

ICON/C

ORIGINALS CONFERENCE ZINE - ISSUE 1 - SEPT 2021



Featuring: OG recommendations, conscious living tips, book reviews, some poetry, a handy recipe, and a bunch of good vibes!

ORIGINALS



ISSUE ONE.

**OG Recommendations
from the Originals community**

Page 4

**5 Tips for Conscious Living
with Stevie Moore**

Page 6

**Mull-et Over
by Dayna Williams**

Page 10

**Kelsie's Bookshelf
by Kelsie James**

Page 13

**Sweet & Spicy Fish Tacos
by GK Hearne**

Page 14

**A Love Letter to our Community
by Caleb & GK Hearne**

Page 16

Download the digital version of this issue!



OG Recommendations.

As is customary with any Originals event, we take a moment to ask our community what it is they're into at the moment. A recommendation can be anything... a book, podcast, favourite dog breed or even a helpful life hack. Let's take a look.



CHELSEA DREWE

"All That Glitters" is a great podcast, hosted by Libby Trickett. She interviews ex-Olympians and professional athletes. It's such a refreshing and eye-opening podcast. They speak about mental health, transition out of sport and their current life. I was going through a lot of transition this year and it's inspiring to hear athletes that I respect also share similar struggles, especially with mental health. They speak about the importance of self-care and their journey of self-discovery outside of sport. Definitely worth the listen, even if you don't like sport.



KELSIE JAMES

My OG recommendation is Pilates!

I'm not someone who is super motivated to go to gym by myself or do really intense workouts that leave me feeling dead before my day has even started. But I still love to move and think it's so important for overall health and mental health. It's such a good way to start the day, feeling like you've already accomplished something. I definitely recommend Pilates if someone wants to try something new or get a bit of movement in your week! (And yes, even men do Pilates too.)



MARK MAZZONE

Taking photos on film. There is something special about capturing moments and reliving them once they are developed. If you don't have a film camera and you want to step up from a classic cheap Kodak, I would recommend a Harman Camera. They are affordable (thanks to the plastic build) and they are reusable! (Mother Nature thanks you.) Just pop your film reel out and get them developed like a normal film camera, rather than buying a whole new camera every time.



SARAH MAZZONE

Book Face at Pacific Fair! Now, I was going to recommend a few books but if it was not for this store I probably would have never picked them up. Not only does it stock a huge range of books, super cute gifts/homewares and the staff are SO friendly and helpful, Book Face has a shelf dedicated to a "Blind Date", where books are wrapped up with a few written clues about what is inside. From the "Blind Date" shelf I discovered my new favourite author, Beth O'Leary (highly recommend, everything she writes is amazing) and Dictionary of Lost Words (also recommend). Not to mention there's a D Point Donut right next to the entrance so, what's not to love?



NAOMI HARRIS

My OG recommendation is a parenting/kid one. I highly recommend taking your kid/s to a sensory and nature playgroup. We go to @_curiousme and it's amazing! I find it's particularly great for my busy boy and would be ideal for kids who love the outdoors and exploring. It's a free-play space with lots of sensory and interactive activities for kids to roam freely between. Plenty of similar groups – I recommend finding one in your area.



HAYDEN J TE RUNA

I've been listening to The Zigar Show for the last seven years. I listen to Zigar because it's all about how to flow as a Christian in the business world, to not allow the things of the world to taint who we are as Christians in Business. On this podcast, host Kevin Miller, co-host Tom Zigar and renowned guests discuss business, sales, professional performance and faith. It's broad, educational, wholesome and eye-opening content. I love listening to this podcast.



JOHN EDDY

Movie: The Kid Detective

Written and Directed by Evan Morgan, Starring Adam Brody (OC, Ready or Not).

It's an absurd tale of a former kid detective who in his thirties is still 'trying' his hand at sleuthing, as he was always told in his youth that this is his gift. When a real murder takes place in his hometown, it's his opportunity to prove himself and everyone else that he can be an adult detective. Be warned that some content can be very dark. It is a dark comedy after all.



