

# HONEYBEE

LIFESTYLE MAGAZINE

The Perfection  
& Beauty Myths  
Busted!



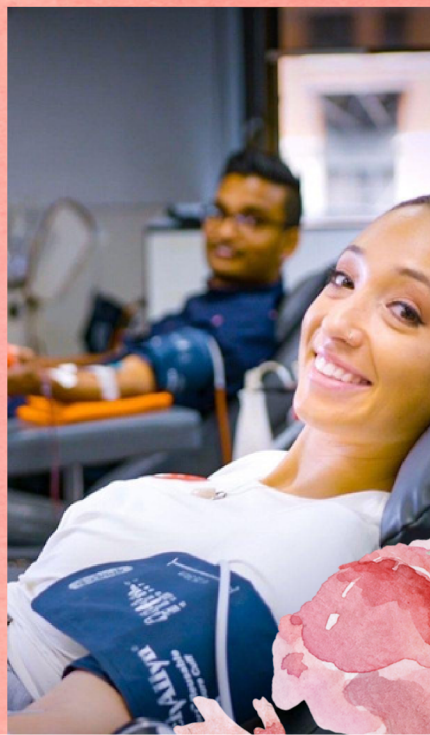
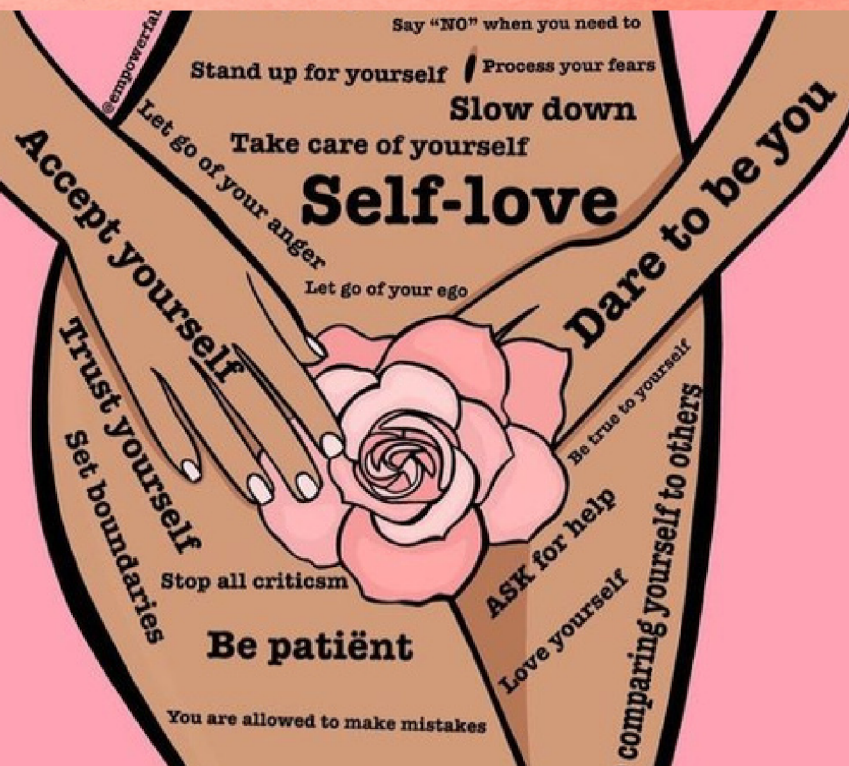
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NOW LIVE!



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*From Melissa Dumitru, Editor-in-Chief*

# EDITOR'S NOTE

## Welcome to Honeybee

A lot goes on behind the scenes to produce a magazine and there are many moving parts. Very unexpectedly I had a major cardiac event just a week before we were due to finish this edition. I was laying in the resus room in ED listening to all the dire predictions from the doctors and the only thing I could think about was, **"I can't die today, I have a magazine to finish!"** Needless to say after a week in the Coronary Care Unit, returning home under strict instructions to rest, all I have thought about is how fast I can get back to work. I love doing this work and sharing it with you all. It makes me very happy. So instead of a regular catch up for this editions Welcome page, I have decided to share a beautiful poem written by Donna Ashworth Poet and Author, as it says pretty much everything I would like to say.



**"If you read one thing today....  
No waiting room"**



What if you didn't wake up tomorrow and your soul is watching down thinking of all the things you didn't get to do yet because you were too scared, or too shy, or too worried about money. And all the things you told yourself you weren't good enough for swam in front of your eyes, fighting for a place in the line, beside the words you didn't get to say, and the joy you forgot to have.

My friend, there is absolutely no room for anything in your day other than acceptance. You will never have enough money, or time, and you will certainly never have that perfect body the world told you you need to be happy.

And before you say it's too late to embrace this thing we call life, no it is not.

You can do it right where you are. Right this minute. Get outside, breathe, look at the trees, put your bare feet on the grass - hand on your heart to feel that pulse - and that's it.

You're living. Keep that up!

Wait for the moon sometimes, or get up early to see a sunrise, just because you can.

Jump in the lake. Run, skip.

The things you need to feel alive are free and all around my friend.

You just have to see them.

Let in opportunity and say yes to the invitations that scare you a little, in a good way.

Say no to some of the things you force yourself to do, knowing they rinse you of your peace.

Life was never supposed to be a waiting room, it was supposed to be a hillside, with paths leading in every direction and mountains as far as the eye can see, hiding adventures and new friends behind them.

Don't let yourself get to the end of this ride without having stopped to smell those beautiful roses.

That's the only thing you need to fear in this life.

Everything else is all part of it.

It's all just a messy, complicated, beautiful and terrifying part of it.

Chin up, throw your arms wide open and let it be so.

 *Merry Christmas*  
*Love & blessings always Melissa xx*



# Meet the CONTRIBUTORS

It takes a lot of hard work to compile a lifestyle magazine and guide our readers to a more mindful and intentional life while living with all our extra challenges. The powerful stories and engaging content from our dedicated lived experience experts are so greatly appreciated.



## Jacqueline De Grussa

**Sociologist specialising in the area of Trauma, Addiction & Recovery, Founder Women's & Men's Recovery Community Founder and Managing Director Recovery Collective Ltd**  
[Facebook.com/womensrecoverycommunity](https://www.facebook.com/womensrecoverycommunity)

Jacqueline consults for an indigenous organisation, developing various new culturally specific recovery-based projects. Her Women's Recovery Community and Men's Recovery Community offer 24/7 support in WA, interstate and overseas. Jacqui is the Managing Director of The Recovery Collective Inc. She is a mother to three children, and is a documentary buff. Jacqui is passionate about all things that empowers our most vulnerable on their recovery journeys.



## Angela Famiano

**Masters Social Science (Counselling & Psychotherapy) Grad Cert Disability Studies Bachelor of Arts, Psychology Family & Children Services Diploma Community Services/Child Services 0-15 yrs**

Angela is an accomplished Counsellor specialising in alcohol & other drugs. She has a special interest in men's advocacy and believes that counselling is not so much about fixing things, but acknowledging them and working with your strengths. Her vision is to be part of people's journey to self-improvement and helping them find a place that makes them truly happy.



## Helen Blanchard (Lifestyle Editor)

**Registered Nurse (retired) Diploma of Arts Psychotherapy Health Educator (Published)**

Helen has a wealth of experience, knowledge and practical skills gained over more than 35 years working in a variety of senior roles within the health, community service and not-for-profit settings. She has a lived experience of chronic illness, and is passionate about creating and sharing health-related education information and resources. Helen is committed to advocating for a person-centred approach to health care and has a particular interest in the expressive therapies and art as a therapy for people living with chronic illness.



## Dianne Murphy

**Carer Representative (Palliative Care) Carer & Disability Advocate NDIS Carers Event Coordinator Business & Administration Manager**

Dianne has worked in the Business & Administration field for over 40 years. She is also a Carer & Disability Advocate who supports her adult children (all with disabilities). Di is the Founder of Creative Carers whose focus is around art, craft, and nurturing mental health. Inclusion is very important to Di. She coordinates a social group called "Staying Connected" for those who care for others, and she is an organiser and coordinator for Retreats & Events to celebrate Carers in the community.



