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JUNE 2022



Q MAGAZINE



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**Minx and Swish showing off Laurence the
Lambo in my front yard in Chadstone.**

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q feature: DRAG EXPO MELBOURNE

DRAG EXPO

"Hallelou"... DragExpo - The nation's foremost celebration of everything drag, beauty, kitsch and pop-culture is here!

Yaaass Queens...it's time to grab those lashes and dust off those wigs, InThe Dark (ITDEVENTS), the LGBTQI+ production powerhouse behind Drag Race Tours in Australia, NZ & Asia is excited to announce the very first DragExpo in Australia.

Following the pandemic postponement of the inaugural DragExpo in 2020, what promises to be one of Australia's most glamorous and colourful gatherings, is set to cover the town of Melbourne in glitter and rainbows during the first weekend in August.

Taking place in Melbourne at the Melbourne Exhibition and Convention Centre (MCEC) from 5-7th August, DragExpo is Australia's very first Drag, Kitsch & Pop Culture expo for the next generation and their families.

Visitors to DragExpo can see the local & international stars of RuPaul's Drag Race, meet Australia's own drag legends and learn their inspiring stories, explore the wonderful world of all things kitsch and marvel at the very latest in pop culture, all under one fabulous roof.

They will also enjoy a plethora of panels, tutorials, chill-out spaces, fabulous shopping stores, runways with Q&A sessions, meet and greets, official merchandise, a drag market and much more.

But it's not all glamour, glitz and glitter, gurl! From technical tucks to mental health, there's no area that won't be plucked and no wig left unturned over the two days. Learn how drag has evolved over the years, how Australia has given drag our own special flavour and how drag artistes have a message we can all learn from. Most of all, visitors can learn the power that comes from letting you be your real self, with hundreds of like-minded fans on hand to cheer you on. Werk!

DragExpo will run from 6th & 7th August 2022 at the Melbourne Exhibition and Convention Centre (MCEC), with a fabulous VIP Opening Gala on the 5th August celebrating our talented drag superstars!

Set over two days, this is the chance for Australian fans to catch up with local and international drag artiste royalty.

"We have been passionately involved with the Drag scene for over 10 years and love the artistry, colour, positive message and fun that it brings to our country. This is our first-ever Drag Expo and it is already shaping up to be an epic, super flamboyant, jam-packed event. DragExpo will truly shine a light on our colourful world," said Stephen Craddock, Director of ITDEVENTS.

To buy tickets for Drag Expo and/or the VIP Opening Gala, go to: <https://www.dragexpo.com>





q personal: CAREER ADVICE FOR ALL

8 ways to supercharge your career

The year is unfolding amidst much uncertainty and mixed expectations, and you may be wondering if now is a good time to make a career leap. The truth is, there is no perfect time. There's just 'now' and the opportunities in front of you. If you want to supercharge your career and become the leader of your career.

Here are eight tips to get you started.

1. Press the reset button

In this year's World Economic Forum Global Risks Report, most respondents were either worried or concerned when asked, 'How do you feel about the outlook for the world?'. The year hasn't started as expected for many people with disrupted holidays, events, and plans. With all this swirling around, it's easy to get caught in the maelstrom. To feel tossed about and like you are ending up where you don't want to be. If that's you, it's time to reset.

This process starts by setting aside time to reflect on your goals, progress and where you want to get to next. You can't divorce your career from the rest of your life, so your reflection needs to consider your 'whole of life' goals.

2. Be ready to adapt

Next, elevate your awareness of what is happening around you. Find out how your role, profession, industry and sector is changing. Automation and artificial intelligence will continue to affect the nature of work and how we work. You want to position yourself to take advantage of the changes. Also, look at developments in other industries because it helps widen your view about what's possible for your next career step.

3. Know your value

Everyone brings specific skills and ways of operating to the work they do. You can think of this as your unique selling proposition. It's what makes you stand out from everyone else. Being able to articulate that value and how you can help an organisation, business or client achieve their objectives is essential.

