LOVIN’ THE BOUNCY BEATS
How Macey Cherry’s TAFE studies sky rocketed her DJ career

MACHINES THAT BLEED
Nursing students marvel at the latest technology

FAD OR FANTASTIC
Fit bands

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It’s time we celebrate the doers. The builders, the bakers, the fancy clothes-makers. The picture takers and flower bunchers, city makers and number crunchers. The protectors, the nurturers, the entertainers, and the people who make us all look beautiful.
The upskillers, the room chillers, and the all-important pollution killers. The mariners and miners, mechanics and medics, the graziers and glaziers, and people who just amaze you. You’re the people who make the world turn. You’re the people who make great happen.
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Please send us your stories and letters to the editor letting us know about your TAFE experience and how you are making great happen. Send us your feedback and suggestions on content you’d like to see in MAKE too - we’d love to hear from you! Email us at eastcoast.communications@tafe.qld.edu.au

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COVER IMAGE: Macey Cherry, PHOTO: Jaxon Brumniach, CEO SaveTonight http://savetonight.com.au
FURNITURE TRENDS with Ryan Ackerman

Contemporary furniture with clean lines and different elements like frosted glass, polished metals and timber are the biggest trends Ryan predicts will hit the market in 2015.

Working as a fourth year apprentice at Ackerman Barkle Cabinetmakers and national award winner for his floating hall table, Ryan said there is more interest in retro, bringing the outside in and classic and recycled furniture.

“Changes in people’s lifestyles have influenced trends in recent years with inner-city apartment living and share houses limiting the space and the type of furniture buyers are interested in,” he said.

The idea of the award-winning floating hall table (pictured) came from a waterfall and Ryan wanted it to be symmetrical and useful.

“I’ve learned about IV’s catheterizations and simulated heart attacks and how to understand gastro intestinal sounds,” she said.

“The resources at uni are so much more realistic and better for learning than some older manikins I’ve learned on,” Kathryn said.

“I never thought we’d be here - it’s been such an amazing experience for all of us.”

“The TAFE nursing team have been so supportive here too – we can talk with them about anything and they give us the best help they can.”

“It’s an amazing opportunity TAFE has given us to be here at USC.”

“I would recommend TAFE in a heartbeat to other young people. It’s such a wonderful way of following your dreams and passions and making them come to life.”

Bindi Irwin
Certificate III Business student

“THE TAFE NURSING TEAM HAVE BEEN SO SUPPORTIVE HERE TOO – WE CAN TALK WITH THEM ABOUT ANYTHING AND THEY GIVE US THE BEST HELP THEY CAN.”

ABOVE: Ryan Livesey’s award winning floating hall table piece

NURSING WITH MACHINES THAT BLEED

Simulated heart attacks, lung sounds, synthetic blood and blinking eyes are just some of the many features of the SimMan 3G patient simulator our TAFE nursing students are using at the University of the Sunshine Coast’s (USC) newly opened $25M Teaching and Learning Hub.

This cutting edge technology is impressing TAFE students and teachers with the huge range of scenarios they can learn on them.

TAFE Nursing Teacher Carol Champman said there are a few things like blood glucose tests and injections they can’t do with the patient simulators, but overall they’re more up to date and there are great resources at the university which is set up exactly like a real hospital.

“They have a heart beat and can breathe which improves learning because it gives a more realistic experience before going on placement,” Kathryn Turner, nursing student said.

“Changes in people’s lifestyles have influenced trends in recent years with inner-city apartment living and share houses limiting the space and the type of furniture buyers are interested in,” he said.

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FIT BANDS: FAD OR FANTASTIC?
Super accurate and capable of doing just about everything but make your bed, fit bands have made pedometers the VHS of the fitness world. If you’re into improving your overall health, increasing physical activity, losing weight, or even monitoring your sleep patterns, these gadgets can be useful to reach your goals or take better care of yourself.

Seeing how much activity you get (or don’t get) can motivate you to start moving. If you’re into counting your footsteps with or without blips and lights, here are the highlights from two top products to consider.

FITBIT FORCE AND UP BY JAWBONE
Fitbit Force tracks the data most people want including steps, distance, calories, stairs and sleep. It’s thin, comfortable, blips at 10,000 steps and shows five little lights. These sleek beauties retail for around $130. The Jawbone UP also tracks daily activity and sleep and comes with an easy to use app and plugs into phones, but only the premium UP (24) model syncs wirelessly. It vibrates you awake at the optimum time during sleep and not necessarily the exact time you set (super!). This vibrating genius sells for about $100 to $130.

