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JUNE 2008

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q comment: PMV NEWS

Pride March Victoria held its Annual General Meeting last month at the Stingo Hotel in Abbotsford. Joined by several members of the general community, the meeting included the election of the new Board and Executive to lead the organisation into 2009.

After serving as Secretary for the past four years of my six year tenure, I was elected President; Shane Marquis was elected into the position of Secretary; Martin Pfeffer remained in the position of Treasurer; as did Hylton Brewer as Vice President. The nine-member strong Board includes Harry Walford, Brian Henderson, Kathleen Willis, David Ogilvie and Matt Renwick.

I would like to make particular mention of retiring President Jamie Ivarsen and Board member David Westlake [who are both taking a break from community work to concentrate on their personal lives and work] and thank them most sincerely for the work they have both done for the organisation over several years. It is not easy to find people willing to give freely of their time to serve the community. We found such people in Jamie and David. Their commitment and hard work will be missed.

The new Board has a challenging year ahead but one I am confident the members will attack with enthusiasm to ensure a successful event in 2009 and beyond. I welcome the new Board members and thank those existing members for continuing in their roles on the Board of Pride March Victoria.

The Community Forum [held directly after the AGM] gave the organisation some extremely positive feedback which will be used to make sure the 2009 march is bigger and better than ever before. We have always encouraged community input and take all advice very seriously. It is only through this sort of participation and feedback that Pride March can truly deliver an event by and for the whole community.



Gorgeous Studio's
Pics Of The
Month



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

q feature: LOVE YOU QUEENSLAND

Queensland – a destination for everyone!
Queensland offers the visitor a choice of holiday experiences, so many in fact it is hard to choose which is the best.



Take South East Queensland. It is home to some of the earth's most treasured natural wonders, beautiful beaches and vibrant city experiences.

Radiating from Queensland's cosmopolitan capital, Brisbane, the area includes the famous Gold and Sunshine Coasts, the Fraser Coast and surrounding country areas, a mix of cities, coast and hinterland on the doorstep of World Heritage nature which makes the region a truly memorable holiday destination.

Spend the morning cruising the sheltered blue waters of Moreton Bay and the afternoon on a world-class golf course. Sample fresh regional cuisine, take a thrilling ride on a roller coast at a theme park or canoe on pristine waters. From buzzing Gold Coast nightlife to trekking through ancient rainforests, there are literally hundreds of experiences to choose from.

The beaches are some of the best in the world, stretching from the Queensland-New South Wales border in the south to the dramatic Coloured Sands of Rainbow Beach in the north.

The Gold Coast region runs from south of Brisbane to the Queensland/New South Wales border and is blessed with more than 300 days of sunshine each year, 70km of perfect coastline and 100,000 hectares of National Parks and hinterland reserves.

Just one hour's drive north of Brisbane, the Sunshine Coast is an enticing mix of pristine coastline, 100km of beaches, lush hinterland, award-winning cuisine, and a relaxed, casual lifestyle. Vast national parks and state forests, peaceful lakes, mysterious everglades and dive sites are the setting for some truly memorable outdoor adventures.

The islands of Southern Queensland are appealing and easily accessible and include the two largest sand islands in the world. World Heritage-listed Fraser Island is the only place on the planet where rainforest grows on sand and Moreton Bay is a stunning wide expanse of sheltered blue waters filled with many islands including Moreton, North and South Stradbroke.

West of Brisbane, the lofty city of Toowoomba is renowned for its historic architecture and open spaces overlooking the Lockyer Valley and to the south is the Southern Downs and Granite Belt region, surrounded by vineyards and orchards and cosy B&Bs.

In the heart of the Great Barrier Reef, approximately half way up the Queensland coast, lie the Whitsundays, 74 islands floating like jewels in the warm tropical waters of the Coral Sea. Only eight are home to secluded resorts, the rest are untouched hideaways of white sand and lush greenery.

This region of only 160km is bordered by the Coral Sea on one side and national parks on the other. It is renowned for its idyllic sailing conditions and 70 percent of the area is protected as National and Marine Park.

