

#ASHTAG

The Voices of Youth



In This Issue

Communication 101

Active Listening - The Skill Of
Consciously Understanding Others

Life Skills 101

How An Attitude Of Gratitude
Empowers Your Life

QFR

How To Deal With Grief And Loss



Reece Mastin



British India



Ilene Martinez



AJ Kulatunga

Helloooooo May!!!



Photo by Pim Chu on Unsplash

This publication whether in print or online is not for sale. It is published to provide a platform for teens to showcase their work and voice in order to empower teens and give teens the confidence to become contributory members of society in the creation of their lives NOW.

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May 2018

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Featured Artist



Front cover title: Gaming towards the future
Artist: Ashlei Macca, age 20
Melbourne, Australia
Follow Ashlei on instagram
[@artistique](#)

TEAM BLOG

May was an ABSOLUTELY awesome month!

We have a *huge* announcement to make - **Bayou Blue Radio** and **Hashtag Oz** are partnering up to promote amazing talent. Read more about Bayou Blue Radio via our Q&A with Ilene Martinez, co-programming director at Bayou Blue Radio.

We caught up with the legendary Reece Mastin and British India and were privileged to have a Q&A with them.

We have on board the fabulous Emma Dennin, Hashtag Oz, Book Reviewer. Elodie Sapien and Ashleigh McDonald are our two artists of the month and James Langton, has signed up for 10 chapters of A Date To The Debutante - our May issue features his first chapter.

Then there are our supportive regular features: Communication 101, Life Skills 101 and QFR.

Remember life is a journey; sometimes it feels like a roller coaster ride, other times its smooth like the sands of the ocean and other times its warm and refreshing like a cool drink on a spring day. Learn from each phase, focusing on the person you want to become with the goal of becoming the best version of yourself, whilst sprinkling lots of kindness, love and support along the way.

At the end of the day, you are not an island but part of many peoples lives.

Challenge yourself this month, to smiling more. See what a difference that will make to your everyday interactions.

Have an enjoyable May!

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contents

MAY 2018

COVER

Artist - Ashlei Macca

Q & A | INTERVIEW

8 - 13 | Reece Mastin

16 - 19 | Ilene Martinez

47 - 52 | British India

FEATURED ARTICLES

6 | ROCKFEST

34 - 35 | COMMUNICATION 101

Active Listening - The Skills of
Consciously understanding Others
- Cary Ari

38 - 40 | LIFE SKILLS 101

How an Attitude of Gratitude
Empowers Your Life - Cary Ari

44 - 46 | QUESTION FROM READERS

How To Deal With Grief -
Cheryl Little

SPECIAL FEATURES

27 - 28 | Ukiyo

24 - 25 | AJ Kulatunga

BOOK REVIEW

32 | Honey Butter written by
Mille Florence

YOUTUBE

28 | Ukiyo

51 | British India,
Midnight Homie

LITERATURE

21 - 22 | A DATE FOR THE
DEBUTANTE - James Langton
Chapter 1 - Same ol', same ol'

POETRY

30 | EXPECTING JOY
Chenoa M

ARTIST

15 | Elodie Sapien

PHOTOGRAPHER

26 | Shane Presler

INSPIRATIONAL QUOTES

7, 14, 20, 23, 29, 31, 33, 36.

HELP

HELPLINES

54 | THE BRAVE PROGRAM

BEYOND BLUE
1300 22 4636

THE BUTTERFLY FOUNDATION
1800 33 4673

Rock Fest

Trafalgar High
29th May

www.rockfest.net.au



Look the world



Photo by Caju Gomes on Upsplash

straight in the eye



Photo by Rhand McCoy on Upsplash



Q&A with Reece MASTIN

You're 23 now, you were only just 16 when you won X-factor, how much do you think you have grown since X-factor, musically as well as personally?

It's almost unmeasurable; looking back it's hard to remember how I felt or what my thinking was back then. I've been through so much stuff since then, challenges and adventure, good and

bad. The bad has led me to a lot of realisation, and I think those are the moments that have shaped me more than the good, to date. But I wouldn't change any of it.

Between the ages of 16 and 23 which seems like an age ago, as though looking at someone else's life. I've crammed so much into those short years, but I'm coming out of that stage of my

We have had many readers contact us for a Q&A with Reece Mastin and Reece Mastin was more than happy to oblige.

We include a summary of Reece' key success behaviours, as promised, that empowered his journey towards success at the end of Q&A ; key behaviours that you should try on and flavour with your own style.

life now as a very different person, but someone I'm happy with.

What job do you think you would be doing now if you didn't have your music career?

No doubt I'd still be playing in some capacity, even if I was teaching or playing around bars. But dad always says if this doesn't work out he's happy to take me on as an apprentice electrician, but I'm happy doing this for the time being, I reckon.

You have a new album out. You're no longer Reece Mastin, just simply "MASTIN" - what was the reason behind that?

Well looking at the start of my career and how it was portrayed out to the world, the music, the marketing, the intent was so different to what I'm doing now. People would hear my name and automatically go straight back to that time and preconceived my music to be something it isn't.

We changed the name in the hopes that people can judge the music for what it is, whether they like it or not, I want to give it the chance it deserves. Because as you can imagine, creating something that is such a real and honest representation of who you is personal; that means a lot.

Your new Album is very different to your previous songs, it's more Rock than Rock Pop, do you feel this is more you, than previously?

There has been a few records now that have been straight Rock n' Roll, the difference with this one is that I've been able to do as much of this by myself as possible which I believe has made it closer to exactly how I want it as I've ever achieved. Playing all my own instruments on this (bar the drums) was super important to me too, I believe it gave me a second voice on this record, that really amplified what I wanted to say. I was super honest with myself on this record; as I have been in my

- **Check out Reece Mastin's FACEBOOK @reecemastinofficial for his tour which started on April 14 Suitcase Of Stories Tour can be purchased via moshtix.com.au**
- **Follow Reece Mastin on Instagram @reecemastinofficial**

life as of late.

What advice would you give to your 16-year-old self?

To be honest, I wouldn't want to change too many things. I think everyone would encourage their younger self to get to know themselves a little more, before making such big decisions. But being so young and pushed so intensely onto the country, I don't think I really had time to.

I guess in my own way I had to figure that out a little bit slower as I made my way through the industry, the older I got.

You joined "The Voices Supergroup" in 2016, How did you get involved with Australia's Legends, Jason Singh from Taxiride, Dale Ryder, Boom Crash Opera, Mark Gable, Choirboys?

Jason got in contact with me just before New Years Eve

in 2016, he ran me through the idea and I thought it was great. 4 decades of rock music from Australian artists. The gig sells itself. The guys are absolutely awesome. We've had the best time flying around the country and overseas. I've had some great advice from them obviously and we've shared too many story to mention. All in all it's a pretty great gig to be a part of.

What has it taught you, performing alongside such experienced Australian Legends?

I think we all bring so many different things to the table. We all perform very differently. Our songs have very different approaches. So really I think it's opened all of our eyes to another way of thinking when it comes to writing hit songs.

The guys have obviously

had low points in their careers and hard times in such a brutal industry. We've chatted about those things a lot, those moments have been coming my way over the last few years as I'm sure they will continue to do. But having experience, these guys and friends have given me some great advice to get through it all.

Which song on your new Album do you think mostly reflects who you are today?

They are all so different so it's very hard to pick. Every moment or story on this EP is such a monumental and pivotal point from my last few years. Stories that have defined and shaped me quite drastically. So really all of them. Tell me all about it shows my darker more intensely angry side, that doesn't come out all too often these days anymore. Songs like, The One That Never Gets Away, show the fun and intensely energetic side of me. So there are lots of different colours of me in there.