4. Become the 'go to' expert

An expert is known for something – having spent considerable time establishing a reputation as the expert in their particular field. When you find your niche, you are known for what you do, and the work will often find you. Experts don't need to hoard knowledge; they willingly share it to benefit all. So find ways to share your ideas and learnings. For example, speak at industry conferences, host or be interviewed on podcasts, share insights on social media or write a book.

5. Gather the evidence

When you do good work, make sure you keep evidence in an easy to find location. It can be an electronic notebook, a word document, an excel spreadsheet or using tools such as OneNote or Evernote. Your evidence may be a portfolio, a record of awards and achievements, or testimonials and endorsements. It's everything that helps showcase your work.

6. Fall in love with learning

Stay across the latest thinking from your profession and different fields to supercharge your career. Plus, don't wait for the organisation you work for to develop you. Successful people know that learning is crucial to future career success and constantly seek new ideas and ways to stretch themselves.

As part of this, balance your acquisition of technical skills with competencies, such as emotional intelligence, problem-solving and critical thinking.

7. Get connected

It's almost impossible to build a successful career alone. Your network is vital, and you want to have a network of people who will advocate for you. Remember, relationships go both ways, and if you want a good network, you need to spend more time thinking about what you can do for others than what they can do for you. The more you proactively help others, the more they want to help you.

8. Back yourself

I have left the hardest to last. Don't undersell yourself, and don't oversell yourself. There's a balance. You have to be able to sell the work you do and what you've achieved. But if you want to have a good reputation, don't claim credit for work that isn't yours. If it was a team effort, appreciate the group effort and detail your contribution. Also, never criticise the work or actions of others.

In planning your career, remember the words of the philosopher and writer, Ayn Rand, who said, "The question isn't who is going to let me; it's who is going to stop me".

Michelle Gibbings is a workplace expert and the award-winning author of three books. Her latest book is 'Bad Boss: What to do if you work for one, manage one or are one'. www.michellegibbings.com



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q business: ADVICE ON TAX TIPS

5 ways to maximise your tax return this year

It's almost tax time once again! Hence, it's time to start preparing your affairs. Here are five ways to maximise your tax return this year.

There's no avoiding it – death and taxes are the only certainties in life, as the saying goes. The good news, though, is that how much tax you pay and how much of a refund you may receive is within your control.

Factor these five points into your preparations this tax season to maximise your return:

1. Lodge your return - promptly

It's easy to get caught up in the everyday hustle and bustle and push back doing your taxes, however, lodging your taxes quickly means your return (if you're eligible for one) will be paid sooner. With rising interest rates, that is money you and your business could surely use.

2. Claim your deductions

Yes, this point sounds obvious. But you would be surprised how many legitimate deductions people overlook.

Among the most commonly overlooked or underclaimed deductions are:

- **Work from home expenses:** Everything from the computer and phone you work from to the electricity used to power them are deductible – at least for the portion of time they are used for work purposes. That includes your phone and internet bills, heating/cooling during work hours, office furniture and supplies, printing costs including inks, postage, travel, professional magazines – the lot.
- **Depreciation:** This covers the diminishing value of equipment – everything from a company car to electronics, specialist tools, and office furniture.
- **Mileage:** You've probably clocked up more hours in the car than you realise. If you haven't kept a logbook (now is a good time to start!), scrutinise your movements and calculate the kilometres travelled to visit clients, buy supplies etc.
- **Professional advice:** Most people claim their bookkeeper/accountant fees, but other advisory services are usually tax deductible too – financial advisers, business coaches, lawyers etc. Busy tax advisers can forget to ask whether you incurred these expenses, so don't let these legitimate business deductions go unclaimed.

Not claiming these expenses in full means you're lining the tax man's pocket with money that's rightfully yours.

3. Pay yourself superannuation

Have you paid yourself super lately? Many sole-traders haven't. Denying yourself super means risking your retirement on the fate of the business. And failing to pay super regularly means a bigger lump sum payment later on – a big hit to your cash flow.

