

10Vethis

Words from the **heart**, page 2

A **love** that *overcomes*, page 3 Everlasting **lust**: denim, page 5 Food for the *soul*, page 6 The **D1g** apple, page 7 For the love of *shoes*, page 9 About to hit the **big time**, page 11 Moments captured, page 13

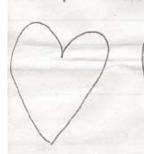


Dear Jessica,

Theco, me anor, rempre, an ple

mucho no te portes mal

recubence)



Yours, Junear

& Love Setter to This Nor auve asked me to stop writing Tion Ha these letters. You've told me they love you very much will never change things between used the possessive. I want you mine, all mine, with us quilt are the most beaution birl US. But I can't, Jessica. to be able to tell you that without wondering just... let you go. Even Darth Vader, went git I have soon to you we a set I do love you. It's strange an evil Sith lord, couldn't leave his who is Sleeping mostly in the Aly. been telling that to everyone son to die at the end of Return of the Jedi." you, and you are the one I most want to know. Let ling you many to me? I provise you, it you again ! I love you. don't want to complicate things exist. Till take an of you. When you a more, or make your life more dif w make me teel so sate, Jessica. Hr. Thindle you P. H. hralt of mitted So warm. I want to craw up inside you're a foot and an asshold days, the whole time I have 100. Like Luke Skurull to treat me this way. b. the whole turne have thoughts of you when see you again? I keep myself what if he has nyself what if he has not the woords alone burn I've completely adored you y lago the tim seccived in Main Office by TEAR OFF HERE From the very first day LORLURE my Now I could get a word. My To work at 3 Oclock heart's breaking in two. Hat Moclock I have to work sat. Foots like Sunday night in The stude u in soul and life perfu acabes el that's due to marissa I Like Han any Gun recusion because I though heart Gaddy mind. All worth. my you bid not like body 3 my Im me on W Sureno scared 3 more that Stude was a bod kisser and all that Know that I like you Lo que ON and pluces will and ter I can't live MSL-DC-00001227 adoro mas que Dearest walnut raisin roll, runca, tu niña Frida Knowing you reside just a block 29 June MA away at Alessi coffeeshop gets me throught discuss my situation with ym. We these frigid afternoons. Paired with a ontact for over five weeks. You have vanilla latte, you are the most magine for Madrid wi the Sec Det on Monday combination of wholescained sweetness. of July. I am then heading out to if you were to gain weight, I would fer days. If I do not speak to you oney love you made ... Power Jours non I return from LA it will have been : The best. two munths since we last spoke. Please do not do this to me. I understand your hands are fied, but I just want 00 to talk to you and look it some optims. I am begging use i you have less the bottom of my beart to please let me some Love You see if it is o.k.

yours truly Kada

-M

2

Now THAT is

Ex pro motorcross rider Harley Quinlan's life changed forever when he became a paraplegic, but he refuses to succumb to bitterness and chooses to look on the brighter side of life. By Lizzie Mulherin.

f you didn't know any better, you'd think he was born this way.

Harley Quinlan is playing around in his wheelchair, casually balancing on the back of his wheels as he jolts himself back and forth and around in circles. He manouvers himself so easily, it's as if those big thin-rimmed steel circles are an extension of his body.

But Harley has only been paraplegic for nine months. Before then, Harley's life revolved around a very different set of wheels as a professional motorcross rider.

Quinlan was practicing with his Rockstar Yamaha team at a Mount Glorious track in early November last year when he hit a jump and fell forward over the handlebars. "I guess I landed here," he tells me casually, rubbing the space in between his neck and his left shoulder. "I have some scars."

There is not one shred of bitterness or self-pity in his demeanor, although many would consider such feelings justified.

A spokesperson for Yamaha said that Quinlan was beginning to show the form that would establish him as one of Australia's finest racers.

This time last year, Harley's average day would start at 5am when he'd wake to do an hour of core work, including crunches, pilates and yoga exercises, followed by a rigorous gym session. He would be at the track by 8am, and ride his Yamaha 250F motorbike until 2pm. "I loved Yamaha's," he says nostalgically. "They were all I ever rode."

