



AUGUST 2020

Q MAGAZINE

LGBTI  
World  
Lifestyle  
Community

featuring:

LET'S GET DEEPER

mike & belinda joh on inviewtv

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## q comment:

This month I'd like to share two pieces of "Wednesday Wisdom" from Pride 365 Certified.

You may find these and many other pieces of interest at:

<https://www.linkedin.com/company/pride-365>



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Today we remember that it is not unusual to clash with those who are most similar. Having our own traits mirrored can be jarring. When we are the kind of person who is steadfast in our resolve, we should remember that we are not the only ones and obstinance will simply lead to resistance. Those who share our passions can either be our best friends or worst enemies. It is better to embrace our commonalities, accept the reality of life and focus on the common goal we all strive to achieve.



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Being comfortable is not always a good thing. When we are safe and secure and without the need

or want to change, life can stagnate and so can our momentum. Often it can be better to do what is scary and unknown because it might lead to something new and beneficial. Growing can be painful but it is the path to a better, more fulfilled and fair life for all.

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# q feature: LET'S GET DEEPER

Let's Get Deeper is a live streamed online program on InViewTV with hosts Michael El Bacha & Belinda Joh. Their show livestreams via their Facebook page [www.facebook.com/letsgetdeeponline](http://www.facebook.com/letsgetdeeponline) and on OVOPlay every Thursday at 7pm.

Let's Get Deeper is a show that aims to get deeper in the conversation around important community issues and topics. It gives a platform to those who need their voices heard in an all-inclusive environment. It is also a platform for up and coming artists and musicians to have their art presented and discussed, whether that be music, acting or just about anything in the creative field!

Let's Get Deeper was born from the success of Michael and Belinda Joh's radio show Let's Get Deep which airs every Thursday at 9am on 2RRR 88.5FM. The show also includes a popular Q&A segment from MAFS Amanda Micalciff.

The entire thesis of both shows is based on connecting with vibrant individuals in the community to talk about creative endeavours whilst also shining a spotlight on relevant and current affairs.

With past guests including Mardi Gras CEO Albert Kruger, WorldPride Sydney Interim CEO Kate Wickett, TV Executive Producer Mike Worsley, Gadigal elder and drag queen icon Nana Miss Koori, Singer Songwriters Adara, Dylan Wright, Greg Gould, Dyan Tai, Ray Issac & Angus Gill just to name a few they aim to interview a diverse cross section of those in the local and international community.

Most recently Michael and Belinda Joh were invited to be a part of Live from Stonewall's Pride Special which was streamed all over the world. They were interviewed by the legendary Minnie Cooper on all things Let's Get Deep and how they both contribute to the LGBTQIA+ community.

Michael is a TV host, radio personality and producer on Let's Get Deep radio and Let's Get Deeper on InViewTV. He is also an internationally acclaimed author and an LGBTQIA+ advocate & leader.

In 2014 Michael released his memoir, 'Oh My God! Am I Alright?' in which he became the first Australian Lebanese male with a Catholic background to come out and release a biography in Australia about his life, struggles and triumph. He has recently written a film adaptation of his story with the working title 'Unspoken'.

Belinda Joh is a passionate TV host, radio personality and producer. She has enjoyed success in the television industry having appeared on Channel 9's reality show Date Night in 2018. You can also try to pick her voice out in one of the many TV and radio advertisements she lends her voice to. An avid traveler, Belinda spent 5 years overseas living in Santorini Greece where she got to

interview international and local DJs such as Black Coffee and DJ Angelo. Music is a huge part of Belinda's life and she hopes to use both radio and TV shows to highlight up and coming artists.

Bringing Michael and Belinda Joh's experience together on both platforms is a strong and powerful experience as they create an authentic space for both LGBTQIA+ advocates and artists alike to share their truths. Together their connection is influential and deep, the perfect match to entertain audiences and shed light on what matters.

Catch Michael and Belinda Joh on Let's Get Deep Radio at 9am & 5pm Thursdays on 2RRR 88.5FM or live stream from [2rrr.org.au](http://2rrr.org.au).

Let's Get Deeper is live-streamed at 7pm later that day on [www.facebook.com/letsgetdeeponline](http://www.facebook.com/letsgetdeeponline) and InViewTV. Let's Get Deep podcast is also available on Spotify and iTunes.

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# LETS GET DEEPER

LETS HAVE A CONVERSATION

## Mike & Belinda Joh



7pm Thursdays



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# q film: SEQUIN IN A BLUE ROOM

Releasing Exclusively at Dendy Newtown

**Dendy Newtown will be releasing the Australian Independent film, SEQUIN IN A BLUE ROOM, written and directed by Samuel Van Grinsven and co-written by Jory Anast, on August 20, 2020. This film is exclusive to Dendy Cinemas Newtown in Sydney.**

Sexual discovery is on-demand for 16-year-old Sequin, whose hook-up app obsession sends him down a dangerous path in this provocative debut queer feature - a thrilling exploration of technology and young sexuality.

Sequin in a Blue Room is the erotic story of 16-year-old Sequin, who is exploring his burgeoning sexuality through an obsession with anonymous, no-strings sexual encounters. That is until he finds his way into The Blue Room - a strictly anonymous, limitless sex party - where a whole new alluring world unfolds before him. There, Sequin connects with a captivating stranger, but they are separated suddenly. Utterly fixated on this man, Sequin sets off on an exhilarating and dangerous mission to track him down.