GK HEARNE

My recommendation is to join a team! Whatever your interests or skills are, make the effort and be intentional to find a group of people with similar interests, skills or in a similar stage of life and commit to connecting frequently and regularly. I joined a Netball team this year and every week I look forward to our Monday Night games. Not only do I love the fitness aspect more than I thought I would, I love the opportunity to get together with my team each week! I never thought I'd play a team sport again, after high school, but I'm so glad I stepped out to try something different!



NICHOLAS JEFFERIES

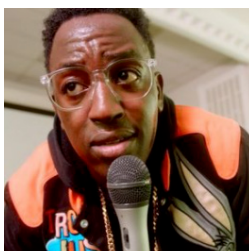
My OG Recommendation is to buy a decent pair of over-ear headphones. Life's too short for bad sound - spend some serious dollars on some headphones that'll continue to bless your ear holes with some smooth frequency goodness for years to come. I have a pair of Beats Studio3 and they're one my favourites investments to date.



KATE HEARNE

Make a paella!
<https://www.ladylolas.com/post/chicken-prawn-brown-basmati-rice-paella>

This recipe is staple in our house and is so delish! Feel free to tweak the recipe to fit what you like though. For example, instead of chicken we use chorizo (2 sausages) and we go the whole hog and get approx. 300-400g of seafood marinara mix instead of just prawns. So yum! Enjoy :)



JASON HUMAN

Look, it's nothing too serious but hey who needs serious in their lives all the time. It's just two guys making skits about church and church traditions/ stereotypes. It's just something that bring a smile to my face.

@shama4realz

Five Tips For Living More Consciously.

By Stevie Moore

As a naïve and privileged 17-year-old I decided I was going to fight poverty and change the world. Since then, I've worked for several NGO's that do just that and yet, the moments I most feel like I'm a part of something bigger are in the intentional, but small every day. It's when I opt not to buy that thing because I don't need it, or when I purchase my organic veggies from the local market. Intentionally living in favor of our earth and its people has given more purpose and joy to life. As Christians this isn't a new concept to us. We know we are called to be a part of Gods kick-ass plan of restoration; to be what the Jewish tradition call 'tikkun olam' -repairers of the world. When we participate in that repair there is a joy and contentment that we seem to have lost touch with. We've bought into consumerism culture and discarded of 'care and compassion for people and the planet' as some 'leftist' ideology. So how do we reacquaint ourselves with the roots of our tradition, to find the joy and depth from living in step with the repairing force of our creator?

Here's 5 simple tips or places to start. Not 5 things to reduce your waste or help you buy ethically, but 5 things to start fueling a passion to live more intentionally and consciously. Fuel that value and the rest will come.

1. Mute unwanted voices.

In today's world it's so easy to live out of values that aren't even ours. Materialism and consumerism are sold as inescapable norms. Corporations spend trillions of dollars in advertising because they KNOW they will eventually influence our spending. But we can control how much time we give to these narratives. Start by culling things that create a discontentment or desire that you previously didn't have for something you don't need. More wants only make us unhappier. Begin with your follow list on social media, the email newsletters - unfollow, unsubscribe! I know you probably love the brand, but if you 'need' a new jumper you'll still know where to find them. Then consider other places that create more 'wants'; unnecessary trips to Kmart, blogs, television. According to Journal of Economic Psychology, TV viewers report lower life satisfaction, higher material aspirations and more anxiety. Start to minimize these.



2. Amplify the important.

We make our values and passions. I wasn't born passionate about social injustice any more than I was born passionate about sport or the show 'Superstore'. Sure, there's an element of our inborn nature, but a big part of it is what we've nurtured. You can curate values that serve you and our world well, you just need to nurture them. After unfollowing brands trying to sell you things, start following pages designed to inspire you. Let the next rabbit hole of reel binging be influenced by algorithms selling social justice or eco-friendly life hacks. Join some facebook groups on minimalism or sustainable living. Find a podcast. Substitute one of your Netflix series for a weekly doco. I can't tell you how influential documentaries have been in my family, they've inspired so many life changes in both me and my kids.