As exhausting as it sounds, this level of physical activity is standard for a professional motorcross rider. Ouinlan was 19 at the time and at the top of his game.

Following his victory in the under 19's motorcross nationals, Harley beat pro-lites to secure 6th place five rounds into his debut supercross series.

Quinlan started riding at the age of five when his father took him to race day in his hometown, Biloela, and asked if he wanted to "give it a try". Harley received a Pee-Wee 50 for Christmas that year.

"Riding bikes was all I ever wanted to do," he scratches his head as he sheepishly admits, "I never really tried in school."

Because of the impact of the crash and the heavy medication he was on, Harley has no memory of the accident and minimal of the week after. "I think it's probably better that way," he grins, "I missed the worst

Harley broke the C5 and C6 vertebrates in his neck, T4 and T5 in his back, punctured a lung and had two bleeds in his brain. He had two major operations only a few days apart. His spine was fused and pinned and metal rods were inserted into his back.

Harley's legs are completely paralysed and his bowel, bladder and sexual functions have been affected.

Harley holds his hands up to his chest and explains, "I can't move or feel from here down... But in a way, it's a good spot," he optimizes. "I still have some good muscles like my pecs and my arms."

Harley has been optimistic about all aspects of his situation, right from the start. Despite being on the brink of huge success in the industry, he believes "it was just (his) time".

He was told the physiotherapy would keep him in hospital for four to six months. Harley was out in two. Like all of his achievements, Quinlan shrugs this off modestly. "My motivation was just to get out of hospital... they're awesome places but no-one likes to be in there for a long time

He also attributes his speedy recovery to the support he received from his sponsors and the wider motorcross community. 'Harley Quinlan' race days and laps of honour were organized, and Harley now has a foundation and trust fund set up in his name.

Still, Harley's experience has been far from easy. He recounts how difficult it was to wake up in hospital to see his loved ones devastated; "that was the hardest part... it's worse for them than it is for me... they weren't prepared for it like I was."

He acknowledges that his profession was a dangerous

one, "injury is something that comes with the sport," but still has no regrets. "Yeah, for sure I'd do it all again. You can walk across the street and get hit by a bus, you've just got to deal with what life deals you." Harley's unwavering personal strength is nothing short of inspiring, but he still has his bad moments. He shakes his head as he recounts falling out of bed earlier that morning, "it took me forever to get back up," but it doesn't take long for those moments to pass.

"There are a lot of people out there far worse off than me. I just think of how lucky I am to have what I have and who I have around me."

"You've just got to **deal** with what *life* deals YOU."

Chatting to Harley, it's easy to forget he is only 20. His remarkable mindset demonstrates a level of maturity that most boys his age would not comprehend. Harley offers a gentle reminder that he is only human when asked what he misses the most. "Don't know if I should say this," he says, shifting bashfully in his seat, "probably the sex."

Girlfriend Danielle Tilly and Harley know many challenges lie ahead but are sure of their future together. After the accident, Harley told Dani she was free to go.

According to her, leaving Harley was "never an option". She gushes about his amazing attitude, "(it is) definitely what has kept this relationship strong".

Danielle says the huge amount of support Harley has received is a reflection of his character. "(It) shows the amazing person he is and fair sportsman he was." When it comes to Harley's determination and strength, Danielle is not surprised, "it's just the kind of person he is."

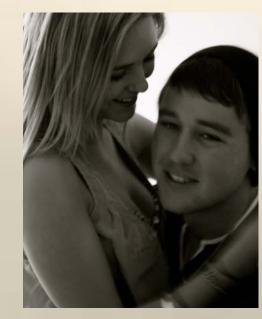
However, Spinal Injuries Association Peer Support Senior Coordinator Col Mackereth, who worked closely with Harley after the accident and throughout his recovery, was amazed by his positivity.

"From the moment Harley could leave his bed... he was motivated to focus on what he could still do. He worked really hard and was well enough to leave

the Spinal Injuries Unit in a record two months." Now, Harley is looking forward to the future, "I've got time to do stuff I wouldn't have had time for if I was riding bikes".