## Jaymee-Lee Farrelly

**Bachelor of Primary and Secondary Education (Honours) Former Disability Support Worker (2.5 years) Facebook Blog: My Chronically Breathtaking Sister**

Jaymee-Lee is the creator of a Facebook blog called 'My Chronically Breathtaking Sister' – a blog dedicated to her late sister, Rachael, who lived with a chronic lung condition. Her blog aims to bring awareness to often unspoken topics, to educate others on chronic illnesses and organ transplants/donation, to help manage her grief and to carry on her sister's legacy. Jaymee-Lee has a passion for providing equitable opportunities to those around her and plans to predominantly work with EAL and disabled students once she graduates her teaching degree at the end of 2022.



## Jackie Rowe



**Qualified Mindset Coach - Training Facilitator Advanced Psych K Practitioner - Motivational Speaker Certified Women's Circle Facilitator**  
[focus\\_coaching@outlook.com](mailto:focus_coaching@outlook.com) - [www.focuscoaching.com.au](http://www.focuscoaching.com.au)

Jackie is a University qualified Life Coach, Strengths Based Practitioner, Psych K Facilitator, and Women's Circle Facilitator. With a background in Early Childhood Years, Families and Community, Jackie now works predominantly with women to empower and inspire. Her vision is for all women to realise their amazing true potential, to speak their truth without fear and live a life they love.

## Fay Bahemia (Technical Editor)

**Winner "40 Under 40" & multiple Community Awards Cert IV Professional Writing & Editing Cert IV Community Services BSc (Microbiology & Pharmacology) Grad Dip Food Science & Technology Clinical Trials Coordinator in Radiation Oncology**

Fay has worked and volunteered with peer-support groups and NFPs, helping them to reach their goals and visions through freelancing. She has held key industry positions in quality assurance, regulatory affairs, biomedical research and manufacturing, training, and communications in various sectors. Fay has a lived experience which changed her life trajectory in 2015. She is an avid dancer, lover of visual art and a fan of beautiful cars. She has a quirky nature that draws people to her. Fay is meticulous in all she does, and I am thrilled to have her on our team as our Technical Editor and Copywriter.

## Hayley Solich

**Connecting Communities to make positive change Consultant Advisor Mental Health Sector**  
[linkedin.com/in/hayleysolich](https://www.linkedin.com/in/hayleysolich)  
[Website hayleysolich.com.au](http://www.hayleysolich.com.au)  
[Blog goldpenpen.com.au](http://www.goldpenpen.com.au)  
**Blog The Gold Digger**



A multi-award-winning community engagement and Lived Experience professional who is nationally active in advocating for change in the mental health system. Hayley builds capacity and awareness to create social change by listening to the perspectives of others, validating and uplifting them. She uses her creativity, communication, leadership, facilitation and engagement skills to influence change at the highest levels.

## Marie Williams



**Founder, The Platform WA Intellectual Disability Advocate and Change-Maker Mental Health Educator for WA Recovery College Alliance Certificate III in Education Support**  
**E: [theplatformwa@gmail.com](mailto:theplatformwa@gmail.com)**

Marie founded The Platform WA, a new community group focussing on intellectual disability for young adults like her daughter, Laura. Marie has been trained in Leadership and Mental Health education to become a WA Recovery College Alliance educator, where she co-designs courses aimed at people living with intellectual disability. She is a change-maker working at the coal face to improve perception and awareness. She has several years' experience working in non-profit charity sector, and the early childhood field as a teaching assistant.

## Mystery Writer

**The Girl in the Silk Green Dress - Fiction**

The writer behind the "Girl in the Silk Green Dress" is someone with many years' writing experience. This mystery writer studied Journalism and has a very good understanding of social justice and community. I approached this mystery writer to offer a fictional character storyline that we can all enjoy and look forward to. I hope you enjoy their work as much as we are enjoying sharing it with you.

# Kez Wickham St George



[www.kezwickhamstgeorge.com](http://www.kezwickhamstgeorge.com)  
[linkedin.com/in/kez-w-stgeorge](https://www.linkedin.com/in/kez-w-stgeorge)

Kez Wickham St George is an award-winning author who champions people from diverse backgrounds to reveal the best of their creative side. As a leader in her profession, a public speaker, an accomplished author in magazines, Kez leverages her extensive travels, experience, and expansive authorship to encourage readers to think outside the box. It is not surprising that Kez is known globally as 'The Writers Consultant'. Kez has written work for two royal families, one in the UK, the other in Sweden. She has co-compiled an anthology on the lives of various women internationally. Recently Kez published a trilogy of poetry books and her dream of the big screen was realized when a movie was made from the prologue of her last novel Scribe in the trilogy Campfires. Kez is passionate about promoting high-quality growth opportunities for all.



Platform WA

## Laura Williams

Founder The Platform WA Community Support Group  
Certificate II Hospitality  
Lover of music, dance and TV medical dramas

I try to be a role model to my little sister and others in the intellectually disabled community.

I have down syndrome but that doesn't stop me from being who I am.

I work in the city at a 5 star Hotel called Pan Pacific Perth. They support me through their open employment program.

Please help us to grow the platform WA page and my support group page for young adults living with intellectual disability. Enjoy my recipes from Laura's Kitchen.



# Jenny Gleeson



**Educator & Facilitator**  
**Disruptor and Annoyer (In a caring way)**  
**Expert Personality Dimensions Profiler**  
**A person known to help people get their shizzle together!**  
Website: [www.jennygleeson.com.au](http://www.jennygleeson.com.au)

Jenny started as a Secondary English Teacher but then became extremely disillusioned with the Education System (it didn't take long - less than a year), which led her into completing a Graduate Certificate of Career Development, leading her to work with youth at risk, people with disability, First Nations people and winning National and State Awards. Jenny was diagnosed with depression and anxiety (way before the terms were even heard of by mainstream Perth-ites) at the age of 11 and institutionalised at the age of 13. Although anxiety is still in her life, she keeps it in the periphery of her vision, accepting and acknowledging it is there but it doesn't control her anymore. Her drive in life is to assist people be the best they can be...warts and all!

## Melissa Dumitru

**Creative Director & Editor-in-Chief Honeybee Lifestyle Magazine and Website. Community Services Consultant. Mental Health Educator WA Recovery College Alliance. Support Group Facilitator for The Tastebuds Club. Lived Experience Patient Expert for Merakoi (PAH). LinkedIn - Instagram - Facebook: @chronicallyinspiredau Website: [www.chronicallyinspired.com.au](http://www.chronicallyinspired.com.au) Passionate Changemaker & Influencer**

Melissa has worked in the Community Services Self Help & Support Group sector for over 20 years. She is a multi award winning Patient Expert and Lived Experience Professional. She is a passionate changemaker and influencer representing inclusion, integrity, innovation and promotion within the fields of chronic illness, disability, and mental health conditions. Melissa loves interior design and decorating. She is an avid baker and home cook.



**"I am defined and limited by my chronic illness, or disability. But it is NOT the total sum of WHO I AM"**



## DEPENDABLE LAUNDRY SOLUTIONS



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ALWAYS  
*believe*  
SOMETHING  
WONDERFUL  
IS ABOUT  
TO HAPPEN

# A Walk in my Shoes



From  
Dianne Murphy



## "Beautiful, in the unexpected"

Like many women I know, we often want to look beautiful. We seem to be smothered with advertisements suggesting what beautiful should look like, what products to purchase to look beautiful, and of course indicating that being skinny is beautiful. Social media posts often advertise that we need to look a certain way and this is also aimed at men and younger people.

Through my life journey, my thoughts on life have changed dramatically and this includes my outlook on beauty, and what is beautiful. Having become part of a community of people who support loved ones with varying challenges in life, I now witness beautiful things and see the beauty in people in different ways.

When you look up the word "beautiful" it uses words such as attractive, pretty, handsome, good-looking. Having "qualities of beauty" is described as giving pleasure to the mind or senses. I love this, because my looks have certainly changed over the last 25 plus years.

The beauty I now find within myself is through my smile, especially when I wear pink lipstick, and I feel beautiful when I help another person. I see beauty in nature such as flowers, trees, clouds, and sunsets, and witnessing beautiful things every day that bring joy.

I'd like to share a moment that happened recently.

My daughter has an intellectual disability and has been non-verbal most of her life. Recently, when she happened to see her dad working, she called out and said "Hello Daddy!" This is the very first time she has done this. I haven't seen my husband smile like this for a very long time. It was a beautiful moment for my hubby and also for our family. We are still smiling since this milestone from our 21-year-old daughter, and we feel beautiful because of it.

To my fellow Carers out there, I hope you see the beauty inside you and witness beautiful moments with the ones you love and care for.

