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QMAGAZINE

MAY 2015

featuring  
**THE AMAZING PHIL SCOTT**  
melbourne cabaret festival @ chapel off chapel

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## q comment:

### Self-Acceptance by Matthew King

As children we desire love and acceptance from our parents. Often in the form of loving words from our mothers, or trying to impress our fathers with impeccable sporting abilities, there is a natural desire to feel important and worthy. Through biased eyes our parents make us feel like the most important people in the world, allowing us to measure our self-worth against their unconditional love. But we've all seen many young singing contestants' bubbles being burst on national television when the judges simply say 'Sorry mate, you just can't sing'.

Feeling worthy and good enough as an adult in a world with a measuring stick of perfection, both women and men have been programmed to conform to the ideals of how to look, who to be, and what achievements they must have to be considered successful. It can become very exhausting and debilitating to live your life constantly striving for these ideals, and as a result instead of being kind to ourselves we feel ashamed, inadequate and ultimately disconnected from ourselves and the world around us.

Without recognising it, the mental equations our negative inner-critics make over time habitually form our identity, many of which are influenced by society who is desperate to put us into a category of either good or bad. In gay society, it's common to feel inadequate if you don't have the body of an Olympic diver, the sex drive of a porn star or a loft style warehouse conversion by the age of 25.

Ultimately I believe in order to live a wholehearted meaningful existence; we must challenge and reinvent the negative thoughts we have of ourselves which are played on a repetitive loop in our minds. We must break that unrealistic measuring stick by replacing negative self-perception with self-kindness, self-compassion, self-forgiveness and above all self-acceptance.

The beauty of self-acceptance is embracing yourself as a whole, being perfectly imperfect and living as your most authentic self. It's not about being narcissistic or saying "this is me and I don't care what anything thinks", because that's not only irritating, it's a vehicle that drives disconnect.

The acceptance we desired from our parents as children is now the acceptance we must find in ourselves. True self-acceptance has no measure and is not about accumulating merits, it's the foundation of who we are as people and the building blocks for a fulfilling life.



q.magazine.australia



Publisher & Editor  
Brett Hayhoe  
+61 (0) 422 632 690  
brett.hayhoe@qmagazine.com.au

Editorial / Sales & Marketing  
editor@qmagazine.com.au  
sales@qmagazine.com.au

Design  
Uncle Brett Designs & Graphics

Contributing Writers  
Alan Mayberry, Tasman Anderson, Barrie Mahoney, Brett Hayhoe, Alessandro Russo, Chris Gregorius, Keren Wigley, Matthew King

Cover picture  
Phil Scott as Bart in Reviewing The Situation at Chapel off Chapel - photograph courtesy of Grant Sparkes-Carroll.

Photographic Contributions  
Alan Mayberry (q scene gh, q drag),  
Daniel Shelton Photography (q scene flamingos), Grant Sparkes-Carroll (q feature)

scenepics@qmagazine.com.au

ISSN 1449-499X  
QMAGAZINE  
PO Box 7479, St. Kilda Road,  
Melbourne Victoria 3004  
www.qmagazine.com.au

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

**MAY 2015**  
**Issue 123**



# q feature: THE AMAZING PHIL SCOTT

Well known cabaret artist Phil Scott teams up with Melbourne director Terence O'Connell to create a show about Lionel Bart, the composer/lyricist who wrote *Oliver!* and other hit shows, pop songs for the likes of Cliff Richard, and theme songs for movies like the James Bond film *From Russia With Love*.

Bart was an East End Cockney from a poor Jewish family. At the height of his success, he owned a huge home in Chelsea (the "Fun Palace") where he held fabulous parties. Success didn't last. Alcohol, changing times and a tendency to waste his money saw him declared bankrupt. His Robin Hood musical *Twang!* was a notorious flop. To settle debts he sold the rights to *Oliver!* and watched helplessly as others made fortunes from it. Lionel ended up an alcoholic, living in a cramped flat above a laundrette, which is where our show takes place. But, like many who lived through the Blitz (the subject of one of his hit shows), Lionel kept smiling. Cameron Mackintosh called him "the least bitter man I have ever met".

Although in the closet for most of his life, Lionel came out in the 1990s. (He died in 1999.) When you look closely at some of his lyrics (like "As Long As He Needs Me"), you can tell they had a personal meaning for him.

His friends included Judy Garland, Noel Coward, Keith Moon, and Barry Humphries—who Lionel cast as the undertaker in the very first production of *Oliver!*

Pianist/singer/writer/comedian Phil Scott is well known to cabaret audiences for his one-man shows, and has appeared many times at Chapel Off Chapel and The Butterfly Club. His shows with other performers include *The Twink* and *The Showgirl* (with Vincent Hooper), *Mario* (with Blake Bowden), *Newley Discovered* (with Hugh Sheridan), and he co-wrote *Fat Swan* and *Little Orphan Trashley* with Trevor Ashley. Phil was Script Consultant on *Priscilla, Queen of the Desert* The Musical, and also penned three murder mystery novels with gay detectives Marc and Paul.

*Reviewing the Situation* is part of the Melbourne Cabaret Festival program for 2015. It plays at Chapel Off Chapel in Prahran, Wednesday June 24th and Thursday June 25th at 7pm. For prices and bookings see the Melbourne Cabaret Festival website. See Q Festival later in this issue for all the details.



# q film: THE JAMAICA INN COLLECTIVE

DANCE FILM BREAKS THE BARRIER BETWEEN GENDERS

In a week where the word ‘transgender’ is trending for all the right reasons, The Jamaica Inn Collective is proud to present its premiere dance film, ‘V’. A suite of five short performances narrating a journey between gender extremes, The Jamaica Inn Collective has teamed up with TransGender Victoria to bring an artistic vision to life. A crowd campaign to raise funds for the film launched this month.

