

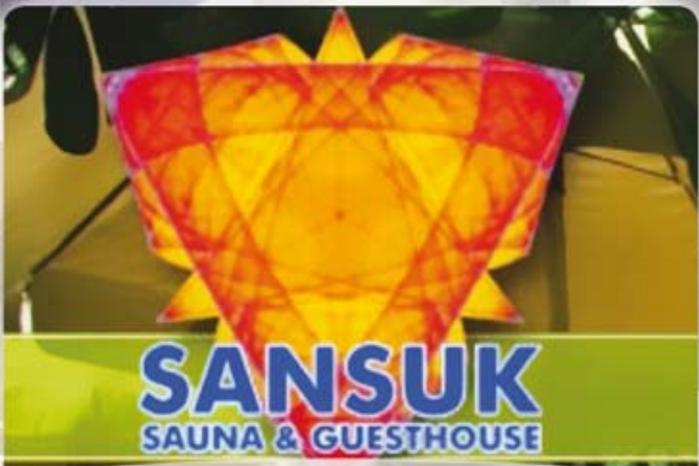
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APRIL 2014

Q MAGAZINE

featuring
LORANC SPARSI
the new kid on the block

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q comment:

I have decided to create a greater synergy between Q Magazine (as a printed publication) and our presence on social networking sites such as Facebook. With this in mind, the following two entries were posted on my personal Facebook page, as two subjects that have either touched me or given me reason to comment.

It really concerns me that our society has become way too delicate. It seems regardless of how well-intentioned people are, someone will inevitably get upset by something that has been said - even though it was clearly said in jest (e.g. Ellen's gag about Liza at the Oscars).

I am reminded at this point of a young gay man who asked for my advice after being called a "poofter" while walking past a primary school in Cairns many years ago. My reply was (apart from "if you don't want your sexuality recognised so easily, perhaps you should stop buying your clothes at Citygirl Boutique and mincing like you're chewing a Minty in your butt cheeks) to embrace the words and then two things occur:

- 1 - the perpetrators lose the power of insult and shock
- 2 - you become a much happier person

I embrace the individuality of all generations and am not suggesting "acting straight" (which in itself is an abhorrent concept), and I certainly agree it is the intent and tone of the comment that gives it its gravity, but surely we shouldn't lose the ability to laugh at ourselves and evaluate each situation for what it really is!?

Viva la difference!

And in other news: despite attempts by myself, Corey Irlam, Anna Brown, and Carl Katter (including a face to face with the Mayor of Melbourne by Corey, Anna and I) to convince the Melbourne City Council to do the right thing and sever sister city ties with St. Petersburg, Russia, Council has decided to maintain our relationship. This saddens me greatly and puts in question any public appearance by the Mayor supporting our community. They had a real opportunity to send a clear message and opted to pander to an apparent social calendar agenda instead.

In my opinion, clearly The Right Honourable Lord Mayor of Melbourne has an inability to walk the walk and talk the talk simultaneously. I guess men really can't multi-task.

Perhaps Melbourne City Council should investigate a relationship with Uganda as well.

If you want to see more of this, you can "like" Q Magazine on Facebook at www.facebook.com/q.magazine.australia and/or become a friend of mine at www.facebook.com/brett.hayhoe



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Loranc Sparsi with compliments of Daniel Sutton

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Brett Hayhoe t/a Q Magazine
ABN 21 631 209 230

q feature: **LORANC SPARSI**

He has interviewed the likes of Angelina Jolie, Robert Pattinson, Rihanna, Jessie J and Madonna to name a few. He has produced digital media for some of the worlds most iconic brands including; Bvlgari, Gucci, Target, The Body Shop... the list goes on!

Hailing from the bright lights of London, Loranc (pronounced Lawrence), brings with him a wealth of audio-visual expertise. Ending up in Australia totally by accident, on purpose, or you could even say - accidentally on purpose, as you do!

“I’ve gone global!” (he laughs).

Loranc has spent the past 6 years working in London and across Europe. He initially worked with the UK’s top ad agencies sourcing content before moving in to production full time. Since then he’s clocked up over 500 video projects.

“I went on holiday to Thailand for a few weeks, that was December 2012 - and I never went home” (he beams).

A few weeks turned into a few months and then the cheeky chap boarded a plane, destination, Australia!

“I’ve always wanted to live in Australia and now I do, I can’t believe it!”

So now this gorgeous bubbly Brit, along with his very sexy accent, belong to us!

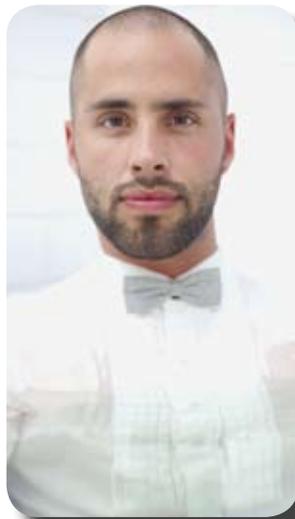
So who is this mysterious stranger and what’s he doing now?! Not long on the ground and he’s already doing what he does best, making video here in Australia. Working with a team here in Australia and utilising design and production contacts in London, LA and New York he’s a man that can do, with an attitude and personality to match.

“I want people to be spoilt for choice when it comes to digital design and video production. Video has the power to reach an unquantifiable audience and it’s not just for companies with deep pockets. I produce cost effective video for companies who are passionate about increasing their online presence and engaging with their clients”.

Nicknamed 'lashes' by some of his celebrity interviewees (and it’s obvious why), it’s clear to see that he’s very passionate about what he does, not to mention a serial multi-tasker. In addition to producing video for anyone who needs it, he ‘reps’ a few companies across the water, is a keen photographer and is in the middle of penning his first novel loosely based on his experiences behind the scenes in the entertainment industry!

Strewth, is it just me or is it getting hot in here? I think we could all do with some video!

You can check out some of Loranc’s work and get in touch by visiting his website at: lorancsparsivideo.com.



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q money: with EVAN DAVIS

In the 70's to visit their bank manager my father wore his best brown velvet suit and mother her smartest polka dot dress. They wanted to buy their first home and despite their polite smiles and snappy dressing they left dejected. The manager said no as he believed the apartment they wanted to buy was going to be a 'ghetto of tomorrow'.

The apartment in Drummoyne (Sydney) is now worth close to \$900,000. Clearly not every bank manager is blessed with foresight or perhaps he was of put by Dad's lapels.

Today financial institutions look past what you are wearing and look more toward verifying your financial data. Whether you are applying for a credit card, car loan or that all important home loan lenders tend to look for mostly the same documentation so it pays to be organised.

If you want to borrow money you need to. For those of us that work for someone else this is more often easily done with your payslips. You will no doubt get these each week, fortnight or month depending on your pay cycle. The more information on the payslips the better and the easier it is for your income to be verified by your chosen lender. Often lenders will want to grab two payslips so make sure that you don't chuck them out once you have been paid.

For wage earners you will often also be asked for your 'PAYG Payment Summary' or 'Group Certificate' for those of us who are a little older. This is the document that your employer provides you once the financial year is completed. It details all your earnings and deductions such as tax paid. This is a document that you will use to produce your tax return. This document is often a requirement for larger amounts of finance or if your wages are needed to be verified over a longer period of time to qualify for finance.

In some cases too you may be asked for your full tax return. This is particularly true if you are self-employed. Depending on how you are set up if you are self-employed you may need to supply more than just your individual tax returns. If you are structured as a company or a trust you are likely to need to supply these tax returns too. The verification that your tax returns are paid and lodged will come from your notice of assessment. For the self-employed most lenders often like to verify two years of your data so it pays to be organised.