Additionally, you may be eligible for government co-contributions. Think of it as a portion of the tax you paid to the government coming back to your super, money which you get to invest and enjoy the proceeds. Or, if the numbers stack up, consider making spousal contributions to your partner's super. That can build up their nest egg while you receive a tax offset in the process.

4. Watch your dates

As June 30 approaches, you have a choice of which financial year you pay yourself and make business purchases. Work with your accountant or bookkeeper to make those payments within the most favourable financial year.

For example, if you had a slower FY22 due to COVID lockdowns, you may be better off delaying purchases until July, so that the deductions fall within the next tax year when your earnings will

(hopefully) be higher.

Be wary too of splurging on end of financial year sales. Spending money just to gain a tax deduction doesn't make financial sense, especially if those purchases aren't needed here and now.

5. Invest in yourself

Sole traders have to work hard for their money. Really hard. But at what cost to your own health and wellbeing?

If you're expecting a decent tax return, that may be your chance to invest in yourself. Take a holiday to recharge. Commit to regular exercise/yoga/some other active outlet. Pay a visit to your doctor and dentist. All those things you have put off throughout the year.

Or if the business has surplus cash, why not invest in upskilling yourself – do some additional training, gain an extra qualification, update your skills in business management. Or, invest in advice that can pay for itself immediately and/or in the future.

That way, you'll reduce the business's taxable income and can tax deduct the costs. Plus, you'll be able to increase how much you charge and/or run your business more efficiently – a win-win all round!

Helen Baker is a licensed Australian financial adviser and author of the new book, [On Your Own Two Feet: The Essential Guide to Financial Independence for all Women](http://www.oneyourowntwofeet.com.au) (Ventura Press, \$32.99). Helen is among the 1% of financial planners who hold a master's degree in the field. Proceeds from book sales are donated to charities supporting disadvantaged women and children. Find out more at www.oneyourowntwofeet.com.au



**GIVE YOUR WORD. PROMISE
TO STAND UP AGAINST HOMOPHOBIA,
TRANSPHOBIA & BIPHOBIA. ALWAYS.**

q libation: BROOKIES DOES IT AGAIN

The Temptation is Clear, Slow Passion
Limited Release is Back!

The much anticipated return of the 2021 sell out, Brookie's Byron Slow Passion Gin is now available from the trendsetting Byron Bay distillery.

The Brookie's distillers and botanical experts are extremely passionate about this perfect pairing and have been waiting patiently for the slow maturation process to complete, this past year.

After selling out Brookie's Slow Passion Gin in just a few days last winter, the crew knew they had made a unique blend worth rebottling.

Famed for their Davidson Plum infused Brookie's Byron Slow Gin, the spiritual advisors of Brookie's were eager to try out new flavour profiles, when they hit the jackpot with this fruity blend.

The locally sourced, indigenous Davidson Plum brings a tart, sweet, berry coulis profile to the rainforest inspired gin whilst the 'Sweethearts' passionfruit variety challenges and balances this with a fruity citrus tang. It is the perfect marriage on the palette.

Brookie's Byron Slow Passion Gin is bottled at 26% ABV and made with 100% natural and locally sourced ingredients, it is a very limited second release and expected to sell out quickly.

Brookie's Byron Slow Passion Gin is a sumptuous sip, perfect for cocktails and an afternoon spritz.

The gin has been created over several months from macerating the Davidson Plums and locally sourced passion fruit in their classic Byron Dry Gin.

The fruits, sourced from not only their farm, but their neighbours such as 'Terania Creek Passionfruit', a family-run farm in the Northern Rivers hinterland, is a true testament to the companies local roots and values.



"We are always looking for ways to innovate products, whilst highlighting what it is that makes our home of the Northern Rivers so truly unique. We are surrounded by local ingredients, ripe for the picking, whose flavours bring out the best in each other.

It's the foundation of our rainforest Dry Gin and why these two fruits are a match made in gin heaven. Our neighbouring farms have everything we need to create this tasty product and we love that we can work with those we see around the town. It's a genuinely humbling community and business relationship that just so happens to make some damn fine gin."

- Eddie Brook, Distiller and Co-Founder of Brookie's.