Go to <http://www.pozible.com/project/195291> to pledge your support.



*'We're excited to communicate a message of diversity, equality and community with this campaign'*, Jamaica Inn Collective creative director Brodie Paparella.

*'We're also truly grateful for the support of TransGender Victoria to make sure we're contributing meaningfully and respectfully to this conversation. At least a quarter of profits we make over our funding target will be donated directly to supporting their continued awareness and advocacy work.'*

The film has been in development and planning stages since November 2013, and Paparella feels the timing of the launch could not be more perfect with the very public focus on Bruce Jenner's brave declaration of being transgender.

*'It was very serendipitous, and the positivity around the interview really shows how ready the public is to engage and explore. Our film is about how everyone can break free of norms and stereotypes to get to a place of empathy and free self-expression. The time of transgender issues being considered 'niche' or 'fringe' is done, and we believe the interview showed that as well.'*

Featuring Melbourne choreographers and dancers, there will be several opportunities for people the world over to contribute to the film and surrounding events. Liam Somerville, of Adelaide-based Capital Waste Pictures has been brought on to film the piece.

*'Throughout the campaign we'll be providing opportunities to be in the film itself, part of its intellectual output and supporting behind-the-scenes. We chose to crowdfund this film not because we couldn't do it on our own, but because the value of the crowd for making something so purposeful and important is so much greater than us. We're incredibly thrilled to be launching this.'*

*The Jamaica Inn Collective is a social media and online platform that enables creatives the opportunity to collaborate and craft new work inspired by artistic, inventive, entrepreneurial legends. More information can be found on their Facebook page and Instagram feed (@jamaicainncoll).*

# q youth: with TASMAN ANDERSON

Tassie's Bucket List: #162 "Say Goodbye"

This bucket list item was not supposed to be ticked off before I was well over fifty and spending my days playing bingo and watching Days of our Lives. However, life never works out the way you want it and instead, I had to say goodbye to someone incredibly special to me.

Firstly, it's important that I explain to you guys how I met Jill and what she meant to me. When I was a little twelve-year-old girl, terrified of high school and missing my primary school friends, I met my now best friend, Laura Williams and her mum, Jill. At the time, I didn't really think about my future or how important these two ladies would become to me. However, as the years went on, I found myself firmly attached to Jill's couch every weekend and watching trashy TV shows with Lauzy.



Jill was one of those adults who never treated you like they knew something about the world that you didn't. She was kind and compassionate, spoiling us with delicious meals and free reign of the house. To her, it never mattered whether the thing you were upset about was trivial or not, she always treated it like it was more important than the world itself. I remember late night chats about life, love and what it all meant.

Unfortunately, as I grew up and responsibilities were appearing out of nowhere for all of us, I lost touch with the woman who was the first to tell me that there was an author inside me. I don't know why we never paid attention to time until we run out of it or why we don't make the effort to stay connected even when life had other plans. All I do know is that I was not ready to hear the news that Jill had passed away.

You know, no one ever tells you what it's like when someone you know and love dies. I woke up to the news on the morning after my birthday. I hadn't even wiped the sleep out of my eyes before I saw the text. There was no warning or time to prepare. One morning everything was okay and then the next, I had lost the woman I had affectionately called 'mummy no. 2' and had a best friend who was full of sorrow.

I wasn't ready for the guilt that set in a few days later or the questions: what happened? When was it? What time was it? Why hadn't I tried harder to stay in contact? Where was I? What were we supposed to do now? After all, the only experience I had with death was from what I had seen in Home and Away. There was no manual on how to grieve or what was expected of you when your best friend's mum dies. I didn't even know if I had the right to mourn, after all, it wasn't me who lost my mum so who was I to need comfort?

Ultimately, it didn't matter what I was thinking nor did it matter what everyone else thought. Someone so incredibly special had left us and it was up to us to figure out how best to continue on without her. In the end, we celebrated both her birth and her life by holding the memorial on her birthday. Jill was sent off surrounded by friends and family, exactly how she would have wanted it. If there is one thing to learn from this, it's that time isn't going to slow down for anyone. If you lose touch with someone you love, you better be quick to repair it.

Rest in Peace, Jilly (26/4/1962 – 3/3/2015). You have no idea how much we'll miss you.

*QUICK NOTE: an email address has been set up for you guys to comment on the content covered in Q: Youth, ask me questions or just to let me know what you're thinking. If you want to get in touch, shoot an email to qmagyouth@gmail.com*

They wanted to save the world!  
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# q exhibition: WOMEN IN LOVE

Women in Love is an exhibition of life drawings, evoked by the words of literary authors who delved into the intricacies and extremes of emotions in love. Titled after D.H.Lawrence's novel, artworks have been influenced by writers including William Shakespeare, Emily Brontë, Pierre Choderlos De Laclos and W. Somerset Maugham.

Artist, Pamela Reid, works across a variety of mediums: charcoal, pastel, ink, acrylic and print. *"I don't feel restricted by one technique,"* says Pamela, *"I capture the essence, responding to the gesture, form and tones. Researching for this exhibition was a joy, as I explored re-reading, as well as first-time reading, some wonderful writing."* The result is a fusion of Pamela's passion for words and art.