Possibly most importantly of all don't forget your ID! Make sure your address is up to date on your licence and also it pays to keep a current passport. Your birth certificate is generally the next best option.

The documents required are slightly different depending on the lender, financial product and your individual situation. So treat this only as a guide.

Interestingly my parents did buy their apartment. Nothing to do with the quality of their paperwork. Back then who you knew helped. I am told my Grandfather 'knew a chap' at his club and a special handshake later everything was sorted.

Times have changed though so it pays these days to be organised.



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q gay files: with MATTEO SNOOKS

The "d" Word

Once upon a time, men had to "work" in order to win hearts...Today, we have sex without sharing names. Old fashion ways of "picking up" are no longer followed with social behaviour and common courtesy lacking. Yes, on some occasions we need to get off but romantic jargon is overly emphasized and untrue, as life is not predictable like the movies.

Where did it all come from? Was it the perspective of some clueless Casanova, who spent more time dreaming then actually opening their legs? Whether or not romance exists... WE NEED IT!!!! I know a majority of us feel euphoria when we have more than just sex... The act of courting needs a resurrection!

Chemistry has to start somewhere and we have ALL experienced bad dates... no wonder why dating is becoming extinct. Some guys freak out when making arrangements and let plans fall through with cancellations being sent faster than pre-mature ejaculation...I can only wonder if it's the idea of going on a date that is satisfying to some, or are men just plain lazy when sex isn't on the menu. Being mentally aware is important when playing the game and knowing when a guy wants "one thing" takes a little practice but isn't hard to smell.

The pressures and anxiety of meeting someone new, fears that the guy won't like you, all adds to the stigma associated with the word "date". This can happen to even the most confident of people when one's wall starts crashing. Seriously, how many dates have you been on that were actually fun and exciting? Expectations may leave you disappointed so always have an open mind. For me, keeping it simple and fresh works well... Instead of feeling as if it's a job interview! Approach dates like cocktails with friends, as this may ease your mind.

There's nothing worse than laying the cards on the table and revelling your desperate desire for a boyfriend. These conversations cannot be rushed, as there's a time and place to express ones emotions. It's scary when guys bombard you with feelings, right after the first date or once you've made a mess of the bed sheets. I'm all for honesty but "going with the flow", allows you to digest your experience without feeling like marriage is around the corner. A sense of wanting more will slowly drive him into your world, so don't slam the door with your insecurities.

I don't understand why people jump straight into relationships when all they know is the inch to your penis. Why can't we create a little mystery to be sure that it actually is LOVE? Others tend to hide behind things in order to avoid the missing pieces of their puzzle in life, like keeping busy to stop feeling lonely...Only you can solve your problems and it is self awareness that's going to make reality a land like OZ.

I understand that we can't give ourselves a hug, but try being happy with yourself and your beauty will shine through by simply being a good person which makes you stand out from the rest of the freaks.

It's a game of miss match we play, until we find that one who shakes our core and surprises us by throwing away that relationship checklist ... which leaves him with only one box to tick.

The logo for Living Balance Chiropractic features a stylized human figure with arms raised, set against a background of overlapping circles in shades of green and yellow. The text "livingbalance" is in a lowercase, rounded font, with "CHIROPRACTIC" in a smaller, uppercase, sans-serif font below it.

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q interiors: with AARON WONG

The first ever Maison & Objet to be held outside of Europe took place recently in Singapore during 10-13 March 2014. Maison & Objet is the pinnacle exhibition event for the latest Interior Design products globally and I was delighted to see many of my favourite labels at this year's exhibition. Even more exciting was the chance to see a couple of my favourite Australian suppliers being represented at the exhibition.

The exhibition covered a broad spectrum of products from hardware and fixtures, wallpaper, home wares, fine china, rugs and furniture. Below is a handful of exhibitors at Maison & Objet Singapore 2014 and their products I wish to highlight.



If you have dined at the glamorous Rosetta restaurant in Melbourne recently, you would have noticed a beautiful wallpaper at the toilet entrance. This magnificent piece of art is a painted wallpaper from Zuber (France). A source has informed me that the particular piece at Rosetta was in the vicinity of \$20,000. Zuber was an exhibitor at Maison & Objet. www.zuber.fr



The D.Manuel cabinet from Boca Do Lobo provides a great contrast between the classic turned legs and a more modern cabinet façade. I am loving the ombre effect as well. www.bocadolobo.com



This washbasin set from Serdaneli is made with cut crystal and the difficult choice of either gold or chrome and platinum finish. First world problems at its best. www.serdaneli.fr

This beautiful rug is from Jenny Jones that is based in Australia. It is made from Handspun Tibetan wool & 50% Chinese silk and comes in a range of standard and custom sizes. www.jennyjonesrugs.com



Lastly, one of the best go to destination for one off accessories curated from around the world. Creatively Active Minds stocks a range of furniture, accessories and art. www.creativelyactiveminds.com

Aaron Wong is the Principal Designer of Alexander Pollock Interiors. www.alexanderpollock.com



q youth: with **TASMAN ANDERSON**

The best thing about the 21st century is the numerous opportunities available to achieve your dream career. Now, people are able to get the education and qualifications they need by simply undertaking an online course or degree. However, the attitudes of some of these organisations are absolutely disgusting.

A few months ago, I decided to complete a few of my university courses via distance education so that I could graduate on time at the end of this year. Even though I hadn't done anything like it before, I wasn't too worried. My sister completed plenty of these courses without coming across any issues, so why would I? Of course, I was completely mistaken.

From the moment I began my courses through Open Universities Australia, I was plagued with issues. Firstly, the courses weren't actually held by Open but rather, by other universities who were using them as a liaison. That made it extremely difficult when I needed to apply for permission from my home university. Then, I found that the professors running these courses were almost non-existent in regards to their communication. In one instance, my professor was so vague in her replies that I ended up more confused about my assessments than I was before consulting her. Basically, if I wanted to pass the course, I had to work out the content on my own.

I'm sure you're all thinking that these issues are minor inconveniences and of course, you'd be right. After all, nothing worthwhile is easily accomplished so hard work was inevitable. But, what I can't ignore is the behaviour of the examiners during these courses.

For those of you who aren't familiar with distance education, most courses only require you to complete written work or online tests. However, sometimes a course might need you to sit an exam at a venue of their choice. These are often supervised by outside parties and/or teachers that have contracts with the university. Normally, I have no issues with examiners but this time around it was different.

From the moment I stepped into the room, the examiner was rude and obnoxious. He talked to us like we were children and scolded us for bringing mobile phones into the building, even though it's a standard rule for universities to allow us to bring in our personal belongings. He continued to deliberately talk slow, as if we were too unintelligent to understand him. He seemed to target the mature aged students the most as well as the ones who fit the stereotype of 'trouble' even if they were nothing but polite. In one case, he even went as far as to ask a student if they even belonged here since they hadn't bothered to bring multiple pencils.

It's this type of behaviour towards distance education students that really has me concerned. Since when did it become okay to make someone feel ashamed of making a better life for themselves? When did the world become so obsessed with labels that they feel they have the right to judge those who may not have had the same opportunities?

Not everybody has had the chance to follow their hearts when it comes to their futures, especially the older generation. Shouldn't we be encouraging them to study hard and applaud them for stepping out of their comfort zones and taking a chance?

So shame on you, dear examiner. Shame on you for being so small minded that you believe distance education to be beneath you. Also, shame on you for keeping yourself from seeing the beauty that is in a person's comeback.

Personally, I think the best type of person is the one who is unafraid to go back to their education. So for all those of you who study, regardless if it's via online or in person, I say congratulations on chasing what truly matters – your dreams.