This limited release product can be purchased online, at the Cellar Door, in cocktail bars around the country and premium independent retailers. Get your hands on this one of a kind, juicy duo before it's gone and feel the love from within.

After all, every great love affair starts with a cocktail.
RRP \$70 AUD, 700ML.

Purchase Brookie's Byron Slow Passion Gin [online](#) & check cocktail recipes [here](#).

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q pride: THE WAY DISNEY DOES IT

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shop Disney

Hundreds of the world's best shopDisney products made for Disney fans in Australia are now available to ship direct to your home. Spark your imagination and get your shopping list ready as today's the day: shopDisney Australia has launched at www.shopdisney.com.au

Offering something for everyone – shopDisney Australia gives Aussie customers the chance to explore and purchase authentic shopDisney products across fashion, accessories, toys, homewares, collectibles and more!

Whether you're on the hunt for Winnie the Pooh's honey jar, limited edition Disney Parks ears and spirit jerseys, or beautiful and exclusive homewares, shopDisney Australia is the one-stop-shop for all your Disney, Pixar, MARVEL and Star Wars essentials.



FALL IN LOVE (AGAIN) WITH OUR CHARACTERS

Fall in love all over again and bring home beloved film characters and movie magic, with an array of enchanting dolls and action figurines from some of the world's most beloved Disney franchises. The fairest of them all, the Snow White Collectibles Doll is a premium collector's 'wish come true' - and is the latest release in a range of exclusive "Disney Designer Collection" dolls.

Limited to 10,000 dolls worldwide, Australian customers will be among the first to have access to the Disney Designer Collection's newest princess on June 14, 2022. Magic is truly in the details with this exquisite piece with painted face, satin fishtail dress, rhinestone embellishments and includes a certificate of authenticity and display stand.

EXPLORE THE MULTIVERSE

Jump to lightspeed and explore the Star Wars universe with an epic range of costumes, clothing, toys and collectibles from around the galaxy - including spirit jerseys, and the highly-coveted Ashley Eckstein "Ewok" ears - that are essential parts of every Jedi master's wardrobe.

Avengers, assemble and unlock the MARVEL Universe with an epic collection of action-packed essentials for adults and kids, including adult apparel, Special Edition dolls, homeware and accessories inspired by a world of superheroes and villains.



Fans of MARVEL's Doctor Strange in the Multiverse of Madness, will be pleased to know that a strictly limited amount of Scarlet Witch Ears are available at shopDisney.com.au. Currently sold out across the globe and in very high demand, superfans will have the chance to shop a limited run of these Scarlet Witch Ears. Fastest in the universe wins!

SHOP DISNEY WITH PRIDE

Wave the rainbow flag with a colourful range of Mickey Ears, plush toys, apparel and pins from The Disney PRIDE Collection.

The Disney PRIDE Collection was created by LGBTQIA+ employees and allies at The Walt Disney Company in the U.S and is a reflection of their incredible contributions and place at the heart of the company. We stand in solidarity with our LGBTQIA+ community everywhere.

The Walt Disney Company will be donating all of our profits from the Disney Pride Collection sales in AUNZ, from today through to June 30, 2022 to a local non-profit organization which supports LGBTQIA+ youth and families. This includes sales of Pixar, MARVEL, and Star Wars Pride Collection merchandise. Youth charity Minus18 - a champion for LGBTQIA+ young people in Australia - is the recipient of profits from shopDisney AUNZ sales.



YOU WEAR IT WELL

Inject fun into any wardrobe and explore shopDisney's on-trend selection of wearable adult and children's clothing, shoes and accessories collections. Shop dresses, bags, sweats and outerwear featuring designs and motifs of adored characters featuring collections from the US and Japan.

An extensive range of Loungefly bags created for Disney Parks will also be available and, for the first time ever, Disney fashionistas will be able to directly shop for a limited edition range of COACH x Disney handbags and accessories - including some highly coveted pieces.