WINNER: Sydney Film Festival Audience Award - Best Narrative Feature NOMINATED: AACTA Award - Best Indie Film

Sessions for SEQUIN IN A BLUE ROOM, at Dendy Newtown, can be found [HERE](#) View the trailer [HERE](#)

RUNNING TIME: 80min CAST: Conor Leach, Anthony Brandon Wong, Jeremy Lindsay Taylor, Samuel Barrie DIRECTOR: Samuel Van Grinsven PRODUCER: Sophie Hattch WRITERS: Samuel Van Grinsven and Jory Anast



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# q life: with GABRIEL TABASCO

## The Perks of Being a Poolboy

Even though it is winter in Australia now, I can't help but remember the summer when I used to have a job as a poolboy. How easy, fun and silly it all seemed, especially nowadays when public spaces like pools and beaches are closing down, re-opening then closing down again while everyone is bunkering down at home.

My not so lucrative career as a poolboy began a summer a few years back, when I was travelling in Europe and staying in Crete for the (European) summer and needed some extra spending cash. I was not cool enough to be a DJ in a nightclub and I was not hunky enough to be a lifeguard (or trained enough either!). All the retail jobs were taken, but also, I did not want to work the whole summer long in an airconditioned shop selling tourist knick-knacks to knackered tourists who were turning the colour of beetroot red in the Greek summer sun. Not knowing what to do I began asking around for work in the hopes of finding some employment that would give me some money for some beers and nights out.

'Why don't you work as a poolboy?' a friend suggested with a gawf one night as we sipped beer along a small quayside in Chania, Crete's second largest but most beautiful town. 'I mean you're always walking around in your speedos that barely cover up your bits. The job would suit you.' I laughed along with him but mulling over it, the idea didn't seem bad.

The next day, as if I needed any explanation I looked up the definition of a poolboy. It said: 'A poolboy is a sexy man that cleans the pools of the rich and famous. They are known for bedding trophy wives.' Well... being sexy was not up to me. And as for bedding trophy wives... well...



The next day I sent out a few emails to various hotels on the island. In the email I explained that I liked swimming (so I must know all about cleaning and chlorine), that I liked the summer and had good people skills. I attached some photos of me in the pool, wearing only speedos of course. The ritzy, five-star hotels didn't even bother responding. They probably did not even open a tongue-in-cheek email tilted: 'If you're looking for a sexy poolboy, look no further!' I began working my way down the list of hotels, through the four, three and two star hotels. None responded. The one star hotels didn't have a pool. Not even an inflatable one. I was about to give up when I came across a small, niche hotel, located inland at the foothills of the mountains, catering it seemed, mostly to German tourists.

Their website showed a hotel that looked like a basic apartment block that was at the helm of the grounds which contained a lush garden of palm trees and rose bushes among other plants; two tennis courts, an outdoor gym (in this heat?) and most importantly a large oval pool next to a smaller rectangular one. Their website even boasted a sauna, steam room, and two jacuzzis, (again, in this heat?). Such amenities surely were to cater to north European tourists.

'What hotel was this and how come I had never seen it before? And why the high walls and cypress trees?' I wondered. With the two pools it seemed like an ideal place to work as a poolboy. So I wrote to them. Two days later I got an email from the hotel manager, a German man called Jörn saying that he and his colleagues would be interested to meet me.

I followed his directions (past the suburbs of Chania, towards the hills, along the dirt track) until I came to their hotel. With its tall, looming walls it seemed more like a compound for a cult than a hotel. 'My this is a bad idea,' I thought to myself as I got out of my dusty rental. I was tempted to turn back but I was curious and wanted the excitement, not to mention the money. And so I continued. I walked up to the front door, rang the bell.

'Are you here for the poolboy position?' said a stocky man with blond hair at the door who introduced himself as Jörn. I said I was and he let me in. As the door swung open I noticed that he was totally nude. I just realised where I was: in a nudist colony.

That day he showed me around the hotel and beautiful gardens. It was evident that it was an expensive and exclusive place. The average age was 50 and over. Everyone was friendly and naked. Everyone was a man. Not only was I in a nudist colony, I was in a gay nudist colony. The naked men carried towels around with them, to place on whichever surface they sat on. Being clothed, in a white short and smart shorts, I felt like the odd one out as people stared. Jörn asked me some questions and then told me the duties of being a poolboy, how to clean the pool, what was required and so on. He asked if I was interested. I was.

I began working as a poolboy the following Monday. Though the guests were nude, as requested all others, visitors included to be too, I was entitled to wear my uniform as I worked: it was of course a pair of tight, blue speedos. Initially it was interesting, then funny then normal to be working in a nudist colony. Interesting because there was an etiquette about what it was like to be naked in a group setting. Funny, well... during the volleyball games. And normal because you soon become accustomed to it.

I expected that being a poolboy I would be the one with the least clothes on. It was ironic that I was the one with the most clothes on, as all the other guests were naked men in their 40s and 50s sunning themselves under the sunshine.

'We've had some complaints,' said Jörn, with a stern look.

'What happened?' I asked. 'I'm sorry if I used too much chlorine.'

'It's not that,' he snapped.

'It's just that the guests feel uncomfortable with you being fully clothed.'

'But I'm not fully clothed. I mean, all I'm wearing is a speedo.'

'That's the problem. This is a nudist colony and the guests would like you to take the speedos off.'

To be continued...



# q sex: TRANS TASMAN SURVEY

## Aussies last longer in the bedroom than New Zealanders

**A trans-Tasman sex survey has revealed Australians last longer in bed than New Zealanders. The survey by UMR asked respondents how long they typically last during sex.**

Of those surveyed, 57% of Aussies said they have sex for 10 minutes or longer on average, while only 52% of Kiwis do. The survey found 33% of New Zealanders typically have sex for 10 minutes or less, compared to 31% of Aussies.

One in three New Zealanders and Australians have sex for 10 minutes or less on average. They are more likely to be New Zealand men.

Generational data from the survey suggests the Silent Generation and Baby Boomers have more quickies. They are more likely than any other generation to have sex for less than five minutes. Of respondents from the Baby Boomer generation 13% said sex usually lasts less than five minutes. Of the Silent Generation, 17% said sex lasts less than five minutes.