3. Start a compost or worm farm.

This one is oddly specific. There are 100 things one could recommend to make your life more socially and environmentally friendly. So why not, 'buy fair trade' or 'use reusable cups and beeswax cloths'? Well, there's the fact that organic matter in landfill emits huge amounts of methane and composting it reduces that significantly. But it's also that composting/ worm farming doesn't just



decrease your negative impact on the planet, but you actually get to see it create something positive. There's something so therapeutic in taking your waste and turning it into something beneficial. You truly get to feel like you're a part of this earth repairing thing.

4. No spend month.

You've probably heard of this concept and for good reason. It can be pretty darn transformative. Commit to not buying anything unnecessary for a month. That's clothes, homewares, anything you don't truly need! Everything that is produced has some cost to the planet, and often to social inequality. Consuming less is the answer to so many problems in our world and as research

tells us, it adds to our own wellbeing. Try a month, by the end you may even be inspired to go longer.

5. Give.

We all live to our means. For most of us, increase our income, we'll increase our spending, desires and lifestyle expectations accordingly, without any of it adding happiness to our lives. Lifestyle inflation has become the norm and stepping back from it is difficult. One way to do it is give. Find a cause you love and give to it regularly. You will, in the same way adjust your spending to accommodate it. Economic psychology (and scripture) tell us that where you invest money you subconsciously assign value. Giving to a cause will make you more passionate about it and give it more importance.

The Question

In every person lies a question
Within the lining of their soul
A burning, gnawing question
In its wake a haunting hole

Many spend their life in searching
Trialling answers near and far
Yet wealth, and fame, and earthly plunder
Can't quench an ever thirsting heart

Some try their best to drown it
Silence the great unanswered plea
Spending life in one big revelry
Until again brought to their knees

All suffer long and hard in secret
Though the question plagues us all
As we live through fleshly motion
While our hearts cry out for more

More, there has to be
Beyond what flesh can try attain
Beyond the grasp of tainted fingertips
Something more than earthly gain

There is an answer to your question
Seek deep and ye shall find
For more you are, because of Him
We are branches; He the vine.

- B.G.

Mull-et Over.

By Dayna Williams

2021 is the year of the mullet. I don't know how it came to this but here we are. One little pandemic hits and suddenly mullets are the 'it' thing again. I blame bad kitchen scissors, four glasses of red wine and countless lockdown hours spent scrolling through TikTok. Anything looks like a good idea with that trifecta.

Years ago, the only person you'd see daring to wear a mullet was your Uncle Tim's creepy mate from the country, who had a beer gut peeping out from under his singlet and a VB surgically attached to his hand. That was a man you avoided on the street. One slap of his thongs on the bitumen and you turned right around, ran back to your car and drove off before he could ask you if your mum was still single.

And yet now, the mullet is ALL the rage. Old men, beautiful women and tiny children all sport their own version of the 'business in the front, party in the back' hairstyle. Practically every AFL player has one for aerodynamics. Pixie-like influencers have a cropped version to show off their gifted earrings. Parents have foregone the days of a home-job bowl cut in favour of a mullet that is apparently easier to recreate. There's definitely less precision involved; that's for sure.

Quite frankly, I am concerned for society as a whole. The mullet can not rule yet another decade of our history. It is time that we take a collective stand against the brutalisation of our hair, and give it the love and care it deserves.

Now, I've had my own history with the mullet. It's a fraught one filled with tears and denial. You may think the worst mullet is its uglier cousin: the skullet, but you'd be wrong. I will not deny that the skullet is an absolute monstrosity and should be removed from history once the time-machine is created, but the worst type of mullet is the unintentional mullet. Imagine walking into a hairdresser or barber with long, flowing locks of a golden silk waterfall, and leaving the building with a nightmare hack job to scare even the steeliest of horror movie fans.