IT'S ALL IN THE HOUSE

No home should be without a touch of Disney - and shopDisney really is a paradise for homewares fans - housing a range that includes pet products, collectible character mugs, Mickey Mouse homewares, Dwell Well home office furnishings and stationery.

Meagan Sanders, VP Consumer Products ANZ & Head of shopDisney APAC, said: "We have listened to our local fans and curated a range that delivers on their wish list!"

"It was essential to us to deliver on the authentic Disney products and experiences that have not always been accessible to our audiences locally. We are deeply motivated by engaging with local fans and bringing plenty of pixie dust to shopping carts across Australia... with some surprising touches in store," she added.

The extensive shopDisney catalogue was previously only accessible to local shoppers via global partner websites. Disney fans will now be able to shop an exciting range of products in their local currency, and for the first time, Aussie customers can have their shopping lists shipped to Australia in 3-5 business days of their order, via delivery partner DHL.

New products will be added to www.shopDisney.com.au weekly - with many products available day and date as international releases.

shopDisney Australia is now live. so don't just fly; soar online at www.shopdisney.com.au and bring home a little magic today.

q review: A COLLINGWOOD MASTER

A lyf LESS ORDINARY: THE ASCOTT LIMITED OPENS lyf IN COLLINGWOOD, MELBOURNE
A lyf LESS ORDINARY
The Ascott Limited opens lyf Collingwood Melbourne

A place to stay? Check. A place to work. Check. A place to network, make friends, cook a meal, raise a glass, bring a pooch? Check off all the above at lyf Collingwood Melbourne, open now.

Pronounced 'life' or 'live your freedom', lyf Collingwood, Melbourne is the first lyf to open in Australia, and it's a hotel but not as you know it. It's a shared workspace but also a play space. It's a communal kitchen for fun hangs and a launderette that makes a chore a pleasure. All designed for next generation guests to forge connections and nurture a strong sense of community.

A lyf THAT HAS IT ALL

Very recently, I received a very generous offer from Sally at ProgressivePR, and accepted the famil with open arms. Choosing my dear friend, Minx to join me, we embarked on our adventure. The rest of article will give you all the information you need, but as someone who has stayed in hotels all over the world, lyf is among the finest (given its unique overall theme and its natural lean toward the more 'artistic' sector. Minx review is a little later in this review.



lyf Collingwood, Melbourne is envisaged as a place where leisure travellers can mix and mingle with business travellers, where friends can catch up over a coffee before going in search of a perfect lunch, where guests can do a load of laundry before their next adventure, where a start-up founder can pitch a potential investor in a tech meeting space.

Located in the hippest corner of the hippest neighbourhood in Melbourne, lyf Collingwood is two minutes' walk to Smith Street, the world's coolest street according to global culture bible Time Out, and a 10-minute tram to the CBD.

Its neighbours are Melbourne's chicest boutiques, edgiest galleries, quirkiest homewares stores and buzziest restaurants and bars.

lyf features 105 studio rooms with a choice of the One of a Kind studio or the Two of a Kind offering, custom-designed for mates or colleagues travelling together and featuring two side-by-side studio rooms with shared communal kitchen space decked out with SMEG appliances.



Through #lyfart, guests can discover

Melbourne's Street art right within the property. Think custom murals by contemporary artist Mysterious AI adorning the property's walls and most strikingly, a giant piece on the building's exterior which can't be missed. Each unit also boasts a bespoke wallpaper design by the artist.

There's a networking lounge, free barista made coffee for Ascott Star Rewards members, high speed Wi-Fi, a communal kitchen and a laundry space with an old school arcade-style games machine.

The 24-hour reception area is staffed with expert lyf guards who live to find a great pizza at 2am, the perfect afternoon wine bar or dog-friendly walking path for discerning hounds.

Shermaine Chong, lyf champion, AKA lyf Residence Manager, said the lyf concept recognised travellers just want more. "Start-ups and technopreneurs don't just want a conference room — they want fun, creative spaces and the opportunity to explore. They want to bond and network organically."