The exhibition is non-gender specific, so-named because of the storyline in D.H.Lawrence's Women in Love. While it follows the lives of sisters, Gudrun and Ursula Brangwen and their very different partnering with Gerald Crich and Rupert Birkin, there is a continuing intensity of attraction between Gerald and Rupert. *"I remember watching Ken Russell's film adaptation of Women In Love. The scene where Oliver Reid (Gerald) and Alan Bates (Rupert) wrestle naked in front of an open fire was impactful – and sexy,"* says Pamela. Of Gerald and Rupert's relationship, Lawrence wrote, *"Yet the heart of each burned for the other. They burned with each other, inwardly. This they would never admit. They intended to keep their relationship a casual free-and-easy friendship, they were not going to be so unmanly and unnatural as to allow any heart-burning between them. They had not the faintest belief in deep relationship between men and men, and their disbelief prevented any development of their powerful but suppressed friendliness."*

*"Perhaps the most angst, even torturous, of love stories, is that of Heathcliff and Catherine,"* tells Pamela. *"Wuthering Heights is a gripping read and a reminder of why it's worth revisiting these books."*

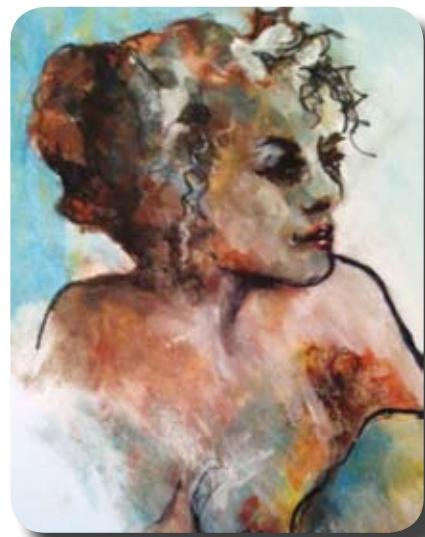
It was this complexity of relationships in classic literature that inspired Pamela's latest solo exhibition.

Opening Night: Tuesday 19 May, 6-8pm

Exhibition will be opened by author, actor, broadcaster, Michael Veitch  
(exhibition contains nudity)

19 May - 7 June 2015 10am - 5pm daily

Chapel Off Chapel Foyer Gallery, 12 Little Chapel Street, Prahran 3181  
Tel: 8290 7000 [www.chapelloffchapel.com.au](http://www.chapelloffchapel.com.au)



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# q cuisine: with ALESSANDRO RUSSO

Ricetta Fusilli with sauce codfish

Ingredients for 4 people:

300 gr. salt cod

500 gr. fusilli

50 gr. of dried black olives

50 gr. of finely chopped walnuts

50 gr. of raisins

1 onion

300 gr. of peeled tomatoes

stale bread crumbs, finely chopped



**Preparation:**

Leave to soak for two days the cod changing more 'times acqua. In a pan fry the onion and pour the pelati. Aggiungete cod and pitted black olives; cook stretching with a little water and season the pasta sale. Cuocete. In another pan, freshly oiled, fry the bread and, when it will be 'golden, add the walnuts, almonds and dried raisins (previously soaked in warm water).

Pour the cooked pasta and dress with the sauce of dried cod.





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# q fitness: with CHRIS GREGORIOU

Don't Fail before you begin!

How often have you commenced a fitness program, only to fail?

Having helped many hundreds of individuals achieve very personal results, it has to be said that it is not just about exercise, it is all about "you" and in ensuring five core components are addressed for results!

In this article I will introduce you to part of my proven five step approach that has helped many people without fail. If you would like to know more, feel free to contact me or look out for the next edition of Q Magazine. I believe a personal trainer is successful when you have obtained both short-AND long-term results. However you need to be ready for change and want it. Just because a family member or partner tells you to undertake a certain course of action, to either quit smoking or loose weight, it is not enough unless you truly want it, understand your motivators AND the benefits to come from the change. You also need appropriate support and feedback. Change is only possible of course, if you are ready, open to and looking for it!

As the classic saying goes, "you can lead a horse to water but you can not make it drink". It's the same with fitness. A training program will not be successful if you are not comfortable with the content and you do not enjoy it.

When starting a transformation program people think only of exercise, jumping straight into movement. They run, lift, jump, push and pull something crazy (in the gym - pardon the pun). Yes, they exercise as if their life depends on it, or as if they are trying to impress someone next to them. We know from statistics that this approach almost always is unsuccessful, both in the short term and certainly the long term.

There are five core components to transformation, in becoming fit and maintaining fitness.

- \* mindFIT
- \* baselineFIT
- eatFIT
- moveFIT
- targetFIT

Based on statistics and from personal experience with clients, if you are not mindFIT before starting to exercise, you will not succeed.

It is vital to be both mindFIT and baselineFIT. When all five core components are addressed you will gain both short term results and most importantly long term results.

## The first core component - mindFIT

The area that has a profound effect to peoples lives. The changes you make to your lifestyle may affect you for the rest of your life. Would you agree? Enjoying any change you make to your routine and lifestyle is important. If you don't enjoy something, why would you want to integrate this into your lifestyle? By finding what you like and what works best for you the benefits gained can easily be adopted into your mindset. With suitable and enjoyable lifestyle choices as well as a healthy mindset, remaining fit then becomes effortless.

There are many ways I could show you how to have more energy, feel better and if you desire, drop unwanted body fat and gain lean muscle, however if you are not ready for this, don't enjoy the process, or have other higher priorities right now in your life, it most likely will not happen. Another vital component for success depends on how you view and feel about "yourself"? Do you feel you deserve to have beneficial change? Will you allow yourself to obtain changes for the better, this includes maintaining the change, and keep it for your lifetime?