What else is hot?
Smartwatches are fast superseding fit bands with quasi products like the Razer Nabu Smartband providing a strong social edge. You can even exchange your social profile with a handshake!

AVOIDING THE Oompa Loompa look
Faces come in all sorts of shapes, quirks and colours and when women first delve into the world of flawless skin, it can be a case of white lines on jaw bones, florescent pales or the dreaded orange glow.

With the expert advice of TAFE Queensland East Coast’s Beauty Teacher Lizy Scironni, we take a look at the art of foundation matching to your true skin tone and provide a few quick tips.

“Our students are learning to be artists and alchemists,” Lizy said.

“To successfully match a client’s skin, they get a palette plate and put three colours on it which they use to run a sample line from each along the cheek and neckline and gently blend them in,” she said.

“They then take a step back and the one which disappears is the one to choose.”

Lizy’s top foundation tips
1 Blending is the key to any makeup application. Use a camo brush and move the foundation in circles.
2 The right colour for you for everyday use will disappear on your face when you apply a line and step back.
3 Check the colour you have chosen in natural light. Florescent department store lighting can be deceptive.
4 Change up your foundation and keep a few colours on hand – it’s good not to be pigeon holed.
5 Jawline emphasis is a no-no. Don’t end your makeup there! It should go on ears and neckline for an even skin tone.

STUDY NOW PAY LATER
TAFE Queensland East Coast students can now access VET FEE-HELP, an interest free loan from the Federal Government covering the cost of tuition fees for approved programs.

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FLYING HIGH AS AN OUTDOOR RECREATION GUIDE with Jesse Waller

Jesse Waller has gone from feeling miserable at school to loving life working for Outdoor Education Consultants at Boreen Point near Noosa where he helps run school camps and puts people through high ropes courses, among many other outdoor activities.

The dream job came about for Jesse after he completed a Certificate III in Indigenous Tourism with TAFE Queensland East Coast a couple of years ago.

“DOING THE TAFE COURSE WAS THE BEST THING I’VE EVER DONE.”

“TAFE courses are the way to go if you’re struggling at school. Until TAFE, I just wasn’t going anywhere – it was a big goer for me.”

Jesse descends from the Bundjalung tribe of northern NSW and said he was lucky to have a strong Aboriginal family history behind him he could learn a lot from.

His favourite thing at work he said is teaching kids and grownups all about bush tucker, Aboriginal history and storytelling about Aboriginal legends.

“Growing up, my Nan told me what berries would make you sick and all sorts of stories about our culture,” he said.

“Nan has definitely kept me going through the rough times – she’s done so much for me and is sort of my backbone.”

“I felt fed up not being able to decide on something and was scared of what I was going to do and how my life was going to pan out,” she said.

“I couldn’t see myself loving anything more than electronic music, so even though it seemed a bit nuts at the time, I made the decision to follow my dream of becoming a known female DJ and producer.”

“I never realised that following my dream was possible until I decided to enrol at TAFE.”

It was when she heard her mate’s brother blasting electronic and techno in his bedroom while hanging out at a friend’s place, Macey became totally hooked.

“I instantly had goose bumps and absolutely fell in love with the amazing thumps and bouncy rhythms of this music,” she said.

Not long after, Macey started making music for everyone around her school for their phones, MP3’s and iPods.

“I was even giving out CDs to people who wanted them and from then on, I knew I needed and wanted to be a DJ and producer,” she said.

These days Macey’s schedule is getting fuller and fuller as she performs in a lot of night life clubs in Brisbane, the Sunshine Coast, Byron Bay and soon Sydney.

When asked how she keeps grounded and sane with her popularity and workload peaking, she said sometimes it can be really overwhelming.

“Nobody said the lifestyle was easy and it’s only going to keep getting more intense, but whenever I feel like it’s all getting too much, I remind myself that this is what I want to be and it’s who I am,” she said.

“I NEED TO JUMP THESE HURDLES IN LIFE IF I WANT TO MAKE SOMETHING OF MYSELF.”

“Throughout my TAFE experience, I encountered different and talented teachers for each module and I wouldn’t be where I am without their help and knowledge. I’m more than grateful to all of them as they’re all such amazing and talented people,” Macey said.

“In the end, believe you can make your dreams come true - I nearly have!”