Love Dianne 

**"The beauty I now find is within myself, and starts with my smile..."**

# THE FREEDOM TO FORGIVE

It can be difficult to forgive past wrongs, but we are the ones who hurt most when we don't. Explore this practice to find your way forward.

## 1. TAKE YOUR SEAT

Take a moment to close your eyes or keep a soft gaze toward the floor. Take a few deep breaths.

## 2. PICTURE A PERSON

Visualise a person in your life who has hurt you - maybe not the most extreme example, but it could be a family member, a coworker, or a stranger. Get a sense of the actual event or events that occurred that hurt you.

## 3. OBSERVE THE FEELING

Tune in to how the body feels at this moment, and also what emotions are present. Is there a sense of anger, or sadness?

## 4. SEE THE THOUGHTS

Be aware of the thoughts that are circulating around this person. Notice if there are thoughts of hate or spitefulness. Feel this burden that lives inside of you from holding on to past hurts.

## 5. ASK YOURSELF IN THIS MOMENT

Who is suffering?  
Am I willing to forgive?  
And if not, that's perfectly fine.  
Perhaps this isn't the time.

*And if so, just continue on with this short practice.*  
Breathing in, acknowledge the hurt and pain that's here.

Breathing out, forgive and release this burden from your heart and mind.



*Remember...*

YOU ARE ALLOWED TO BE BOTH A

*Masterpiece*

AND A

*Work in Progress*



# Express YOURSELF to Better Health



## Helen Blanchard - Lifestyle Editor

Health Educator  
Registered Nurse Specialist (retired)  
Diploma of Arts Psychotherapy  
Lived Experience Expert

*Together we can change the definition of 'Beautiful'*

Who decides what's beautiful? Is beauty good, and everything else bad? Isn't beauty in the eye of the beholder?

*The definition of beauty according to the Oxford dictionary is: a combination of qualities, such as shape, colour, or form, that pleases the aesthetic senses, especially the sight.*

When I read this definition of beauty, I don't feel it expresses a strict set of rules, trends, or unattainable standards. Of course, I acknowledge that throughout history what was considered beautiful has changed with different cultures, and societies, all walking their particular brand of beauty down the catwalk of acceptability.

So, where do those of us with chronic illness, disability, and mental health issues fit in? Our particular communities have long been encouraged to hide away; we still are in certain parts of the world.

For those of us who can speak freely we are slowly but surely changing things for the better. We are finding and using our voices to share a new ideal of what real beauty means, represents, and feels like. We are and can be 'influencers' making small changes within ourselves and those around us.

Our message can be one of encouraging society to honour each and every human being and work toward a world-wide movement where life can be inclusive, equal, diverse, innovative, adaptable, positive, and empowering for all.

My definition of 'beauty', what I see and pleases my aesthetic senses is human beings fulfilling their potential, and feeling comfortable in their own skin, in a society where everyone gets to participate and has a voice.

On the next page are just a few influencers with a lived-experience that you might like to take a closer look at. They are trying to make meaningful change so that we can all have a beautiful life.

Thank you for your time and take care.

*Helen*

*Be your  
own kind  
of beautiful  
♡*



# Influencing

## for Positive Change

I AM **DEFINED** AND **LIMITED** BY MY CHRONIC ILLNESS BUT IT IS **NOT** THE TOTAL SUM OF

## WHO I AM



### Fashion

Christina Stephens - Adaptive Clothing  
([www.christinastephens.com.au](http://www.christinastephens.com.au))

### Hello Yello

Inclusive Clothing ([www.msqld.org.au/the-story-of-hello-yello-inclusive-clothing](http://www.msqld.org.au/the-story-of-hello-yello-inclusive-clothing))

### Wear Next

7 Fashion Influencers with Disabilities – ([wear-next.com](http://wear-next.com))

### Beauty

ANTIBEAUTY – Skin care for men and women  
([www.antibeauty.com.au](http://www.antibeauty.com.au))

### Chronic illness

Insider – 10 influencers who are open about their chronic illnesses and conditions  
([www.insider.com](http://www.insider.com))

### Lifestyle

Chronically Inspired – Life Beyond Disability  
([www.chronicallyinspired.com.au](http://www.chronicallyinspired.com.au))

### Politics

Senator Jordon Steele-John (Western Australian representative) - is the youngest ever Australian senator, and the first person with a disability to sit in the upper house of the Australian Parliament.

### Sport

Dylan Alcott AO - is a retired Australian Paralympic athlete, radio host, motivational speaker, and 2022 Australian of the Year.

### Sexual Health

Chantel Otten – Psycho-sexologist and girlfriend of Dylan Alcott ([chantelotten.com/services](http://chantelotten.com/services))

### Community Services

Kurt Harry Fearnley AO – is a retired Australian Paralympic athlete, 'crawled' the Kokoda Track, disability advocate, recently appointed as Chairman of the Board of the National Disability Insurance Agency (NDIA)

### Human Rights/Advocacy

Cátia Malaquias is an award-winning lawyer, human rights advocate and mother of three children, including son Julius who lives with Down Syndrome. Catia was motivated by her son's journey and started a not-for-profit organisation committed to promoting equal representation of people with disability in advertising, media and education.

ENJOY



YOUR



THE

# COMMUNITY



*Children with ADHD may be talented, resilient and often misunderstood. They can be challenging but are never boring. Parenting requires exceptional skills which can prove difficult when parents have to manage their own mental health issues, negotiate barriers within the home, school and health system. Desiree Silva, 2017*

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a neurological condition that affects around 6% of the national population. It is characterised by developmentally inappropriate levels of inattention, impulsivity and hyperactivity. For some, ADHD is pervasive and persistent to the point of interfering with everyday life in home, academic, social and work environments. Recent years has seen an increase in adult diagnosis, with many adults recognising they have the same symptoms as their child when being diagnosed with ADHD. Also, at critical points in one's life ADHD can come to the fore often presenting as elevated stress, anxiety and depression.

## THE FACTS

- 800,000 people are affected in Australia
- 75% of children who are diagnosed continue to experience symptoms in adulthood
- 45% of the prisoner population has undiagnosed ADHD
- 2-3 males are affected for every 1 female affected
- \$20 billion social and economic cost

**ADHD WA** is a not-for-profit non-government funded organisation, who has been servicing the community and its members since 1993. All of its services are research-based with the sole purpose of supporting individuals, families and carers to increase accessibility of diagnosis; therapy and peer support while empowering meaningful lives.

Its Board of Management and Professional Advisory Board have been advocating for the sector at both state and federal level, influencing reforms and policy.

In collaboration with the AADPA (Australian ADHD Professionals Association), it launched on 5th October 2022, the long-awaited Australian Evidence Based Clinical Practice Guidelines (<https://adhdguideline.aadpa.com.au/>), which provide key recommendations for screening, diagnosis and treatment for people with ADHD.

To become a member or to seek support please visit [www.adhdwa.org](http://www.adhdwa.org) or call 0864577544.

*Antonella Segre*

**Chief Executive Officer**





From  
Angela Famiano

Kintsugi resonates with me for a number of reasons. The most significant reason is that it reminds me that each and every one of us are a living piece of art. I see it in this manner because many of us have taken a long and exhausting road to repairing ourselves in one form or another.

The philosophy behind Kintsugi can help us to move away from the viewpoint of disposability of anything that resembles being cracked or broken. Kintsugi reminds us that the cracks and broken pieces, when mended, make us more beautiful, more robust, and more precious than before the events which caused these cracks or breaks.

When you translate the word Kintsugi, it means "golden joinery". This beautiful art transformation is believed to have commenced in the 1400s, when a Japanese Shogun, Ashikaya Yoshimasa, requested his craftsman to find a more aesthetically pleasing way to bond his broken tea bowl.

He requested a move away from the traditional method of mending pottery which used unsightly metal staples, to the use of precious metals, particularly gold. The new method provided the opportunity for the cracks and breaks to be highlighted. It then moved to allowing the cracks and breaks to become an imperative part of the art piece.

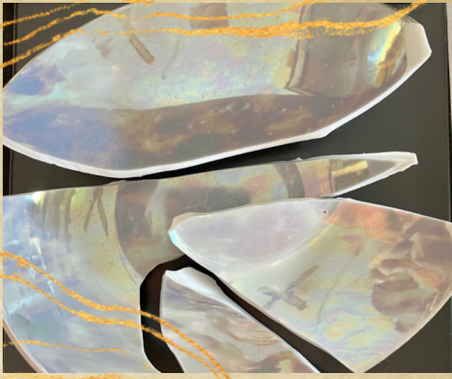
The philosophy behind Kintsugi encourages us to move towards a more insightful thought process, that something that displays and highlights cracks and broken pieces can be seen as an art form. This is a move away from viewing something as being imperfect or to be hidden, or worse, disposed.