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q fitness: with CHRIS GREGORIOU

It's not that complicated. No really, it's not!

Losing weight, having your ideal body but most importantly, feeling great is not rocket science. The problem is that we complicate it and it might be in no way directly your fault.

Our upbringing has a lot to do with this. Think back to when you were a kid, what was drilled into your mind about being a good child. Finishing all of your food, leaving your plate empty, being rewarded with "that's terrific you have eaten all of your food".

This extends to our adult life, with expectations of eating what has been prepared for you when out at a dinner party or while visiting family. In some cultures you are considered to be unwell if you don't eat what is on offer.

So why do we put on weight. It can be for many reasons but some of the most common ones are due to a more sedentary lifestyle combined with over eating or eating of the wrong foods.

I am not a fan of starving yourself, counting calories, or eliminating your favourite food. That's extreme, is not sustainable and will only burn you out and leave you more frustrated than ever in the end.

So the truth is that living a healthy life comes with lasting, healthy lifestyle changes. This includes breaking old behaviour based patterns and eliminating guilt associated with food.

Here are five common lifestyle mistakes that if followed will quickly get you on track and remember it's not rocket science, but you have to stick to the rules!

Lifestyle Mistake #1: A Slow Metabolism.

Our changing lifestyle thanks to technology and the lack of physical movement has a direct result to our metabolism. As our metabolism slows down when we are less active. The worst thing we can do to ourselves is to restrict calories and to cut back on food! This is a HUGE NO NO! Cutting back on food will certainly slow down your metabolism, this also extends to forgetting to have one of the main meals of the day, such as breakfast, lunch or dinner. The moment you start to eat properly again (and trust me if you starve yourself your body will force you to catch up) you will start to pack on the kilos, resulting in carrying more body fat than before you started. Shedding this becomes even harder thanks to your slower metabolism.

Lifestyle Mistake #2: Lack of Sleep.

To put this simply, you need to sleep more. Most adults need an average of eight hours of sleep each night, and I know you aren't getting that much. When you don't get adequate amounts of rest, you're more likely to be hungry, overeat, and gain weight.

Lifestyle Mistake #4: Drinking Too Much Sugar.

Lasting fat loss is about changes. Unfortunately, some of the changes one must make are difficult. If you're one of the millions hooked on soft drinks, alcohol, or other sweetened beverages then your fitness goals may remain out of reach until you replace these drinks with water. You should also know that your brain often confuses thirst with hunger. So at the first sign of hunger, don't grab a snack or calorie-filled drinks. Instead, grab a glass of water.

Lifestyle Mistake #5: Not Doing the Right Physical Activity.

Weight loss is about burning more calories than you consume. Therefore, it should make sense to you that your total calorie intake and exercise must go hand in hand. If you want to speed up weight loss and keep the weight away, add or increase the amount and intensity of physical activity in your daily life.

For many people, this is the most difficult lifestyle change of all, but the benefits are well worth it. Aim for 30 to 60 minutes of intense exercise on most days of the week. When exercise is a normal part of your everyday routine, it's more likely to stick, and your body will become slimmer and more toned. The exercise will certainly speed up your metabolism, and this is critical if you want to tone up.

Of course, if you are inactive always consult your GP before starting exercise and see a professional like me to get you safely started with the best results in the shortest possible time.

And remember, keep it simple and you will get results!



For more tips and info you can check out my blog located at www.metrobody.com.au

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q festival: NEXT WAVE

The future of art as we know it will unfold in Melbourne from 16 April – 11 May, 2014 as part of Next Wave Festival 2014: New Grand Narrative. A city-wide, month-long celebration of cutting-edge arts and culture from around Australia and the globe, in 2014 Next Wave celebrates its 30th anniversary with a tightly curated selection of the most ambitious, risky and surprising new art, including performance, dance, visual art, sound art – and ideas impossible to categorise.

"Next Wave is renowned for creating an irresistible artistic whirlwind that is impossible to ignore and completely unique in Australia," said Emily Sexton, Next Wave Artistic Director. *"In 2014 we have created a festival experience that will seize your imagination and your soul with a mix of artistic works of outstanding quality, ambition and – even dangerous – experimentation."*

Occurring every two years, Next Wave Festival 2014 will span 28 days and features the work of 239 artists, who – at the time of their presentation in 2014 – will have been incubating their artwork for over two years. An incomparable platform for new and emerging artists, Next Wave has launched the career of notable alumni such as painter Adam Cullen, sculptor Patricia Piccinini, Indigenous visual artist Bindi Cole, theatre ensemble post, and comedy music theatre troupe The Suitcase Royale.

"We curate artists who are genuinely seeking out something that's never been done before and we offer them the tools and support they need to succeed," said Emily Sexton. *"All that hope and dreaming and curiosity in one place – in a city as adventurous as Melbourne – makes for a potent blend of provocation and fun. Challenging, but never too serious; clever, but genuine. Audiences will talk about, see and do things at Next Wave Festival that just don't happen anywhere else."*

Weaving stories that are often overlooked and from voices that are seldom heard, Next Wave Festival 2014 features over 40 never-before-seen new art projects that have been created especially for the Festival. Next Wave Festival 2014 boasts a robust program of multi-disciplinary art projects that will be staged in theatres, galleries, laneways, private homes and other unexpected spaces around Melbourne.

"Our 2014 Festival, New Grand Narrative, has been curated as story with a beginning, middle, climax and end. In this way, Next Wave Festival allows you to stretch out and take your time to think about things over four weeks, or have it all crash together in one weekend of madness. And you can be sure it will involve as much talking, drinking and eating as it does art," said Emily Sexton.

Commencing with a series of talks and parties that will frame the Festival from 16 – 28 April, the main program will run 29 April – 11 May, culminating in two art-filled weekends dubbed The Climax. Turning inwards, Next Wave Festival 2014 concludes with reflection as 150 national and international delegates gather for the first-ever IETM Satellite Meeting in Melbourne on 12 – 14 May. The leading international network for the contemporary performing arts, IETM has over 500 members in 50 countries and meet twice annually in Europe as well as holding satellite meetings around the world in regions of strategic and artistic importance.



Venue: All over Melbourne. Key sites include Arts House (North Melbourne Town Hall and Meat Market), Footscray Community Arts Centre, Theatre Works (St Kilda), Dancehouse (Carlton), Northcote Town Hall, Gertrude Contemporary and ACMI.

Dates: 16 April – 11 May

Times: Various

Ticket Prices: Various

Disability Access: Check venue

More info: www.nextwave.org.au

q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels, books for expats, as well as designing mobile apps and websites to promote the Canary Islands.

Expats and Tyre Safety

Recently witnessing a nasty accident on the motorway in Gran Canaria, where fortunately all the passengers survived unscathed, made me ask some questions about the cause. Apparently, one tyre had exploded, which was due to the age of the tyre and failure of the rubber.

For me, this was an unknown phenomenon. Although I am careful about regularly checking the depth of tyre tread from time to time, and changing a tyre when necessary, I frankly had no idea that tyres 'age' and that rubber deteriorates. Judging from conversations with other expats, most did not know this either.

We have a second vehicle, which is not heavily used and, since we live on an island, has very low mileage, because there are few long distances that can be travelled. The vehicle is parked on the road outside our home, and I have to admit that, for much of the day, it is parked in the full glare of the sun. The tyres all look as good as new, but I took the car to the tyre depot for a check - just in case.