"Guests don't just want a room and a shower. They're looking to connect with like-minded people. They want a team who can help them really discover the fabric of a neighbourhood — the secret bar, the pop-up restaurant, the late-night comedy gig. Our guests want authenticity and community — they want somewhere to stay that is much more than just somewhere to sleep."

And that includes travelling doggos who are welcomed under the CollingWOOF Canines package with a bed, blanket and food bowl for their stay plus a welcome pack including a treat and toy.

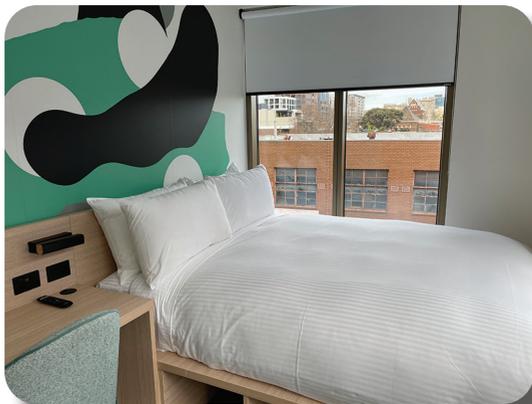
For guests who want to take the stress out of coordinating their stay, there's the Once in a lyf Time Experience package which includes two nights in a One of a Kind studio, a welcome cocktail or brew on check-in and a bespoke local experience curated by the lyf Guards.

B now: <https://www.discoverasr.com/en/offers/once-in-a-lyf-time-experience>

THE lyf Collingwood, Melbourne EXPERIENCE

A cool meeting room to pitch to a potential investor? A hip hang out to savour a drink between hitting the galleries and heading to the newest culinary experience to hit Collingwood?

From the Connect coworking lounge, to the light-filled courtyard, to the meeting rooms and sensory space decked out with vinyl records to the Bond communal kitchen, there's a space for every possibility at lyf Collingwood Melbourne.



And there's an apartment to suit every need too at the 105-unit coliving property.

The Two of a Kind studios are designed for friends or colleagues travelling together. They have side-by-side apartments with separate lockable entrances and a shared kitchen featuring stylish SMEG appliances.

The One of a Kind studios are perfect for singles or pairs. For those seeking a little more floor space there's One of a Kind Plus accessible apartments, featuring open format bathrooms with wheel-in shower and easy access counters and door handles.

KNOW THE lyf ESSENTIALS

SAY HI!: Staffed by expert "lyf Guards", the 24-hour reception offers complimentary barista-made coffee for members of Ascott's loyalty programme Ascott Star Rewards.

CONNECT: Social lounge at ground-floor lobby with high-speed Wi-Fi and charging outlets.

BOND: Communal kitchen equipped for making a simple breakfast or an impressive three-course meal.

WASH & HANG: Launderette with washers, dryers and an arcade-style games machine.

COLLAB & WHITE ROOM: Small meeting and multi-purpose rooms for hatching plans, hosting presentations and brainstorming.

COLLINGWOOF CANINES: Discerning doggos who enjoy travelling are welcomed with a bed, blanket, food bowl, treat and toy.

Review of Lyf Collingwood by Minx Mwahzelle

Thursday evening I, with my dear friend Brett, was invited to stay at Lyf Collingwood, so that we could test their brand new facilities and give a review of them.

I'm quite happy to report that their establishment is quite comfortable, and the facilities functional and comfortable. The staff, their "Lyf Guards" were cheerful and accommodating.

Frankie was lovely enough to give us the full tour of the establishment, and seemed quite knowledgeable of the local area and surroundings (even though I already was, I didn't want to spoil it for the darling). Brett and I shared a double room which consisted of two separate rooms joined by a kitchenette, which had our own ensuite each and lockable doors to our individual space.

Great sized smart tv with integrated information network as well as all the usual suspects eg Netflix, Stan etc.

All in all, very pleasant, comfortable and warm little stay.

The establishment has over 100 guest room of different sizes. Large common areas for socialising also.