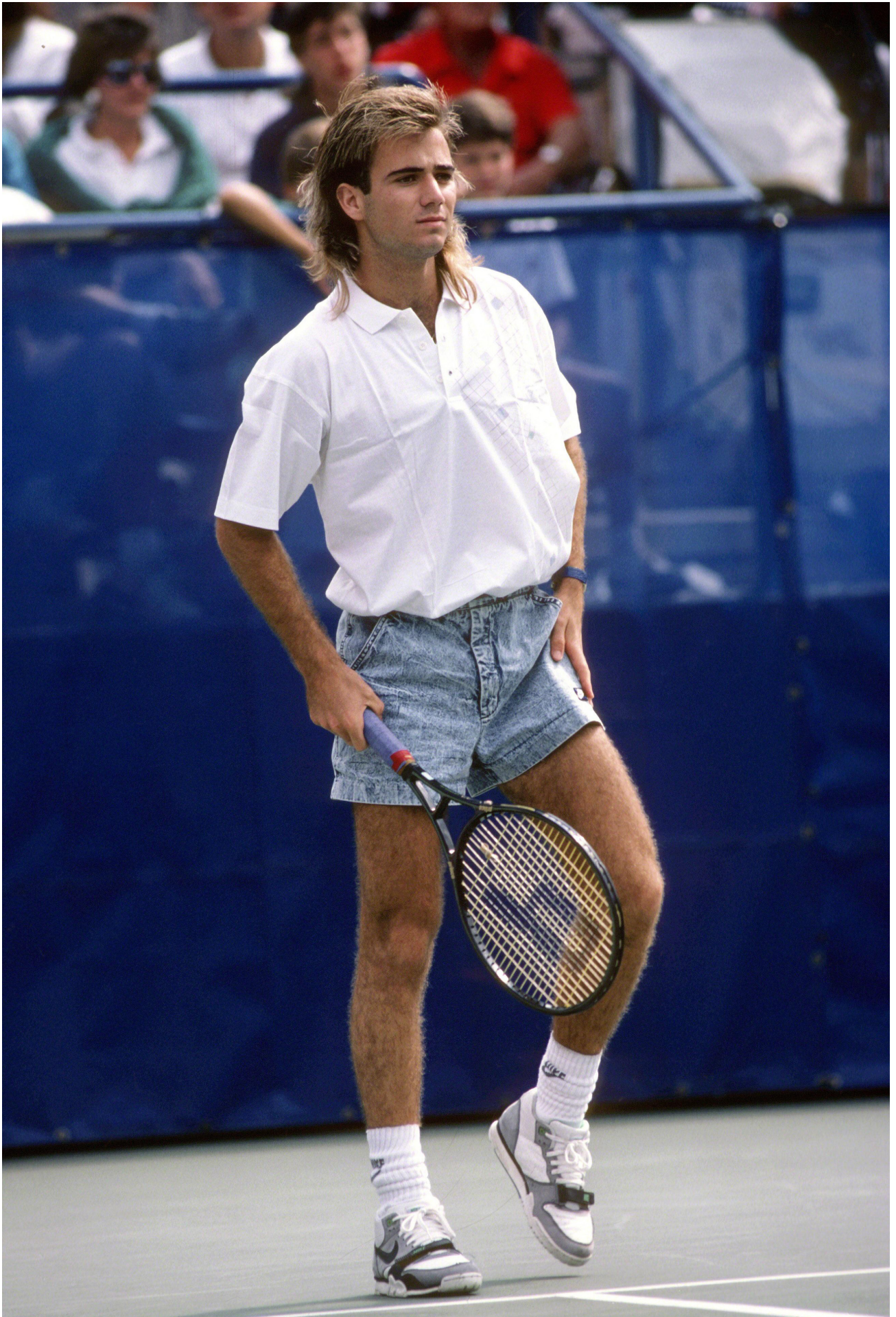
A few years ago, I lived overseas for a couple months and travelled the UK. Before I left, I decided I wanted to get a haircut. This new hairdo would be the start of a great adventure. A stylish bob to rival that of old Hollywood movie stars. I could picture myself driving around the English countryside in a classic convertible, the wind ripping the artfully placed silk scarf around my head off into the breeze; revealing my sleek and sophisticated style. As I stepped into the hairdresser, I could taste my tantalising dream becoming a delicious reality.