He is definitely using it wisely. Harley's average day still starts bright an early at 6am to be at the gym by 8am, "it takes me a couple of hours to get ready now". Afterwards he might go for a ride on the hand cycle - which he is keen to pursue to Paralympic level "one dav"

Harley has just signed on with the Spinal Injuries Association to present motivational speeches at schools. He is also planning to study Business at Tafe, and eventually wants to open his own disabled-focused gym. When asked to provide one piece of advice to aspiring riders, Harley smiles as he says, "make it worthwhile ... You never know when (something) could happen so make the most of it."









t's official. As the days become longer and the nights beckon, its time to turn up the heat and GO WILD! Wild about demin, that is. Whether it be cropped cuffed cheekie shorts or slick dart demin straights, get into it. We especially like the boho baggy look coming in for the ladies. Tell your boy to take a look at 'Simpson' Check Shirt or the 'Eddie' Check Shirt. Selecting the best fit for your body type can be a little overwhelming but we've made it easier for you to enhance every body shape.

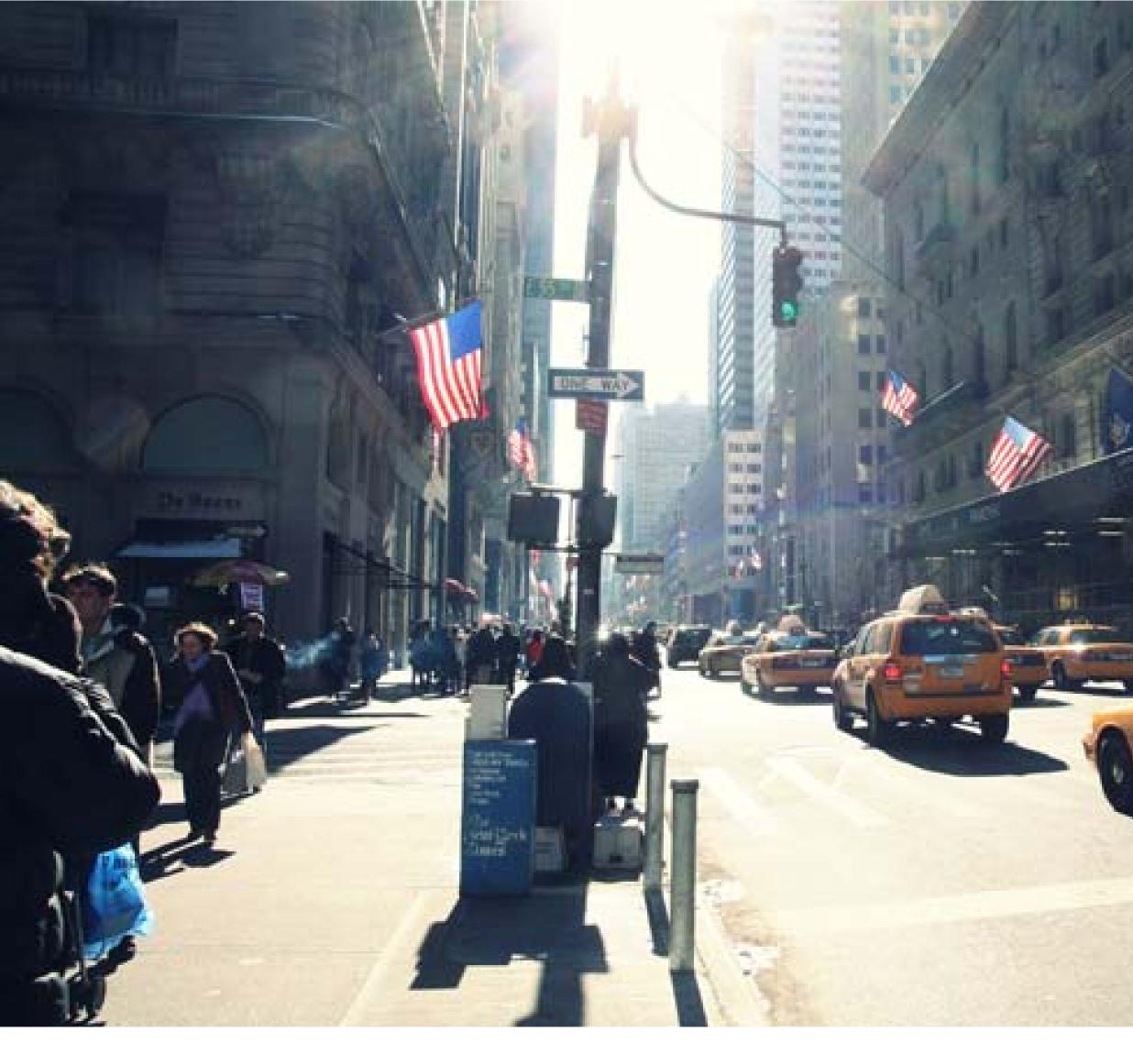
enin

Place jelly crystals in a large bowl. Whisk with 100ml boiling water to dissolve, then allow to cool.

Pour the mixture into your prettiest serving glasses or dishes and chill for at least 4 hours or until set.

When ready to serve, top each bavarois with whipped cream, white chocolate curls and strawberries, if desired.

Ņ





ew York (/njuː 'jork/; locally IPA: [nɪu 'joək] or [nuː 'jork] (isten)) is a state in the Northeastern region of the United States. It is the nation's third most populous state. New York is bordered by New Jersey and Pennsylvania to the south, and by Connecticut, Massachusetts and Vermont to the east. The state has a mari-

time border with Rhode Island east of Long Island, as well as an international border with the <u>Canadian</u> provinces of <u>Ontario</u> to the north and west, and Quebec to the north. The state of New York is often referred to as New York State to distinguish it from the city of <u>New</u> York.