Generation X is more likely than other generations to have sex that lasts over 30 minutes. One in ten said 30+ minutes of sex is normal for them.

One in four of all respondents said 10-15 minutes is the ideal length of time for sex. 19% of respondents felt 15 to 20 minutes is the ideal length of time. A minimum of 10 minutes is ideal length for 69% of respondents from both sides of the Tasman.

Less than five minutes was only ideal for 4% of respondents from both countries.

With less time spent on pleasure during sex it's unsurprising that only one in three respondents said they orgasm every time they have sex. Unsurprisingly they are more likely to be men.

Almost half of New Zealand and Australian men say they orgasm every time they have sex (49% each).

Only 16% of women orgasm during sex.

Adulttoymegastore Head of Customer Satisfaction Sophie McGrath says the orgasm gap is

a well-known phenomenon but it seems particularly wide in New Zealand and Australia based on the survey.



"It's very sad to see only 16% of women are having orgasms during sex. The hope is that once the problem is acknowledged, people will work on it together. In every aspect of our lives we believe in health - but for some reason there isn't a focus on a healthy sex life."

"We need to ditch some of the Victorian-era attitudes we have around sex and admit that it's important to talk about. The more we talk about sex the better - we need to discuss pleasure and how important it is. There's nothing about sex or masturbation that is shameful. It would be great to see people openly talking about the orgasm gap so the stigma is removed. Many women feel there's something wrong with them if they can't climax - that's just not accurate! There's nothing broken about you if you can't orgasm, it's about communication with your partner and trying new things."

The survey found 83% of New Zealand men and 80% of Australian men orgasm most of the time, or every time, they have sex, only 50% of New Zealand women and 49% of Australian women orgasm most of the time, or every time, they have sex.

Women are less likely to orgasm during sex, with 26% of New Zealand women and 27% of Australian women stating they don't orgasm very often when they have sex. Men are much more likely to reach orgasm during sex throughout the generations.

Generational data shows Gen X comes before Z. Gen X men and women are more likely to orgasm during sex than any other generation (72% orgasm most of the time or every time they have sex).

Least likely to orgasm during sex is the Silent Generation (only 53% orgasm often during sex), closely followed by Generation Z (only 55% often reach orgasm during sex).

Baby Boomer men think their partners are having orgasms, but that's not quite the reality.

Gen Y are more likely than any other generation to both climax during sex with 59% of people reporting that they and their partner both climax during sex most of the time or more often.

Baby Boomer men are much more likely to think they climax most of the time or more often with their partner (51%) while only 32% of female baby boomers believe this to be true.

Generation Y has the highest percentage of people with partners that care about their sexual pleasure with 78% thinking it's important to them. Baby boomers are the least likely of all generations to have lovers that care about their sexual pleasure, with only 62% thinking their partner's sexual needs are important.

Adulttoymegastore Head of Customer Satisfaction Sophie McGrath says communication is the key to having a healthy sex life.

"You need to know that your partner is climaxing. And if they're not - you need to be working out what you need to do together to address that. Penetration alone is not enough generally to deliver an orgasm for women. If you've reached your sixties and you're still not sure if your partner is climaxing - it's time to look at why that is. Sex isn't a one-way street. You can't just ignore your partner's needs - no matter what your age."

Owner and operator of Adulttoymegastore Nicola Relph says she hopes the survey will open a conversation in New Zealand and Australia about sex, sexuality and sexual health.

"We put a lot of work into this survey because we really believe that talking about sex matters. When we hide away from discussing sex and sexuality we are contributing to a stigma that hurts everyone. Conversations about enthusiastic consent, sexual health, self esteem and pleasure are really important conversations to have. We hope the survey will be a springboard for people having some great discussions on how they can have a better balance in the bedroom."

### Further information

Adulttoymegastore commissioned UMR to carry out this 2020 sex survey. UMR offers clients an extensive quantitative research suite covering telephone, online, and face-to-face collection. This survey covered 2500 respondents handpicked by UMR to cover age, gender and region in Australia and New Zealand.

### Of the survey respondents:

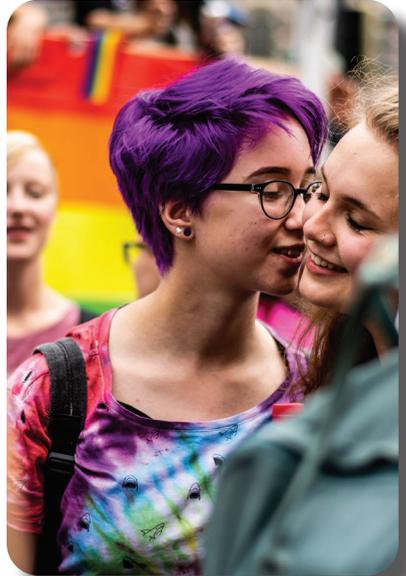
42% were married

27% were single

15% were in a committed relationship and living together

7% were in a committed relationship and not living together

3% were recently divorced or separated



Adulttoymegastore is based in Wellington, New Zealand and is a world-wide adult toy online retailer. Visit their website here: <https://adulttoymegastore.com.au> Find the full survey results here: <https://adulttoymegastore.com.au/sex-survey>

# q review: ANOTHER SHADE OF NORMAL

by **Nick Preston**

- a freelance writer interested in men's and mental health, queer community and pop culture  
- [www.twitter.com/hellompreston](http://www.twitter.com/hellompreston)

In a world of abuse, something that looks completely different may in fact be just another shade of normal. In the series *Normal People*, Marianne (Daisy Edgar-Jones) and Connell (Paul Mescal) appear to understand each other yet they also can misunderstand the simplest things about each other. Adapted from Sally Rooney's book of the same name, directed by Lenny Abrahamson (*The Little Stranger*) and Hettie Macdonald (*White Girl*). The series was filmed in Dublin, Italy and Sweden. It highlights 'the normal' of Marianne and Connell's relationship which is in the shadow of Marianne's abusive family background. And Connell has his own issues. Despite finding it frustrating to watch, it is compelling and millions of people can't get enough!