Instead, as I walked out with my fantasies crushed to smithereens, I swore I'd never pay another hairdresser a cent. Because, ladies and gents, I walked out with an unintentional mullet. And not the cute ones that have been popularised by celebrities like Miley Cyrus or Demi Lovato this year. NO, it was 'middle-aged Mum who wants to speak to the manager' meets 'Tim Allen in The Shaggy Dog when he's the DOG!'

The hairdresser gave me not one glorious blunt bob, but TWO haphazard bobs layered one on top of the other. It was uneven and lopsided and choppy and gross. I'm not proud of it, but I may have cried for hours. Every so often the tears would subside so that a new wave of misery could pour from my eye sockets. It was well and truly pathetic behaviour.

Before that hot mess of a haircut, I'd never understood those models who would cry to Tyra Banks after getting all their hair lobbed off. It grows back, after all! However, as the one true queen, Dolly Parton, says; "the higher the hair, the closer to God," and there's no way that's possible if it's all lying at your feet on the floor. One mullet later and I was well and truly put in my place.

This is all context for why I have an immense amount of trepidation over the current mullet trend. While I can definitely appreciate a soft mullet/shag look, it's hard for me to fully jump on board the mullet-train after my traumatic experience. Here's hoping the hairstyle finds that time-machine and goes back to the 1980's where it belongs.



Lemon Lane Co.

Established in 2020, Lemon Lane is an emerging small business, with the intention to create small-batch ceramics with a focus on sustainability. All our pieces are hand made on the Gold Coast with the purpose of being loved for a long time and not being thrown away with fads.

We also want to inspire you to create for yourself via our classes and clay kits, designing and making beautiful shapes and vessels in all sizes and colours to bring joy and light to your surroundings and spaces.

Check us out at lemonlaneco.com



Kelsie's Bookshelf.

By Kelsie James

Read more of Kelsie's book reviews on instagram @kelsies_bookshelf



The Flatshare by Beth O'Leary

This is my go to recommendation for anyone who is looking for a super easy, light rom-com type read or for any ladies who think they aren't "readers" but might want to give reading a try and don't know where to start.

The Flatshare is a quirky and witty romance which also covers some more complex issues like abusive relationships. Leon and Tiffy share a bed but have never met. Leon works nights and Tiffy works a day job so it's the perfect solution for both of them. In order to keep this arrangement uncomplicated they vow not to get involved with each other but as time passes they soon build a connection and rely on each other for support through their individuals struggles with relationships, family and work.

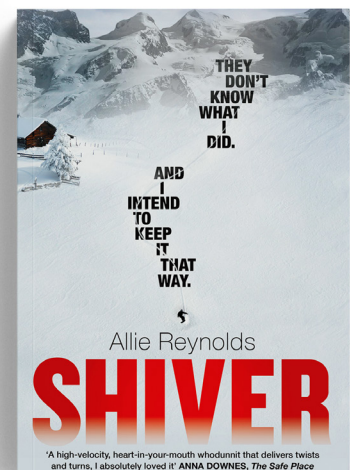
The Flatshare was Beth O'Leary's first novel, she is now a well regarded author with three incredible novels published. If you have read the Flatshare, or loved it and want more, I would absolutely recommend her other reads "The Switch" and "The Roadtrip". You can find reviews for both of these books on my bookstagram page.