The teaching of Kintsugi is closely linked to the metaphor of healing and recovery from life adversities we experience. After the repairing of cracks and broken pieces, the art piece becoming stronger and a symbol of resilience.



**Kintsugi is the Japanese art of repairing broken objects with gold. Because the "flaw" reveals it's history, the resulting piece is considered more beautiful.**

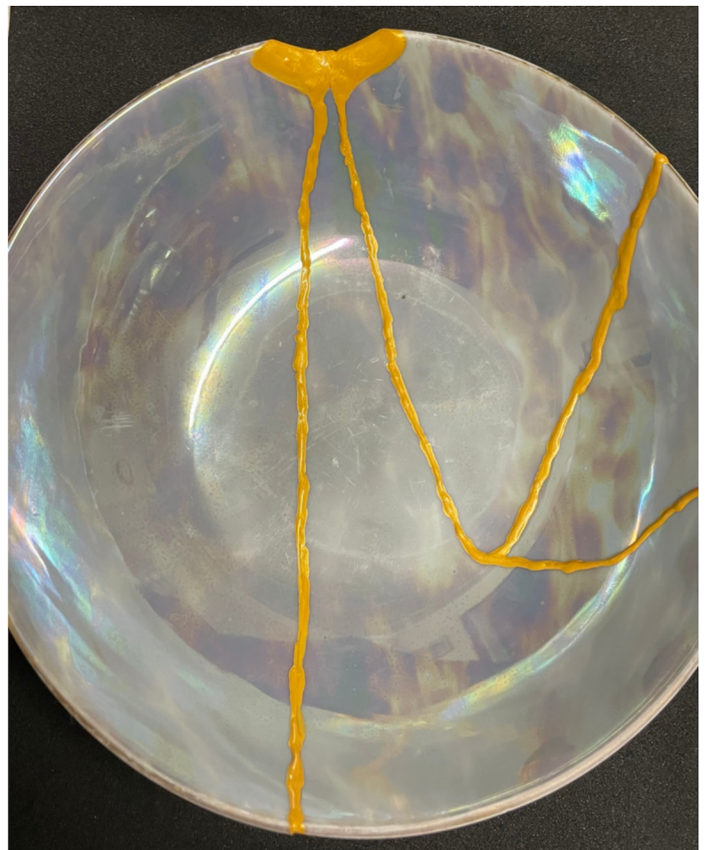




When something breaks, it is changed forever. Kintsugi can teach us that imperfection and fragility can be and should be celebrated. After all, we have all heard the saying “what doesn’t break us, makes us stronger”. Each and every one of us can learn and grow from repairing broken, difficult or painful parts of our life’s journey.

Kintsugi reminds me that it is very important that we not look at every crack and broken piece with pity, shame or place blame. But in the importance of recognising, cherishing and trying to remain at ease in the discomfort. After all, these cracks and broken pieces are the parts that have shaped us into the beautiful unique individuals we are today.

With the help of Kintsugi, we are reminded that our painful parts can radiate with light and beauty. But more importantly, we are reminded that the repairing of our lives allows us to grow through the challenges that may come in the future. That we can heal over and over again, no matter what life throws at us.



Angela

# BE Nourished

From our writer Jackie Rowe



*"Beauty is in the eye of the beholder"*

My Mam said this many times when I was growing up. She used other sayings such as, "There but for the Grace of God go I" and, "There is always someone worse off than yourself". We use sayings as a way to teach and guide children, and they stick with us. They are valuable reminders when we find ourselves blaming and complaining.

"Beauty is in the eye of the beholder" contains some truth because we each have a personal perception of beauty. You and I can look at clothing, paintings, buildings, but see them differently.

Social and cultural notions of beauty are constantly changing. From infancy, we are influenced by family, present and past generations, friends, and our communities about what defines "beauty" in a person. As we listen, absorb, and accept external words and opinions, we create our self-image and an inner "Beholder Monster".

The Beholder Monster creates our "Ideal Self" with expectations of body shape and size, abilities, our clothes, and what we should be eating or avoiding to attain beauty ideals. The Ideal Self is prettier, taller, shorter, faster, smarter, kinder, quieter. The Ideal Self is what the Beholder Monster has taught us to believe is 'beautiful'. Without realising it, we try to adapt and mould ourselves towards the Ideal Self.

We are unaware that the human mind will often view beautiful people and beautiful objects as good, pleasing, and acceptable and desirable. If something is not perceived to be beautiful, then we have a tendency to interpret this as bad, unacceptable, not pleasing, and not wanted. When our own self-image doesn't measure up to the Ideal Self, our self-esteem plummets and we struggle to like - let alone love - ourselves.

Trying to achieve a non-existent measure of beauty is pointless. Instead, use your energy to treat yourself with loving kindness in your thoughts, your language and your actions. Choose a lens of self-compassion, let that be your beauty filter.

The Beholder Monster is not real; it's just energy collected from past thoughts, perceptions and opinions. Thoughts may feel real, but they are not. They have become a habit developed over time. Habits can be changed and negative thoughts can be transformed.

## Suggested Activity

Begin with noticing your thoughts.

Write down what you are saying to yourself.

Now imagine saying those things to someone you love and would never want to hurt. Looking at it from the outside, we can see how damaging it is.

Take each negative statement about yourself and reframe it. Only allow words that come through the lens of self-compassion. For example: "I am useless and ugly" becomes, "I am smart and beautiful". Say your new statement aloud - in front a mirror is good - letting your inner love flow and connect with your beautiful reflection.

Initially, you may feel like a fraud, your inner voice might say, "This is stupid, this won't change anything." Our inner voice sits in our subconscious mind. It doesn't like change and feels safe with the familiar. But, every time you reframe negative thinking to thoughts that come through the lens self-compassion, you create a new positive habit. Over time, your subconscious mind will accept the new thoughts as a "new" familiar.

Change one thing at a time and commit to a daily practice over 30 days, to see the change. If the old habitual thinking creeps in again, start another 30-day journey until your new thoughts, through the lens of self-compassion, become like breathing - automatic and life-giving.

Be your own Beholder and see the Beauty in you every day.

*Jackie*



# Beautiful Woman

Poem by Jackie Rowe

“

1920's

Flat chest no boobs  
No hips  
You're in  
The epitome of beauty  
A body so thin  
Time has moved on

1930's

Now curves are in  
Rounded hips  
High boobs  
And ruby red lips  
Magazines once  
The media of the day  
They dictated beauty  
They had the say

1940's

Boobs so pointy  
Plump was in  
With a tiny waist  
You just couldn't win

1950's

Feminine looks  
Stiletto heels  
Make sure you dress well  
While you make his meals!

1960's

Here we go again  
Flatten your boobs  
As flat chests are back in  
Hippies don't care  
Anything goes  
From flowers in their hair  
To floaty clothes

1970's

Big hair took over  
Eyebrows are gone  
Just a tiny thin line  
Big platform shoes  
Looking tall and just fine

1980's

Leggings and leotards  
Were style of the day  
Huge curly hair styles  
That got in the way

1990's

TV joined magazines  
Calling the shots  
Declaring what beauty was  
Whether you have it or not  
Crop tops were cool  
If your belly was flat  
Any sign of a curve  
You couldn't do that

2000

Be thin be thin  
The media said  
Back to that crap  
That put ideas in girls' heads

2020

Here we are  
Now bombarded by media posts  
Photoshopped  
Filters  
And look at me posts

It's clear over time the beauty is not true  
It's a message made up  
That's shared to me and to you  
From media and magazine with ideas  
That sell

Time to tell them all to go to hell  
Your beauty is too great  
To be defined in one way  
Don't ever doubt it  
You know you can say  
Beauty is not defined  
By my body shape or size  
Not by the size of my hips  
My legs or my eyes  
Beauty is in me  
Just look and you will see

”

# WRITERS

*We Want to Hear From You!*

Honeybee Lifestyle Magazine exists to reinforce the purity of one message:

**The Lived Experience and Patient Expert!**

We want to hear your voice and publish your words and story. Join our vibrant and growing team.