Do you have a favourite place to be creative & to write?

Really anywhere with a guitar or a piano. I write a lot when I'm home, I think to get in my own head and let time go. I think it's important to let everything else go whilst you zone in on what it is that you're trying to get across,

Reece on moving to Australia:

“When we moved to Australia, I hadn't really got many mates and with my accent I found it hard to talk to everyone at school and even at football; so I started playing my guitar more and more. It was really my only friend, and something I could talk through when I didn't have another outlet”

isolate the story and let it consume you. The more you can vividly imagine the scenario, the better it will be to envision for a listener.

Make a universe someone else can walk around in.

Do you still keep in contact with Guy Sebastian?

Only at shows or festivals, that we are both playing - in terms of genres and circles we each are in, the music industry. It doesn't happen too often. But it's always great to catch up when we do and have a bit of banter.

How did it happen that you taught yourself to play guitar and sing? were you given a guitar and just thought, “I can play that?”

My dad bought me an Acoustic guitar when we

were back in the UK and we had a piano, but I was right into my football at that time. So I was more of a consumer of music but every now and again we mucked around on some instruments, not really knowing what I was doing. Then when we moved to Australia I hadn't really got many mates and with my accent I found it hard to talk to everyone at school and even at football; so I started playing my guitar more and more. It was really my only friend, and something I could talk through when I didn't have another outlet.

What was your favourite music to listen to when you were younger?

I mainly listened to stuff from the 80's - stuff like Guns and Roses, Aerosmith, some

Nirvana things like that. Dad had a big CD collection with a bunch of musical artists.

..... **And now?**

Now my main love would be in the 70's like Free, early Aerosmith, Tom Waits, The Faces, early ACDC - its where rock really started to speak my language I think.

How has your family & parents helped you to chase after your dreams?

They have always been supportive. There's so much love there and we all support each other in whatever endeavour we embark on. But in saying that if we feel things are going astray for one another, we are also happy to say so and try and help.

Bullying in schools has become a big problem. Because of your fame at such a young age, was Bullying an issue for you? What would you say to kids now that are bullied at school and bullied on social media?

Yeah for sure, unfortunately. It's a part of the world that seems to always have been and will probably continue to be.

On top of that we now have social media that seems to aid it, in being relentless.

I never really let it get to me.



It's just words, at the end of the day, that's not got much wit to back it up.

Idiocracy never gets people too far in life.

I think knowing that you can be happy in yourself and striving to achieve that, makes the "bullying" water of a ducks back.

What is your favourite thing to do when you're relaxing at home?

Noodle away on the guitar hahahaha - its kinda a constant for me.

I don't mind a spot of cooking and I'll go fishing



every now and again, if I can find the time and a nice quiet spot. But down times not something I have heaps of these days.

Reece on Bullying:

“I never really let it get to me, Its just words at the end of the day...idiocracy never gets people too far in life”

What advice would you give to new singer/songwriters?

Do it for yourself first. I feel like people try sometimes to write music for others, or what others may like. Music to me is just a great and higher form of communication.

You're putting yourself out into the world, so make it YOU. We are all so individual, nobody has ever walked the same steps through life - its effected everyone so differently - for me

it's so intriguing to view the world through someone else's eyes. Get an insight into why they are the way they are and who they are at the core. It's a beautiful thing.

What's your favourite Tattoo you have had done & why ?

I have both my Grandparents on my shoulders; they would probably be the most important to me. I did just lose my grandad and now I will always have him with me. He always held me up, now he can forever do so.

Do your sisters ever give you a hard time, because you're the only boy? is it normal sibling rivalry, or because you are famous they give you more of a hard time?

Nah not at all, if anything I think they look after me more because I am the only boy. The older we've gotten the closer we've gotten, I think.

Would you like to perform more with Georgie?

I have before, my last tour on Georgie actually came on board and did all the BVs for us. She's got a great voice and I'm sure she will keep singing.

How would you describe Australian Culture?

I'd like to think that it's about mateship.

What team do you barrack for in the AFL? Or having an English Background do you prefer Soccer?

I am more of a football (soccer) fan. My family is a massive Liverpool FC family, so it will always be Reds through and through.

Reece Mastin's Key Success Behaviours that you should try on and flavour with your personality:

- Learn from the past, allow yourself to be challenged and grow with the intention of becoming a person you can be proud of.
- Accept the good with the bad but always focus on your goals. Never take your eyes off the goal.
- Learn from experienced individuals in the industry; pick their brains, ask questions, listen to their life journeys and accept their advice, redirection and mentoring.
- Stay emotionally and mentally grounded by nurturing and staying connected to relationships that support the real you - family, friends and those who add constructive value to your development.
- Network, network and network some more.
- Grab opportunities when they come your way.
- Make sure to have fun and laughter on the way.

Growth always
comes
after the pain



Photo by Edu Lauton on Upsplash



WHERE WORDS FAIL, MUSIC SPEAKS

SHAKESPEARE

Artist: Elodie Sapien
Follow Elodie on instagram @lodiiiiart
www.lodiiii.deviantart.com

Q&A with

Ilene Martinez

about Bayou Blue Radio,
music and more



How did you get involved in music?

To be perfectly honest, I cannot remember a time when I was not somehow involved with music.

I have been singing since forever, and started learning my first instrument (piano) at age 6.

On both sides of the family, music goes back for generations.

So I guess it's kind of in my blood.

You are also involved in radio. Tell us about the radio station.

I am the co-director and programming director of Bayou Blue Radio. You can listen to the radio station via

www.bayoublueradio.com

Bayou Blue Radio is a bilingual (French & English), not-for-profit radio (as part of Bayou Blue Productions).

Follow Ilene Martinez on

www.ilene-martinez.com

[www.instagram.com/
ileneamericana](http://www.instagram.com/ileneamericana)

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ileneamericana](https://www.facebook.com/ileneamericana)

www.bayoublueradio.com

www.bayoublueproductions.net

We program jazz, Americana, blues, all kinds of World Music, and reggae... including syndicated shows, such as Ms Debbie the Blues Diva (KAZI, Austin TX) and a couple of jazz shows from Belgium ("La Chambre Verte," and "Play Misty," which focuses on film music.

We have relatively few Australian artists at the moment. So folks, give us a listen and feel free to send us links to your work or that of your favorite artists. If you feel like your album or EP would fit into our programming - we are very open! And happy to give feedback as well.

Who are some of your favourite musicians, singers, bands from the past or present? Why?

I grew up listening to country-rock, like Creedence Clearwater Revival and Linda Ronstadt - thanks to my brothers; and artists like Elvis and Ray Charles - thanks to my parents.

I sang along to Aretha Franklin and Billie Holliday as a young teen; I guess they were my first vocal coaches, ha.

I've gone through every musical phase under the sun.

I learned to play classical music on the piano, and that's all I liked until I inherited my mom's little kitchen radio and started listening to pop on AM stations. Then I became a huge fan of Prince and New Romantic bands like Duran Duran.

I like a little of everything really and also went through a Ramones phase at one point, Nirvana at another; now I'm learning more about jazz.

At home right now, we listen to our station Bayou Blue Radio, and new radio submissions.

In my car, I mostly listen to the music in my head; but if I were to put on a CD, it would

We have relatively few Australian artists at the moment. So folks, give us a listen and feel free to send us links to your work or that of your favorite artists. If you feel like your album or EP would fit into our programming - we are very open! And happy to give feedback as well

be Joni Mitchell, Rickie Lee Jones and recent albums from Shawn Colvin (such as her duo album with Steve Earle from 2016, Colvin & Earle).

Is there any specific genre that you particularly like? Why?