Accommodation ranges from camping in the National Parks to all-inclusive family-friendly options and five-plus star resorts for those seeking the ultimate in luxury. The island resorts include Brampton, Daydream, Hamilton, Hayman, Hook, Lindeman, Long Island and South Molle and each caters to a range of visitor interests ranging from adventure to pure relaxation. On the mainland at Airlie Beach choose from backpacking facilities, B&Bs, modern hotel suites and deluxe apartments. Diving and sailing are the two most popular activities and there are a range of tours and experiences to choose from.

Even further north is where the rainforest meets the reef in the heart of Australia's tropics - Cairns and the Great Barrier Reef.

A nature lover's paradise, this tropical escape offers a combination of some of the world's most breathtaking scenery with a diverse range of activities. The region's environment is as unique as it is diverse with the spectacular depths of the Great Barrier Reef, the awesome heights of the Wet Tropics rainforest and the mighty vastness of the Outback all within easy reach of Cairns. Nowhere else on earth do two World Heritage-listed sites exist side by side – the Great Barrier Reef and Australia's Tropical Rainforests – which are both renowned for their scientific value and natural beauty.

In sharp contrast to the aqua and green colours of the reef and rainforest, are the rustic ochres and open spaces of the Outback and Cape York Peninsula wilderness areas that are home to geological and cultural wonders. Inland from Cairns is the fertile plateau of the Cairns Highlands containing ancient rainforests, stunning lakes and beautiful waterfalls. Ten Great Barrier Reef islands sit just off the coast, and Australia's spa capital of Palm Cove and the boutique destinations of Port Douglas and Cape Tribulation are all within easy reach.

Whether it's an indulgent break or a life changing adventure, this stunning region offers around 1,000 touring options each day and an immense array of unique accommodation to ensure an unforgettable holiday experience.

Colourful characters, a proud history and a landscape which seems endless in time and space are features of Queensland's Outback.

This amazing country of red hills, wide open plains and spectacular sunsets is home to some of the most amazing wildlife and dramatic scenery to be found anywhere in the world. Experienced guides offer tours as varied as ancient dinosaur trackways to spring wildflowers or a sunset riverboat cruise – and warm, country hospitality will be a special part of your stay.

No city lights mean star-studded night skies so remember to look up and be amazed. And there are even spas, artesian at Mitchell and mud baths at Eulo, but both are worth trying.

The winter months between April and October are the most popular time to visit the outback as during the summer months (wet season) temperatures can be high, however most facilities, transport and accommodation are air-conditioned and there is less humidity than on the coast.

Much of Queensland's Outback was once part of a great inland sea and the area is rich in fossils. Australia's Dinosaur Trail introduces visitors to life in the Cretaceous period and includes the site of the world's best preserved dinosaur stampede at Lark Quarry Dinosaur Trackways near Winton. Riversleigh Fossil Fields in Lawn Hill National Park is home to unique bird fossil finds and others dating back 25 million years.

Some of the most beautiful finds are off the beaten track and a four-wheel drive vehicle is essential for access. Many of these unsealed roads lead to wonderful places like secluded billabongs, desert dunes and rugged ranges. When driving in the Outback, especially off the highways, always take note of the weather conditions, carry lots of water and fuel, have sun protection and let someone know where you are heading.

For more information visit:

Brisbane - experiencebrisbane.com.au
Sunshine Coast - sunshinecoast.org.au
Gold Coast - verygc.com
South East Queensland - southeastqueenslandcountry.com.au
Whitsundays - thewhitsundays.com.au
Cairns - tropicalaustralia.com.au
Outback - adventureoutback.com.au
Queensland - queenslandholidays.com.au

Also see the Q Magazine website for a Gay & Lesbian Travel fact sheet all about Queensland and what it has to offer our community.



q services: SUICIDE BEREAVEMENT

by Shek Graham



THE DR EDWARD KOCH FOUNDATION

StandBy Suicide Bereavement Service.

Suicide is still a difficult subject for most people to talk about. Even today there is still a degree of blame and judgement put on people that have been bereaved by the suicide of a loved one. Parents who lose their children are blamed for being "bad" parents. Partners are often blamed for not saving their partners. It's awful enough that these people are grieving over the death of their loved one, but imagine all the extra pain that comes from feeling others may be judging or blaming you. Many of these people will even blame themselves when all rational thought tells them that there was nothing they could do.