Jorge, the mechanic, looked horrified when he pointed out that the tyres were made in 2005, as a coding that represents the date is clearly inscribed on the tyres. With, not undisguised delight, Jorge went on to point out some deterioration of the rubber, as well as unevenness on the walls of the tyres. He made that inward sucking of breath that people make when they are about to impart bad news. I prepared myself. They were not exactly bulges, Jorge explained, but they were heading that way. Jorge then went on to show me a tyre that had exploded, and inferred that the same would happen to me unless I bought a new set of tyres. The exploded tyre was not a pleasant sight, but it did help me to understand the problem.

Apparently, the performance of tyres deteriorates with age, because they contain anti-oxidising chemicals to slow the rate of ageing, but they need to be in use to be effective. My low mileage vehicle was deteriorating on the roadside, and because of the intensity of the sun and heat, the ageing process was accelerated, making the tyres unroadworthy. Low mileage, older cars tend to be at most risk from premature ageing, explained Jorge, continuing with a sharp intake of breath and shaking his head.

Of course, the age of a tyre and when it should be replaced depends upon many factors, but Jorge reckons that 6 years is about the age limit in a hot country. Living on an island, we also have a particular problem in that tyres rarely reach the end of their life based upon the depth of tread alone. Distances tend to be short and expats, retired or otherwise, do not travel very far in a year.

Jorge pointed out that the date that tyres are made is clearly inscribed on the wall of the tyre, in the form of four numbers. These numbers indicate the year and week number that it was made; for example 2612 will be week 26 of 2012. This information can also be used to ensure that you are buying tyres with the longest shelf life possible.

Jorge had successfully made his point and I reluctantly agreed to buy four new tyres. I handed over my credit card, but I am now pleased that I did so since tyres are the only contact that there is between the driver and the perils of the motorway. I think it was a good investment.

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his book, 'Letters from the Atlantic' (ISBN: 9780992767136). Available as paperback, as well as on Kindle, iBooks and Google Play Books. iPhone/iPad and Android Apps: ExpatInfo, CanaryIsle and CanaryGay now available.

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q dance: BANGARRA DANCE THEATRE

BANGARRA DANCE THEATRE PRESENTS THE
WORLD PREMIERE NATIONAL TOUR OF
Patyegarang

Celebrating its 25th anniversary in 2014, Australia's multiaward winning dance theatre company Bangarra Dance Theatre tells the story of Patyegarang, the inspirational journey of a potent Indigenous spirit alive in Australia's past and present.

Patyegarang marks the first time that Bangarra has told a specific Sydney story. Expressed in the beauty of Artistic Director Stephen Page's distinctive choreography and based on historical events and documents, Patyegarang celebrates Bangarra's unique ability to tell stories through the prism of our contemporary experiences, enriched by our shared history. This powerful and historically important new work acquaints us with Patyegarang, a young Aboriginal woman of intense and enduring courage, and an inspiration today for the respect of Aboriginal knowledge and language.

As the colonial fleet arrived on Eora country in the late 18th Century, Patyegarang befriended Lieutenant William Dawes, gifting him her language in an extraordinary display of trust and friendship, which now inspires our imaginations about 'first contact'. Staying apart from the early Sydney settlement in a place called Tar-ra (now Dawes Point), Dawes, an astronomer, mathematician and linguist, faithfully recorded his encounters with Patyegarang in his notebooks.

Rediscovered in 1972, these notebooks are transcripts of this remarkable cultural exchange. Patyegarang's words are a window into a rich, complex and utterly different view of her world, its values and its sacred meanings. Bangarra liberates Patyegarang from the library shelves, putting spirit into her heart, as a striking visionary and educator. This deeply moving production is told through the acclaimed creativity of Stephen Page's choreography and David Page's soundscape, in a powerful and meaningful dance theatre experience.

Artistic Director Stephen Page says of the new work, "Patyegarang is a story that has been lingering in my mind for a long time. This young Aboriginal girl was from the Eora nation, the custodians of the land on which Bangarra has created and performed dance theatre works since 1989. In the year of the company's 25th anniversary, Bangarra honours the Eora, through Patyegarang's story, celebrating the significance of this place and its first peoples. Through discussions with local communities, and thanks to an ever-inspiring team of designers, story tellers and dancers, this story gives us an opportunity to reflect on our future as a new nation."

The role of Patyegarang will be played by Bangarra dancer Jasmin Sheppard who joined the company in 2007 and has performed in eleven Bangarra productions internationally and nationally. Sheppard's first choreographic work Macq debuted as part of Bangarra's Dance Clan 3 in November 2013. South Australian born physical performer Thomas Greenfield will join Bangarra as a guest artist, performing the role of Lieutenant William Dawes. Greenfield's performance with the company marks the fourth time in Bangarra's history that a non-Indigenous dancer has performed with the company.

Celebrating its 25th anniversary in 2014, Bangarra Dance Theatre is Australia's premier national Indigenous performing arts company.

Sydney Opera House, June 13 to July 5 2014

Bookings: www.sydneypoperahouse.com p 02 9250 7777

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Canberra Theatre Centre, July 17 to 19 2014

Bookings: www.canberratheatrecentre.com.au p 02 6275 2700

Ticket prices : \$30 - \$63 plus transaction fees

State Theatre Centre of Western Australia, July 30 to August 2 2014

Bookings: <http://premier.ticketek.com.au> p 1300 795 012

Ticket prices : \$35 - \$75 plus transaction fees

Queensland Performing Arts Centre (QPAC), August 15 to 23

Bookings: qpac.com.au p 136 246

Ticket prices : \$24.50 - \$65 plus transaction fees

Arts Centre Melbourne, August 28 to September 6 2014

Bookings: www.artscentremelbourne.com.au p 136 246

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q study: **USERS BEWARE**

A two-month Australian study commissioned by the National Association for Information Destruction (NAID), a global, non-profit, data protection watchdog agency, has found significant amounts of personal information left on recycled computers. For the organisations recycling their drives, this is a data breach problem. For individuals, some of their most private information is at risk.

The results are even more alarming given the new Privacy Act reforms that took effect on 12 March 2014, requiring organisations to up the ante with respect to managing and safeguarding people's personal information. The study showed that 15 of 52 hard drives randomly purchased, approximately 30 percent, contained highly confidential personal information. And, while seven of the 15 devices had been recycled by individuals, eight had been recycled by organisations, including law firms operating in Victoria and Queensland, a government medical facility, and a community centre. All of these firms have a legal obligation to protect the public's information.

"The study is rather simple," said NAID CEO Bob Johnson. *"We randomly purchased 52 recycled computer hard drives from a range of publicly available sources, such as eBay. We then asked a highly reputable forensic investigator, Insight Intelligence Pty Ltd, to determine whether confidential information was on those drives. The procedure used to find the information is intentionally very basic and did not require an unusually high degree of technical heroics. Had the data been properly erased, it could not have been found."*

Information on the hard drives included spreadsheets of clients' and account holders' personal information, including names, addresses, account numbers, confidential client correspondence, billing information, and personal medical information such as diagnoses, treatment, and prognoses. Where the computer hard drives had been previously owned by an individual they more often contained their most confidential personal details, including images of a highly personal nature and account information. Specific examples included, one drive containing detailed legal case records of a difficult family dispute, another with an entire email box with numerous 2 emails and attachments relating to the inner most workings of a medical facility as well as one with signed documents granting access to business and personal mail from a Justice of the Peace.