Jazz fusion of every genre. I like the freedom and sophistication of jazz; it can go anywhere, and does. In Europe, it has become something of a female-dominated genre, thanks to artists like Céline Bonacina, a master of the baritone sax.

I love Americana singer-songwriters, when they have stories to tell and tell them well...

For example, the recent, socially-conscious albums from Mary Gauthier (Rifles and Rosary Beads) about veterans who came back from war and the album is about their stories.

Then there's Gretchen Peters (her new album, Dancing with the Beast, is out in May); Lucinda Williams' poetic style, etc.

I love old-timey American music; it was played by Blacks and Whites alike (who collaborated and exchanged influences more than you might imagine), from around 100 years ago or so... Leadbelly exemplifies this genre as much as the Carter Family. Dom Flemons is doing great work right now in this genre (check out his latest album, "Black Cowboys," from Smithsonian Folkways).

Do you think any of the above influence your music and lyrics? If yes, how? If no, where do you get your influences from?

Nobody comes from nowhere, but that said... What I am doing right now on this new album (**demos are available here <http://www.ilene-martinez.com/music/>**) is not really comparable to anything else I have ever heard.

I tell my stories simply, and these wonderful jazz musicians (guitarist Olivier Mugot, bassist Philippe Henner, accordionist Maxime Perrin) are doing the arrangements of my basic melodies.

Which famous person would you love to meet? Why?

I really don't know how to respond to this kind of a question, since I don't really dream about meeting famous people.

I suppose I'll meet whoever I need to meet along this artistic path I'm walking, and it will be full of fun surprises.

That said, it was really cool to get called onstage to jam with Larry Graham and Graham Central Station one time in Paris. I felt like a fish in water, and I think they got a kick out of me.

Is there any particular song that moves you emotionally every time you listen to it? Why?

"Company" by Rickie Lee Jones, from her first album. It's about deeply missing a loved one.

The emotion she carries across in her voice is personal and timeless; it always brings a tear to my eye and reminds me of how much I miss my mother (a visual artist/painter), although our relationship was complex.

Is there any particular passage in a song that speaks to you deeply? Why?

For several years now, I have been feeling these lyrics "California..." (on the Blue album, Joni Mitchell, 1969) after so much time in the Old World (20+ years in France). It feels like time to come home to a warmer climate with more creative freedom. It's amazing how little has changed since then.

"Sitting in a park in Paris, France / Reading the news and it sure looks bad / They won't give peace a chance / That was just a dream some of us had / Still a lot of land to see / But I wouldn't stay here / It's too old and cold and settled in its ways here"

How do you feel about the internet in the music business?

It's a wonderful promotional tool that has also, unfortunately, destroyed the record industry.

What particular challenges did you overcome? What did you learn about yourself?

I was under pressure to quit the music business by people close to me who were convinced that being an artist is not a real vocation.

I knew I was putting myself in emotional danger by trying to be something I wasn't, in order to please people who didn't really know or care about me...in other words, I was under pressure to live a lie. I don't care to delve into their motivations for doing so; I'll chalk it up to cultural differences.

The only way for me to get past this was to forge ahead with full faith in my work and resilience. I moved across the country, closer to Paris and found a new support group. It's a tough uphill battle and it's not over, but I am beginning to see the first-fruits of my efforts and that means a lot.

What I've learned about myself in the process is that I am a much simpler person than I thought I was; that I am an introvert who thrives in a peaceful, quiet, drama-free atmosphere, and I am becoming more and more of a minimalist. I love being on the road. Also, I need to sleep sometimes. ;)

How would you describe your perfect day?

A day when I can share my music.

If you had the chance now to be instantly transported to your favourite place, where would it be and why?

My dad's house in Austin, TX.

It's my second home as well; I would love to chat with him face to face and not over the phone, and maybe go for a bike ride on my old-fashioned Schwinn afterwards.

What would you say your family and/or friends appreciate about you the most?

What they have told me is that they appreciate my love, tenderness, open communication and humor.

Is there a specific skill you would love to learn in the future? Why?

Yes, I would like to and need to learn more about marketing myself. I am doing this right now in fact.

Why? Because the music business has changed so much.

Labels no longer do the same jobs. I am going to sign soon with a music publisher in France, and I will have to learn about the job they do. And then look for a distributor, and find out what they do as well.

Where do you see yourself in ten years? Why?

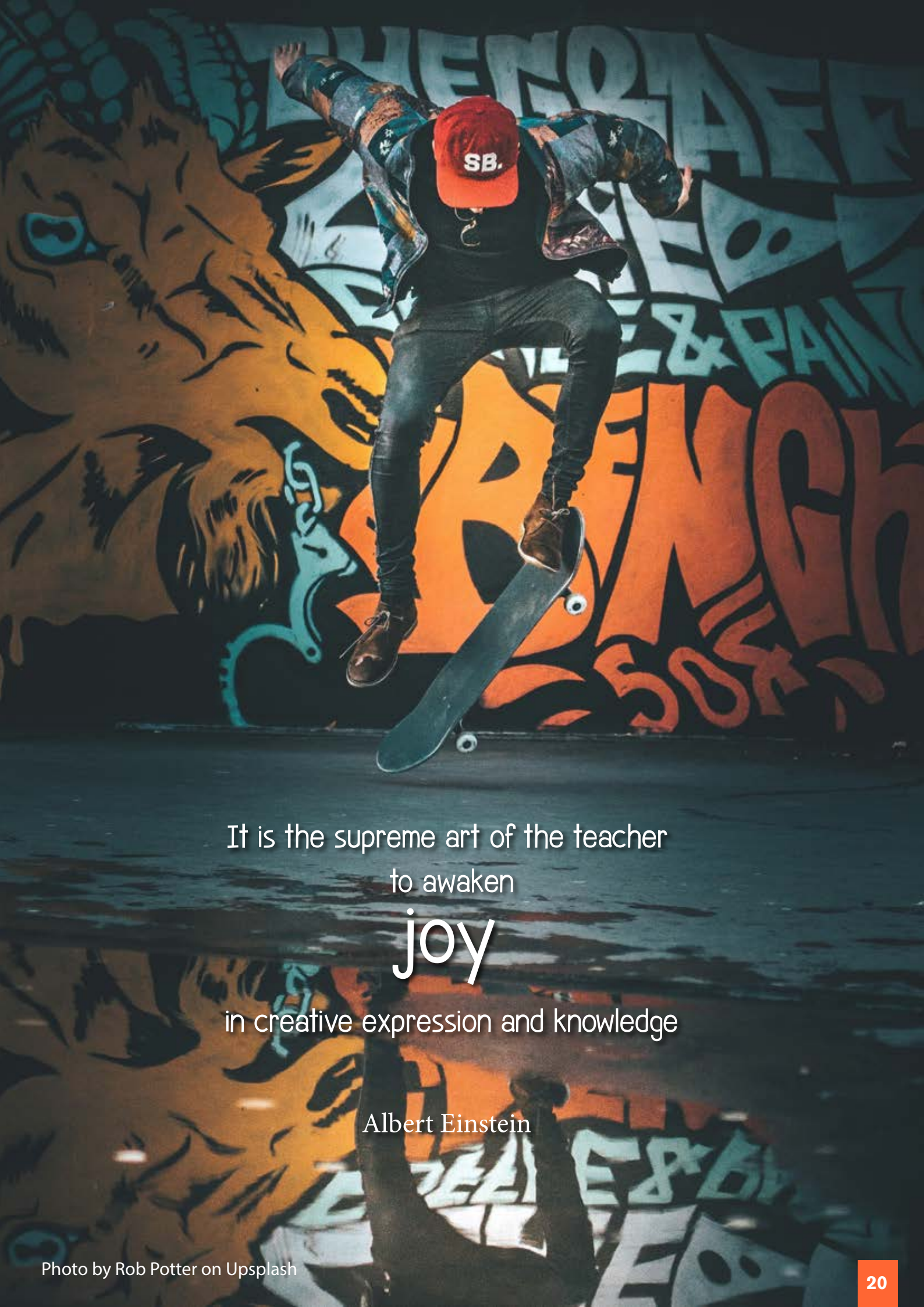
I see myself based in the USA, travelling the world with my music and looking after the older and younger generation of my family; emotionally and financially.