According to the BBC, *Normal People* has been the network's biggest hit ever and there has not been as much hype about a series since *Killing Eve*. The series received more than 16.2 million views for the series in its first week of availability in the UK, with nearly five million views from 16-34 demographic.

Before the thread of abuse is even realised as the theme of the series, the audience becomes aware of their poor line of communication, often the precursor to a failing relationship. When Connell and Marianne are reunited in college (filmed at the prestigious Trinity College in Dublin) and Connell isn't able to articulate his feelings, the frustration builds for both the audience and Marianne. The viewer is taken on a see-saw journey of unsaid words, yet there's an almost telepathic connection between the two. This is beautifully depicted through Marianne's support for Connell through his mental health issues. When Marianne is in Sweden and they spend the night together on Skype and Connell falls asleep, she doesn't hang up. Simply staying with him virtually through the night.

Marianne's broken family relationships taught her what broken love is. She tells Connell, 'I would lie down here and you could do anything you want to me.' Marianne's heartbreaking vulnerability makes her an audience favourite. In the latter part of the series, Marianne experiments with masochism. The resulting interaction between her and Connell around this shows the often disparate nature of their relationship when Connell responds awkwardly.

Mental Health advocates warn that although emotional abuse may be less obvious than physical abuse, it can still have devastating effects. And *Normal People* is a textbook case. The series consists of 12 episodes, each 30 minutes long. If you love a good love story, more than likely you'll enjoy binging on the entire series in one sitting. The series uses a lot of extreme close-ups of Marianne, which mirrors the intensity of her feelings and frustration. The sexual chemistry between the couple is enticing and alluring and takes it up more notches than the bland chemistry in *Fifty Shades of Grey*.

Towards the end of the series, the action takes place in Northern Italy and Sweden. Some may recognise Marianne's holiday home in Italy, located in Trieste. It is the same home used in the adaptation of Elizabeth Gilbert's *Eat, Pray, Love* starring Julia Roberts. The location, a five-star Airbnb listing describes the property as an 'old farmhouse with an uncontaminated charm'. Northern Italy is the perfect backdrop for the peak of Marianne and Connell's relationship, generating the same feel good Summer vibes found in the queer blockbuster *Call Me By Your Name*. The days are filled with bike rides and gelato in glorious steamy weather, contrasting starkly with the drudge of Ireland's bleak and dreary times.

*Normal People* isn't dissimilar to *Blue Is the Warmest Colour* the French lesbian love story release in 2013, where a student forms an intense relationship with an older woman she meets in a bar. That film also depicts an intense first love. Interestingly, the film appeared to attract more attention by the fact that it was directed by Abdellatif Kechiche, a straight man.

The music in Normal People is in check with the characters and the drama as it unfolds. Handpicked to include some of today's biggest hit makers: London Grammar, Frank Ocean, Carly Rae Jepsen and Selina Gomez, it also uses an indie throwback from Imogen Heap in Hide and Seek. This music helps build the intensity between Marianne and Connell. We haven't seen chemistry this intense since we left star-crossed lovers Ryan (Ben McKenzie) and Marissa (Mischa Barton) in The OC. Coincidentally, this is the same song that was used in The OC to document Ryan and Marissa's own catastrophic moments.

The series is the perfect escapism to watch on a rainy Sunday afternoon and a sweet exploration of intense young love. The series ends with Connell being accepted to graduate school in New York City as Marianne urges him to go. Those familiar with Rooney's novel are hopeful that a second series will be made. Rooney's debut novel Conversations with Friends is also being developed into a BBC series. We can only hope that the heartthrob wears a chain.

Normal People is now available to stream on Stan.



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TO STAND UP AGAINST HOMOPHOBIA,  
TRANSPHOBIA & BIPHOBIA. ALWAYS.**



# q serial: PORN STAR - EP 5

In Episode Four I talked about needing photographs for my portfolio to launch my porn career, and the photos I took with Lloyd did not come out well since he was a distant man that did not make me feel comfortable during the shoot. Luckily I also came across Derrick's profile in the event that my photos with Lloyd did not come out well, which in the end they didn't.

Derrick was a 26-year old Chinese-American student, who was studying graphic design and got into photography when he was on his exchange course in Berlin the previous year. He too had a strong online presence with a website filled with images of hunky, half-dressed men peering forlornly out of hotel room windows or lounging on their couch slightly pulling their trousers down in a teasing way. In some photos, Derrick had men pose in the country-side such as lean men posing behind plants or hunky men wading through what seemed to be a swamp. The images all had a certain look. Whereas Lloyd's photos were garage grunge in front of a set up, Derrick's aesthetic was based on a clean light, focusing on the man with the background slightly blurry.

On his website he said the photography session was all private. He did not have an assistant to help him out... not that that would have been an issue for me. 'I work better alone,' he explained when I asked him about it, but I really believed that the real reason was that he was an exhibitionist and wanted to photograph the men all by himself without interruption or anyone else around.

Derrick and I had an online chat that went back and forth a number of times. It seemed that he was a little apprehensive in meeting and wanted to be sure of who he would be photographing. I found that odd since he was the photographer. After he was comfortable enough with me, we agreed on a date to meet the following Saturday. I made sure to have a light breakfast, manscaped where necessary and by midday I was ready for him. I opened my door to a fresh-faced, professional man in his mid-20s who carried a large camera bag. I made him a drink, we spoke a while and then we got started.