"While it might be tempting to dismiss these results given the sample size," said Johnson. *"It is actually very disturbing. When you consider that the Australian Bureau of Statistics most recent estimates put the number of computers retired annually at over 15 million, the likely amount of private data put at risk in this manner is staggering. People from anywhere in the world can buy these drives online, and you can be sure the 'bad guys' amongst them know how to use the information for evil. With the viral nature of social media, one can only imagine what could happen if someone decided to share any highly personal images and videos they have found on these drives."*

Another troubling finding was that often, where personal information was found, there were telltale indications that someone had attempted to remove the information but failed to effectively do so. Mario Bekes, Insight Intelligence's managing director, said proper removal of data from computer hard drives requires more than just pressing the delete button.

"Even if they try to do it properly, private individuals and businesses take a big risk by attempting to erase hard drives themselves," said Bekes. *"It is not really a do-it-yourself project."* Bekes also encourages consumers and businesses to be careful when selecting a recycling service.

"It's a noble idea to recycle a computer, tablet or smartphone," said Bekes. *"But it's important to know the recycling company has the proper technical expertise and takes data destruction seriously. Unfortunately, many recyclers treat data removal rather casually."*

NAID is no stranger to such investigations. One year ago it made headlines in Australia when another commissioned study found banks and doctors' offices were frequently discarding confidential records into commercial rubbish bins. The organisation has also commissioned similar research in the United States, Canada, and Europe over the years.

"The effective disposal of confidential information is an issue that is easily overlooked," said Johnson. *"We consider it a public service to remind policymakers and consumers of this ongoing vulnerability. Unfortunately, those who capitalise on easy access to this information are already aware of it."*

NAID has offered to provide a detailed report of the results, as well as the hard drives themselves, to the Office of the Australian Information Commissioner (OAIC) to facilitate an official regulatory inquiry. Should the OAIC decline, the Association will ensure the hard drives are securely destroyed to protect those put at risk. 3

About NAID-ANZ: NAID-ANZ is a chapter of the National Association for Information Destruction (NAID), the non-profit trade association of the secure destruction industry, currently representing more than 1,900 member locations globally. NAID-ANZ's mission is to promote the proper destruction of discarded information through education and to encourage the outsourcing of destruction needs to qualified contractors, including those that are NAID certified.

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q drag: THE FRIDAY NIGHT PROJECT

The Friday Night Project is now in its 5th year at the GH. Since starting in January 2010 with Pussy and Tabitha Turlington, one aim has always been to encourage performers, some new to the art of drag, as well as giving some of the traditional faces of drag another stage to perform on. It has seen the start of many drag careers. Alan Mayberry delves into the reason for its success.

Tabitha is thrilled at the way the show has evolved. *"For me drag is anything from a boy in eyeliner and lipstick miming with a hairbrush into his mirror at home, to the most glamorous showgirls on stage. It's all encompassing. I think it's important for the community to see all types of drag perform. In saying that they must be able to hold the crowd's attention, turn up on time and remember they are representing the venue the minute they step inside the front door. I love watching the new breed of drag come through, growing, developing, shining – it's a thrill to see!"*

Lucy Loosebox, Sue Ridge and myself all started in talent quests over 25 years ago now. We were lucky we had a place to perform and I am glad, with thanks to the GH, that I get that opportunity on my Friday show.

But the success of the show is not just in the talent that appears weekly. A lot has to do with the compere. Andrew Shaw, who wrote for MCV, said 'Younger drag is faster, more disposable and looks to the present rather than the past and the girls try to be the celebrity they are portraying. There will soon be no difference between a performance by a drag artist and a performance by the actual female pop performer. *That satirical edge is going.* Tabitha and a few others are keeping that old school flag flying.' And that flag flutters strongly every Friday. And it's great that entry is free before 9-30 and the food is great.



Missy La Minx is one of the many who have been given the stage. She admits, 'Tabitha's Friday Night Project is such a wonderful evening for both performers and drag enthusiasts alike. Tabitha opens up her stage to professional and amateur drag every week and makes everyone feel so welcome, with her feedback and positive attitude – she is a pleasure to guest for. My first ever show was in fact as a frightened teenager for FNP with Pussy's constant determination to get me on stage just over 3 years ago. Since then it's always been my favorite place to perform a spot number and I'll always be so thankful for the opportunity they've both given me. It's lovely to have Tabitha and the GH's support for amateur drag and watch us blossom into better performers and drag of the future.'

Rita Le Coqater has nothing but praise for the up and coming talent who have often made their debut with Tabitha, 'Don't get me wrong! I'm only a TAD jealous when I look at the young girls these days. They are so polished and fabulous. Queens like Amelia Mole, Sasha Fagg, Missy la Minx, Lexi Gaga and shows like Sequin Sisters are keeping the drag flame alive. They are the new generation and the torch has been passed on.'



Kerrie Le Gore agrees how vital it is to have shows like *The Friday Night Project* to nurture up and coming talent. 'I love shows that are quick, extremely funny and the material changes by the night. It's not always the same old routine. I love the interaction with the audience members, many who have become like family. It must be funny and fast moving. The spontaneity is the secret. And to be realistic it's a great draw card for venues as all the weekly guests bring in their own fans on a rotational basis. Shows like *Doreen's Damaged Discs* in the 90s and Amanda Monroe's talent quests in the early 2000s helped keep those venues operating early in the week.'



It is no surprise that Tabitha has had such success. She's been the queen with the acid tongue for longer than she cares to remember. I did drag the minute I could hold a lipstick and walk in Mum's heels. I loved applying eyeshadow and was always in a dress even at kinder! I did ballet and tap dancing (not that you notice on stage). I always did drag in school talent quests, normally a Mae west

impersonation – ‘come up and see me sometime big boy’. I even won a 3AW prize in Grade 5 in a Mae West voice competition. One teacher asked ‘what do you want to be when you grow up?’ I said ‘to act in movies as a woman. Dame Edna does it I said why cant I?’ She rolled her eyes. I was very lucky to have such a wonderful, wonderful mother who always let me express myself and didn’t allow others to stop me. She would be up at the school or telling teachers off, ‘that’s how he is’, if they said anything and ‘don’t try and change him!’

Even as a student at Wattle Park High School I was overly camp. I started a performing arts course at Prahran TAFE but soon left – I wasn’t really into doing monologues from *The Cherry Orchard*. Then I started going to 3 Faces and discovered I could dress up and act as a woman like I had told my Grade 5 teacher. I was back every week watching Kerrie Le Gore and the Lipstix, barely missing a show, watching learning and loving it all. I did *Doreen’s Damaged Discs* and eventually got my first show and the rest is history. I love being on stage and having fun with the audience – wanting them to come along for the ride and enjoy watching the show as much as I do performing it! I’m lucky to have worked with all the girls, old and new. I love the fun in the dressing room and have made some amazing friendships.

I adore doing drag! But I don’t have to do it! I don’t like venues or managers taking advantage of girls wanting to perform and exploiting them to get everything and paying them nothing! I can have just as much fun singing into a mirror at home or with friends! I only want to work with people I can have fun with and have a few laughs!

Tabitha advises the up and coming performers, ‘Don’t expect too much too quickly. You’ve got to learn to be more patient. Twenty years ago Lucy and I were out every night of the week performing and doing PR. We did every show for free. We never asked for a drink card or money We didn’t expect it. Some of the new comers today do one number, and if the people like them expect to be paid the next week or have their costume given to them. You can’t get too confident too quickly.’

Remember drag can effect your whole life. When someone comes up to me and says, ‘Tabitha I want to do drag’. I reply ‘Do you want a boyfriend?’ If the answer is Yes: ‘Well don’t do drag. You do drag once, it’s fun. You might be good or tragic; that’s fine. You do it twice you’re becoming a drag queen. You do it three times, then that’s it. If your name was Cindy, your name will be Cindy till you die. Everyone will call you Cindy. As soon as you meet a guy and tell him your name there’ll be someone chirping out ‘Hi Cindy’ and any prospective husband will say *Forget it!*

Tabitha’s advice to aspiring drag queens, ‘Remember the importance to gender illusion is the trick to tucking. Mine involves three king sized g-strings. But most crucial, be yourself, don’t to expect too much too quickly, and have fun – and if it stops being fun – get off at the next stop!’