What three pieces of advice would you give those, just starting out in the music industry?

- 1) Give yourself permission to change and evolve at your own pace.
- 2) Define yourself, rather than allowing others to define you.
- 3) TRUST YOUR INSTINCTS when it comes to the people you work with.

Any plans for the future?

Right now we are doing about a billion things at once... looking for concert dates for us and others, as well as securing funding to record this album (and scheduling all this stuff). I'll be in the USA this summer so a lot of what we are planning is from the fall forward.



It is the supreme art of the teacher
to awaken

joy

in creative expression and knowledge

Albert Einstein



A Date For The Debutante

Chapter one

Same ol', same ol'

Written by James Langton, age 22, Melbourne, Australia

Peter woke up from his sleep. Another day was upon him. He pulled himself out of his bed and got dressed, ready for the day.

It was the 14th of June, not a special day by any stretch. Thursdays tended to be fairly straightforward, English and Maths today. Maybe he would be allowed some free time to do some writing. He needed to work on his conciseness.

He bounced down the stairs, his body reclaiming energy after being dormant for ten hours. Sleep was a nuisance at the best of times, it always got in the way when he was at his peak.

His mother had laid out porridge for breakfast. How boring.

"Mum, I thought we got some Cocoa Puffs on Monday. What's this?" Peter said.

"Oh, we gave it to the Smiths down the street.

They said it was great." said his mother.

"What's the point in buying something if we never use it?" he complained.

"Says the boy who bought the complete Encyclopedia Britannica," said his sister, mindlessly tapping away on her phone.

“What have I said about phones at the table?” said their father.

“Do you as your father says, Jenny. And you can’t put a price on knowledge, that’s what I was taught as a girl.”

“Were you also taught to be a stuck-up? Or should I translate that into Old English for you, m’lady?” said Jenny sarcastically.

Their mother sighed. “My point is that we eat food every day, so buying expensive food is a waste. You’ll only get hungry again in five hours, might as well save the money for something valuable.”

Peter groaned. “Don’t you ever get sick of the same stuff day after day? How about stretching your wings, doing something amazing?”

His parents looked at him simultaneously.

They responded with a uniform “No.”

Jenny laughed. “Dad, you’ve gotta see this post. Jess from school posted it, and it’s...”

Her father sighed. “Can’t I read my newspaper in peace?”

Peter scooped up some of his porridge and sighed. “I’d just like a bit more flavour in life, that’s all.” he muttered to himself.

He stood up from the table, grabbed his school bag and left. It was always the same; Mum made boring breakfast, Jenny browsed social media and Dad paid no attention to anyone but his own schedule.

Maybe school would offer something more worthwhile.

James Langton continues Peter’s journey in our June issue, with **Chapter 2, The Bus Ride.**

Is there new prospects for Peter, around the corner? maybe some adventure? or do things stay the same? What awaits Peter? June issue will answer these questions and much more.

Find joy in the ordinary



TRANSFORMING NEGATIVITY

- The Adventures of a Young Entrepreneur

- By AJ Kulatunga

Most people think Entrepreneurship is about starting a business and making lots of money, but I think it's about something more powerful. I believe Entrepreneurship is a way of life. In fact, becoming an Entrepreneur saved my life. Here's my story.

Before we begin, let me share something interesting with you. Scientists analysed the bumblebee in great detail and determined that it cannot generate enough lift from its tiny wings to move its massive body. Therefore, due to the law of physics, the scientists concluded that the bumblebee cannot fly. But the bumblebee isn't familiar with the laws of physics, so it keeps flying.

In life, you're going to encounter people that will try to force their views of the world onto you, but just like the bumblebee, that doesn't mean you have to accept them. For example, my parents always drilled into me that I had to get an "A" in every subject because they came from a world where getting good grades set you up for success in life. Unfortunately, I was not academically gifted, so my parents made me feel like a complete failure simply because they imposed their view of the world onto me.

The secret to surviving other people's negative opinions is developing your own special view of the world. Fill your world with things that make your heart

sing. From my parents' perspective, my childhood was filled with disappointment, but from my view, it was filled with curiosity and adventure. This eventually led me to become an Entrepreneur.

Growing up in Darwin there wasn't much going on, so I constantly created my own opportunities. When I was 7 years old I started a neighbourhood newspaper. At 14, I created a website development business. Then at 23, I started my own IT Consulting firm.

I grew the business to 13 staff members



and created professional development opportunities for other cool young people. I also built a small business technology training centre, the first of its kind in Australia. As a result of my

“When you find a purpose bigger than your pain, you magically transform your circumstances”

adventures, I was named Young Achiever of the Year by Awards Australia in 2008.

Then I gave it all up to chase a bigger dream - to become a World Class Professional Speaker.

But how exactly did Entrepreneurship save my life?

Fresh out of university, I encountered a bad boss who had a very different view of the world than me. He made me feel worthless and it got to a point where I would wake up crying every morning. I remember finishing a bad meeting one day and wanting to walk through the glass window of our eighth-floor office to end my suffering. The moment I finished that thought, something inside me snapped. I felt angry that I had been made to feel like this and no one would help me.

Around the same time "The Apprentice" debuted on TV, and for the first time in my life, I saw young people running their own companies. I had always believed that was something only adults could do and suddenly a crazy thought entered my head. What if I started my own company That would fix all my problems. So I quit my job, started my IT consulting firm, "BLKMGK", and never looked back.

When people heard this story they want me to speak to their kids at school to inspire them. And so began my career as professional speaker.

Entrepreneurship allowed me to take all the negativity in my life and transform

it into positive outcomes. Doing so saved my life because when you find a purpose bigger than your pain, you magically transform your circumstances.

Here's my Entrepreneurial framework so you can create your own magic:

"Dream great dreams. Build amazing things. Inspire those around you & Lead through motivation."

If you look carefully at everything I've shared with you, you'll discover how this works.

Okay, our time together is up so let me leave you with one final thought to ponder. Some people live in a dream world, while others face reality. Then there are those who turn one into the other. My question to you is, which one are you?

Dream, Build, Inspire, Lead!



A man with short dark hair, glasses, a blue shirt, and a dark suit jacket is pointing towards the camera. The background is a dark blue wall with the name 'AJ Kulatunga' written in white text.

AJ Kulatunga

AJ Kulatunga is a Young Achiever, Entrepreneur and Inspirational Speaker, passionate about teaching others how to think like an Entrepreneur to survive in business and life.

Follow AJ's entrepreneurial adventures via his blog

<https://the-entrepreneurs-mind.tumblr.com/>

Catch AJ live at Somerset College's Celebration of Entrepreneurship via

<https://www.somerset.qld.edu.au/celebration-of-entrepreneurship/>

Experience AJ on or YouTube (ajkulatunga) Instagram (blkmgk01)

Twitter (@blkmgk01)

Email AJ questions via aj@ajkulatunga.com



MEET PERTH'S 'UKIYO' and his NEW SINGLE 'GO' FEAT.

Trailblazing 21 year old multi-instrumentalist and producer, Ukiyo returns today with his transcendent new single *Go*, featuring breathtaking vocals from Chymes, out today, April 18.