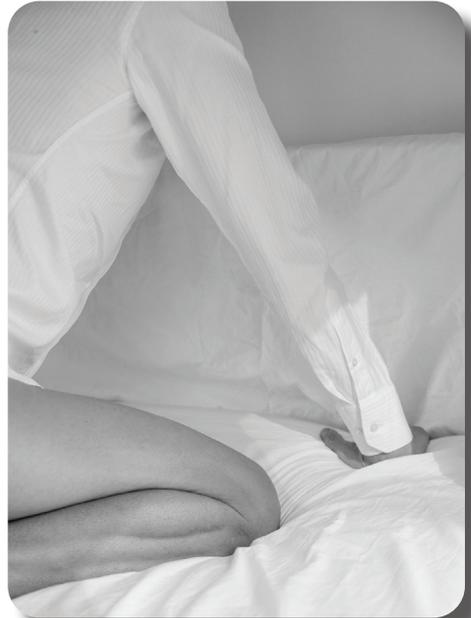
He initially asked me to begin posing in my favourite clothes. It was a soccer t-shirt I wore all the time and had by then become slightly frayed. Then he asked me to wear regular clothes and so I put on a pair of jeans and shirt. After a couple of snaps I added on a bowtie that looked slightly ridiculous but hot in a fun way. I slowly peeled them away, unbuttoning my shirt and opening up my trousers to let out my erect cock, but keeping my bowtie on. More ridiculousness.

The room I rented in the outhouse of Mr. Humphrey's LA home was sparsely furnished. Other than an inbuilt wardrobe that contained most of my possessions I had a large Queen-sized bed with clean, white sheets. Everything else was hidden under the bed. With the shades pulled down but illuminated by the bright LA sunshine outside, I sensed that the set-up of my room fit in well with what Derrick would have liked.

Derrick had a clear vision of what he wanted and with his gentle voice gave good directions. It was evident he had done this before with eager men who wanted to show off or have some fun photos of themselves. Only wearing my white shirt, and as a backdrop of clean white sheets and blinds illuminated brightly by the sun, Derrick used that as the main look of the photoshoot. Fewer colours, more emphasis on tone. My dark skin and deep tan, created an effective contrast to the freshness of the room.

He asked me to take off my shirt but put on my white Calvins; lying prostrate and then supine, either with legs slightly opened or with my bottom slightly raised in the air. After a few rounds of him asking me to get into various positions where I was completely nude he asked that I slowly jerk off.

'It's for your portfolio as a pornstar right?' he asked. I nodded as I gently tugged away. 'So don't come as I need various photos of you.'



I told him about my fleshjack and he asked that I take it out and we use it in the photoshoot. He took photos of it as I worked it on my cock, taking care to stop at the crucial moments since it was a very effective sex toy. Derrick was skilled in getting into the right position to find the right angle; and in that case right in front of my legs that were slightly open; my hole throbbing from the effectiveness of the fleshjack, my balls tightening as I worked it up and down over my dick. It was a transparent fleshjack too, so the positioning of my dick could easily be seen within the pleasure device. For added effect he asked me to put my shirt on as well as white soccer socks and to continue to fleshjack away. He was gentle with his instructions but stern and direct when he ordered 'don't come yet'. I followed his instructions to the T.

In the light of the room he wanted to take some more concept shots and so he took photos of the silhouette of my dick, as well as more sensual than sexual photos, such as a close-up of my lips and expression on my face. He was more structured and consistent than Lloyd who seemed technically very strong but lacked the personal touch. He was original in what he wanted.

He then asked me to sit on my small sofa and told me to jerk off. Other than a few photos of my dick he took photos of my expression as I jerked off. As I lay there naked he showed me what they looked like for a moment. It was my pre Oh-face.

'So that's what I look like when I jerk off,' I said and we both laughed.

Finally we were back on the bed where Derrick said we would film my cumshot. He took out another camera and instructed that he would be filming it in slow motion. He asked for a quick thumbs up before I came. The bang was recorded in slow motion.

Once we were finished he showed the video to me. I looked like a cross between a documentary and a classy porno, if there ever was such a thing. Not only did the photos come out well, but it was a good experience too. I would definitely be booking him again, that is if he wanted to as well...



# q feedback: **LIKABLE FLAWS**

## **3 reasons why being flawed makes you more likable & how to embrace them**

**If you're like most of us, you've been taught to do your best, go for gold, the harder you work the more successful you will be. And like many you may have associated that with being the best. But what if that doesn't serve you? What if your pursuit of perfection or being flawless is creating more anxiety than it's worth?**

The thing is, we are drawn to people not for their perfection, but for their acceptance of their imperfections. We admire people who may seem flawless, but they are hard to connect with and understand, and very hard to be like.

The Pratfall Effect says that if you want to build trust quickly with people, showing your flaws is one way to do this. It's about showing your vulnerability, and in doing so, that increases your connection with others. If we aim to do our best and make mistakes in front of people – others are far more likely to feel connected to you and the day. This makes us 'flawsome'. Aware we have flaws and being ok with it.

Flawsome is not just making peace with your flaws; it's knowing that without them, you would not be you. It goes beyond surrendering to your flaws; it means owning them, understanding them and knowing that admitting them gives you your power. It doesn't take your power away.

But let's be honest. We can't just say; 'Oh great! Now I will be comfortable being me'. It's not as simple as waking up and reciting new mantras that sit on sticky notes on your mirror. There is no checklist because life is not a clear path but there are three principles when explored can help you a better friend, leader, parent, partner, colleague and person.



### **1. Understand your triggers**

Have you ever played a character in a play? Or been in a band, or part of a group presentation or played in a team sport? For you to play your role you would have been looking for cues from someone else. Whether the cue was a phrase, a look, a movement, you would have looked for it to indicate it was your turn. Ideally anyway.

Identifying the things that trigger you off in life is the same. But if you don't know what to look for, you won't get to learn about the role you play when life, people or circumstances trigger you into a response. The reactions become things that either help us grow, and those around us, or hinder this growth. When we stay in our stress responses we are trapped. We don't seek what true and what's not.