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g weddings: **HONEYMOON HOTSPOTS IN LONDON**

The first same-sex weddings in England were able to take place from 29 March 2014. In celebration of this historic "I do", VisitEngland takes a look at honeymoon hotspots across the country, featuring properties that have been lovingly restored, designed and brought to life by same-sex couples...

Blanch House, Brighton

Often referred to as the UK's gay capital, Brighton & Hove's first same-sex marriage ceremony will take place just after midnight on 29 March 2014 at the Royal Pavilion, as soon as the law allows. The ceremony is set to be one of the first same-sex marriages anywhere in the country. Our top honeymooning tip for the loving couple, Andrew Wale and Neil Allard, is to relax in style at Blanch House, Brighton's original boutique hotel. Already a popular venue for civil ceremonies, Blanch House is only a short walk from the centre of Brighton and the city's stunning Regency seafront. With prices ranging from £75 to £219 per night (including breakfast), each of the hotel's rooms have been individually styled by owners, Kerry and Jeremy. Priding themselves on always providing a personal touch, every guest gets to sample one of Kerry's homemade biscuits on arrival. To book or for more information, visit www.blanchhouse.co.uk.



Seagate Cottage, Hastings

Unknown to most, Hastings offers a smattering of properties owned by same-sex couples on the South Coast. Seagate Cottage, a charming 1640s whitewashed self-catering property provides the perfect honeymoon destination for newly married couples wanting to get away from the hustle and bustle of England's big cities. This Jacobean retreat in the heart of the Old Town is just a stone's throw from the famously curious shops that make Hastings so special. Bristol-based owners, Susie and Gemma consider the cottage a home-from-home and escape to Hastings as often as they can. Available to rent from £525 to £725 per week. Short stays are also available from £105 to £175 per night. For more information or to book, visit www.hastingscottage.blogspot.co.uk or email seagatecottage@gmail.com.

Huntsham Court, near Exeter, Devon

For those who are looking for a wedding venue and honeymoon destination all wrapped up in one, Huntsham Court has to be the property of choice. This grand Baronial mansion nestled in spectacular rolling Devon countryside sleeps up to 80 guests in 31 bedrooms, most of which are en-suite, and can seat up to 120 guests for weddings and banquets. The idea of purchasing Huntsham Court began when now owners, Damian and Chris were searching for a suitable venue for their own civil partnership in 2011. Since then, Damian and Chris have worked tirelessly to achieve their vision for the venue: to lovingly restore the property, in keeping with its unique history and character, to its original grandeur but with the addition of modern touches to create a relaxed and comfortable 'country home-from-home' for guests to enjoy in complete privacy. Weekend two night hire from £9,300 (for 19 bedrooms) to £13,800 (for all 31 bedrooms). For more information or to book, visit www.huntshamcourt.co.uk.



The Old House B&B, Higham Ferrers, Northamptonshire

With a wide oak front door, beautiful wooden beams and traditional leaded windows overlooking the medieval market square of Higham Ferrers, The Old House B&B is steeped in history. Dating back to 1580, once a Merchant's House and a bakery, The Old House now offers guests an elegant and traditional, yet homely retreat. Higham Ferrers is brimming with buildings no less than 250 years old and makes you feel like you've stepped back in time. It boasts independent shops, boutiques and eateries, as well as being popular for the monthly farmer's market. Always providing a warm welcome, the property is owned by shoe designer, William and his partner Simon, who works in catering and hospitality. Double rooms available from £65 per night, including breakfast. For more information or to book, visit www.theoldhousehighamferrers.co.uk.

For more honeymooning hotspots, visit www.visitengland.com.

q comedy: CHAPEL OFF CHAPEL

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q film: MATTHEW LUDWINSKI

Desperately SEEKing Matthew
Matthew Ludwinski Hunted in New Film
By Mark Dawson

Matthew Ludwinski's latest film, *Seek*, is about a mistake many of us make everyday when we allow our hopeful view of the future to cloud our vision of the real beauty that exists in front of our faces. Directed by first-time filmmaker Eric Henry, the film centers on a group of twenty-something urbanites all longing for approval. Whether it's by the guy they find attractive, or the gay in-crowd, or by the industry they work in, all strive for the proverbial higher branch, failing to recognize the fruit that lies within their reach.

Matthew Ludwinski is Jordan, the dreamboat underwear model that main character Evan thinks he desires. But like the old adage says, be careful what you wish for. We caught up with the sexy actor to talk about his latest role, making the transition from modeling to acting, and why he can't seem to keep his pants on in films.

Where are you doing at this very moment?
I'm having breakfast.

What are you eating?
An egg on a sesame bagel, a banana and a coffee with vanilla flavored International Delight.

How has your diet changed from the days when you were a model?
Well, I'm currently trying to get a little bigger so I drink a lot of protein shakes and I allow myself to eat starch.

Many of your roles require you to keep in shape. I read you're playing a Naked Man in the short film, *Little Consequences*.
For that film I'm actually wearing a yellow jock strap.

What is it with you and nudity? You do it often in film.
Not just film. I've done it on stage. I performed off-Broadway in *Naked Boys Singing*. I don't know why I get cast in so many nude roles. I think it's because I've done a couple of gay genre films and if you are the love interest in a gay genre film, there is a pretty good chance you will be required to show some skin.

Are you comfortable with nudity?
I don't have any negative feelings about nudity if it serves the story. And I don't mind playing the sexy guy role while I'm in that category. It's fun!

Has showing skin hurt or helped your career?
I'm not sure. I'm an actor. I take the parts I'm given. But for the record, I've done a number of projects with all of my clothes on. (Laughs)

You actually don't take off your clothes in *Seek*.
Well, I play an underwear model, so I do end up removing most of my clothes.

And you look good doing it! What is about Jordan that so enraptures Evan?
Jordan is one of those people who sweeps in and out of your life and you are left wondering "what the hell happened?" I think for Evan, Jordan represents something he is missing or wants in life.



How did you get the role in Seek?

The director, Eric Henry, saw me in a film I starred in, *Going Down in La La Land*. He offered me the part in *Seek* without even auditioning. I loved the script so I was very flattered and excited to accept.

When you first read the script, did you think you were perfect for the role of Jordan?

I did. Not that Jordan and I are completely alike, but I knew that as an actor it would be fun to play this guy who was kind of a bad-ass. He does what he wants without regard to consequences or other people. I got to be the cocky guy and it was fun because that's not me in real life. Also, from my modeling days, I know what it's like to be the sex symbol people fantasize over without really knowing anything about you. That happens to Jordan too.

The film is about the torment of lost love. Have you ever been tormented by love?

Oh, yes. I'm a sensitive guy and my emotions are a bottomless swirling fire pit. I find at regular intervals in my life, I am deeply tormented by love.

Have you ever made the mistake of letting a dream love slip through your fingers?

Maybe. How can I know? I guess I'll know at the end of my life, when I'm looking back.

When you see something you like, do you go for it or do you wait for love to come to you?

A little of both. I find I have more success when I make the first move and just go for it. But then, I'm not going to work too hard for someone who is not interested. I do like to get pursued a little.

Are you cool with guys coming up to you for your number?

If I like them.

Are you single right now?

I'm seeing someone.

What is it that you Seek in life right now?