The StandBy service was started six years ago on the Sunshine Coast, by United Synergies, to help people that had been bereaved by suicide deal with the associated trauma of their loss. In the last 18 months, the service is being trialed at 3 other sites, including the Cairns Region and North Brisbane. I work as the co-ordinator of the Cairns Region StandBy Service as part of the Dr Edward Koch Foundation. We service the area from Cardwell all the way to Cooktown, and west to Hopevale, Chillagoe and Mount Garnet.

Our service works by providing out-reach crisis counseling to people bereaved by suicide, at home or at a place of their choosing. As well as providing crisis counseling, we ensure that families, friends and co-workers are allowed to deal with their grief by facilitating other services they may require. For example, someone who has lost a partner may be unable to cope with cooking and cleaning for a while, especially where their partner did the majority of that. We arrange for volunteers to come and help. We arrange child or pet care, deal with health issues and onward counseling, provide access to financial counselors, and even help with funeral arrangements and the coroner. You

name it, we do it. Our service is federally funded, free, and completely confidential.

All this helps people to understand that they are not being ostracised by their community. Most of the services we liaise with are local, thus giving the bereaved a feeling that there are cared for from within that community. That allows them to realize that there is no need to feel judged or blamed. Anyone can be affected by suicide. Adults and children from loving homes can find themselves in a place where they see no solution other than to kill themselves.



If you, or anyone you may know, would like more information about the StandBy service please contact the following numbers: Cairns Region - (07) 4031 0145 - Sunshine & Cooloolo Coasts - (07) 5455 3322 - Brisbane North - (07) 3624 2400 - Canberra - (02) 6243 3663

For those who may be feeling suicidal please ring Lifeline on 13 11 14.

Joke of the Month

What a drag it is getting old...

When I went to the bar tonight, I noticed this old boy about 75-80 years sitting all alone in the corner and he was crying over his cocktail. I stopped and asked him what was wrong.

He said: "I have a 22 year old lover at home. I met him a month or so ago, right here in this very bar!" He continued; "He makes love to me every morning and then he makes me pancakes, sausage, fresh fruit and freshly ground, brewed coffee."

I said: "Well, then why are you crying?" He said: "He makes me home-made soup for lunch and my favourite brownies and then he makes love to me half the afternoon."

I said: "Well, so why are you crying?" He said: "For dinner he makes me a gourmet meal with wine and my favourite dessert and then he makes love to me until 2:00am."

I said: "Well, for goodness sakes! Why in the world would you be CRYING!" And he said: "I CAN'T REMEMBER WHERE I LIVE!"



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q health: TREATAWARE INFO LINE

People with HIV need informed, independent advice to make treatment decisions



Continuing improvements in HIV treatment are helping many people with HIV lead healthy lives, but some HIV-positive people may not be well-enough informed about the latest treatment options, the National Association of People Living with HIV/AIDS (NAPWA) has said in a statement to mark the launch of an innovative new HIV treatments information project.

"The benefits of HIV treatments are unambiguous, and there is growing evidence that starting treatment sooner rather than later leads to better long-term health outcomes, yet a substantial number of HIV-positive people are avoiding treatment because they may be unaware of the latest research, are concerned about treatment side effects or they don't know where to go for up-to-date information," said Bill Whittaker, NAPWA treatments spokesperson.

To combat this, NAPWA has established a suite of new initiatives to help positive people make good health and treatment choices. The Treataware project includes a national HIV treatment information line, a website and a printed treatment guide, all of which combine to markedly increase the range of information available to people living with HIV in navigating what can sometimes be a complex treatments and health landscape.

Recent research from the UK has shown that large numbers of people with HIV delay starting treatment for too long, despite being advised by their doctors of the need to start antiretroviral therapy. This delay increases their risk of developing serious illnesses and lessens their likelihood of getting the best response from HIV treatments. While treatments uptake in Australia remains fairly good, NAPWA has developed the Treataware project to support positive people in making sensible choices about treatments based on the latest scientific evidence. The project is the first of its kind in Australia.