GETTING INTO THE SCENE // Macey’s advice to anyone wanting to get into DJ’ing and producing is to have a song or set made up, whether it’s other people’s music, your own or a certain genre and have it on your SoundCloud ready for booking agents to view it.

GIGS // Macey regularly performs at the Sunshine Coast at the Helm and across Brisbane, Gold Coast and NSW. Check out Macey’s Facebook DJ page for dates and details: facebook.com/maceycherryDJ and listen to her on SoundCloud – soundcloud.com/#maceycherry

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CHOCOLATE AND CHIA SEED CAKE

(Grain free)

Ingredients

• 4 tablespoons chia seeds soaked in 1 cup of water for 15 minutes
• 1 cup almond meal
• 1 cup coconut palm sugar
• 1/2 cup cocoa – raw or Dutch processed
• 125g coconut oil at room temperature (or you can use butter or olive oil)
• 5 medium eggs (60 grams are medium, if larger, reduce eggs to 4)
• 1 teaspoon bicarb powder
• Pinch of salt
• Optional extra: A handful of berries is deeeeeeelicious!

Method

1 Preheat oven to 180C
2 Line a spring form cake tin with non-stick baking paper
3 Soak the chia seeds in 1 cup of water for 15 minutes or stirring regularly
4 In meantime place cocoa, eggs, almond meal, sugar, salt, bicarb and butter in a bowl
5 Whisk to combine well and break up any lumps (at least 1 minute)
6 Add chia seed jelly and mix well
7 Pour into lined cake tin
8 Bake in oven for 35-40 minutes or until it bounces back when pressed in middle
9 Let the cake cool for 5-10 minutes in the tin
10 Finish cooling on a wire cooling rack.

Feeling artistic?
Decorate with vanilla buttercream chocolate meringues, toffee hazelnuts and dark chocolate drizzle.

LOVING LONDON MORE THAN LIFE!

Recent fashion graduate Crizanne Bracken talks with us about landing a job with fashion designer Karl Donoghue

“I feel like I’m living the dream!” Crizanne Bracken said of her three month internship and new co-designer/assistant role with leading fashion designer Karl Donoghue in London this year.

Crizanne won a highly sought after internship during last year’s end of year Fashion Parade with her graduating class.

With designers emerging from neighbouring Central St Martins, the world’s leading art and design school, Crizanne topped that crowd impressing Karl with her ceaseless energy and determination to become his assistant.

“I love working at Karl Donoghue’s - I’ve been crazy busy and meeting lots of wonderful people too,” she said while having a decent laugh.

“It’s pretty exciting,” she said. “I’ve learned so much and I’m still pinching myself over how lucky I am! I’m extremely grateful for the opportunity.”

“I didn’t know what to expect when I started over there, but I’ve been able to do a whole lot,” she said.

Talking with the current Diploma of Fashion students about her internship and new role, Crizanne said it’s important to have confidence in what you know – “you can’t be soft,” she said. “The worst thing you can do is go in there, stand back and let them just teach you.”

“YOU’VE GOT TO BE BOLD AND BE CONFIDENT IN WHAT YOU KNOW AND MAKE YOUR MARK.”

One highlight from Crizanne’s time in London she shared included attending the shoot for Karl Donoghue’s Pre Collection for 2015 at a warehouse in industrial East London.

“It was a pretty great day with all the madness of racing against time,” she said.

The beautifully hand crafted jacket Crizanne (right) is wearing is made from Mongolian Lamb and was made for London Fashion Week. Crizanne said the jacket would retail for about £1,500 and was made in East London.

“In this industry we do overtime when everybody’s already done their overtime, but if you’re in fashion you have to accept this is the way it is and get on with it.”

Crizanne is pictured with her TAFE fashion teacher, Amanda Knights (left). Amanda has strong ties with Karl Donoghue and has put several students through an internship program with him.

“Each student we have sent to Karl has had their individual strengths and I think it’s fantastic that Crizanne has landed at such a fortuitous time to be able to snap up this position,” Amanda said.

“We are very lucky to have the support of Eumundi Markets who sponsor the flights for this award and as Karl said as long as we keep sending him good students, he will keep open the offer of the internships.”

Take your passion for fashion to the next level. Course starts Feb 2015. Enrol now.
Visit TAFE Queensland East Coast in the third week of January 2015 and get a glimpse of TAFE life! Speak with teachers, check out our facilities and explore your study options!

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