Peace, stability, happiness, friends, career. Basically, everything and at the same time.

Are you on your way to achieving your desires?

I have to at least think I am on my way to achieving it. It would be pretty horrible if I didn't.

What are you working on next?

A new web series for Logo that takes place in Montreal. It's called *Poutine Out*. It's due out next month.

Will you be keeping your clothes on?

Nope.

Matthew Ludwinski stars in Seek, releasing soon to theatres.

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q win: NOW THIS IS INCREDIBLE

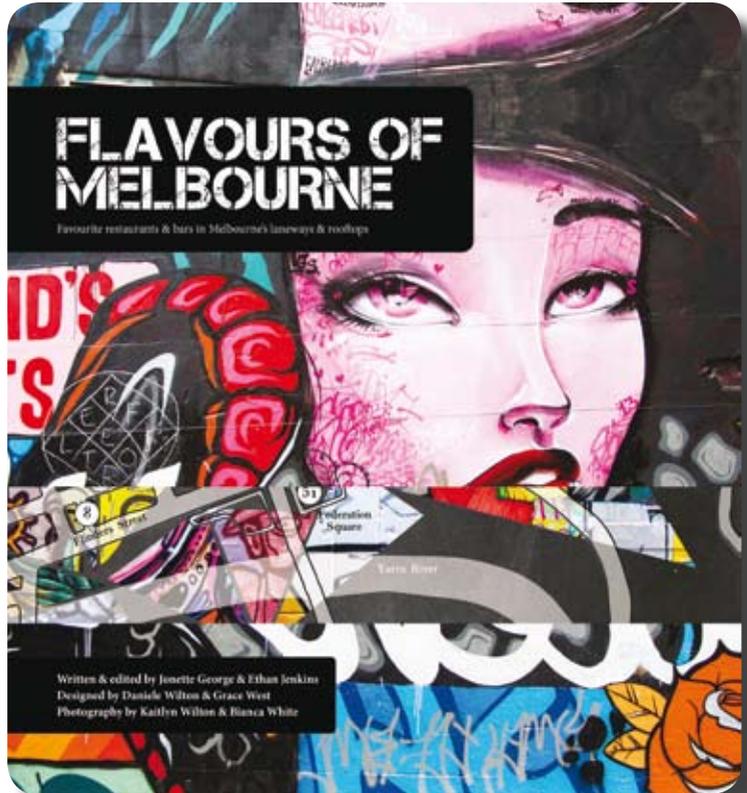
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In the fully updated second edition of the best-selling book *Flavours of Melbourne* (Smudge Publishing \$69.99), authors & avid foodies Jonette George and Ethan Jenkins have searched through Melbourne's nooks and crannies - upstairs, downstairs and through the complex laneway system, to compile an updated guide to the best eateries in the city.

The book features all new stunning full colour photography, a history of how the city came to be, delicious recipes from local chefs, street art, maps, restaurants and bars - all coming together to showcase the flavours of the most liveable city in the world, Melbourne.

An exquisite, award-winning hard cover tome, *Flavours of Melbourne* is an essential coffee table book for readers looking to expand their culinary knowledge of the city.

- Internationally award winning book (World Gourmand Cookbook Awards, New York City IPPY Awards)
- A guide to the best restaurants and bars in Melbourne
- A large design-oriented coffee table book
- Perfect gift for tourists and locals alike



About Smudge Publishing

The unique bond between mother and daughters has inspired a series of books with a focus on food, wine and all things local. Jonette George and her daughters, Daniele and Kaitlyn Wilton have built the boutique publishing house, Smudge Publishing, that reflects this. Caring for their local environment shines throughout the girls' works.

"Local, green and ethical are the three ingredients needed to repair a chaotic world," says Jonette. Compassion for our neighbours and caring for our local environment, can and will make important changes to the way we live our lives."

Smudge Publishing's other recent books include *The Burger Book: Victoria*, *Coffee Encounters*, *Flavours of Urban Melbourne*, the *Produce to Platter* book series and will next be expanding their publishing into NSW with the upcoming book, *Flavours of Sydney*.

We have three of these amazing books to give away. Email getfree@qmagazine.com.au with **FLAVOURS** in the subject line to win.

* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

q health: with KEREN WIGLEY

What the mind can conceive, it can achieve

The mention of hypnotherapy conjures up visions of people on stage doing weird or potentially dangerous things, emerging from a trance-like state unaware of what they have been doing and being the subject of ridicule by their mates.

It is understandable then, to feel cautious or even skeptical about being hypnotised because your mind has assumed that your safety would be threatened. First assumption is that the person being hypnotised has no control over what is going on. Secondly that they are doing things without awareness of themselves or what is going on around them, which is dangerous. Thirdly, their behaviour doesn't fit in with our version of normal (also dangerous because if the caveman didn't fit in with his tribe he would be cast out and perish).

However, what if these assumptions weren't true? The truth is that hypnotherapy cannot make anyone do what they do not want to do, and the person being hypnotised is awake and in control at all times, even though they are deeply relaxed.

Let's take a look at some other widely accepted beliefs around cigarettes – nicotine is addictive, it's difficult to give up, you will experience withdrawal symptoms. However what if these beliefs weren't true?

It really can be easy for a person to stop smoking after one hypnotherapy session. A mind can achieve whatever it knows is possible. If there are no limiting beliefs the mind can, and does, change quickly at a deep level.

Last week, a QUIT client kindly agreed to share his experience to help others get an idea of what a hypnotherapy session with me to stop smoking would be like. And this is what he wrote . . .

"Over the past couple of years I have tried desperately to give up smoking. I went on Champix three times – and although they worked while I was taking them, the moment I stopped the course, something would happen and I was back smoking again. Hypnotherapy was my last resort.

I met Keren at a Business Networking Breakfast (BNI) and lined up to have my session. I had no expectations, but knew I really wanted to give up smoking. I really didn't know how it was going to work (the actual hypnotherapy sessions) and was amazed at how much information was required for Keren to "perform her magic". This included information about my habits, likes, dislikes, hobbies, why I didn't want to smoke any longer, what triggers I thought made me smoke, and some really handy hints on ways to train the mind to do something to replace the motions associated with smoking (having a water bottle full of water was one of the best suggestions).

Even the actual hypnotherapy was amazing. Being essentially awake and aware of everything that was around me and being said was not what I had envisaged. I couldn't open my eyes until instructed to but I didn't "fall into a deep sleep" – as are often the visions on television etc when hypnotherapy is acted out. It was an interesting feeling to be completely aware yet knowing someone was talking to my subconscious in a very real way.

The first session worked well, but possibly due to my bladder occupying my thoughts toward the end resulting in my being preoccupied, the result was not strong enough (mentally) for me to completely stop. I did however go from smoking two packets a day to having two packets over five days. There was also a long time between smokes and the constant thoughts of what was spoken about during the first session.

Within a matter of days I was back "in the chair" and, fortunately this session worked perfectly. I felt completely relaxed and able to take the information in better the second time. I also tended to relax more – which probably allowed the messages to sink in in a more permanent way.

Having stopped smoking several times over the past couple of years, I know how improved my health is, how I have more energy, and the general feeling of wellbeing. This is something I now look forward to more than ever – PLUS a life without cigarettes."