"The Treataware information phone line has trained educators standing by, five hours a day, five days a week," Whittaker said. "We've also developed Australia's first searchable clinical trials website specifically for HIV, and a comprehensive checklist guide to getting the best HIV care, which will be distributed through doctor's offices, clinics and HIV organisations. Together, these three initiatives

represent an important step in making health and treatment information more accessible to HIV-positive people."

Whittaker stressed that "the central aim of the Treataware project is to support a strong partnership between HIV-positive people and their doctors in health decision making. Learning the basics about HIV and treatment, knowing how to manage side effects, and working with your doctor to maximise your health and wellbeing – all of these are essential skills which keep people alive and well for longer. These are the skills the Treataware project is intended to foster."

The project was launched recently by Dr Jonathan Anderson, a leading HIV clinician and the current President of the Australasian Society for HIV Medicine (ASHM). "Decisions like when to start HIV treatment can be challenging, so this



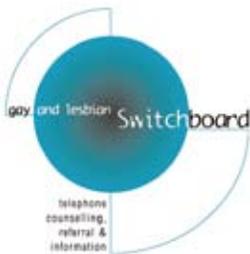
along with other health planning is best done collaboratively between doctors and patients. We know this approach works as there is a wealth of research showing health outcomes are better when a partnership approach to health care planning is taken."

"But to make that partnership work, people need good information on the basics of HIV, about treatments, managing side effects and tips for taking medicines correctly, so patients feel involved and supported. The Treataware phone line, clinical trials website and treatment guide will be very welcome additions to the resources available for HIV-positive people in Australia. They will also be helpful resources for doctors involved in HIV to encourage their patients to use," said Anderson.

Below: Bill Whittaker, NAPWA President Robert Mitchell, ASHM President Dr. Jonathan Anderson & NAPWA Executive Officer Jo Watson at the Treataware Launch in Sydney. Q Photos was there to capture the moment.



q notices:



Please note that the **Gay and Lesbian Switchboard** (VIC) Inc has new counselling hours:

Monday / Tuesday / Thursday 6pm to 10pm
Wednesday 2pm to 10pm
Friday / Saturday / Sunday 6pm to 9pm

To speak to a trained counsellor call: 03 9663 2939 (metropolitan area) or 1800 184 527 (Country Victoria). Gay and Lesbian Switchboard (Victoria) Inc is a telephone-based counselling, information and referral service based in Melbourne, Australia.

<http://www.switchboard.org.au/>



Monday - Friday 11am - 7pm & Weekends 4pm - 7pm.
Leave a message after hours and they'll call you back!

They're there to provide information about HIV and sexual health. If you need counselling or specialist advice, they can suggest an appropriate service to contact for help.

<http://www.connectline.com.au/>



The Hepatitis C Council of Victoria Inc. is a statewide organisation representing and catering to the needs of people with hepatitis C, their carers, partners, family and friends. The Council works to achieve this through support, advocacy, education and consultation.

The Infoline is open from 9.30am - 4.30pm Monday and 9.30am - 7.00pm Tuesday - Friday and is a freecall number - 1800 703 003

<http://www.hepcvic.org.au/>

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07 4041 5451
290 Draper St,
Cairns

Sunshine Coast
& Central QLD

07 5451 1118
10 Pikki St,
Maroochydore

Brisbane
& Southern QLD

07 3017 1777
30 Helen Street,
Newstead



1800 177 434

Men's Sexual Health Line

1800 155 141

www.qahc.org.au

q style: with CRAIG MICHAELS



This month, we are going to look at how to create your own style when putting a wardrobe together.

There are a few rules to start with:

1. Decide on what look you are trying to achieve and remain focused.
2. You need to go through your wardrobe and try on everything that you have.
3. Look in the mirror at each outfit and think "does this work for me" or is it something that I bought years ago, that does not work any longer.
4. If you have not worn the garment in 12 months then it's time to give it away or pass it on to someone who can use it. Now we are ready to begin.

Create a list of the basics that are missing and then create a wish list of those things that you just have to have. When you are designing your new style you will need the following items:

Jeans

Don't be cheap when it comes to a great pair of jeans. Don't rush in to it. Make sure you take a friend you trust so they can tell you if the fit really does work for you. Choosing your jeans - you want a great pair that show off your package and create the wow factor. A good option is 'G Star' as they have a large variety of fashion styles.