## HEAD TO [CHRONICALLYINSPIRED.COM.AU](https://chronicallyinspired.com.au)

We are looking for experienced or aspiring writers to add to our amazing team from multiple backgrounds. If you are someone living with a chronic illness, intellectual or physical disability or a mental health condition, your lived experience story may be exactly what we like to feature and share with our readers.

If you are an organisation or business that works in any of these industries supporting others, then we would like to feature and showcase your services and/or products with our growing community.

To be considered send us an email (details on page 38).

We can't wait to meet you and collaborate together!

[#HoneybeeLifestyleMagazine](https://twitter.com/HoneybeeLifestyleMagazine)





# Xmas Dessert Ice-Cream Dream



## It was an itsy bitsy teenie weenie yellow polka dot bikini....

It was an itsy bitsy teenie weenie yellow polka dot bikini... Christmas pudding on a hot day, definitely NOT happening! Instead, try this delicious ice-cream pudding – and what's more, because you're just sending your tastebuds, you don't have to worry about fitting into that itsy bitsy teenie weenie yellow polka dot bikini! (You can have more than one piece – guilt free!)

### Plane boarding now:

- 4 litres of any ice-cream, softened.
- Assortment of your favourite sweets and chocolates, lollies, nuts that you wish to add.
- Store bought or homemade caramel or chocolate sauce for pouring over on serving.

### OR a more traditional version

- 4 litres of ice-cream, softened (vanilla works best with traditional version).
- Store bought or homemade Christmas cake, or pudding crumbled up.
- Add in some brandy or other little tippie or leave alcohol free, just a thimble-full mind you!
- Add in chopped up 70% dark chocolate (Lindt is a good one).



## Baggage

- Important Note: Ice-cream must be soft enough to work with without being sloppy.
- Combine all your lollies etc through the ice-cream, or the crumbled Xmas pudding and chocolate depending on which version you are going to make
- Line a large glass pudding basin or a loaf cake tin with glad wrap leaving plenty of overhang.
- Pour in the mixture and smooth out. Bring the sides of the glad wrap up and cover the top.
- Freeze overnight. Remove from freezer about 15 mins before turning out onto serving plate.
- Drizzle with caramel or chocolate sauce if using. Ice Magic works wonders too.
- Feel free to go crazy and decorate however you like. Great one to get the kids involved in.

### This is your Captain speaking:

Thank you for joining our Tastebuds Flights in 2022. We have had a lot of fun thinking up fun ways to bring you recipes that let you travel somewhere without the actual hassle of leaving the house in these uncertain times.

**You've arrived at your destination:** In 2023, we welcome our new contributor Laura Williams from *The Platform WA* and *Laura's Kitchen*. She will be bringing you some wonderful recipes to try and enjoy.



# Support Group The Tastebuds Club

SOCIAL SUPPORT GROUP GATHERINGS IN WESTERN AUSTRALIA

*Come along and feel supported today*

This initiative is a wonderful way to connect, make friends, socialise, receive and give support, all while enjoying a lovely meal together. Bring along your carer, family and friends.

Anyone with a rare disease, lung disease, heart failure, chronic condition, disability, or mental health condition is welcome at our table.

**The Tastebuds Club is available in WA only and meets at a central location just outside the city, to make it as accessible as possible.**

**We meet on a Tuesday from 11.30 – 2.30 every second month.**

For more details you need to become a member. You will be subscribed to both our quarterly magazine and e-newsletter, and receive invitations to our luncheons and other events. Individual support can be offered where needed in regards to information and education.

**Website:** [www.chronicallyinspired.com.au/community\\_](http://www.chronicallyinspired.com.au/community_)

**Email:** [chronicallyinspiredau@gmail.com](mailto:chronicallyinspiredau@gmail.com)

**Telephone** directly on M: 041 893 0291

Proudly supported through the Lung Foundation Australia  
Facilitated by Melissa Dumitru – Consultant & Educator



*Gather Together*

Everyone is welcome  
at my table, Melissa



**Lung  
Foundation  
Australia**

when you can't breathe... nothing else matters®



**ConnectGroups**  
helping support groups & individuals



"I look ridiculous."

"It's not that bad..."

"Ri-di-cu-lous." I glared at Martin through the mirror as I enunciated each syllable of the word.

The blonde wig against my pale, blotchy skin made me look washed out and only accentuated the angry red patches on my neck and chest.

In the process of creating a disguise for my work on the Merrick case, I'd hoped I'd also have an opportunity for a drastic makeover. A chance to create a new me. The new, non-chronically ill, badass vigilante, me. But alas, it would take a miracle to make me look like a healthy human being, let alone a badass one.

My doctor had prescribed me with new meds a few weeks ago which, aside from bringing my blood pressure down in my lungs, also happened to cause an unpleasant rash to break out on my entire upper body. Now, people were not only staring at me because of my oxygen, but they were also keeping their distance in case I was contagious.

**Perfect.**

Every med I took had a shitty side effect; bloating, acne, mood swings, brain fog... the list just went on and on. I was still waiting on a prescription pack that read: "May cause enhanced beauty, hydrated skin, and increased intelligence." Like, as if the chronic condition community didn't struggle enough, we also had to inherit a collection of other symptoms in order to stay alive.

Martin sighed. "Well, if you'd give me more information about what you need a disguise for, I might be able to find you something more suitable."

That was not an option.

Martin was new to the force, just like I would have been if my lungs hadn't decided to stop working at full capacity. I'd helped him get through the physical when he was on the verge of failing. He was a serious tech whiz who was destined to join the cyber security team, but still had to pass a basic physical to get in and, sadly, the man could barely climb a set of stairs without losing his breath. And he had two fully operational lungs.

I'd dedicated my mornings back then to help him train and improve his track time, and when he'd finally passed his exam, he'd sworn he would repay the favour some day, but I'd never planned on cashing it in until now.

"It doesn't matter anyway," I snapped. "Nothing is going to be able to hide all of this." I gestured over the entirety of my body.

He frowned. "All of what?"

My eyes narrowed. "Oh, please, don't pretend like you don't know what I mean. Every male recruit used to swoon over my body when I was healthy, now the opposite sex only looks my way to try to figure out what's wrong with me."

"I was a male recruit back then and I can tell you I never swooned over your body."

"Yeah, well, that was because you knew I was out of your league," I jested.

“He let out a loud belly laugh. “That!” he grinned, “That right there is what got you so much male attention.”

“What?”

“There are plenty of attractive women in the academy. It was never about your looks.”

I blinked at him in confusion.

“It was your confidence and your sarcasm, and that I–don’t–give–a–shit personality.” His eyes traced over my oxygen tank, the patches of red skin on my upper arms, and the tubes at my nose. “All of this,” he mimicked my earlier gesture, “is irrelevant. You’re still one of a kind. A total badass.”

I didn’t even feel my feet move, but I was suddenly embracing Martin, my face smooched against his chest in what had to be the most affection I’d ever shown the man. But, damn, I’d needed to hear that.

Finding my composure, I pulled away, ripped the mess of false hair from my head and tossed it aside, straightening my own brown locks back into place.

“Screw the disguise,” I turned to face Martin. “I need a favour.”

His eyes widened slightly in surprise. Yeah, I wasn’t the kind of person to ask for help. Ever.

“I need you to remove my history from the database.”

“What?” He looked at me like I was crazy.

“Or temporarily hide it, at least.”

“You can’t be serious?”

Hell, maybe I was crazy. “I need anything that associates me with the force erased.”

“Why would you want to delete that?”

My teeth found my bottom lip. “I can’t say.”

“You’re going to risk me losing my job and you won’t even tell me why?” He looked more disappointed than angry, and part of me wanted to tell him the truth, to let him work with me on this case. But the reality was that there was more risk involved for him than there was for me. He could claim deleted data as an accident and get away with a warning, but working unauthorised on a case? That could truly lose him his job.

“All I can tell you is that I’m trying to get back on the force.”

“You’re trying to get on the force... by removing any trace that you were ever interested in the force?”

“Yes.”

He shook his head in disbelief. “Anything else?”

Well, now he mentioned it...

“Do you have access to the facial recognition database?”

“I’m going to regret saying this, but yes.”

“I need you to change the name linked to my identity.”

\*\*\*

Martin handed me a freshly printed driver’s license and let out a defeated sigh.

“I’m suddenly thinking all those early mornings training were a total waste of time, because I am definitely getting kicked off the force as a result of this.”