### **2. Seek the truth**

The truth is tricky. What's the truth in conversations or situations? Is it what you think, or another's perspective? Maybe it's a combo of both. Maybe it's neither. Reconciling what you believe about yourself and the impact it has on those around you is where you learn. It might not be comfortable at the start but when you use this as data to help you grow, it becomes freeing.

We need to remain open to whatever is coming our way. When we treat feedback as information, not a personal attack, the learning begins. When we react poorly, and stay in our triggers, we stifle our opportunity to evolve. It's the curiosity and our search for truth when the magic begins. It's fear that holds us back from being moving into our transformation.

### **3. Continue your transformation**

This is where your courage lies. The courage to be open to many truths, to know that one person's perspective of you is just that. It's not automatically adopting others' beliefs, or punishing them for having them. It's seeing it as an opportunity to add to what you already know. The aim is to add to your pool of knowledge, not diminish it.

Transformation is endless and it requires discomfort. To know that you are perfectly flawed. That you are awesome because of your flaws. It's the differences in each other that make us valuable. We just need to learn how to embrace our inner flawsome. To learn that the journey to being whole, is learning to be holey.

*Georgia Murch is an expert in designing feedback cultures and helping people reconcile the feedback they give themselves. She is a best-selling author and has just launched her third book, Flawsome; The Journey to Being Whole is Learning to be Wholey. For more information of how we can help people and organisations visit [www.georgiamurch.com](http://www.georgiamurch.com)*

# FLAWSOME

THE JOURNEY TO BEING WHOLE  
IS LEARNING TO BE HOLEY



GEORGIA MURCH

# q plan: SORT YOUR SHIT OUT

## The 4 step plan to sorting your shit out

Ever felt anxious, depressed, alone, jealous or just feel like you aren't good enough, attractive enough, smart enough?

If you answered yes to any of these, then it's likely you've got some shit going on. Don't worry, you're not alone – everyone has their shit. If it's starting to control you and stopping you from living your best life, then it's time to take back control.

I've helped people from all walks of life to make lasting changes, from CEOs, athletes, to drug dealers and MMA trainers, teachers and influencers. Whether you're a Buddhist monk, mum or a yoga guru, we're all striving to reach a state where everything is as we want it to be, where our minds aren't running rampant in our heads and our inner critic is silenced.

However, because we get caught up in our heads, we mistakenly think we're the only ones who don't have our shit together. Sure, there may be people who appear to be more messed up than we are, but there are others who are apparently living an enviable life. Then there's little old you and me, with all this shit running around in our heads, and all we want to do is to sort it out so we can be 'normal' and get on with living the best life we can.

Let's burst that balloon! There's no such thing as normal and everybody has their shit! If someone tries to convince you that they have all their shit together or if you think they've got it together, because their life seems so perfect from the outside, one of two things is happening. Firstly, at that exact time the Gods are smiling on them and life is good and their shit has faded into the background for a while. Or they're bullshitting you. They're putting up their "it's all great" facade and you're buying into it. Know someone like that?

Most of us do.

As my friend Olympic Swimmer Grant Hackett notes in my book "The best way to achieve success in life is to first have a good look at yourself, understand what your strengths and weaknesses are and then, here is the silver bullet – get the tools to deal with your shit!". Let's look at the 4 key ways to sort it out:

1 – Know your shit. Most of us know we have shit but don't actually know where it comes from, what it is, why it's there or what to do about it. You need to dig into your mind, get your hands dirty and identify where your shit really comes from. What we think is causing our discomfort and unhappiness may actually only be a symptom of what's really happening for us.

2 – Own your shit. Name it and own it so you can tame it. Accepting and taking responsibility for our shit can be a double-edged sword. For some of us, we're the masters of deflection and will blame everyone else for our unhappiness rather than own our shit and deal with it. To really sort it out we need to own our shit.

3 – Deal with your shit. Knowing our shit and our relationship with it is not much use in the long term if we don't do something about it and deal with it. I've developed a nine- step program to help you become Shit-Fit so you can move forward.

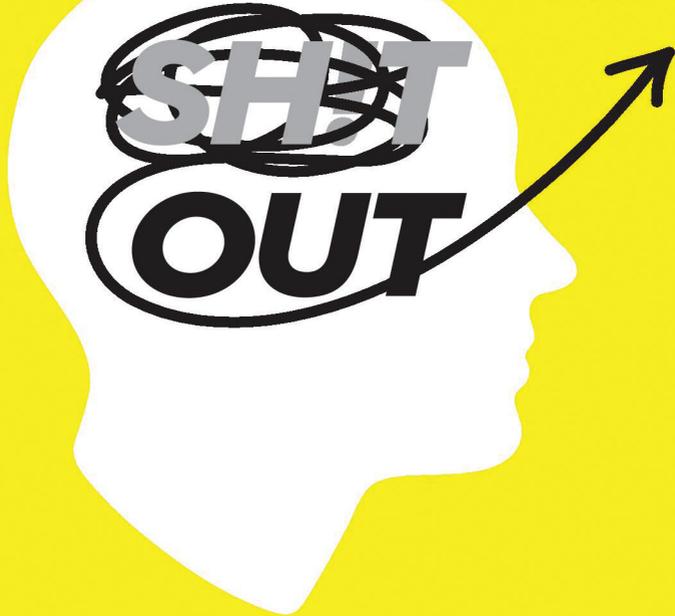
4 – Maintaining your shit fit. Once we have dealt with our current shit, we haven't finished. Just like going to gym and getting fit, we need to keep working on it to stay in shape. As we know, shit happens and it is a part of life, so it will continue to happen. Given that we'll all have our ups and downs as we go through life, you need to focus on the things to do to maintain a healthy balance while life happens.