Ukiyo, otherwise known as Timothy Arnott, has also dropped an exquisite video to accompany the track; a meditative amalgamation of vision capturing the beauty of the Austrian Alps. The exciting Perth local has also announced a string of hometown shows, including the renowned festival, Groovin' The Moo in Bunbury on May 12, and Art Ball in Perth on May 26.

Go moves mountains with subtle, assertive ease; modern, exciting production moulds itself around organic, reassuring piano, and that sweet, intimate vocal sits atop the arrangement like a queen upon a throne.

The track is evocative of Flume's groundbreaking production style, but there is something distinct about *Go* that is incomparable to others within the genre. Thoughtful and introverted, *Go* is the result of a contemplative plane trip, as Timothy explains, "*Go was a track that came about after my first Melbourne show last year. It was my first Ukiyo show outside of my hometown and the first time I'd flown for ages. Being up there is always a harsh reminder of how small we are.. the idea was centred around a feeling of adventure and the possibility of happiness out of sadness. It's about fixing relationships, whether that be with yourself, someone you love, or something you love.*"

The music video for *Go* is suitably meditative and magnificent all at once. Aerial shots of the Alps in Austria fill the screen and warp,

twist, invert - it's hypnotic and kaleidoscopic, but in a comforting, cyclical way. Directed and shot by the artful Kevin McGloughlin with creative direction and colouring from Brendan Canty, it is truly a wonderfully apt visual representation of the music as it unfolds.

Reflecting on the process, Timothy says, "My biggest inspiration for music is always nature, so when it came around to a video clip for Go, I knew the only actor I wanted was the Earth," as Kevin adds, "I aimed at evoking a sense of atmosphere and adventure while complimenting the beauty of the track, to express a feeling of exploration, and create a calming journey for the viewer...it was an absolute pleasure to work on this project."

2018 is set to be a massive one for this exciting young artist, but he's taking it all in his stride – major festival appearances and all. Ukiyo says, "Expect some new sounds & directions this year, and Go is just the beginning."

Go is available now.

TOUR DATES:

SAT 12 MAY | GROOVIN THE MOO, BUNBURY WA
| ALL AGES

Tickets available from www.moshtix.com.au |
1300 GET TIX | All Moshtix Outlets

SAT 26 MAY | ART BALL, PERTH WA | 18+
Tickets available from www.artball.com.au |
9492 6761



Go, is available now on iTunes





Sharing is caring :-)

Expecting Joy

I've seen the dark side of life
I've been down the rabbit hole
I've heard my heart break
 quick, fast and sudden
I've have felt parts of me disappear
 forever
I've crawled out from the pit
 of something so private and naked
and I'll never go there again

I want light
I want strong feet
 that take me everywhere
 with confidence

I want healing
I want completeness
I want life

And I expect joy

**Poet: Chenoa M, age 16
California, USA**



THINK

**OUTSIDE
THE
SQUARE**



**WHEN
PROBLEM
SOLVING**

BOOK REVIEW

WITH EMMA DENNIN

Hashtag Oz will be featuring a monthly Book Review segment. Please welcome Emma Dennin, Hashtag Oz Book Reviewer.

Emma Dennin is a high school writer/reader from Oklahoma. She's the proud author of contemporary novel, *This Is Why*, and upcoming sequel, *This is How*. Emma is also very passionate in the arts, including: theater, drawing, music, and dance.

June issue will feature a Q&A with Emma Dennin

Follow Emma on Instagram

@Emma_The_Teen_Author and Twitter

@Emma_the_author

Check out Emma's monthly Book Review in Hashtag Oz and circle Hashtag Oz Q&A with Emma Dennin in our June issue

Emma's Book Review Rating system

5 = Please go and read this book so we can gush about it together!

4 = Highly Recommend!

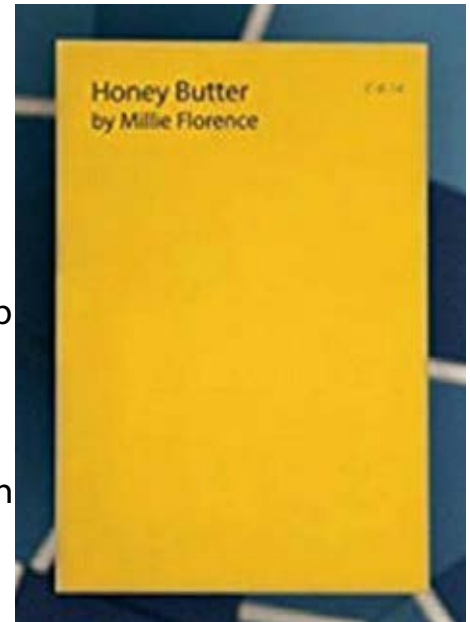
3 = Entertaining, but lacks a few things.

2 = Not interested in it.

1 = A solid nope.

5/5 stars

Honey Butter, by Millie Florence is a contemporary novel about an unlikely friendship that forms during the summer, between 7 year old Jamie Johnson and 13 year old Laren Lark.



This book was absolutely adorable! The friendship portrayed within this story was so pure and heart-warming, as well as addictive. This book had me laughing and smiling the entire way through, and it was almost impossible to keep my hands away from it for more than 3 seconds. Florence's writing captures the whimsical sense of childhood and adventure, and she does an amazing job developing relationships and character throughout the novel.

My absolute favorite character, however, is Laren Lark. Her love for books is delightfully relatable, and her passion for words and poetry is beyond charming. I also love the way that Florence presents teenagers in this story; by going against the typical stereotypes that are often seen in most media. Overall, this book is definitely a must-read!

Photo cred: Jamal Wright
Follow Jamal on instagram @biologist678

**Use your
drive to
brighten
your
horizon**



Active Listening - the skill of consciously understanding others

Cary Ari

What is active listening?

Actively listening is the skill of concentrating effectively on the other person with whom you are conversing with and not just hearing the other person.

If you are in the habit of formulating a reply before hearing another person out fully or if you think of other things whilst *listening* to the other person – then you probably need to improve your active listening skills.

Three benefits of active listening?

1. You are better equipped to reply with comprehensive understanding of the issues, as well as be able to formulate the best and most accurate solution at hand.

2. You demonstrate that you are open to others perspective and experiences and thus are better equipped to diffuse highly emotive situations and/or conflict.

3. You actively exhibit that you support, understand and appreciate your family, friends and peers opinions/thoughts/experiences which earns you respect and trust.

**LISTEN and SILENT
are spelt with the same
letters - think about that!**

How to become an active listener?

1. Give the other person your full attention. This means:

- Put away your mobile. Either turn it off completely or turn off the volume.
- Look at the person you are speaking to
- Focus on the other person's body language
- Let go of the desire to give a rebuttal
- Do not allow yourself to be distracted by your environment

2. Demonstrate through body language that the other person has your full attention:

- Use appropriate facial expressions e.g.: smile, curiosity, empathy, etc.
- Nod occasionally and use verbal comments such as "go on", "yes", "uh-huh"
- Make sure your posture is turned to the other person and looks interested in the other person.

3. Give Feedback and reflect back how you understand the other person

- "Sounds like you are saying...."
"I'm hearing that....""Correct me, if I am wrong but what I am understanding...."
- Ask questions to make sure you understand the other person "do you mean...."; "I am a bit confused. What do you mean, when you say...."
- Do not take anything personally but if you find yourself, taking things personally, try detaching yourself from your emotions by asking for clarification "I am starting to take things personally, so correct me if I am wrong. I am hearing that you are saying xyz. Is this what you meant?"

4. DO NOT interrupt the other person when they are talking

- Before you ask any questions, let the other person finish speaking.