I held the license up and examined the photo, slightly surprised by the comfort I felt staring into my own features.

**“I sure hope it was worth it, Miss Lydia Samiels.”**

# this is me<sup>♥</sup>

by Marie Williams



*You don't have to perfect to be beautiful*

I have often thought that this saying describes my daughter, Laura, perfectly. As in today's society to many peoples' eyes, she cannot be beautiful because she is not perfect. All because she has Down syndrome, and social norms throughout the world, even today, think that people who have Down syndrome are not beautiful simply because they are not considered 'perfect'.

I often think that when family, friends and other people see my daughter, the one thing they think is, "Thank God, it didn't happen to us."

I can understand this, because our journey has been very difficult and challenging. Until we change the perception of intellectual disability in the public arena and make the world more inclusive, our journey won't change.

I came across these lyrics from the song 'Wonderful World, Beautiful People' written by Jimmy Cliff.

*...But underneath this there is a secret  
That nobody can reveal  
Take a look at the world  
And the state that it's in today  
I am sure you'll agree  
We all could make it a better way  
With our love put together  
Everybody learn to love each other  
Instead of fussing and fighting  
Cheating but biting  
Scandalizing and hating*

These lyrics are especially true today, when you see the devastation that is going on around the world. The fighting in the Ukraine, the Texas school shooting, the floods, droughts, starvation, the list is endless. There is so much hatred in the world; you would think that if people replaced that hatred with kindness and love, then the world would be a better place. There have been many acts of kindness, but we need everyone to start so the world can change for the better.

*...Man and woman, girl and boy  
Let us try to give a helping hand  
This I know and I'm sure  
That with love we all could understand  
This is our world, can't you see  
Everybody wants to live and be free*

We have to start to appreciate the wonderful world we live in and as individuals we can make it happen. We can be the stones that provide the ripple in the pond; we can be the change for the better, if we want it to be. A smile, an act of kindness, it doesn't have to be much.

The world is full of beautiful people and this is what we need to appreciate. Beautiful people come in many different shapes and sizes; it is not one size fits all. There is a quote that sums up what a beautiful person is:

**"The sign of a beautiful person is that they always see beauty in others." [www.thinkpozitive.com](http://www.thinkpozitive.com)**



”  
“But underneath there is a secret,  
that nobody can reveal...”  
”

For the sake of my daughter, I want you to look at her and see the inner beauty she has and not the imperfection of Down syndrome. She is genuine, sincere, kind, trusting and loving. She is naïve about the world around her and probably will always be. That is why we need the beautiful people of this world to stand beside us and not judge us, so that we, as parents of children and young adults with an intellectual disability, know that we are not alone.

*“And perhaps  
what made her beautiful  
was not her appearance  
or what she achieved,  
but in her love  
and in her courage  
and her audacity  
to believe:  
no matter  
the darkness  
around her.  
Light ran wild  
Within her,  
And that was the way  
She came alive,  
And it showed up  
In everything.*

**Morgan Harper Nichols**

Our daily lives are challenging, demanding, exhausting and difficult. As parents, our worst fear is that when we no longer walk on this earth or we are unable to cope, our children are left to the mercy of others. This is what our nightmares are made of. If we could just know that the beautiful people of this world would take care of our children, our nights would not be so difficult to face.

Marie x



THE  
PLATFORM  
WA

## "Unearthing the Gold"

Everyone has something of worth to offer the world, and sometimes imperfection is what is most highly valued. Cookie cutter perfection is so yesterday, don't you think? And yet, why is it that so many try to fit into moulds they were never created to occupy?

Each of us has our own signature, crafted into the fabric of our beings, be it fingerprint, absolutely unique, or your DNA, unequivocal evidence of who you are. That uniqueness is your beauty and your perfection. You are perfectly "You" and no-one can argue that you are not!

And it is that "You" who you bring to the world, in whatever way you choose to express it, that is vitally important. So, from my perspective, all this comparing of ourselves to others and feeling like we fall short, is simply our lack of seeing things clearly and appreciating the reality that we are unique, gifted uniquely, and uniquely beautiful created beings.

I have recently started my new career as a podcaster... well, haven't really let go of the day job just yet, but I am burning up my leisure hours in the hot pursuit of wisdom. Yes, that is right, I am on a hunt to unearth the wisdom in the lives of ordinary people who are doing extraordinary things. Enter Monique Wilson...

## "Enter Monique Wilson..."

Monique has just accomplished a major feat at the ripe old age of almost 40 years, debuting as a screen writer, lead actress and costume designer in the recently released movie, PIECES. And she is deserving of a round of applause because this was a two-year creative pregnancy, fraught with all the pain and suffering of giving birth to a real child!



This brilliant work of art and movie focuses on the story of Alicia (played by Wilson), a mother, retired dancer and art therapist who facilitates an art therapy class at the local dance studio for people experiencing mental health challenges. They have been commissioned to create an art piece as inspiration for the dance company. A documentary film crew has been invited to record the process. So, you have this intricately woven combination of action and explanation juxtaposed to create an emotional and educational film that destigmatises mental health experiences.

The film reveals what it is like to live with a mental health challenge, from multiple people's perspectives, and incorporates the stories of family/supporters. Alicia's family members have mental health challenges and so we see her struggle as a carer and facilitator.



The people are not perfect, yet you gain an appreciation for the beauty and contribution that each makes to the big picture, an amazing artwork, which is the final moment of the movie and leaves you breathless with inspiration and hope. Each character is literally a piece of this amazing tapestry of life that Wilson has created so superbly.

In interviewing Wilson for my podcast, The Gold Digger Podcast, my goal was to unearth the gold in her journey and we got to hear this really lovely story of reclaiming her creative expression after motherhood. A story of reconnecting with the young person who loved dance and theatre, who has stepped over into life as a woman in 40's reclaiming her identity.

Wilson would say the process was messy... she is still learning how to balance demand vs energy to preserve her physical health ...but so worthwhile.

*And this is my message to you, the Honeybee reader.*

*Life is messy.*

*Our bodies are messy.*

*Our minds are messy.*

*But does that mean we are not beautiful?*

*Absolutely not.*

*And who defines beauty, anyway?*

*Whose perspective takes precedence?*

Hayley



*Welcome to an exciting  
new podcast initiative...*

Hayley is always on the lookout for new and interesting people to interview. She wants to unearth your gold, so get in touch with her and join the series as her guest today!

Former Publishing Editor of  
Golden Pen Magazine

# THE GOLD DIGGER PODCAST

WITH HAYLEY SOLICH

I'm on a life long  
quest to unearth  
people's gold!



**Links:**

The Gold Digger Podcast

<https://thegolddiggerwithhayleysolich.podbean.com/>

Links: PIECES Movie <https://www.piecesfeaturefilm.com/>

# From the Heart

Jacqueline De Grussa



## Busting the Beauty Myths in Life

### **My worth is not dictated by my weight!**

I remember looking in the mirror as a 7 - 13 year old, going over every inch of myself. Desperately wondering why people hated me. I decided it was because I was fat, ugly, different.

Growing up in an Aboriginal community from 8 months old to 6 years. I felt loved, I felt accepted. Even though I was a little white child who couldn't have looked more different from my beautiful Aboriginal friends. **I was accepted into the culture and they named me Junna Gaba (little one).**

When we moved back to the wider community of Darwin and I was enrolled in the local Catholic school (still run by nuns) in the mid 80's, everything changed. At first I struggled as I was bi-lingual and was prone to speaking in the traditional Aboriginal language of Pitjantjara, so immediately I was teased for this. Established as different, I was not used to Western culture and also struggled with the differences in how children related to each other. I coped by binge eating, stealing food at home and generally gorging any time I could.

My little body ballooned, then the teasing moved to my weight. Elephant, fatty.... The common manipulation of my name from de Grussa to 'de Grossa'. I cried often, becoming shy, uncertain and anxious.

I remember when I got to high school the bullying got worse...my natural intuition to try and get people to like me developed into a full blown 'fawn' trauma reaction which just opened me to more bullying.

I looked to the girls at school who were popular. I studied them. I saw that they were skinny, athletic and confident. My first memories of being suicidal were in the first term of year 9. I decided to change everything about me, because me, was unacceptable. I stopped eating, I learned how to stick up for myself, I became a chameleon. Instead of discovering my innate passion, I saw what the cool kids did and I did that too.