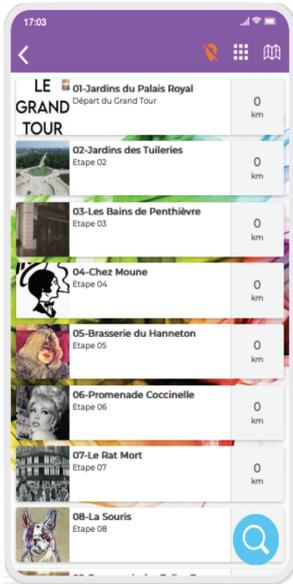
So head on down to Lyf Collingwood if you're needing to get away from the 'norm' and enjoy time away from the usual routine we all call LIFE.



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q music: BIG & BEAUTIFUL J.R. PRICE

J.R. Price Releases Nightmare The Follow-up to His Daydream EP, Nightmare includes "Tiny," His Hit New Single and Music Video

Grammy-nominated songwriter J.R. Price is out now with his Nightmare EP, the follow-up to his debut EP, Daydream. Where Daydream was vibrant, exuberant and full of hope, Nightmare is the opposite. "My light has been completely depleted," Price, who has recently sustained a devastating break-up, admits. "When a dream is drained of all its light, it is by very definition a nightmare. The darkness I have felt lately is unlike any of the other things I have been through, because I was given hope first, then had it ripped away." To those who say it's better to have loved and lost than to never have loved at all, he adamantly disagrees. "After heartbreak, I am the exact opposite of who I used to be. I'm full of shadows and hatred. I am mad all the time. I cry myself to sleep. I wake up every few hours. I can't talk to my friends. I am living in a nightmare."



The EP explores the five stages of grief, navigating through the dark, chaotic journey one must travel after experiencing loss; before ultimately, hopefully, achieving some level of normalcy. The EP starts with "Dagger," about the first cut to bleed and the denial one must feel in accepting the reality of the situation. The second is the title track, about suffering through the aftermath of the split: the anger, the resentment, and the crushing heartache.

In "Tiny," the third single on Nightmare EP and the first release from it, Price sings about coming to the realization that the love who diminished him is really the one who is miniscule with little compassion and a shrunken heart. The song calls out all men who cause pain and feel no remorse.

"'Tiny' is how I imagine an Ed Sheeran angry dance song might sound," J.R. Price reflects. A flute drives the chorus, guitars smash into the bass line, and the melody contains a hook of "N.A.U.G.H.T.Y.," a song from his Daydream EP. "It's an alternative dance track, if the club was in the woods," Price continues. "I think it's very intoxicating, witchy, sexy... and vengeful!"

The music video for "Tiny" illustrates Price's characterization of the song. It features Price and his sorcery sistas seeking revenge for his heartbreak by summoning his ex into the woods with seducing spells. "It gets steamy and emotional! I finally got to act and use that theatre degree I worked so hard for!"

The fourth track on Nightmare is "To the Ghost" and it brilliantly represents the fourth stage of grief: that of depression. It leads into the final track, "I Have Me," a dramatic and grand rock anthem with real brass instruments and a backup choir, about self-love and acceptance.

Price calls "I Have Me" the most important song on the Nightmare EP. "It shows that positivity doesn't mean letting pain go. It's about owning the pain and learning from it. Carrying your baggage with ease."

Through the process of writing and recording *Nightmare*, J.R. Price has finally come to the realization that the love he has been seeking from family and friends his whole life cannot be found until he loves himself.

"I have learned that I must accept what I have been dealt in life and that the only thing I can change is how I view myself. I have to love myself. That's the real message I received while making *Nightmare*."

Nightmare is produced by J.R. Price, Ricky Allson and Grammy award winning producer Jeff the Jedi Master Jones (Wynton Marsalis, Eric Clapton, Willie Nelson, Alicia Keys, etc.). It was engineered by Brian Culligan. Feathers Wise, nominated for the Grammy this year in the Electronic Dance Recording Category, also worked on the record's production.

J.R. Price's "*Nightmare*" is being distributed independently and is available on Apple Music, Spotify and all digital platforms. Physical copies and JRP merch are also available at jrprice.org.