5. Reply appropriately

- And that means with respect
- Keep to the golden rule; Do unto others as you would want them to do unto you
- Be honest and candid. Use conversational language. Avoid using big words.

Active listening requires practise, determination and commitment to become a skill that you eventually will employ on a daily basis. It is the foundation of quality communication and avoiding unnecessary misunderstandings and a resource to develop constructive relationships.

It's worth the practise!



Hashtag Oz will feature monthly articles, supporting you to gain awareness, strategies and knowledge so that you train and practise the communication muscle.



*A friend is
that person
who helps you
not to take yourself
too seriously*

Photo by Bewakoof.com.official on Unsplash



WE ARE ACCEPTING SUBMISSIONS NOW

DO YOU HAVE ART WORK THAT IS AMAZING?

ARE YOU A PHOTOGRAPHER?

OR DO YOU WRITE STORIES? POETRY?

WE WANT TO PUBLISH YOUR WORK.

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ARE YOU IN A BAND? DO YOU DANCE?

DO YOU HAVE A YOUTUBE CHANNEL, WEBSITE?

WOULD YOU LIKE TO BE INTERVIEWED FOR OUR NEXT ISSUE?

CONTACT US TODAY.

AND START CREATING YOUR LIFE

NOW

WWW.HASHTAGOZ.COM.AU

How an Attitude of Gratitude Empowers your Life

Cary Ari

Every month, Hashtag Oz will endeavour to give you better life skills and answer Question From Readers.

The goal is to build confidence in you being able to take on the world!

Photo by Josh Boot on Unsplash

What is gratitude?

Gratitude is an emotional state, an attitude and a personality trait.

It has the quality of being a mixture of appreciation and thanks. In its highest form, gratitude is not dependent on our emotions but it involves our heart; gratitude focuses on finding something meaningful in what is good or right, the gifts or the benefits we have received.

Gratitude is an energizer and a motivator. Gratitude is also the universal remedy to painful feelings and experiences.

In other words, we could experience gratitude and be extremely happy or gut wrenchingly sad and still be grateful.

An attitude of gratitude helps us to see real truths in life, enabling us to tap into the potential of others, situations and our future.

So whether, right now, you are in a place you want to be in or not, you can still extract gratitude. This will empower you to fall in love with your life and your learnings, enable you to focus on opportunities and most importantly, create your life with courage.

True gratitude thus keeps your heart soft and strong, disregards your ego and supports you to face your challenges whilst reducing your trials in your mind. That is true empowerment.

If you are waking up every day feeling anxious, worried, overwhelmed with doubt, very critical of self and feeling fearful

and vulnerable and/ or low in energy (barring any medical reasons), the chances are, you need to develop the skill of gratitude gathering.

Six ways to cultivate an

...we could experience gratitude and be extremely happy or gut wrenchingly sad and still be grateful.

attitude of gratitude:

1. Notice the people that love you, who have your back, support you, accept you with all your weaknesses and strengths. This can be anyone within your inner circle – family, friends, teachers and so forth. Focus emotionally and deeply ponder on them and allow your heart to grow big. Do this daily.

2. When you genuinely compliment someone daily and being definite about what you like and what caught your eye

will make you feel better about yourself, others and life. When we genuinely compliment others, dopamine, the pleasure hormone, is released in your (and the other persons) brain. Dopamine regulates the flow of information that enters

your brain and enables you to problem solve better and thus empowers you to face life more confidently.

3. If you want to adopt an attitude of gratitude, then

it is important to know where you are going and what your goals are because every day will be pull you in different directions and you may feel out of control and under stress. Being strongly connected to your goals, will empower you to make choices that suit your goals and that bring you closer to who you want to be in the future. This then enables you to sift out minor distractions and enabling you to stay focused. This in turn, keeps your heart and mind constantly open to practising gratitude

4. Choose to be constructive about your mistakes. It's easy to allow negative and destructive self-talk into our minds and out of our mouths. Choose to shut your mouth because if you cannot be constructive, then choose to say nothing. Its time you treated yourself with the same consideration you would to your friend and nobody likes a mean and hurtful friend. Become a friend to yourself and you will also find it progressively easier to practise gratitude towards others.

5. Choose to focus on the constructive learning. This is especially important when you are faced with challenges that overwhelm you, have deeply hurt you and challenged your belief system about yourself, the other person, life, or when you are consumed with guilt, shame or anger.

For example: Let's say you lost your job. What did you learn about yourself? Your strength/ your weaknesses? What did you learn about work relationships? How will you do things differently next time, if a similar

Gratitude starts with appreciating what you already have....



Photo by Helena Lopes on Unsplash

situation reared its head? Focus on magnifying your strengths and acquiring the skills that you now know you need to learn.

Let's say it was about the end of a relationship. What did you learn from that person? what constructive learning did you learn about yourself when you were with that person? What constructive teaching did you learn about relationships and life? What skill and learning will you take to your future? And to your future relationships? If a similar relationship developed with another person, what and how would you do things differently?

6. Keep a gratitude journal. This is harder than you think. Most people start of keeping a journal enthusiastically for a couple of days or a couple of weeks and then their intentions go down the gurgler. The trick is to see the benefit of keeping a journal.

A journal keeps you focused and this promotes better memory retention, keeps you goal oriented and develops self-discipline.

Do not, however, be tempted to use a computer program or a fancy notepad. Be sure, your journal is small enough to keep in your bag or your jacket.

Jot down 3 things that you are grateful that happened during the day, just before bed and make it your night time ritual.

Practising an attitude of gratitude is a learned skill like learning to write/read, learning to wait, acquiring good manners, etc. It is a life skill that comes easier with time and eventually becomes part of your mental and emotional state, empowering your life no matter what life throws at you.

Enjoy the journey and embrace the learning!

Meet The Hashtag Oz Team



Ingrid Seger-Woznicki

CEO

Ingrid has a Degree in Bachelor of Business majoring in Accounting, Coaching Diploma, a certified NLP practitioner, Diploma in Graphology, Certified DISC practitioner and a certificate in Meta Dynamics and Repatterning.

Ingrid is a highly visual business woman who has a passion for bringing young people in communities together. She created Hashtag Oz for young people to have a platform/space to express themselves.

She loves to read, travel, cook, and enjoys good quality restaurant food. Ingrid is a great believer that we define and create our life irrespective of the cards we were dealt.



Tracey Edgell

Creative Designer / Photographer

Tracey has a background in early child care and kindergartens. She has also worked as a nanny. Tracey specializes in kinder, portraiture and Community high school photography.

Her love of Art, graphics and photography began in school when she realized that she could create and accomplish anything she set her mind to.

She has a passion for supporting Community high schools and capturing moments, freezing time which has now developed into a wonderful obsession.

Tracey is a great believer of, 'when everybody starts zigging, you start zagging'. Owner and Founder of Muddle Puddle Emporium Photography.



Cheryl Little

Writer / Blogger

Graduated high school after exhausting all possible art and PE options while camping in the library during lunch. I worked my way through high school sorting fruit all summer so I could afford skiing all winter. They hadn't invented snowboards yet. Yes, I'm that old. I've worked in sales and marketing both online and off and am an avid student of human nature and love the comedy of life. I raised two boys who inherited their father's love of things that go vroom, except the vacuum cleaner. I'm a photographer and blogger as well as a lover of all things outdoors.

Currently living over the river and through the woods in the mountains of the Pacific Northwest with a gearhead husband and a collection of cats, corgis, and speckled horses. My husband calls me outspoken. He's a very polite man. Cheryl is the owner of www.adultlikeaboss.com



Annabella Burdon

Creative Designer

Annabella loves all things creative and is a graphic designer, photographer and an actress for television. In many of her works, she collaborates both illustration and photography together to create a piece of magic.