T-shirts

Now this depends on your body shape. Ask yourself if you're carrying extra weight or can you do a fitted t-shirt. Buy a t-shirt that looks great with or without a jacket. When you are looking for these, make sure they have a small percentage of lycra in them as this will hold the shape of your t-shirts. When you find the right fit buy 2 in black and 2 in white. This will allow them to look fresh at all times. You can have some fun by adding a highlight colour.

Shirts

Shirts are a way of expressing yourself. If you like colour or prints buy a shirt that that you will be noticed in, though stay away from the sale racks as these tend to be shirts no one was interested in at the start of the season. When deciding on shirts think about dual purpose wearability. Can you wear it out as well as for work? Be careful of the fit. A common mistake when purchasing a shirt is buying one that is wrong for you. There are 3 basic shapes in shirts. These are: the slim/ tapered; box cut that is basically straight up and down; and the oversized. Work out which shape suits your body. Thinking about detail - do you want one that has lots of or little? If you feel that you are carrying a little bit

too much weight, you want to buy one with less detail and really focus on cut and style of fabric.

Pants

The cut of your jib is what it is all about. Tapered, wide or straight leg, flat fronted or pleated, high waisted or lower cut. All of these factors influence your choice. Let's face it, the choices are endless.

Jackets

You need to decide what you want in a jacket. Is it just something practical to keep you warm or do you want something that you can build a style upon? Or is it something for work? It is better to do some preparation before you invest in these pieces as they will remain in your wardrobe for a few seasons. Think of what fabric you want. Is it a wool, something in leather or just a heavy fabric? Then decide on the length of the jacket. Remember if you are vertically challenged, don't go buying a long jacket - it will only make you look shorter. Decide on how much you want to invest in these pieces. It is a great time now to buy your winter wardrobe as the cold snap has only just hit and stores are receiving their range later, due to the delayed weather conditions.

Suits

Suits can come in three different basic blocks: European, English, and American. European block is a more fitted style similar to Calibre and Ag. This is much more your fashion suit. English block is more of a classic contemporary look which Henry Bucks, Boston and Country Road carry. This style suit is a good classic for work. American block is designed to fit more generalised sizes and therefore are less expensive as they are mass produced. Suit prices are widely variant depending on brand, fabric, and store.

At First Impressions Count all of our men's suits range between \$199- \$499.

We carry a full range of separates and our team are there to advise you on your purchases. We also offer a fitting service to tailor pieces to your measurements.

So when you are revamping your wardrobe think about what you really need and create a list to go shopping. Come and visit us at First Impressions Count and we will help you put it together.



generationq.net
headlines for JUNE

Gay Pride Month
The history and the celebrations
Lessons learned with Gabriella Cilmi
Vanessa Amorosi in the real world
Oohwah by David Paris



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q fashion: with LUKE ADAM-ALLDER



Aah, the first date. It holds the promise of something new, something exciting and hopefully, an outstanding ending under the duvet. Of course, the first date also tends to come with a certain amount of anxiety because you want to impress him

in every way possible while also genuinely enjoying yourself. Though marketing studies suggest that today's men are perhaps more concerned with appearing well-suited than men were in the past, you've probably got a lot to consider when planning your date, and worrying over what to wear should be the last thing on your mind.

Dinner

On a first date, many people stick to the tried-and-true lunch or dinner meeting. The first impression you each create on one another will set the tone for the rest of the date, so it's vital that you make a good one. Think carefully about the type of eatery you'll be dining in. If you've made a reservation at an uber-chic restaurant, your first-date fashion will likely require a perfectly tailored, slim-fitting suit along with elegant dress shoes. On the other hand, if you show up looking like you're red-carpet ready when you're just popping in to a cafe, it's more than a little inappropriate, and rather than enjoying his meal, he'll think you're totally out to lunch.

Although this comparison is a bit extreme, it's true that many guys do overdress on a first date in an effort to impress their new flames. Realistically, you'll probably be heading to a restaurant that's a little more upscale than where you would normally go, but not the ritziest joint in town. The best first-date fashion to wear in this case is a pair of dark dress pants or dark denims that fit you well, show off your best bits and conceal any figure flaws you may have.