## BaselineFIT

A series of baseline measurements that include bone density, hydration, girth, energy, stress levels, self worth, lifestyle as well as body fat and muscle mass are a starting point. It is important to know where you are (a baseline) before kicking off any change. This baseline also forms the basis of discussion when looking at creating your personal goals and options in commencing. This is also when we define your short term and long term fitness goals along with at least one personal achievement goal. Hey, it is not all about setting fitness goals like loosing 5 kilos, what would like to achieve that is physical that will be motivating for you? Maybe fitting into a overly snug pair of jeans?

So without defining and being very clear in our mind of what we would like to achieve, before taking the first step how can you be prepared for the outcome? Not to mention being on the best program for the desired outcome in the shortest amount of time.

When an plane takes off, it must have a destination. Have you ever known a plane to take off, with no clear direction on where it is going, only to hopefully make it up mid flight? From experience, this is the way most people approach their health and fitness goals. Take the traditional gym membership as a solution to their fitness needs. This alone is one of the reasons why so many people fail to achieve their fitness goals. How many gym memberships have you purchased historically and can you look back and think "What a waste of time/money"? Hopefully you are one of the lucky ones to not have purchased a gym membership and wasted your money.

With the two core components of mindFIT and baselineFIT covered, you will find that when you commence exercising, you will be motivated, feel good about the commitment and know you are on course. Last thing anyone wants is to go on is a roller coaster ride, ultimately affecting your happiness and results and costing hard earned dollars.

The remaining and also vital components for success are eatFIT, targetFIT & moveFIT.

If you would like to know about the other three components, keep an eye out in the next Q Magazine.

*At any time, feel free ask questions via chris@gregorou.com.au mentioning Q Magazine and I will be pleased to provide more content.*



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# q circus: LAST ORDERS AT NICA

The National Institute of Circus Arts (NICA)  
Australia's Centre of Excellence in Contemporary Circus Arts Training  
Presents  
Circus Showcase 2015  
LAST ORDERS!



Escape to a 1930's Parisian café with this slick and intimate show served with breathtaking circus skills and madcap antics.

Last Orders! is a delicious circus degustation featuring the 2015 graduating students from the National Institute of Circus Arts. This rollicking show will run from June 11 to 20, 2015 at NICA's state-of-the-art National Circus Centre in Prahran. Directed by James Brown and Helene Embling, Last Orders! plays on the behavioural code associated with being a highclass waiter, while drawing inspiration from the classic, timehonoured Parisian waiters' race of the 1930's.

Set in an alluring and intimate venue equipped with a full bar and cabaret seating, NICA's third year students will showcase their immense circus talents as they inhabit the role of waiters, a profession that also requires a great deal of agility, balance, elegance and precision. Audiences will be served a magnificent entertainment feast with the 16 artists performing incredible acts specially selected from the menu and made to order. This a rare opportunity to glimpse the future stars of the circus world right before they step out onto the global stage that awaits them.

At this café, the plat-du-jour consists of: Chinese pole, tightwire, hula hoops, acrobatics, clowning, aerial straps, handstands, hand balancing, juggling, single point trapeze, and tumbling.

Calling all Last Orders! Tickets now on sale at [www.nica.com.au](http://www.nica.com.au)



## About NICA

NICA is Australia's Centre of Excellence for training in contemporary circus arts. It is one of eight national arts training institutes and offers Australia's only Bachelor of Circus Arts. Graduates of NICA have gone on to pursue exciting careers both locally and internationally and have contributed to the development of Melbourne's vibrant circus arts industry. The course is accredited by Swinburne University of Technology and attracts applicants from around the world.

**NICA National Circus Centre  
39 - 59 Green Street, Prahran  
11 – 20 June 2015**

**Wednesday – Friday 7.30pm  
Saturday 1:30pm & 7:30pm**

**Tickets: Adult - \$33.00**

**Concession - \$27.00**

**Child U16 - \$22.00**

**Family (2 adults, 2 children) - \$88.00**

**Family (2 adults, 3 children) - \$105.00**

**Groups (min. 10 people) - \$25 per person**

***Parental guidance recommended (PG)***

# q travel: with BARRIE MAHONEY

'Twitters 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.



## Wine and Sex in the Canary Islands

It may seem an unlikely story, but the relatively recent popularity of wines from the Canary Islands came about as a result of 'Wine and Sex' parties organised by a local entrepreneur, who seemed to have an obsession, or fascination, with Tuppersex parties, which are based upon the highly successful concept of Tupperware parties. Instead of those delightful, sealable, plastic boxes, it was sex toys that were on offer. This operation seemed ideal for the introduction of a heady mix of sex toys and Canarian wines to titivate those with money and nothing better to do, which many experts say was the start of the boom in wines from the Canary Islands.

At first sight, the Canary Islands seem an unlikely source for some of the excellent wines produced today, since it is the most tropical of wine regions in Europe. Those who doubt the success of these wines should remember that back in the 15th century, sweet wines from the Canary Islands were hugely popular, both in the UK and Germany. Indeed, Shakespeare

had a thing or two to say about this sweet wine, then called Malmsey, in his plays; for example, in 'Twelfth Night' and 'The Merry Wives of Windsor'. For five hundred years, the archipelago has cultivated grape vines that are unique, thanks to a rootstock that is ungrafted. Since the islands are relatively isolated, a ravenous aphid called phylloxera that destroyed most grapevines in Europe in the 19th Century, has never taken hold. Most European vines are now grown onto American rootstocks to provide immunity, whilst vines in the Canary Islands are from ungrafted rootstock, which makes all the difference to the flavour of the wine.