Fast forward and I did achieve much academically to try and gain the approval of my mother, BUT... I struggled with an eating disorder for many years, I became an addict, finding any and all drugs I could that would allow me to achieve, be skinny and have confidence. **I hid it all. I was exhausted.**

I had to appear as if I had it all. I look the best and be the best. I was literally killing myself.

I ended up in psychiatric wards, rehabs and in 12 step programs.

I was in a marriage where my husband criticised my weight. I used codeine secretly to not eat.

I was lost. Broken and suicidal.

7 years ago I came out of rehab and back into my marriage, pregnant again with my third child. I decided to cut my hair the way I wanted. He hated it, bullied me to change it and I refused. I was done with bending to others expectations... It wasn't rainbows and unicorns. But that haircut was the beginning of my journey to embracing who I was, not who others wanted me to be.

I still had to journey through a separation/divorce, a relapse, another psych ward stay, several suicide attempts and long stay rehab.

All the while I looked in the mirror and couldn't recognise who was looking back. I squeezed my soft belly and big thighs that carried 6 pregnancies and delivered 3 beautiful baby girls... wanting to be thin. Wanting to be pretty.

**1251 days ago, I made a decision.**

**My worth is not dictated by my weight.**

**I am unique, eccentric and different.**

**My life is not an ode to the beauty magazine.**

**I am a tapestry of all of my experiences.**

**I am sexy and smart and powerful.**

**I will not apologise for being different.**

**I will never again, bend and break under the weight of others expectations.**

**I am going to be me.**

**Unapologetically.**

**So, my dearest.**

**Look at yourself in that mirror and love the skin you're in.**

**You are imperfectly perfect.**

# *What does it even mean to love yourself?*

“

It means honouring your own wants and needs.

It means accepting yourself as you are...not waiting until you are richer, thinner or more successful.

It means knowing you are worthy and deserving of the things you desire, so not accepting being treated in a way that disrespects you.

It means caring for yourself and knowing that caring for you is just as important, if not more, than the care you provide to others.

It means noticing your unhelpful thought patterns and working on them so you can improve how you feel about your life.

It means being willing to set and maintain boundaries even if you sometimes feel guilty about it.

”

**Poem shared with you from The Recovery Collective @centredselftherapy**



# The Art Between the Words

Kez Wickham St George



✧ ✧ Beauty is in the eye of the beholder ✧ ✧

“We do not need to change our bodies; we need to change our own opinion of how we see ourselves”. When I first read this phrase, I was grabbed by its clarity and force, encapsulating the necessity to fight the structures of not only our western culture, but a global culture that we feel the need to please others to feel good about ourselves. Low self-esteem is hence not a character trait nor failure, but is prescribed into our DNA by their culture. Over the years, I have become more concerned by what I see advertised no matter where I look, which is: if you don't follow the rules set down by a faceless society, then you are a failure.

There are many windows to look through when it comes to seeing yourself as perfect or beautiful. Let's look at the diet scenario which promises complete satisfaction once the diet is completed. Should we not look at our self-esteem first? Low self-esteem, then attaches itself to shame and guilt when we do not reach our goal. So, how do we reject the negative harmful thoughts that are induced by the majority of western society to alter almost every aspect of our bodies in order to measure up to their standards?

I am only able to write from my own experience when it comes to the subject of beauty, as to me the mind and the copious amounts of information we digest every day, is the beautiful organ we call a brain. I truly believe that's where we should start, by loving the fact that we can change the way we judge ourselves. This one exercise is paramount to steamrolling over the ego.

*“Learning is the only thing the mind never exhausts, never fears, and never regrets.”*  
Leonardo Da Vinci

Every day, we watch and absorb adverts on exercise, beauty creams, gym equipment, diet shakes, slimming underwear - the list is endless. What if we changed that, instead choosing what we digest digitally to feed our soul, what would happen? Well, I am a firm believer in we are what we consume, eating healthily (no diets), reading healthy literature (a good whodunnit), sitting in the sunny shade for 30 minutes every day, perhaps potting a plant, watching the wildlife (birds in trees), chatting to a friend and maybe asking this friend to join you on your mental growth pattern. I could name so many.

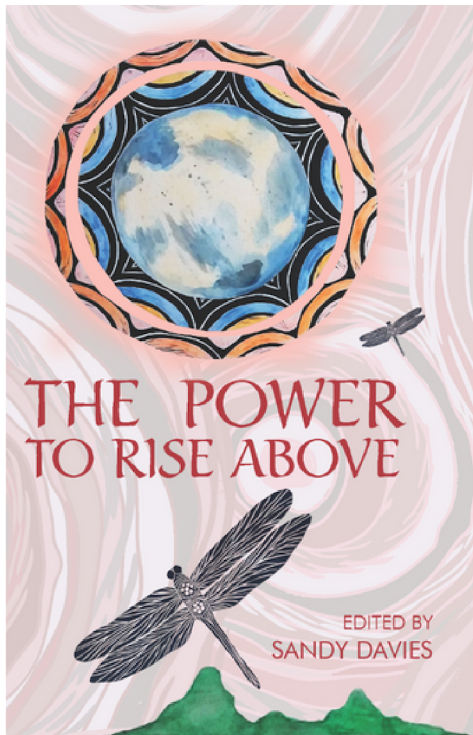
I can tell you this though today. I began to write this at 9am it is now 3pm. Why was I distracted? Morning tea was offered at our local beach; this also included a 30 minute walk on the beach, showing some small children where the best shells were to be collected, joining in their laughter, the wind and sun on my face, watching the pelicans and seagulls – plus, to our delight - a pod of dolphins swimming by. This to me was all the manna I needed to come back and sit at the computer to write. So, before you succumb to “I must look beautiful for...”, why not rephrase that thought? At this very moment in time... simply for today. say ... **I am enough.**



# Chronically Booked

## BOOK CLUB & REVIEWS

*From Author Kez Wickham St George*



### **The Power to Rise Above - Author: Sandy Davies**

**Published through Ozark Press \$29.95**

**Review By Kez Book Reviews**

**Sandy Weaver is absolutely incredible.** Her passion, determination, positive attitude and enthusiasm are rarely encountered in business as a publisher/author. Not only does she provide massive value through encouraging our first nation plus the many countries included to write their stories, she is also focused on making a positive difference and helping women globally create their own magic in storytelling. Davies has supported all of her authors in achieving their goals in becoming published authors. She has excellent communication skills, and amazing leadership knowledge.

I can highly recommend Davies' authorship in this book based on her tenacity and ever-growing skill set. In this world of business, this book "**The Power to Rise Above**" is a genuine pleasure of power and strength. Davies encourages all to live a life without fear on purpose. "The Power to Rise Above" contains stories of triumph, which are uplifting and poignant in this day and age.

[www.thepowertoriseabove.com.au](http://www.thepowertoriseabove.com.au)

*"May you always have enough" Kez Wickham St George.*

### **Life Magic Conquer Kit - Author: KP Weaver**

**Angus & Robertson \$23.25**

**Published through MMH Press**

**Review by Kez Wickham St George**

Karen Weaver is a true author/publisher and entrepreneur. Her passion, determination, positive attitude, and enthusiasm for positivity, motivation, and manifestation are rarely encountered in today's world of often confused mixed messages in the post-pandemic business world.

Not only does she provide incredible value through written insights, but she is so focused on making a positive difference and helping women globally create their own magic by teaching them value using this beautifully crafted book. Weaver supports her book "**Life Magic Conquer Kit**" using strategies and techniques, while encouraging the reader to tap into the power of creativity. It is here that Weaver shines beautifully as a gifted teacher/author who inspires others to create magic in their lives, to live a life without fear on purpose.



# Next Time

TOP  
TOPIC

## NEW YEAR 2023

### AWAKEN THE WARRIOR WITHIN!

Are you ready to be authentically you?

The Honeybee Team  
welcomes new contributors

**Letisha Living**

Psychosocial Recovery Coach at Stroke Recovery Coaching and Empowerment  
Author of Finding Yourself after Stroke - Creative Director Kindness Empowers

**Ben Gardner**

Founder Antibeauty - No BS!