Thank you so much for sharing your experience. By the way, "The Chair" is incredibly comfortable! See QUIT ad in the following pages if you would like to give it a try.



q scene: **OUT & ABOUT**



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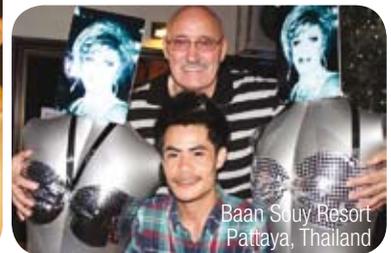
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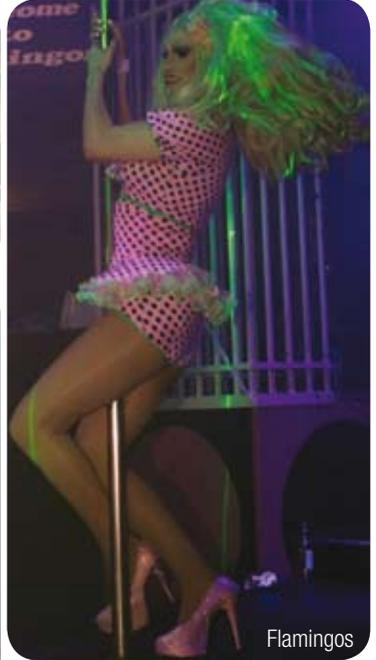


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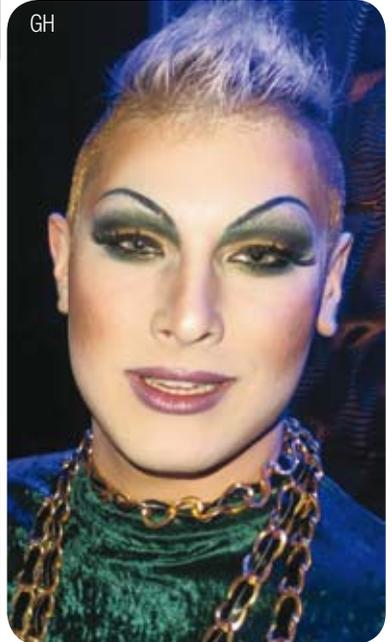


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q scene: OUT & ABOUT



q scene: OUT & ABOUT



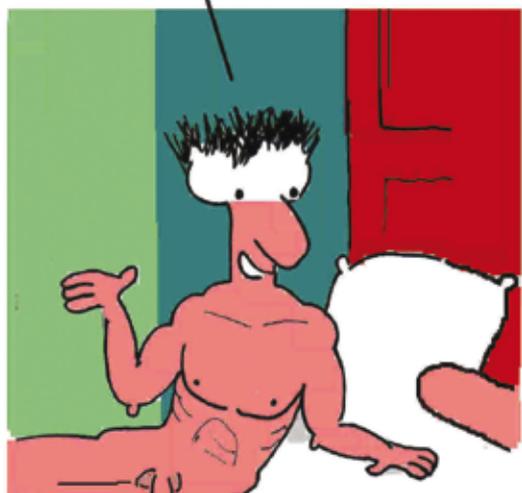
Gaylord Blade

young, Gay and hot-to-trot

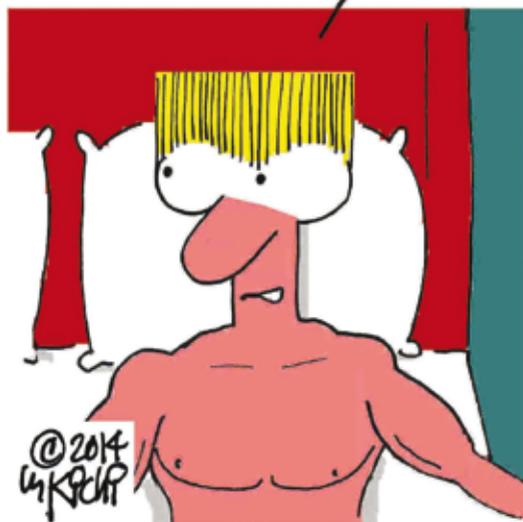
WOW, Gaylord, that was bloody good!
Best sex I've EVER had in my life



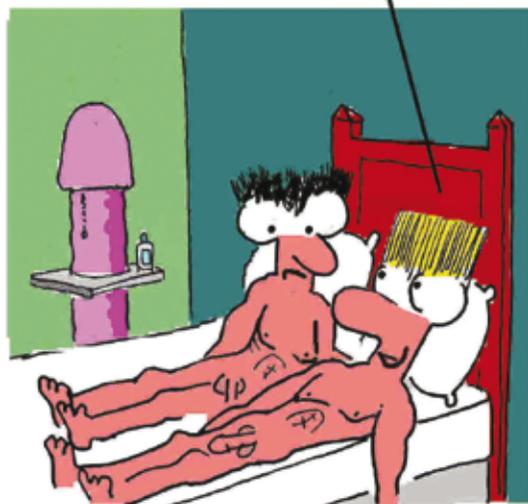
it was SO good, in fact, that right in
the middle of it, I had an **IMPULSE**
to stop and ask you to **MARRY** me



Slow down, mate! Acting on impulses
can be dangerous. For instance



what if I **ACTED** on MY impulse to throw
you off the balcony when I sensed you
were about to propose a minute ago?



q theatre: SHADOWLAND

For the first time in Australia, with more than 100 choreographic works performed in over 64 countries, comes Shadowland - a fusion of shadow theatre, illusions and dance using dynamic screens where exotic creatures appear and beautiful images are magically conjured out of thin air by acclaimed dance troupe Pilobolus.

Blending projected images and front-of screen choreography, Shadowland, which has been seen by more than half a million people worldwide, will leave audiences totally entranced with its stunning choreography and pulsating music.

The first show of its kind to combine shadow theatre with dance, Shadowland is an enchanting tale of a teenage girl who yearns for independence. From her dreams she wakes to something behind her bedroom wall - her shadow. The wall of her room begins to move, trapping her on the other side. Unable to escape, the girl goes deeper and deeper into Shadowland where strange creatures, both threatening and seductive, playfully appear.

Set to an original score ranging from ballads to pulsating rock by American composer David Poe, Shadowland celebrates the unusual transformative power of the dark to show us who and what we are in unexpected and thrilling ways. As a performer, Poe has toured the world with the likes of Bob Dylan, Joan Baez, Chris Whitley and Tori Amos and his work has appeared in a variety of film, TV, dance and theatre projects.

Pilobolus is a modern performance company, founded in 1971, which is based in Washington Depot, Connecticut. They perform for stage, television, and online audiences all over the world and have appeared late at night on Late Night with Conan O'Brien, early in the morning on Sesame Street, and in primetime as a feature on CBS's 60 Minutes. As a company, Pilobolus has received a number of prestigious honours, including the Berlin Critic's Prize, the Scotsman Award, the Brandeis Award, a Primetime Emmy Award for outstanding achievement in cultural programming, the Samuel H. Scripps American Dance Festival Award for lifetime achievement in choreography, and a TED Fellowship for performing a TED Talk in 2005.



In 2007, the creative services team at Pilobolus created and presented six acclaimed performances during the 79th Annual Academy Awards, as well as producing a series of original segments for The Oprah Winfrey Show and Late Night with Conan O'Brien. In 2010, Pilobolus was honoured as the first collective to receive the Dance Magazine Award, which recognizes artists who have made lasting contributions to the field. Pilobolus' works also appear in the repertoires of major American and European dance companies. In 2005, Pilobolus transferred its archive to Dartmouth College, where the company originated. Since then the College has been growing the "living archive" with a series of new work commissions.

Presented by Arts Centre Melbourne and ATA All Stars
Arts Centre Melbourne, State Theatre
28 May – 1 June 2014
Tickets \$54.90 - \$99.90.

For more information visit artscentremelbourne.com.au, phone 1300 182 183 or follow Arts Centre Melbourne on facebook and twitter.

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