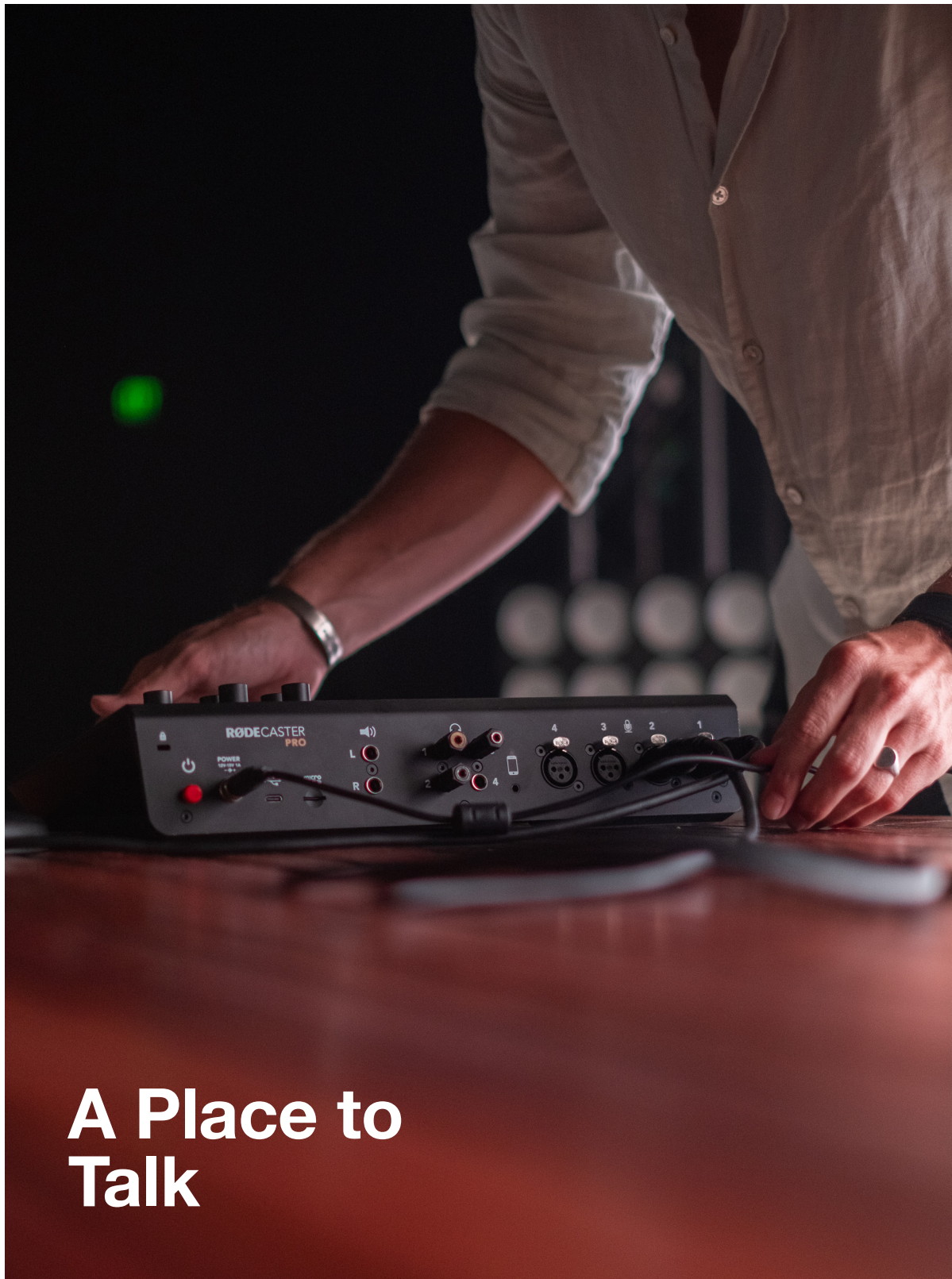
Shiver by Allie Reynolds

Shiver is a thrilling, tense, pager turner set high up in the remote French Alps and it tells the story of 5 friends, who all have untold history together they would rather be kept a secret. The 5 friends are invited to a reunion weekend in a ski resort and not long after they arrive they realise things just aren't adding up. They are isolated, trapped and in danger.