New York City, with a population of over 8,000,000 people, is the most populous city in the United States. It is known for its status as a financial, cultural, transportation, and manufacturing center, and for its history as a <u>gateway</u> for immigration to the United States. According to the U.S. Department of Commerce, it is also a destination of choice for many foreign visitors. Both state and city were named for the 17th century Duke of York, James Stuart, future James II and VII of England and Scotland.

New York was inhabited by the Algonquian, Iroquois, and Lenape Native American groups

at the time <u>Dutch</u> settlers moved into the region <u>eastern</u> region of the <u>United States</u>. It is the in the early 17th century. In 1609, the region was first claimed by Henry Hudson for the Dutch. Fort Nassau was built near the site of the present-day capital of Albany in 1614. The Dutch soon also settled New Amsterdam and parts of the Hudson River Valley, establishing the colony of <u>New Netherland</u>. The <u>British</u> took over the colony by annexation in 1664.

The borders of the British colony, the Province of New York, were roughly similar to those of the present-day state. About one third of all the battles of the Revolutionary War took place in New York. New York became an independent state on July 9, 1776, and enacted its constitution in 1777. The state ratified the United States Constitution on July 26, 1788, to become the eleventh member of the United States.

New York (/njuː 'jork/; locally IPA: [nɪu 'jɔək] or [nuː 'jork] (isten)) is a state in the North-

nation's third most populous state. New York is bordered by New Jersey and Pennsylvania to the south, and by Connecticut, Massachusetts and Vermont to the east. The state has a maritime border with Rhode Island east of Long Island, as well as an international border with the <u>Canadian</u> provinces of <u>Ontario</u> to the north and west, and <u>Quebec</u> to the north. The state of New York is often referred to as **New York** State to distinguish it from the city of <u>New</u> York.

New York City, with a population of over 8,000,000 people, is the most populous city in the United States. It is known for its status as a financial, cultural, transportation, and manufacturing center, and for its history as a gateway for immigration to the United States. According to the U.S. Department of Commerce, it is also a destination of choice for many foreign visitors. Both state and city were named for the

17th century Duke of York, James Stuart, future James II and VII of England and Scotland.