*Gary Waldon is the author of Sort Your Shit Out (\$29.95). He is a business transformation consultant who works with people at all levels from CEOs, business leaders and professional athletes through to teachers and retirees to help them take back control of the things that matter to them. Find out more at [www.sortyourshitoutbook.com](http://www.sortyourshitoutbook.com)*



# **SORT YOUR**

*A practical guide  
to help you survive  
and thrive when  
times are tough*



**GARY WALDON**

# q book: **BREAKING GOOD**

Breaking Good author Simon Fenech reflects on the best crime TV shows

**For seven years the only TVs I saw were the ones offered to me in exchange for ice, as we call it in Australia, or crystal meth as it's known around the world. When you are in the relentless grip of this drug, leisure time doesn't exist. The only thing that matters is where your next puff is coming from.**

I became addicted to ice just when Breaking Bad was coming out. As I started to deal more and more a few people mentioned the similarities between me and Walter White, the lead character in the series – a family man turned bad. But Walter White became motivated by greed alone – I just needed to pay for a \$1000-a-day habit. If I saw any episodes of Breaking Bad during those lost years I don't remember. But I watched it when I came out of prison, safe in the knowledge that my story would end much more happily. That's why my book is called Breaking Good.

While Breaking Bad is obviously fictional and dramatized, the Australian series Underbelly is much more true to life. When I got sucked into a life crime I would hear stories about the actions of Carl Williams, Mick Gatto or Lewis Moran, the kingpins of the Melbourne underworld. At the time I thought it was the typical meth-fuelled bullshit that I heard every day. Then, when I watched the series, I realised it had all been true. I even knew some of the characters from my kick-boxing days and once fought on the same card as the Benji Veniamin. Who knows, some of these guys could have been pulling the strings when I was shot and stabbed in my factory?

My co-author of Breaking Good thinks

we should create a TV series around my story and, considering my frame, suggested we call it Overbelly. No-one likes a wise guy!

Before I tried meth for the first time I was drawn – perhaps tellingly – to films about addiction to money and power. Scarface was my favourite. Al Pacino's character, Tony Montana, rises from being a Cuban refugee with nothing to a powerful drug lord. I'll never forget that final scene where, having been shot, Montana's corpse falls into a fountain in front of a statue with the inscription "The world is yours".

More recently I liked the John Wick films, American Made with Tom Cruise and the TV series Sons of Anarchy. I may have left the world of bikies, drugs, guns and women behind, but that outlaw lifestyle will always be fascinating.

And I also enjoyed the Netflix series Inside the World's Toughest Prisons. I know presenter Raphael Rowe and I take my hat off to him for going into these places voluntarily, having been wrongly imprisoned himself. The series shows the massive range of ways that countries approach their penal systems. Norway, for instance, is all about rehabilitation. Russia and the US are more about out-and-out punishment. But in countries like Brazil or Columbia the prisons are almost like self-enclosed cities, with the hierarchy built around control of the black market. I found prison hell on earth, but Australia's prisons are like palaces in comparison.

If I was to recommend a show that warns people away from crystal meth? That's got to be Netflix's The Tiger King. Some crazy shit happens when this drug takes control.



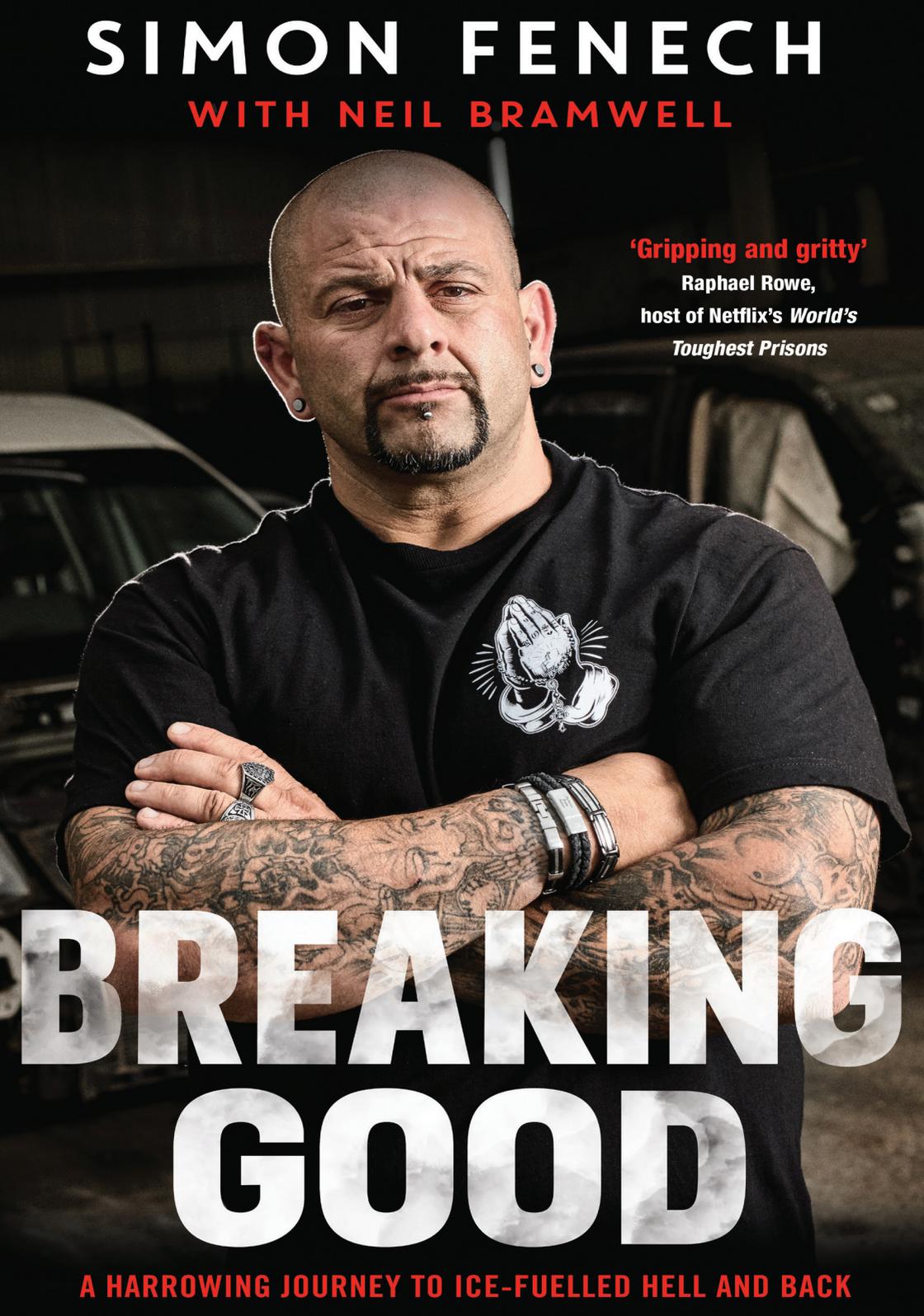
*Simon Fenech is the author of Breaking Good: A harrowing journey to Ice-fuelled hell and back (Echo Publishing \$29.99) now available at all good bookstores.*