She enjoys having a laugh and if you can't laugh at yourself, she probably will. Annabella believes that being your unique self is a gift, because everybody else is already taken.



Cary Ari

Behavioural Coach/coolest nerd

Cary is a Life Coach, outgoing, energetic and understands the importance of taking responsibility for your own life and then creating it. He loves basketball, plays soccer with a local team, Triple J and currently is massively into Indie rock.

He is also a massive supporter of Beyond Blue and Headspace, as he has family members who have experienced serious depression.

Caricature Artist: Arrin Vanguar
Follow Arrin on Instagram@arvanguard

We live in a world where no one is untouched by grief and loss anymore, whether it's through death, disability, divorce or some other life-changing event.

Here are some tips from people who have been there.

Talk about it.

Talk about the person you lost and talk about how you feel about what happened.

Shakespeare wrote in Macbeth: "Give sorrow words; the grief that does not speak whispers the o'er-fraught heart and bids it break."

It was true 400 years ago, its true now.

Find someone to talk to, especially someone who has been through loss and grief and is willing to listen compassionately.

Many people don't go to memorial services because they don't want anyone to see them cry. What you're comfortable with is up to you, but tears

How To Deal With Grief and Loss

are part of the healing process and it's not weak or unmanly to cry.

Comforting others helps with our own grief as well as theirs, so let your feelings show.

Don't isolate yourself.

Have you noticed how many times at memorials the reminiscing starts?

Remembering the good times is what gets us

through. It's a way of honoring the person we lost as well as helping their loved ones heal.

For some people "giving sorrow words" may mean writing in a journal or composing a song or spending time in heartfelt prayer. Those are good choices too and will help.

Anger and guilt feelings

Anger and guilt feelings are normal stages of grief.

Many of our readers have requested a section where we answer your questions.

Question From Readers is dedicated to YOU.

Please send your questions to

QFR@hashtagoz.com

We will try our best to research and reply to your questions



It's ok, you're not alone. The best thing to do is to find someone you can really trust to talk to about your feelings and get some perspective.

A word of caution, though. There's a big difference between being open and honest in your feelings and selfishly dumping on others and taking out your anger and grief on them.

A better choice is to work off anger with some sort of physical activity. Go running, rake the yard, whatever.

Beware of using drugs and/or alcohol to cope

Not only will it slow down the grieving process, but it can easily spiral into addiction. You also won't

...tears are part of the healing process and it's not weak or unmanly to cry.

be in any condition to help anyone else and may actually add to their grief.

Grieving takes as

long as it takes.

Be patient with yourself, give yourself space to feel. It's ok.

As time goes on you may find that your feelings are a bit unpredictable. You'll be feeling just fine, then hear a song or just have a moment and find yourself in tears.

It just takes time, and that time is different for everyone.

Some people seem to want to put a time limit on grief. They seem to say, "This has been going on too long, get over yourself!" That's not fair or right, so don't get impatient with yourself. With that said, though ...

Get back to normal routines and activities as soon as you can.

Going on with life doesn't mean you have forgotten your lost loved ones or that you love them any less, it actually honors them more.



Wait awhile to make big decisions.

Some grief counselors say that you should wait a year to make big decisions after a life-changing event.

Sometimes that's not possible, but don't be in a rush to get rid of all your loved one's things, for instance.

Some people have made decisions they regretted later. Once again, give yourself time.

Be patient with your friends.

Sometimes it may seem that people are uncomfortable or are just quiet because they don't know what to say. Don't be too upset if they occasionally say the wrong thing, because they really do care.

One last thing:

Sometimes we are too quick to tell ourselves and others 'well, at least it wasn't _____' and treat ourselves as if we have no right to feel bad because someone else has it worse.

While remembering that other people also have problems is good for keeping things in perspective, please be careful with this type of thinking.

Don't use it to beat yourself up and be extra careful about saying things like this to others.

It usually isn't comforting and can come off very harshly to feelings that are already sensitive.

It all comes down to a few basic principles. Take your time, be kind to yourself and others, and don't isolate yourself.

You're not alone, even if sometimes it feels that way. Remember, one of the best ways to be comforted is to give comfort.

Follow Cheryl Little on :
www.adultlikeaboss.com
Instagram @adultlikeaboss



Q&A with British India

British India with Declan Melia (vocals and guitar), Nic Wilson (lead guitar), Will Drummond (bass) and Matt O’Gorman (drums) met in high school in 2004 and have since gone from strength to strength.

Forgetting The Future is British India’s sixth studio album and its innovative direction has been met with widespread applause, including leading the band to sign an international licensing deal with NYC indie label, AntiFragile. The LP debuted at #12 on the ARIA Albums Chart and previous singles, My Love and Precious were both added to high rotation on triple j, with My Love also scoring the most played track on Triple M in its first week.

Over the course of their impressive career, British India have earned four Top 10 ARIA albums, eight entries into the Hottest 100 and their classic single I Can Make You Love Me is accredited Gold in Australia.

Less than a year since the release of their latest album, the explosive Forgetting The Future, British India are thrilled to announce they’ll be returning to stages around the country in May and June on the Midnight Homie Tour that will kick off in Bendigo on May 11 and continue through regional and metropolitan cities in Victoria, New South Wales and Queensland, before finishing up at The Gov in Adelaide on July 6.

Hashtag Oz spoke to Declan and he was happy to reply to a bunch of Q&A.

Details of the tour and how to purchase the tickets follow the Q&A.

You guys met in high school. How did you all come together as a band? What was the inspiration and driver to form a band?

We were friends before we started the band. The motivation to start making music together came from our love of music. We hadn't at that stage considered playing live for an audience, much less, making music into a career.

For a few years Nic had been recording music in his basement as a hobby, not just songs, whole albums. He would sit in class sketching out the record covers and track listing, often with complex concepts and themes - very Pink Floyd - I just thought it was the coolest thing I had ever heard of and wanted to get in on the action. So I had Nic teach me a little piano and guitar. The first thing we recorded together was a sort of doomy piano ballad called 'And The Gods Ash Their Cigarettes' which was inspired by a poem by S. K. Kelen. It had a string part and everything.

Once Nic and I had gotten together - I think, Will just had a sense that he was missing out on something and learned bass and a little guitar. We would sit up all night in Nic's basement playing Beatles and Pink Floyd songs.

Once we learned every song from *Let It Be* and played it in order, but it would take years or so before we would start playing live.

Once we did that - I think in the last year of high school - after we had turned eighteen, there was no turning back; the feeling of playing fast and loud and unhinged like that was so addictive. By that stage we had started to write a few of our own songs as well, sort of 60's inspired grunge, long atmospheric stuff with repetitive riffs. We would play Pink Floyd's *Set The Controls For The Heart of the Sun* for forty minutes, we were so cool. What happened?

What were you guys like in high school? How did you spend your weekends?

I was very studious in high school. All of the subjects I liked - literature, history, politics - involved a lot of reading and writing and I felt very competitive. So a lot of weekends were spent reading in the garden or at the kitchen table. Probably halfway through the final year of school we started going to festivals and live shows. I remember going to see *The Mess Hall* at the Duke of Windsor with my friend James and the whole experience - the crowd, the music, the venue - just felt like an alternative universe. I never felt like I belonged

though! I always wanted to be subversive. I used to wear a hoodie or oversized t-shirts onstage simply because it was the opposite of what bands at that time were wearing. From the start it was important to stand out.

Declan on playing in a band

“...the feeling of playing fast and loud and unhinged like that was so addictive”

Are songs such as Midnight Homie a reflection of high school in general? If yes, how do such experiences effect young people in their future? How would you change high school if it was in your power? If no, why would you think some kids have such different and polar experiences in high school? What influences these differences?

