Adapted from Rosalie Ham's gothic novel, this Australian period piece plays on the contrasts between the demure town and luxurious dresses. Add the Wes Anderson-esque characters, references to Sunset Blvd., and genre mixing, and it all becomes a bit too much.

***** 6/10



STRANGERLAND (DIR. BY KIM FARRANT, 2015) by Sebastiaan Visser

The parents start a desperate search for their lost children and each other's approval. The wide landscapes of the Australian desert emphasize the doomed fate of their search and their detachment. A downbeat family portrait, Strangerland isn't for the fainthearted but thrives on the strong performances of the lead actors (Kidman and Fiennes).

***** 8/10



Max Orter - Born in Australia, Schooled in the U.S. and in Love with Guyana

Interview by Romola Lucas of the Caribbean Film Academy

BRIEFLY TELL US ABOUT YOURSELF. WHERE YOU GREW UP AND HOW YOU GOT INTO FILMMAKING?

I grew up in Australia but have spent time living and studying in Germany and America, studying filmmaking in high school, then at the New York Film Academy. It was always my dream to make a feature film, and it has been a gradual process of gathering knowledge and planning. For me, filmmaking is an art and just a way of life, not a career. I plan to stay truthful to what I consider to be good honest art, as I believe there is space to make a living as an artist in this field.

YOU SHOT *A BITTER LIME* PARTLY IN LOS ANGELES AND MOSTLY IN GUYANA. WHAT LED YOU TO SHOOT THE FILM IN GUYANA?



I backpacked to Guyana in 2010, on a trip through South America. I fell in love with the place and knew I wanted to shoot a film there. In 2012, I went there to start writing the screenplay and then in 2014 we shot the film there. Guyana has very diverse locations, from urban streets to waterfalls and everything in between, making it an ideal place to shoot films.

WHAT IS THE FILM ABOUT?

The film is about a guy from Los Angeles, who wants to escape the life he's born into, because he finds it passionless. He and his girlfriend decide to move to the Caribbean and fall in love with Guyana. There, they get mugged in a violent street crime and his life starts to fall apart, as the one thing he was clinging to, his girlfriend, starts drifting away from him. He then tries his best to put the pieces of his life back together.

WHAT WAS THE BEST PART OF MAKING THE FILM?

The best part of making the film was connecting with truly amazing people – the cast and crew and others in Guyana. Some of our team who came from Los Angeles felt shooting in Guyana changed their lives in ways they would never forget. To me this film and its production in Guyana has virtually been my entire life for the last few years and I wouldn't trade it for anything.

AND LAST BUT NOT LEAST, WHAT WAS THE MOST CHALLENGING?

The most challenging thing was money. Everyone says this because it's true. I hope to make money

from this film simply so I won't have to worry so much about money on the next film. Also if I had money I would want to be able to invest in filmmaking in Guyana in one way or another, as I believe in the creative ability and outlet of Guyanese people and this is an art and industry that has a lot of potential in Guyana.

' THE FILM IS ABOUT A GUY FROM LOS ANGELES, WHO WANTS TO ESCAPE THE LIFE HE'S BORN INTO, BECAUSE HE FINDS IT PASSIONLESS. HE AND HIS GIRLFRIEND DECIDE TO MOVE TO THE CARIBBEAN AND FALL IN LOVE WITH GUYANA.'

-MAX ORTER





Australian film industry celebrates best year in two decades

amid brawl over foreign actors' visas

Written by Adrian Raschella and edited by Emiel Martens

The Australian film industry has done a roaring trade at the local box office in 2014, with 2015 being one of the best years in two decades. Blockbuster *Mad Max: Fury Road* has led the charge, taking more than \$21 million at the cinema, placing it at ninth spot in the all-time top ten Australian films. *The Water Diviner*, starring Russell Crowe, earned more than \$15 million in Australia, and the low budget family film *Paper Planes* was a surprise hit raking in more than \$10 million. But Australians are a fickle lot when it comes to supporting the home-grown product at the cinema.



This year's bumper business coincides with a push by producers for a major change in the way foreign actors and crew are granted visas to work in Australia. Currently the union representing actors – the Media Entertainment & Arts Alliance – has to sign off on any visa granted to a foreigner to work on a production that has any subsidy from the Australian taxpayer.

Many Australian films receive some of their funding from Screen Australia or the various state-based film financing bodies, along with tax breaks. Screen Producers Australia wants the union to be taken out of the equation. “For everyone that comes into the country, the union is involved in the decision that is made,” said Matthew Deaner, executive director at Screen Produc-

ers Australia. “The question is why does that happen, and is there any other industry in Australia that does that, or is there any other industry globally that does that? And the answer to both of those questions is no.”

From *Mick Dundee*'s larrikin humour to the glamour of *Moulin Rouge* and *Strictly Ballroom*, these are the most popular Australian films of all time. Screen Producers Australia argues the process is costly, time-consuming, and an added layer of red tape. But actors who support the status quo say it is a system that developed decades ago to ensure Australians tell their own stories, especially when funded by the taxpayers.

Actor Geoff Morrell, who has been one of the faces of

the union campaign against change, said the current rules were what had helped create a true Australian film industry. “I think we’re really putting at risk the future of our industry, for maybe some short-term gain,” he said. Morrell fears removing the union from the equation could lead to complete deregulation, and the end of limits on foreigners working on Australian productions.

Under the rules for films with taxpayer support, at least 50 per cent of lead roles and 75 per cent of support roles must be filled by Australian performers.

Geoff Morrell said this year’s impressive Australian box office belied the true fragility of the local industry. “The crisis in our industry, and it’s a recognized crisis, is that Australian films, even with international stars in them, are lucky to make \$100,000 in their season,” he said. “So is the answer to make more of those, or is the answer to look at the industry and say, ‘How do we make a film that is going to speak both to us and to an international audience?’

“I believe the answer is not by allowing the free importing of as many actors as they wish. I just personally do not believe that is the answer, and it could cause more long-term damage than a lot of people suspect.”

But not all actors feel the same way. Roy Billing believes the Australian industry has matured and there are already enough checks and balances carried out by funding bodies to make sure the foreign worker restrictions were upheld. “Well, I’m all in favour of deregulation, I think the union should be taken out of it completely,” he said.

Billing said the current system does not recognize the reality of modern film-making. “I’m saying it is broken... it’s old fashioned protectionism that’s served its purpose and now we need to embrace the whole global concept of filmmaking,” he said.

“There are so many people competing for finance around the world and people who are investing in screen productions understandably want some reassurance that they’re going to have a chance of getting their money back. Part of that is having bankable stars, and if one of our bankable stars isn’t available or suitable for the role I think producers should have the option of bringing in whoever they like.”

This article was originally published at ABC News Australia (www.abc.net.au) by their correspondent Adrian Raschella on August 3, 2015.





Featured photographer: Ming Nomchong





Sun
Stunned
+ Chill.

Art work: Nadine Quick

Photo: Ming Nomchong





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