# SIMON FENECH

WITH NEIL BRAMWELL

**'Gripping and gritty'**

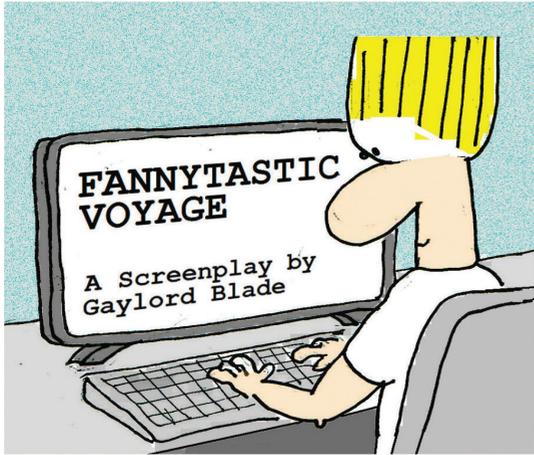
Raphael Rowe,  
host of Netflix's *World's  
Toughest Prisons*



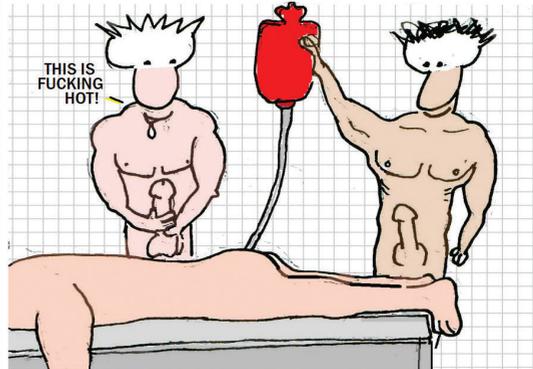
# BREAKING GOOD

A HARROWING JOURNEY TO ICE-FUELLED HELL AND BACK

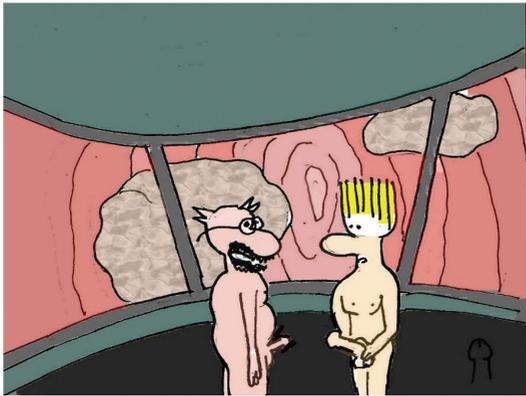
# Gaylord Blade



INTERIOR, GAY CLINIC: Doctors use an enema to send a miniaturized sub up the rectum of a young man to find his missing buttplug



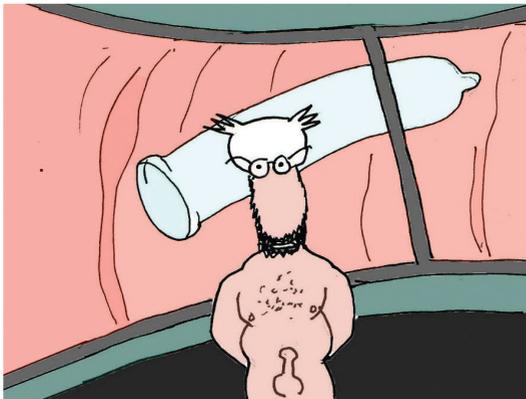
SUB INTERIOR: Doctors discuss the challenges they face while being buffeted by fecal debris



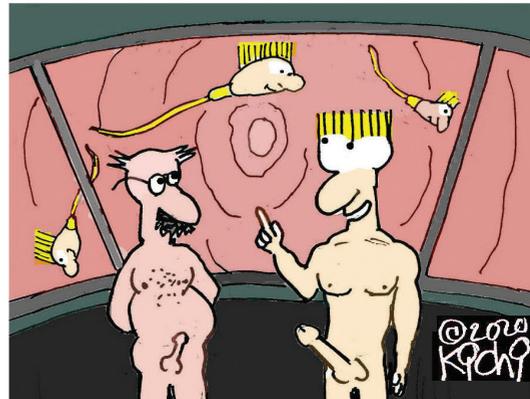
DR SNAG: These rear window cases get me so horny. We need to find the plug soon or I'm gonna shoot



DR CLACKER: We must control our wads so we can help the patient! By the way, why are you here?



DR SNAG: The patient's my EX and I've been down this road before!





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