That's a very strange and unexpected set of questions. Midnight Homie is not a reflection of high school generally or otherwise, it was written more than fifteen years after I graduated from high school. If anything it's about the kind of thought structures and systems of social bordering that I imagine the modern high school infrastructure tries to dissuade students from



engaging in. – bullying and exclusivism – and the way these concepts manifest later in the politics, economics and identity culture.

The fact that kids have disparate experiences of high school shouldn't be surprising, it's a system of education and socialisation that coincides with a period of life in which autonomy of identity both socially and personally begins to take shape. There is bound to be levels of conflict between the aspects of institutionalisation that high school inevitably involves and the autonomy of the individual, not to mention the heterogeneousness of the individuals in question.

That said, if you are looking for someone to criticise the education system look elsewhere. I think the education system is doing a great job and is as dynamic, pragmatic and open to evolution as any other social institution in a liberal, progressive society.

I remember being faced with a huge range of options to suit any student or taste, I never remember any odious acts of outward indoctrination or socialisation. That was more than a decade and I have no reason to suspect that the education system would have regressed. You'd be hard pressed to find anyone more pro-education

than me. I just wish I had risen to the occasion a little more maturely and studied harder. The teachers and my school were great and, in hind-sight, a resource for both education and socialisation, that probably went unutilised.

What's the origin of the British India's name?

In 2003 I was given the opportunity to study a first year university unit while still in high school. I took literature on the subject of colonial and post colonial writing. I had just finished Conrad's Lord Jim which is set in colonial Malaysia and was on holiday with my mother in Singapore. Curiously th

was a women's clothing shop called British India in which the clientele were inevitably white and the staff were

Who are some of your favourite musicians, singers, bands from the past or present? Why?

Declan on trying on other band/musicians styles/technique:

“ I really think that playing with them in mind, and even actively trying to impersonate them sort of crystallised our sound since the offset.”

inevitable Malay or Chinese and it just sort of rattled me – you certainly couldn't get away with that now – it was such a bold name for a shop and so, on returning to Melbourne, I wondered if it might be a bold name for a band. There was a lot going on that stage in the band as well, we were still very much in stage of listening to a lot of psychedelic British invasion music like the Byrds and Satanic Majesties era Rolling Stones so there was a connection there. But more than anything this was a time when there was a lot of 70's muscle rock in the Australian pub scene and all these bands tended to have very generic 'rock' sounding names, So it was important for us to be the antithesis of that, it's a good name in a way. It looks good on a poster. That said it has caused us a little trouble – especially recently – hard to know if we should consider changing it. What do you think?

My favourite bands and musicians over time have been Bob Dylan, The Clash, The Beatles, Bill Callahan, The Beastie Boys, R.E.M and Radiohead. Plus many more and many more from the other chaps in the group. Reasons for liking these bands should be self explanatory, they express something vital about the times we're living through. And, most importantly, they make me feel good.

Any artists or bands that influence your music style? If yes, how? If no, where do you get your influences from?

Yes. The bands that we were listening to when we first started playing live – not recording, that came earlier – were Blur, Oasis, Nirvana, The Who and the Beatles. I really think that playing with them in mind, and even actively trying to impersonate them sort of crystallised our sound since the offset. It's very difficult for us, since starting out playing in that way, to sound like anyone else even if we sometimes actively try. Although we

challenge ourselves with different methods of writing, recording, conceptualising and performing, we still inevitably sound like we did when we first began,

Do you think any of the above influence your music and lyrics? If yes, how? If no, where do you get your influences from?

Yes. I still find the aforementioned bands (Blur, Oasis, Nirvana, The Who and The Beatles) limitlessly influential, And I find them influential in a very tangible and demonstrable way, often to the extent of rewriting their lyrics or reimagining some of their songs. I can only write in an imitative way, never from the ether. Whenever we're writing together, I will always need a musical lynchpin to locate myself in within the song. I will often have to ask myself 'who am I trying to sound like here?' or 'who does this song want to sound like?'. It can actually be a hindrance when writing songs, especially because it represents the polar opposite of Nic's approach, who is my primary song writing partner.

Which famous person/band would you love to meet? Why?

I'm really struggling to come up with an answer to this question. From a purely

careerist perspective I would love to meet a very famous and well known musician / producer – Dan Auberach? Beck? James Murphy – with the intention of sort of wooing them into making a record with us. It would have to be a hell of a wooing though, the combination of woefully uncool music and lack of financial support make it a pretty tough sell.

British India Key Success Behaviours that you should try on and flavour with your personality:

- Collaboration and willing attitude to learn from others.
- Allow your music to be influenced by different artists from various genres and decades.
- Impersonate those who inspire you with the goal of practising , navigating towards fine tuning your own, unique style.
- Challenge yourself with different methods of writing, conceptualizing, recording and performing.
- Appreciate and take your education seriously whilst at school.
- Be bold and stay bold.

Listen to Midnight Homie now



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BRITISH INDIA

Midnight Homie TOUR 2018

FRI MAY 11 **TAPHOUSE** BENDIGO
SAT MAY 12 **PELLEY BAR** FRANKSTON

FRI MAY 25 **TOWRADGI BEACH HOTEL** WOLLONGONG
SAT MAY 26 **NARRABEEN RSL** NARRABEEN

FRI JUNE 1 **NEWPORT HOTEL** FREMANTLE
SAT JUNE 2 **BADLANDS** PERTH
SUN JUNE 3 **SECRET SHOW** SCARBOROUGH

FRI JUNE 8 **SOOKI LOUNGE** BELGRAVE
SAT JUNE 9 **KAROVA LOUNGE** BALLARAT

FRI JUNE 15 **170 RUSSELL** MELBOURNE
SAT JUNE 16 **BARWON CLUB** GEELONG

FRI JUNE 22 **MIAMI TAVERN** GOLD COAST
SAT JUNE 23 **THE TRIFFID** BRISBANE

FRI JUNE 29 **CAMBRIDGE HOTEL** NEWCASTLE
SAT JUNE 30 **OXFORD ART FACTORY** SYDNEY
FRI JULY 6 **THE GOV** ADELAIDE

TICKETS

**See
you
in
June!**



Anxiety is a common feeling. However, 8-10% of children and adolescents experience an anxiety condition that can impact on their daily life.



The BRAVE PROGRAM.

BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety in young people and children.

The program was developed at the University of Queensland by experts in anxiety in young people and children, and has now been running for 13 years throughout Australia.

The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing social anxiety, shyness, separation anxiety, phobias and general worries in hundreds of children and adolescents.

BRAVE Self-Help is now available to all young people and children living in Australia between 8 and 17 years and their parents.



BRAVE Self-Help is made possible through a partnership between UniQuest, The Brave Team and *beyondblue*.



For more information, or to access the program, please visit
www.brave4you.psy.uq.edu.au

You can also find us on Facebook at
www.facebook.com/braveforanxiety



#ASHTAG Oz



beyondblue Support Service

📞 1300 22 4636

✉ Email or 💬 chat online

www.beyondblue.org.au/getsupport

recognizes

the outstanding support of Beyond Blue and the Butterfly Foundation in supporting and promoting mental health in Australia.

If your organization supports and promotes mental health, contact us now at:

admin@hashtagoz.com.au

to find out how your organization's contact details can be published with each issue of Hashtag Oz.

Butterfly Foundation
Support for eating disorders
and body image issues.



Butterfly
Foundation for Eating Disorders

National Helpline Call 1800 334673
support@thebutterflyfoundation.org.au
thebutterflyfoundation.org.au

Because you are never alone