Follow J.R. Price on Instagram @ [jrpriceless5eva](https://www.instagram.com/jrpriceless5eva) and Facebook @ [JRPricePop](https://www.facebook.com/JRPricePop). Visit JRPrice.org.



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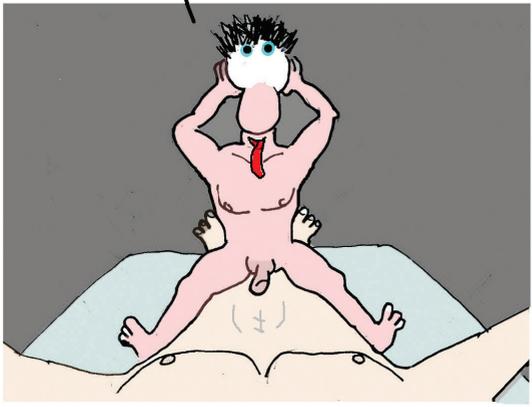


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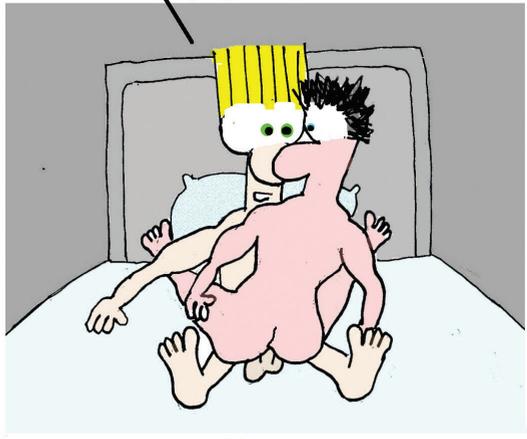
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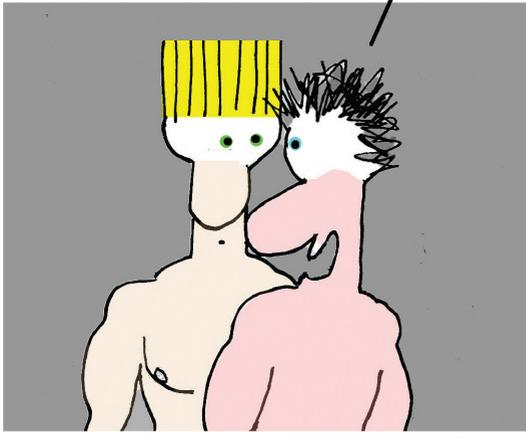
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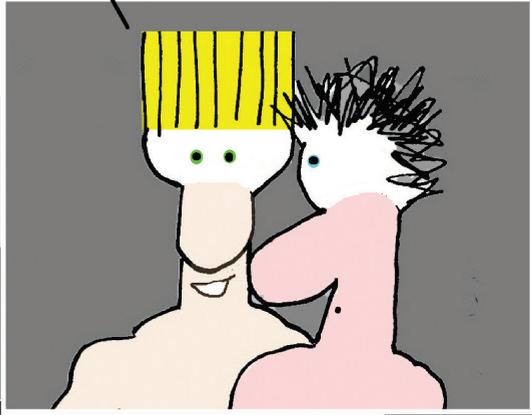
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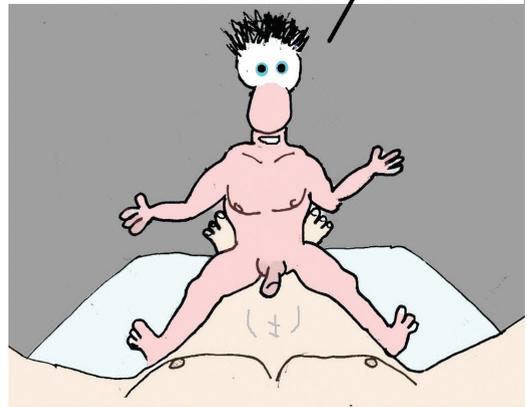
But there'd be complications for a
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...for instance, we'd need pants with a
a sixty inch waist to go out in public!



Sixty? If we're gonna have three-ways
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