

Rut

ZINE

1 6 6

I've been feeling really fatigued again this week, which is annoying. I have an appointment to get a b12 shot tomorrow though, which I get every three months or so because I have pernicious anemia, so hopefully that helps my energy levels a little bit. I changed over to a different birth control pill about three weeks ago because the one that I've been on for ages just hasn't been on stock. I struggled to get a script filled in mid-March and was only able to get it at one pharmacy after days of searching and people calling around, and then when I went to try again a month ago everywhere was completely out of stock with no firm date of when they'd be getting it back in stock. After visiting a few different pharmacies I was finally just told I was better off going to my doctor and getting a different prescription, which is annoying because I've had issues with different pills in the past and was really happy with how this one was working for me. So my doctor gave me a new pill to try and told me to give it two months before I decide whether it's good or bad, and I gotta say it's really been kicking my ass. I had my period two weeks before switching pills and have since had intermittent spotting, which is probably also contributing to my fatigue. I keep having flashbacks to a few years ago where I had my period for 7 weeks at a time three times in a row and I had all sorts of tests and everyone kept saying I was fine and there were no problems when there were CLEARLY problems. I also worry since I had the abnormal cervical screening in December and had a biopsy in January and even though I got the all-clear, I still struggle to

get the worry out of my mind. I guess I'll give it another few weeks and see how I go and try not to worry too much.

So I've spent today just sort of lazing about in bed, occasionally doing a few bits and pieces. I had a huge day yesterday where I had a 2 hour zoom meeting in the morning and did another 2 hours of work for the mini-course I'm doing. Then me and my friend C and her kid drove up to Crows Nest to see our friend S who was on holiday from Brisbane her with her family. We all went on a mini bush walk and had a picnic and by the time I got home around 6:30 I was just absolutely beat. Being around three kids aged 3, 5, and 7 was just exhausting. I don't know how people do it. It's just constant talking and trying to manage moods. I think I'm generally okay with kids but my patience definitely wears thin after a few hours with them and I was more than happy to return home to a sleepy cat and a night of trashy tv.

I didn't have any particular plans for today since I'm mostly on top of everything, which I suppose is why I slid so easily into a lazy day. I've tried to avoid lazy days where I can since lockdown but I've succumbed to a few when they've been needed. Aside from being tired I woke up with a headache that I was struggling to shake and was threatening to turn into a migraine. I feel like that's becoming a pretty regular thing for me as I get older. I used to get a lot of small headaches and a few migraines, but now I mostly seem to get these almost-migraines, maybe about once a month

or once every six weeks. I've been trying to keep track of any triggers but at the moment it just seems to be sort of random. My go-to cure at the moment is one aspro-clear, two ibuprofen, a huge meal, and a hot shower. I'm wary of the aspro-clear and ibuprofen combination, but it works so I don't really want to know too much about it. Ignorance is bliss etc etc.

While I was waiting for my magic not-quite-migraine combination to do its work I finished reading the last half of *Beautiful Revolutionary* by Laura Elizabeth Woollett. I expected to like it a lot more than I did and sort of forced myself to keep going with it even though I didn't feel very invested. Maybe because it's based on the Jonestown Massacre I already knew how it would end and that took away some of the interest. I think maybe I would have enjoyed a nonfiction book about the People's Temple and Jonestown rather than a fictional retelling of it, similar with a book last year called *The Girls* by Emma Cline which was semi-about the Manson family murders. I understand the morbid fascination with these events and I enjoy the fact that they're sort of feminist re-tellings, but for me it's hard to go into with already a little bit of knowledge and to try to make that knowledge fit into this fictional narrative. The next book on my list is *Milkman* by Anna Burns which I'm super excited about. I listened to the audiobook of it last year and then it was chosen as our next book for book club so I ordered the paperback off Book Depository to see if it would be a different experience. I absolutely loved the audiobook and a lot of

mushrooms, and brussel sprouts. I still have loads of broccoli that I don't really know what to do with and still have leftover bake to eat. I basically stopped buying fresh produce at the start of lockdown since regional living plus drought plus pandemic meant fruit and veg at Coles was just astronomical. I mostly just used frozen veggies which work well enough in most situations but just aren't the same, so I think I got a bit excited, especially because all of my favourite veggies are in season right now. Every time I eat brussel sprouts I can't believe I only just had them about 5 years ago for the first time thanks to my friend T who convinced me they were great, and I've never looked back.

I've also been listening to my purchases from Bandcamp Day last Friday. Friday fell just two days before my Centrelink was due to come through so I felt a bit irresponsible buying up music but opted to take that risk. I stuck to a theme, like I did last time (only Indigenous artists), and this time it was Brisbane-based artists. I bought VOIID's album 'Drool', Blussh's EP 'Shut Up Becky' and Bugs's debut album 'Growing Up'. So pretty heavy on the high energy pop-punk, which seems to really be coming out of Brisbane fast and hard lately. I'm quite surprised how much I like Bugs, though they took a while to grow on me. They're just undeniably catchy, and I think I was hesitant with them because they're just too upbeat. But I can definitely see myself bopping around the house to this come spring and feeling excited about the summer ahead of me. Though I don't really

that came down to the person who read it, so I hope it holds up. I'm trying hard to make my way through my bookshelves but then I keep getting new books and I've started getting books from the library again, which I feel a bit guilty about. Why can't I just read the books I have?!

The rest of my week is basically going to be full of catching up on work for that mini-course. I have one assessment piece left from the last unit that I'm hoping to knock out tomorrow, then catch up on my next set of readings and another zoom meeting where we're going to be learning about the next three pieces of assessment. It's a lot more intense than I imagined it to be and I'm having trouble finding a good routine for it since the zoom meetings are draining me so much. I don't want to end up working on this course every day, but I'm the kind of student who just needs to do things perfectly. I can't just do the bare minimum to get by, which I know is ridiculous for a free course that is just pass/fail.

I have some veggies roasting in the oven as I write this and I'm really looking forward to them. I went to the farmers markets on Sunday morning for the first time in so long and went a bit wild buying all sorts of great deals, seemingly forgetting that I live alone and couldn't possibly eat that many veggies before they go off. So on Sunday night I made a broccoli and cauliflower bake and tonight I'm roasting up some pumpkin, cauliflower,

want to think of summer just yet, even if it's not that far away. This winter has had a few blisteringly cold days but I'm enjoying it. Maybe because I stay at home for the most part and don't have to get up early in the mornings to go to work and am not out in some shitty beer garden freezing my ass off. It still seems ridiculous that it's already July. I remember back at the start of lockdown when I was panicking about things not being "sorted out" within three months and those three months came and went and I'm still sort of just where I am when this all started. I'm still trying not to think too hard about the future (but just enough so that I can stay motivated) because there's no point planning anything or setting any goals when everything keeps changing so dramatically day by day. Things are getting worse and worse in Melbourne and I feel so much worry for my friends there. New cases have finally been confirmed in Queensland and now I feel like it's just a matter of time before we're in a full blown second wave, though I really hate speculating on things when I have absolutely zero expertise aside from "reading the news once a day". I guess I just keep doing what I'm doing.

Rut Zine is a free weekly zine made
in Toowoomba, Australia by
Bence Martin

Contact: rutzine@gmail.com

Rut Zine is distributed by Small Zine
Volcano

for back issues and other great
free zines go to:

smallzinevolcano.bigcartel.com