Nowadays, most of the islands' wine is drunk by its vast numbers of tourists, as well as the locals. However, some wine continues to be exported, particularly to the USA, where it is regarded very much as a wine for the connoisseur. Most of the islands' wine production comes from Lanzarote and Tenerife, but with an increasing output from the islands of Gran Canaria, La Gomera, El Hierro and La Palma. It is true that some of the islands are too hot and humid for the growing of grapes, but each of the islands have their own micro climates and individual typology that makes the growing of wine not only possible, but successful. Vineyards based within a lunar like terrain, such as on the island of Lanzarote, or small stone terraced vineyards at high altitudes, together with volcanic soil adds to the flavour of the islands' aromatic wines.

Not all attempts at producing wines have been successful. One enterprising vineyard, for instance, began to produce a sparkling wine in response to local demand. It was a banana-based wine, and a logical step since many bananas are grown on the islands. Sadly, this imaginative project came to an abrupt end, because many bottles started to explode as a result of on-going fermentation.

I visit each of the Canary Islands in turn each year and make a point of trying at least one of the local wines; I have yet to be disappointed. So, if on holiday in the Canary Islands, do add a little uniqueness to your holiday. Instead of ordering that usual bottle of Rioja, do be a little more adventurous and try a bottle of wine produced in the Canary Islands; you won't regret it, but don't feel obliged to join in with the sex parties, unless you really want to!

If you enjoyed this article, take a look at Barrie's websites: [www.bariemahoney.com](http://www.bariemahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his book, 'Expat Voice' (ISBN: 9780992767174). Available in paperback, as well as Kindle, iBooks and Google Play editions.

iPhone/iPad and Android Apps: ExpatInfo, CanaryIsle and CanaryGay now available.



# q drag: LEXI GAGA

Lexi Gaga, or Lexi Jones if you are a Facebook friend, is Melbourne's self-confessed Tracy Turnblad. Alan Mayberry found out more about her transformation since her debut at The Prince on a Monday to now being proud to host at Poof Doof each Saturday.

Lexi Gaga grew up in a small beach town in south Gippsland. She still travels home on weekends off, to lap up some of the glorious sunshine on her alabaster skin. She attended the local Catholic primary school, with her first onstage roll being a wombat on a surfboard – always keen from an early age to be in the spotlight. She later attended Mary Mackillop College in Leongatha hoping to snare the role of Maria in *Sound of Music*, but settled for the crazy French chef in the *Little Mermaid*. Time to broaden her horizons she took up the clarinet and saxophone, but alas even trumpet blasting Mazeppa in *Gypsy* was beyond her grasp.

Being gay and growing up in the country was hard, especially having a love of the arts and not of sport, but I have the most supportive family in the world. I am an only child so my parents are more like my friends, guiding me through life and making my coming out to other friends and family easier. I've even given both of them my costumes for dress-up parties. Mum loves coming to the GH's *Friday Night Project* and thinks Tabitha is gorgeous! I love Mum and Dad to the moon and back and I don't know where I'd be without their love and ongoing support.

By day I'm a hairstylist in Hawthorn East in a busy boutique salon with clients aged 5 to 90. I've been hairdressing for 10 years and see myself in that career for a long time. It's great as I also style wigs for myself and others (when I have time) which is another creative outlet allowing me to express myself.

I first started dressing up for a night out at 16, so I would not be asked for ID at nightclubs. It was not until I turned 20 that I started taking drag more seriously and began performing. My first shows were at the Prince of Wales where Monte, Rita and Paris took me under their voluptuous wings and really looked after me as a baby queen. I then entered and won Wilma Finger Do's drag competition at Heavens Door. I think I am now the only working queen out of all the contestants from that year, and I'm proud to be doing so. I'm so lucky to have been in many great production shows working with some amazingly talented people including the highly successful *Size Queens* with Missy, Sasha and Tailor, and the *Sparkettes* – Bumpa Love and Polly, and *Carnival Fridays* at DNM with Destiny and Nova.

As most people who know me realise, I'm not much of a dancer at all – I'm more of a mincer who sells a number through facial expression and a great high kick. To me drag is not all about dancing, it's about executing a whole performance with the right hair, make-up, costume and the ability to leave a crowd wanting more. Drag is not a cheap hobby, and I say to everyone who wants to start drag – it has burnt many holes in my wallet spending thousands on wigs, shoes, jewels, make-up and cossies. But to make money from drag you have to put in the money and the effort to hopefully be booked for shows. It's all fun and I'm always happy to be on stage – even after a day out of hell at the salon.

I've been told I'm one of the lucky ones. I have an amazing partner, now going on three years, who means the world to me. He supports me from the side lines and gladly take me to gigs each and every week with no questions asked. Being a music performer himself he knows all about working long late nights and sleeping in on Sundays. I love spending as much time as I can with him and our two beautiful Ragdoll cats at home. We are lucky enough to now live in a beautiful apartment in Kew with a double garage especially for wig and costume storage. So Lexi can be put 'away' after a busy weekend.



'Can I cook?' Ask my partner, I make the best lasagna going, even if it does take me 2 days – it's all in the sauce. Dining out my favourite is the Vegi Bar on Brunswick Street. It's super high energy, running at a thousand miles a hour – kinda like my brain at times!