New York was inhabited by the Algonquian, Iroquois, and Lenape Native American groups at the time <u>Dutch</u> settlers moved into the region in the early 17th century. In 1609, the region was first claimed by <u>Henry Hudson</u> for the Dutch. Fort Nassau was built near the site of the present-day capital of Albany in 1614. The Dutch soon also settled New Amsterdam and parts of the Hudson River Valley, establishing the colony of <u>New Netherland</u>. The <u>British</u> took over the colony by annexation in 1664.

The borders of the British colony, the Province of New York, were roughly similar to those of the present-day state. About one third of all the battles of the Revolutionary War took place in New York. New York became an independent state on July 9, 1776, and enacted its constitution in 1777. The state ratified the United States New York City, with a population of over 8,000,000 people, is the most populous city in the United States. It is known for its status as a financial, cultural, transportation, and manufacturing center, and for its history as a gatew most populous city in the United States. It is known for its status as a financial, cultural, transportation, and manufacturing center, and for its history as a gatew



these shoes could talk, they would be telling you to go and buy them immediately. Seriously. I suggest you put this fabulous magazine aside for now, flip your macbook open and go to www.buyamazingshoes.com. I promise, they are nowhere near as expensive as they look. They are waiting for you. Go on, treat your feet.

YOJ.

The EDGE

Unwavering passion, undeniable *talent and a stage* presence to rival the most seasoned bands; the future of local rock band Calais is lookbright. ing very Lizzie By

Mulherin.



wo years ago Joe, Tim, Will, Guy and Liam were just egular school kids attending Brisbane's Saint Joseph's Nudgee College. On the weekends, they would hang out with their mates, do schoolwork, and attend the occasional house party. Nowadays, these

five young men are integral pieces of a band teetering on the brink of huge musical success.

Their weekends now involve playing local gigs and festivals, even though the majority of them are still in high school.

Calais is their name and rock music is their call to fame. They are recognized for their original melodies, dynamic beats and powerful lyrics.

If you were to treat your musical tastebuds to one of their gigs, you would be met with a high-energy and perfectly punctuated performance.

With Joe Fleming on the guitar, Liam Roberts on the base, Will Mogg smashing the drums and Guy Stacey on guest vocals and rhythm guitar, the boys aren't afraid to express themselves.

Standing in the crowd, it's easy to lose yourself in the powerful combination of punchy rock'n'roll sounds with vocal and guitar-based melodies.

As the boys rock out, their passion becomes infectious and you know you're witnessing something unique.

Calais' original vocalist, Tim Lollback, is currently taking a gap year in the United Kingdom but the boys have plans to become a five-piece when Tim returns next year.

The name Calais was picked by Joe and Liam, who had a somewhat inspired epiphany whilst in history class.

"We had decided to enter Rock School at the very last minute and didn't even have a name or anything," Liam

recounts

"We were just in history class and learning something about the town in Northern France. We thought the word sounded pretty cool, so we just went with it."

Actually, we were completely unprepared and so inexperienced compared to the other bands in that competition - it was our first live performance," he laughs.

And yet, the boys won the 2010 Southbank Institute of Technology Rock School Challenge competition.

It soon became the first in a long list of achievements for Calais, including: recording their debut EP independently within less than a year of being together, winning the 2011 Triple-M Show Starter band competition, and becoming a featured Triple-J unearthed artist... just to name a few.

Their fast success came as no surprise to fellow Triple-J unearthed artist, Jack Silversmith.

"They just have a really good sound. You can tell they all know what they're doing, they will definitely go far." The band members all discovered their talent at different

times "Joe and Tim had always been musically precocious,"

smiles Liam. "But the rest of us didn't really get into it until we took music in year 9."

Coordinator of Nudgee College music, Bradley Voltz,

said he saw a spark in the boys in their early stages. "All of the boys (have always been) very enthusiastic about music. They have all worked really hard... (and) play

with such great energy.

So, what is it about music that draws them in? "We all love it for different reasons... I like the feeling when you get rewarded and get recognition," grins Guy.