**Laura Williams**

Laura's Kitchen  
The Platform WA

**Erin Boustani**

Pulmonary Arterial Hypertension  
Coach for Body Positivity  
Nutrition - Mindset - Fitness



COMING TO HONEYBEE







*imperfectly  
perfect*

Follow our Adventures at Chronically Inspired

# Destination Wellness

FIND  
Beauty  
IN THE SMALL  
Things



# LISTS - some people live by them, others scorn them.

Do your lists begin and end with the day's tasks, all to be ticked off before your head hits the pillow in the evening? It's natural to be focused on the everyday realities of life, but sometimes it can be valuable to stop, take time out and remember the people and places you've loved, the activities in which you can escape, and the adventures you would like to go on - these personal reflections and aspirations can form new lists to guide you to a more creative, more mindful, and fulfilling future.

## Be Creative

Personalise your lists.

Add photos of family, friends, and favourite places, stick in a movie, theatre, and exhibition tickets; draw pictures of your dream house, favourite flower, or much loved pet.

## Be Interested

Scribble names of centres or workshops where you can try a new craft, websites that will help you plan your next outing, or names of people who you would like to catch up with.

## Be Mindful

As you reflect and record your feelings, ambitions, and hopes, be proud of how far you have come - every achievement, no matter how big or small, is significant - and be excited about how far you could go.

Relax and enjoy the process.

It is your life, they are your lists - and you can add, change, and tick them off in your own space and in your own time.

### My proudest moment

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### My funniest moment

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### My most embarrassing moment

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*Take care of all your  
memories - For you cannot  
relive them.*

*Bob Dylan - Musician*

**Achievements I am proud of - big and small**

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**Things I would like to learn or revisit**

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**Things I am good at**

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## Things I want to improve on

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## Quotes and sayings I love

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## My personal mantras

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### Remember...

If you have a voice in your head saying  
you are not all you could be,  
replace it with one that says

**"I AM ENOUGH".**

Say it when you're in the shower,  
brushing your teeth, travelling to work;

**'I am enough, I have enough,  
I have always been enough,  
and I always will be enough'.**

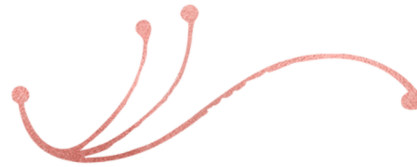
Gabrielle Worthington

Gill McGimpsey-Evans



Honeybee Lifestyle Magazine - professional printing & postage is proudly supported through the generosity of our incredible long-term sponsor Gabrielle Worthington, Managing Director Dependable Laundry Solutions.

Chronically Inspired - Life.Beyond.Disability, and Honeybee Lifestyle Magazine are proudly supported through the generosity of our beloved member and friend Gill, who passed away in 2021 from Pulmonary Arterial Hypertension.



**TESTIMONIAL from our sponsor..**

As a Sponsor of Chronically Inspired - Life.Beyond.Disability we are very proud to support Founder Melissa Dumitru in her endeavours to provide an excellent resource for people living with chronic illness, disability, & mental health conditions. The HoneyBee Lifestyle Magazine would have to be one of the most helpful, informative magazines that absolutely inspires those with health challenges to live their best life. Melissa speaks and informs from a lived experience... a very powerful insight into individuals suffering chronic diseases... a fantastic read for sufferers and their Partners, Friends, Supporters alike. One day, this fabulous magazine will be in all sorts of Medical Practitioners offices as a little Life Saver for those afflicted in so many ways.

**Acknowledgement to Country:** Chronically Inspired would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their culture, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders, past and present, and are committed to making a positive contribution to the well-being of Aboriginal and Torres Strait Islander young people, by working on providing services that are welcoming, safe, culturally appropriate and inclusive. We are committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. We welcome all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.



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041 893 0291



chronicallyinspiredau@gmail.com



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# Last words



from the Divine Ms. M



BEAUTIFUL  
i am  
STRONG  
i am  
ENOUGH  
i am

**Perfectly Imperfect and Owning It!** I caused quite a stir with the theme for this edition. Lots of negative emotions arose from many of our contributors, the theme simply didn't resonate. It is a sad indictment of our times that we should feel this way - myself included.

I think that like most women, I grew up unhappy with my curves. Nobody even stopped to take family genetics into consideration. Thanks to models like Twiggy, who are naturally slim, the rest of us didn't stand a chance really...

I literally hated myself and my physical body for most of my life because of what society deemed as perfect and beautiful. People would say to me, "You're so pretty and such a lovely girl, what a pity you're fat"!

It is interesting to me that society still thinks it can say whatever it likes to those who carry around more weight than others. It is the last acceptable form of discrimination in my eyes.

I read the title of a poster outside a health food store the other week. It stated in bold red letters, SLIM IS HEALTHY! It was, of course, another weight loss approach, but I was struck by the words being correlated to health in such a bold and blatant approach. Anyone with any education would know that this simply isn't true. Slim doesn't equate to good health, nor does overweight equate to bad health. Not completely. Not in the ways that we've been led to believe and accept.

It wasn't until 15 years ago when, after three long, painful years of literally dying, I was diagnosed with a progressive rare and chronic illness called Pulmonary Arterial Hypertension (say that fast five times!) As my body fought to stay alive - in spite of being in advanced heart failure - I had to adjust to things that I would never have dreamt, and I began to realise how incredible my body actually was. The medical procedures I had to undergo, the resilience I had to build in order to survive and then try to thrive with the life I now had, taught me the true beauty about my body. YES, even with all its jiggy bits, wrinkles and everything heading south, I am truly blessed to have a body that has been this strong and endured some incredibly difficult situations.

So, my reaction to our theme is this; perfection is not something that exists, nor should it be aspired to. If you reach perfection, what is left? Beauty truly is far too many things, places, and behaviours for us to narrow down and reduce to only the physical. After I got diagnosed, I stopped saying "I am on a diet, I am watching what I eat, I need to lose weight". I spent the first 35 years of my life spewing out those words and I am not doing it to myself anymore.

Love what you have, where you are, and who is with you. Or change it. Either way, make the journey beautiful in more imaginative ways than the so-called norm! Believe YOU ARE ENOUGH exactly how you are, because you are!

*Thank you to all our readers, contributors, and sponsors for supporting this incredibly important initiative, and for recognising the beauty it holds and needs to share with others.*

*Wishing you all a peaceful and happy festive season and a happy New Year 2023. With love and blessings always, Melissa and the Honeybee Team.*



## EDITORIAL

- **Editor-in-Chief - Melissa Dumitru**
- **Design Editor - Erica Francois**
- **Lifestyle Editor - Helen Blanchard**
- **Technical Editor - Fay Bahemia**

## CONTRIBUTORS

- Jackie Rowe
- Jacqueline De Grussa
- Hayley Solich
- Helen Blanchard
- Marie Williams
- Dianne Murphy
- Laura Williams
- Erin Boustani
- Erica Huntzinger
- Angela Famiano
- Mystery Writer
- Kez Wickham St George
- Jenny Gleeson
- Jaymee-Lee Farrelly
- Ben Gardner
- Latisha Living

## REFERENCES, BIBLIOGRAPHY, IMAGES AND ACKNOWLEDGEMENTS

- Canva Pro, Google Images, Unsplash, Pinterest
- All articles specify the source and author in their referencing.

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## STOCKISTS

- The Wellness Society Resources page 19
- Kez's Book Club & Reviews
- Elisha Goldstein - MindFul Article Forgiveness pg 8
- Special Breathe Edition List Journal Inspired pg; 35/6/7

## PARTNERS



## PUBLISHER

Honeybee Lifestyle Magazine for  
Chronically Inspired - Life.Beyond.Disability

## CONTACTS

International Telephone +61 41 893 0291  
Australia Telephone 041 893 0291  
Email [chronicallyinspiredau@gmail.com](mailto:chronicallyinspiredau@gmail.com)  
ABN 872 013 043 85



## AFFILIATES



THE WELLNESS SOCIETY



### Our Vision

Chronically Inspired envisions a community where individuals, with chronic illnesses, mental health issues & disabilities both physical and intellectual, are accepted into our society exactly as they are. Recognised as having the same qualities, talents, flaws, and challenges as anyone else. And given the same advantages and privilege without exception.



### Our Mission

Chronically Inspired exists to reinforce the purity of one message; the lived experience and patient expert stories. We empower through inspiring storytelling, informative content, and supportive collaboration of the unique journeys and lived experiences from our collaborators and through our networking to highlight the incredible lives so many in our community are living despite their many challenges.



## ON THE COVER

This edition I chose this gorgeous spring setting with a model showing us the steampunk art on, and around her wheelchair. I just love this graphic and think it fits perfectly with our theme about busting perfection and beauty myths.

(Unsplash Disability Models Photographs)