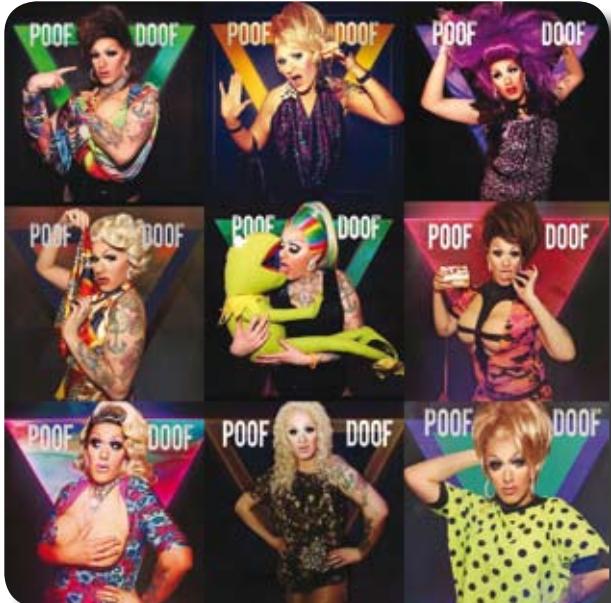
My favourite theatre show will always be *Hairspray*. I really do see myself as in a life-long roll as Tracy Turnblad (a slightly over weight happy-go-lucky girl who always wants the best for everyone else less fortunate than herself) with a song in her heart and hair back combed to the gods! On TV watching *RuPaul's Drag Race* has made me realise how many talented queens there are here! I just hope Miss ROXXXY Andrews will come here. She showed me that being a big girl should not hold you back and you should always feel comfortable in your own skin.

Poof Doof is now my main place of venue work. Anthony Hocking, Susie Robertson, Michael Delany and Anthony Dynon are its masterminds, all with many years in the night club industry that make the dream team that is Poof Doof. I could not be prouder of the amazing team I get to host with every Saturday – sensational girls including Dallas Vixon, Raven Doll, Fanny Parten and Polly Filla. I have now been involved with the brand for the last three years. I love it that *anything* goes there, with patrons aging from 18 to 80, and we do not discriminate on age, gender, sexuality or race.

This year Poof Doof entered its first float for Mardi Gras! Nic Holland turned our dreams into reality. The whole magical experience was amazing! From rehearsals to team meetings and dinners, to being in drag for a total of 17 hours – I loved every moment. The theme for our float was 'milk shake change your flavor' with a pastel color theme, which looked incredible. Seeing all the pictures from Mardi Gras still gets me all emotional. I'm just so lucky to be a part of the team, at the now biggest gay club in Australia, that is Poof Doof. As Anthony Dynon said, 'being a part of Mardi Gras was nothing short of life changing. To stand with my disco family in front of 1000s of people is an experience so powerful that I'm lost for words trying to describe it. It was just so sad as the sun set and we packed away the disco sequins for another year, I was left with an overwhelming sense of pride in what we achieved, and pride in our family for achieving it.'

The Poof Doof team came, raved, dropped 'Tricky Tricky', and we left. Quite simply, we doofed! But all good things must come to an end but rather than cry because it's over, let's dance because it happened. Now every weekend we raise our glass and rave in honor of the nights that turned into mornings and the friends that turned into family.'

I love being a drag queen, but all good things cannot last forever. Drag, although amazing, is hard work, costly and completely exhausting. I can see myself rocking it out till I'm 35, then proudly bowing out producing an amazing show with a hand-picked cast of my most talented sisters in Melbourne. I love being an inspiration to other baby queens and helping them as much as I can to develop as they can and to help them continue the tradition of what Melbourne drag – is electrifying and amazing. As they say in *Gypsy*, 'Get yourself a gimmick and you too can be a star!'



# q festival: MELBOURNE CABARET

2015 Melbourne Cabaret Festival

Thirty brand new shows, all Melbourne premieres will kick off the annual Melbourne Cabaret Festival



The spectacle of cabaret will be here for all to see and the spotlight will be on the things that matter – the seven deadly sins, unconditional love, acceptance and more. There will also be shows featuring the Weimar poets, the Jazz Age and the roaring twenties, a mash-up musical featuring internationally-renowned drag queens, plus all things cabaret.

*'A curatorial decision to reinvigorate the festival by preferencing shows never seen before in Melbourne and wooing the best and brightest talent across the country who have never appeared in the festival sets us up for an exciting and innovative two weeks of entertainment,' says David Read, Artistic Director, Melbourne Cabaret Festival.*

The Opening Gala (Thursday 18 June) at Melbourne's newest exciting venue, Alex Theatre St Kilda, will be hosted by Rob Mills and features a diverse range of Festival acts. The Closing Gala (Sunday 28 June) at Melbourne's own Spiegeltent in Collingwood will present a star-studded sampling of acts as a fund raiser for the not-for-profit Melbourne Cabaret Festival. Other key venues are Chapel Off Chapel in Prahran will be re-imaged as an intimate cabaret soiree with table seating and The Butterfly Club in the CBD.

## Festival highlights include:

- Lighthouse Berlin is award-winning Annie Lee's (Kransky Sisters) moving tribute to the extraordinary life of cabaret legend and friend Agnes Bernelle (1923-1999). It pays homage to the Weimar poets, and to Agnes, who set the colourful, sardonic and intriguing works to music.
- Rob Mills is Surprisingly Good is an eclectic mix of music and stories with a cracking band and self-deprecating humour. Rob cut his teeth imitating great singers as a teenager in his garage in Wheelers Hill, Melbourne, and now it's time to claim his own voice in this dynamic, touching and unexpected show touring nationally.
- Reviewing the Situation tells the story of Lionel Bart, once Britain's most celebrated composer, responsible for the iconic musical Oliver! He partied with Noel Coward, Rudolf Nureyev and The Beatles. Now he's bankrupt and ensconced in a flat above a laundromat. At his piano and fuelled by more than a few vodkas, Lionel sings us songs and shares stories from his incredible life. Starring national icon Phil Scott as Lionel Bart.
- Up With Joey – America's favourite rollerblading lounge act – chronicles one man's earnest, often absurd quest to explore the heavens and know unconditional love. Told through the unique perspective of former Jesuit lay minister and comedic performance artist, Joe Sehee, Up With Joey is a testament to what can happen when one musters the courage to reach for the stars with little regard for the ground below.
- Avigail Herman in Good Girl / Bad Girl Through her stories and confessions, we explore the seven deadly sins and heavenly virtues in a funny, poignant and sometimes startling evening.



