

# Underground “zine” scene thrives

BOOKS  
BY NIKITA MCINNES

Stapling trash to the front of a magazine might seem like a quick way to draw the wrong kind of buzz (likely that of the insect variety). Not so for South-Australian zine, *Westside Angst*. The first edition, which focussed on “experiences with toilets and lengthy diatribes about time in primary school”, drew little more than a splash with its debut in 2001. That was until writer Ianto Ware decided to staple bits of rubbish he collected from Adelaide CBD and give his publication the catchphrase “now with actual Adelaide rubbish”. Weirdly, edition three quickly sold out and Ware couldn’t keep up with local and interstate demand. But perhaps *Westside Angst*’s story isn’t so strange when put in the context of the Australian zine community. Zines, for the many who haven’t heard of them, are publications made for “love, not money” as Sticky Institute (Melbourne’s only zine shop and production studio) founder Luke Sinclair puts it. It’s difficult to get a more specific definition than that because zines come in a variety of forms and cover a myriad of subjects. Sticky Institute has stocked 9000 different zine titles to date: the hand-written and printed, those on cloth and on paper, those rolled up in matchboxes and

stapled with plastic post-it notes. According to Mr Sinclair it’s the medium that draws people in. The more unusual and engaging the form, the more successful the zine. “If anything, the further a zine gets away from trying to emulate a professional magazine or publication, the better a zine is going to be,” Mr Sinclair said. For the most part, zines seem to have flown under the radar. “When people ask me ‘why don’t people know about this stuff’ I tend to draw a blank ... But I think it’s because there is no way anyone could make money off zines. They sell for about \$3 and you can’t make a profit. “There’s no way people are going to pay for advertising space in zines so it remains underground,” Mr Sinclair said.

Check out these zines:  
**VEGANISTAN**  
Up for this year’s Golden Stapler Awards for Zine Excellence at the National Young Writers’ Festival, *Veganistan* is a book on Middle Eastern cooking for vegans.  
**BRAINWASH PROJECT**  
The first edition of this zine has just been released after its successful fund-raising project generated mainstream media attention last year with its aim to provide an alternative magazine for teenage girls.



ZINES: A fresh take on an old fancy - mags like you’ve never seen them.

# Things to do on a rainy day in Melbourne

LIFESTYLE  
BY JAMIE FIRST

Have you ever looked out the window, seen it bucketing down and thought “it’s too miserable to go outside”, so instead you stay at home bored out of your mind? Well then, here’s a list for you – a few ideas about what to do when the weather’s against you.

1. Stay in bed and open a book you’ve been dying to read.
2. Lounge on the couch and watch a great DVD. I always recommend the classics because they never disappoint.
3. Invite your friends over – that way, you don’t have to brave leaving the house... they do.
4. Cook one of your favourite dishes (there’s nothing better than comfort food).
5. Reminisce about your childhood years by taking out an old photo album. It’s amazing what memories you can reignite.
6. Do something you haven’t done in years... maybe bowling or ice-skating?
7. Get your heart pumping and be adventurous. Why not try indoor rock climbing?
8. Expand your mind and get a taste of culture and education along the way by visiting a museum or art gallery.
9. Stay fit and healthy by using that gym membership that’s been collecting dust in your wallet. Or, better still, be creative and exercise at home. Use water bottles for weights, chairs for step ups and dips, and the hallway for lunges and push ups.
10. Grab an umbrella and go shopping. When it’s pouring, the streets are usually empty, so that’s the best time to snatch a bargain. Otherwise, shop online. It saves you from getting wet feet and is a real time-killer. You can waste hours without even realising it.
11. Finally, wait half an hour... it is Melbourne after all and the weather is bound to change in no time!

# Like it or not, reality TV is here to stay



TV: It continues to dish up an alternative reality... and we’re hooked!

TELEVISION  
BY JESSICA CHAMBERS & ALEXANDRA PATRIKIOS

It’s cheap, popular and Australian... no, it’s not *Lara Bingle*. According to the latest research into Australian viewing habits, reality TV is chewing up national airtime and proving a cost-effective way of meeting local content quotas. That’s right, *Being Lara Bingle* is actually considered a cultural contribution to the national character. RMIT University media commentator Dr Vincent O’Donnell said there has been a huge increase in reality TV programs over the past few years. Free TV Australia data backs him up. It showed Channel 7’s *The X Factor* was the second most watched show in September, while Channel

9’s *The Voice* dominated in July. Dr O’Donnell said a reason for this could be that “the good ones are very successful at pulling big audiences for relatively little expenditure”. With low budgets and potentially high returns, reality programs dodge what O’Donnell calls the “woes of commercial television” – basically, when the hit or miss margin comes at a much higher cost. He said reality shows, like most other TV programs, go in “cycles of favouritism” and that the smallest tweaking of the format can recapture the audience’s attention, just look at how *The Voice* reinvigorated the tried and tested *Australian Idol* act. “I think ... it brought something new to the genre,” Dr O’Donnell said. So it seems these shows are here to stay thanks to their many loyal fans who are obviously much more easily entertained than I am.

# Your say: Where do you go to get your favourite dessert?



“I go to Roule Galette in Flinders Lane to get chocolate crepes because they are full of flavour and topped with fresh fruit.”  
Nhung Le, 22, student.



“Koko Black in the Royal Arcade to get their dark Belgium hot chocolate with chilli because it’s my favourite thing in the whole world and I would sell my mother’s kidneys to get it if I had to.”  
Dang Nguyen, 20, student.



“I go to Cupcake Central and order an apple and rhubarb or chocolate cupcake because they are amazing and so moreish.”  
Kellie Macnaughtan, 17, student.



“Pearson & Murphy’s to get a doughnut. They make damn good doughnuts. I like that they are fresh and fluffy, and taste like doughnuts should.”  
Seb Haquin, 20, student.



“I go to The Pancake Parlour and get a ‘short stack’ with ice cream on the side because it’s delicious.”  
Domi Wappett, 17, student.