The aspect I loved most about this book was how Reynolds portrayed the main characters, Saskia and Milla as unapologetically competitive and fiercely self reliant. I find these aren't often characteristics highlighted or even celebrated in women, it was a refreshing change and made the story so much more interesting to read. Reynolds also did an incredible job of intertwining each of the characters stories and secrets to make this impossible to put down!

Shiver is a debut novel of Allie Reynolds, who is a fellow Gold Coaster so why not get your thriller fix and support a local author!





A Place to Talk

Originals Podcast

Designed for young adults, by young adults.

On Apple Podcasts and Spotify.



Sweet & Spicy

Baja-style Fish Tacos

By GK Hearne

A little sweet, a little spicy, a lotta delicious and best shared with those you love, these simple but super fresh and delicious tacos are a favourite in our home and I bet they'll become a favourite in yours too!

Time: 30-45 minutes

Serves: 2 people

You'll need:

- ½ red onion, thinly sliced
- ¼ red cabbage, thinly sliced
- 1 cob corn, remove kernels after grilling
- 1-2 avocados, smashed or sliced
- 1 tin pineapple chunks, grilled
- 1 bunch coriander, remove leaves or roughly chop
- 1 pkt (approx. 10) wraps of your choice
(Suggestion: Mini size works best.)
- 1 box oven-baked fish
(Suggestion: DELI Australian Hoki, as pictured)
- 1-2 limes, cut into wedges
- Salt to season (optional)

Sauce:

- Mayo
- Chilli sauce
- Lime juice
- Salt



Combine mayo and your choice of chilli sauce (as much or as little as you can handle).

Add fresh lime juice and salt to taste.

Assemble tacos and enjoy!

Tips:

If using the DELI fish fillets or similar, half length-ways to double the number of fish portions.

To prepare for 4 people, use two packets of wraps, 2 cobs of corn, 2 boxes of fish, 2 tins of pineapple and extra avocados or limes, if needed. There should be enough of the additional toppings for 4 people, ie. onion, red cabbage, coriander, etc.

We want to see your version of these tasty-as tacos!

Tag @hwyoriginals when you make these at home.

A Love Letter *To Our Community.*

Well, 2021 maybe hasn't looked the way we thought it would. As the New Year dawned, I think we all hoped what happened in 2020 would stay in 2020. The disappointment. The uncertainty. The anxiety. The isolation. This year we've unexpectedly continued to negotiate the line of joyful hopefulness and the fear of disappointment, having to adapt with short notice, trying to make quick decisions and even planning ahead became a risk.

Our hope and prayer for you, the community of Originals, is that you start to feel a new day dawning. That you find yourself in the right places at the right times to meet someone or see something that brings a smile to your face and hope to your heart. That you will feel what it feels to dream again about a future that can be brighter than it feels right now.

And on the days when you feel that hope is waning, when the spark in you feels more like a flicker, know that there are people cheering you on, people who believe in you and a community who want to walk alongside you.

We, Originals, are a community of people who are fully immersed in life, who feel the urgency of time and aren't satisfied coasting through the best years of our lives. We believe that the dormant dreams in you can be reignited and that in the midst of a community of like-hearted people, you can find significance and your life can be extraordinary.

So, we want to thank-you for being a part of our community.

For showing up, for making the effort, for trying something different, for meeting someone new, for investing in yourself. We hope you feel as excited for your future as we do.

*Much love,
Caleb + GK*

PS.

This community wouldn't be what it is without the people who help us carry the load, who keep showing up for us, who share kind words and go the extra mile. You continually honour us as much with your heart as your time and actions and we can't thank-you enough. You know who you are and we love you.

MUCH LOVE TO THESE ZINE CONTRIBUTORS:

Kelsie James, Mark Mazzone, Dayna Williams, Brit Grey, Stevie Moore, Katelyn Hearne, Chelsea Drewe, Jason Human, Hayden Te Runa, Naomi Harris, Nicholas Jeffries, Sarah Mazzone, John Eddy, Poppy Russell (Lemon Lane).