· Speak Easy. This is the Jazz Age – the roaring twenties. You are wrapped in the warm embrace of the Speakeasy – a world of hedonistic pleasure where anything is possible. Featuring: Jessie Gordon, Nick MacLaine and the nine-piece Perth Cabaret Collective, with Mat

Jodrell (trumpet, New York) and James Cross (trombone, Tokyo). Winner of the 2015 Perth Fringe WA Best Cabaret Award.

· Queens of the City - a mash-up musical featuring internationally-renowned drag queens, Simoana Luvzit, Emma Roids and Frayda Cocks singing their favourite hits live including by Madonna, Dolly Parton, Lady Gaga, Tina Turner, Donna Summer and more.

· A Match Made in Harmony is the collaboration of two of Australia's best vocal groups as Suade and Ginger & Tonic come together for 60 minutes of shenanigans, bringing their big voices and big personalities.

· Under The Covers – multiple Helpmann and Green Room Award winners Jacqui Dark and Kanen Breen detonate across the footlights as the Strange Bedfellows, in a debauched and greasepaint-spattered riot of musical abandon.

· Get A Grip (UK) – 80-year-old Lynn-Ruth Miller has lived a lot and nearly died a few times too. She guides us through eight decades of triumphs and failures, wit and wisdom and the recipes that kept her going throughout. Featuring original songs, unforgettable comedy and inspiring stories.

All shows will be on sale via [www.melbournecabaret.com](http://www.melbournecabaret.com) now. The Melbourne Cabaret Festival is made possible through the generous support of the City of Stonnington, City of Port Phillip, the Ron and Margaret Dobell Foundation, Yarra Trams, Yamaha Music Australia and Quest on Dorcas.

*Melbourne Cabaret Festival from Thursday 18 until Sunday 28 June 2015 at venues across Melbourne. Tickets from \$23. Bookings: <http://melbournecabaret.com>*

If you and your friends would appreciate a true VIP experience across the festival, take a look at the Friends of the Festival scheme.

As a Festival Friend you'll receive discounted tickets to all shows in every venue, premium seating wherever available, and bar discounts.

First, you receive substantial ticket discounts – ranging from a whopping \$25 off the ticket price of the Opening Gala, to discounts on each and every festival performance.

When you book for a show using your Friends access code you will also receive special consideration from the box office staff. In the Chapel Off Chapel main theatre this year, most of the seating will be at tables and, while these are available, your table seating will be reserved for you in a prime location.

Reserved table seating will also be allocated first to Festival Friends in shows at the Alex Theatre Studio for all programmed shows and intimate 'Up Late With...' series. When booking your seats in the main Alex Theatre space your booking will be automatically directed to the VIP mezzanine lounge, with uninterrupted stage views, extra legroom and your private entrance.

As if that isn't enough, on presentation of your new Festival Friend wallet card, you will receive discounted drinks at the foyer bars at Chapel Off Chapel, The Butterfly Club and the Melba Spiegeltent. The new mezzanine bubbles bar at Chapel Off Chapel is also offering special discounts to our Festival Friends.



Go to <http://www.melbournecabaret.com/friends-of-the-festival> to support our amazing festival here in Melbourne.

# q health: with KEREN WIGLEY

## TOXIC LOAD CAN BE A BURDEN

I often hear people with health issues say "It's just old age". Chances are though that anyone suffering from chronic illness, allergies, digestive complaints, depression, feeling sluggish, out of balance or out of control could be suffering from toxic overload. Living a "normal life" today can result in massive exposure to toxins. There are new toxins constantly introduced into our environment, and our bodies, that did not exist fifty years ago. And our food doesn't have the nutritional value that it had fifty years ago. So over a long period of time our toxic load increases and the body begins to manifest physical symptoms in an effort to make us take notice.

Here's a little quiz for you. Just see how many you can answer "Yes" to.

- I have taken antibiotics during my life
- I have had vaccines
- I have taken over-the-counter pain medication
- I shower and/or bathe in regular tap water
- I drink water out of the tap
- I have used plastic containers to heat my food in the microwave
- I have been in a swimming pool where chlorine was used
- I drive in a car every day
- I drive in heavy traffic
- I use hair dyes
- I use fingernail polish
- I use makeup and cosmetics
- I use moisturizers, body lotions, and sunscreens on my skin
- I use air fresheners in my house
- I use bug spray in my house
- I use standard cleaning products in my house
- I use standard soap and detergent for my skin and my clothes
- I use toothpaste with fluoride
- I eat in fast-food restaurants at least once a month
- I eat in restaurants at least once a month
- I eat products produced by large publicly traded corporations
- I buy brand-name food products that are heavily advertised on TV
- I eat pork and shellfish
- I use artificial sweeteners
- I drink regular (non-diet) soft drink several times a week
- I drink diet soft drink several times a week
- I have fewer than 2 large bowel movements every day
- I have taken over-the-counter, non-prescription drugs
- I have taken prescription drugs in the last 5 years
- I use non-stick pans to cook with
- I use standard deodorant and antiperspirant
- I do not drink 8 glasses of purified water every day
- I have never had a colonic or enema
- I live near high tension power lines
- I use a cellular phone without electromagnetic protection
- I use a laptop computer with a wireless device
- I use a wireless telephone in my house
- I live within a few miles of a manufacturing plant of some kind
- I live within 160 kilometres of an agricultural area where produce is grown
- I live within 160 kilometres of farms where livestock, cattle, chickens, or other animals are raised

### 26 Seconds.

is all it takes for the chemicals in your personal care products to enter your bloodstream.