"I just like getting on stage and getting loud," shrugs Joe. "I hate being judged. I'd rather just play... just to get the music heard."

When it comes to composition, the boys confess there is no real method to their magic, but collaboration is key. "We have no special way of doing it. It kind of just hap-

pens," Joe concedes. "It's like a game of Jenga," adds Liam,

We all combine our individual skills to layer the music bit by bit. We all have really different tastes so our sound is inspired by an amalgamation of everything we listen to."

Guy.

"We like to keep it (relatable)." Where lyrics are concerned, they leave that to their original vocalist, Tim Lollback.

the stuff I write is metaphorical," Tim explains. Calais should win," he explains. "A lot of the lyrics I write have poetic listening; I know "They love what they do - you can actually see that just exactly what they mean but leave the listener to interpret an from watching them play live. There's a real passion for hopefully relate through their own perspective." He adds. music, for the songs, for the live experience. Passion is But according to the boys, the melody comes first. "We always write the music and he just writes the lyrics

practicing.

be."

The prize was opening for international success Wolfmother at the Brisbane Exhibition, and Calais was the underdog going into the competition. "When we walked in we realised we were the youngest band by about 10 years," Joe recounts.

bags. It was pretty intimidating.

school audience yet.

It is the unanimous highlight of their musical career. "We've all been going to the ekka since we were kids," Will gushes.



Calais can finish composing music in a day, but the boys never rush their work or settle for less than their best. "If we think it sounds average, we'll tweak it," explains

"I get inspired by life and emotional experiences, a lot of

to fit it. We used to hear the lyrics for the first time when we played a show," Liam laughs.

This enviable harmonious ease has resonated with Calais throughout their journey thus far.

The boys take a very nonchalant approach, barely even

"Our routine is really bad actually," Joe admits. "We only seem to rehearse if there's an important gig coming up, but even then we don't usually rehearse. The main motive (to get together) is actually to write new songs. We've been playing our current set for so long that (composing) makes rehearsals not as dire as they used to

One thing they did rehearse for was the Triple-M Show Starter competition in August this year.

"All these people were coming in with crates of shit, looking all professional. We were just there with our plastic

They played to a crowd of 700 - 800; their biggest non-

"We could never have picked that in a few years time, we'd be playing there with Wolfmother."

Triple M Assistant Music Director and 2011 Band Starter Judge Johnno Keetels said the boys have monstrous talent, but it was something far more rare that set them apart.

"They had a lack of ego, something I hope they never lose. Staying grounded is one of the most important things in this industry. It took us about five minutes to decide

" I just like getting on stage and getting loud."

one quality that can't be faked, and they seem to have it in spades."

Despite their whirlwind of success, all of the boys remain grounded and realistic

Will is studying engineering at the University of Queensland and Tim is planning to go on to university after returning from his gap year. Guy, Joe and Liam are in currently completing grade 12 but plan to further their education at university next year.

"Obviously, we'd love to be able to depend on it but we need to have something to fall back on," explains Guy. "We definitely plan to keep at it pretty hard."

Calais admits the juggle between school work and the band can get tough. "There was a period where we had heaps of gigs really close together around the same time as exams and stuff," Guy tells.

"So it can get hard around those times but it's always worth it."

Luckily, the boys have a strong support network in their parents.

"It's so good that they support us because we need them to pay for stuff and drive us everywhere," Guy laughs.

"My parents are really understanding (when it comes to schoolwork)," adds Joe.

"They trust my judgement on that stuff."

So, what do these musical geniuses have in store for their ever-growing fan base next?

"We are keen to record again," says Liam.

"We need to get more songs, so we are working on that at the moment. We really want to tour next year."

The boys have sold over 300 copies of their EP at gigs, and their music is available on iTunes.

"It really helps having recorded music," Joe explains.

"We'd be behind where we are now if we hadn't released our EP... we definitely will be putting together another CD with more songs than the last."

But wait, there's more.

"Something really really freaking big could be on the agenda, but it is still in planning at the moment so I'll have to keep it quiet."

Whatever it may be, there is no doubt that these boys have potential to hit the big time.

Watch this space.