**What's in your products?**



If you've answered "yes" to over twenty questions, you may be highly toxic. There are simple solutions. Keren at Holistic Health Melbourne can show you how to reduce your toxic load. Also check out [www.holistichealthmelb.com.au/events](http://www.holistichealthmelb.com.au/events) for free info sessions. M: 0409 706727 E: [holistichealthmelb@bigpond.com](mailto:holistichealthmelb@bigpond.com)



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### When

SATURDAY  
30 MAY 2015  
8:00PM

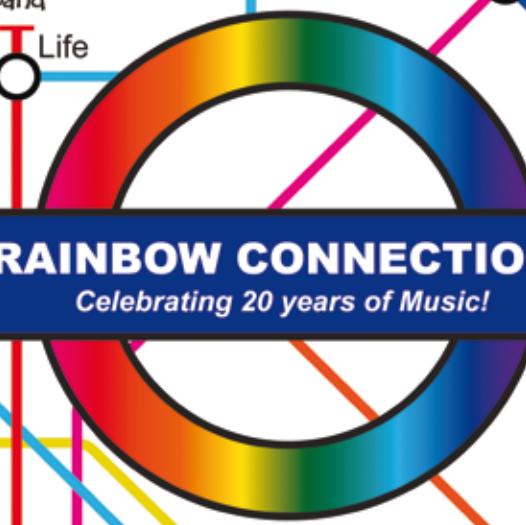
### Where

JAMES TATOULIS AUDITORIUM,  
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Melbourne Rainbow Band



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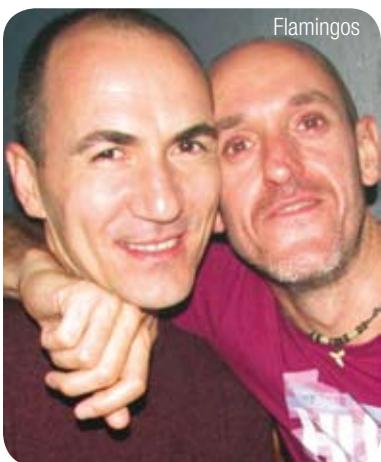
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# q scene: OUT & ABOUT



New Patients Welcome

Dentists for our community  
HampsteadDental.com.au

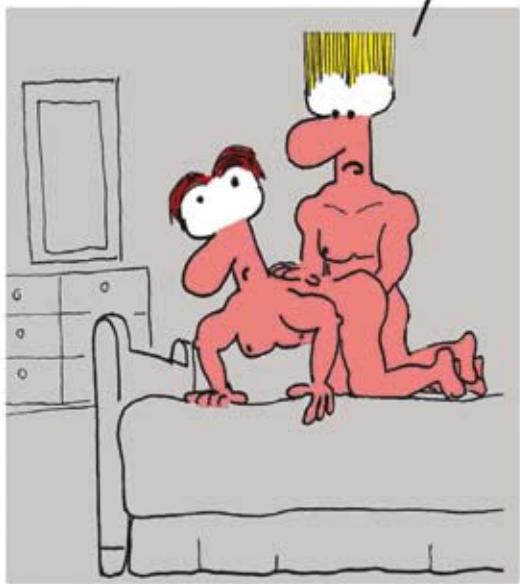
Hampstead Dental



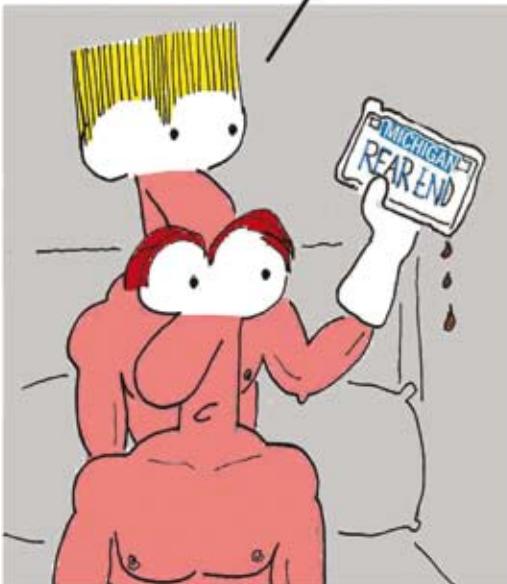
# Gaylord Blade

by KICHI

There's something blocking my way ....



a license plate from Michigan ...  
when you lived in the USA?

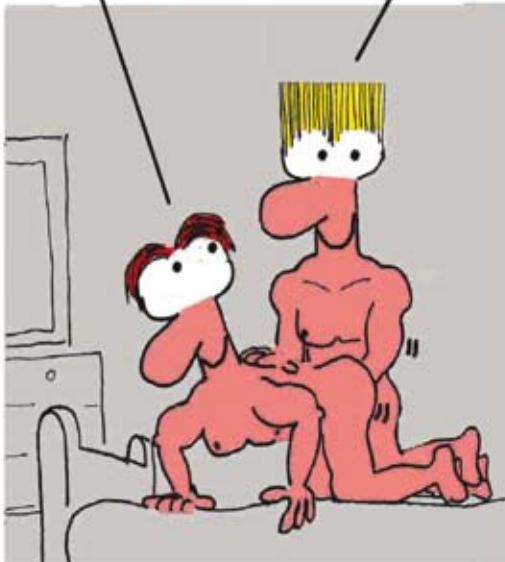


Did those feckless Puritans force  
you to register your rectum with  
their DMV as a collision hazard?



Yes!

Puritans' loss is  
this Pagan's gain!



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