On top, a dress shirt is timeless and classy, and most importantly, you'll look refined but not like you tried too hard. One good pick is a white and grey pinstripe shirt from Prada that will look fabulous on all your first dates for years to come. As far as footwear is concerned, trade in your sneakers for some loafers.

For an affordable but stylish-looking pair of basic black leather loafers, try Aldo. Do pay special attention to your shoes and give them a shining in advance because when people are nervous, they tend to look down, so he'll probably notice if you're wearing dirty shoes.

Movies

Another standard first date destination is the movies. If you're in the habit of dressing sharply, then put some effort into choosing your outfit, although take care not to go overboard since it's not like you have to compete with any of the sleekly dressed male characters in the film. On the other hand, guys who tend to favour casual jeans and runners should avoid sprucing up too much just to catch a flick. After all, if you wear more tailored clothing when your style is usually more loose and laid-back, you're setting the standard for how your date will expect you to dress in the future. So unless you're prepared to get dressed up every time you leave the house, don't bother.

Essentially, aim to dress in a way that makes you feel comfortable and just be yourself when it comes to fashion at the movies. For a killer look that's both hot and easy to wear, try a pair of dark straight-leg jeans, like True Religion, and throw on a graphic printed top, like Nudie Jean's organic cotton Human Rights tee.

Last but not least, pull it all together and avoid freezing in the theatre at the same time by sporting a short-cut jacket. Try a dark gray nylon model from J. Lindeberg to complement the colours in the T-shirt to immediately turn your jeans and T-shirt combo into something more fashion-forward. On your feet, either sneakers or sporty-looking loafers are appropriate with this outfit.

Night club

A slightly more unconventional choice for a first date is to go clubbing. When you're headed to one of the city's trendiest nightclubs, dress semi-casually and add a few funky elements. Going to clubs is all about being seen and having fun, so slip into your trendiest apparel to show off your wild side and make a surprising first impression. For pubs or taverns, forget about piling on edgy accessories and simplify your look by donning a pair of jeans and a nice sweater.

To go straight to the front of the line and get VIP treatment when hitting up a hot club, try a combination of jeans, a sleeveless tee shirt and a blazer in a more unusual colour or fabric to get you there and home in the wee hours. Dark rinse jeans with a slight boot cut from James Jeans will never go out of style, so you'll be able to wear them for all sorts of clubbing as well as non-clubbing occasions. Next, add a sleeveless tee that can be worn with the jeans alone, as you'll probably want to show off your guns as well as your dance moves and if you start feeling hot and bothered you don't want it to be because you're wearing too many layers on a crowded dance floor. Do wear a structured blazer to get you in the club, however. Try Marc by Marc Jacob's white sateen blazer. It's made from 100% cotton so it's still casual enough, but you'll look incredibly smart in it nevertheless, and you'll stand out from the crowd in the best way possible. White leather shoes are a good choice to complete this swish look.

Most importantly, for any date, make sure you are comfortable. If you are uncomfortable, your date will notice, feel it and you will be off home for porn and pulling, rather than what you should be doing with him in the same room!

q lifestyle: with PETE DILLON

A monthly review of the world of Food, Bars, and Wine



Dragging out winter woollies, watching the leafless trees sway in the wind and freezing my rather lovely tush off at the football, has brought my mind to the oven. So this month, rather than find somewhere to eat, here's what you can do at home.

Seasonal vegetables for autumn/winter are plentiful and there is so much you can do with them. Tubers like potatoes, Jerusalem artichokes, beetroots, parsnips, sweet potatoes and celeriac are sensational at this time of year. Cabbage, Brussels sprouts (food of the antichrist to me but you might enjoy them) zucchini, fennel and leeks are also great. And Wild Mushrooms set the heart of this little queen a flutter.

Now all this is fine but what the dickens do you do with them? I have perfected a recipe over many years and am happy to share it with you. Get a few mates together and prepare this whilst watching the footy.

Pop into the market nearest you, or, if you have to, go to the supermarket. Grab half a dozen medium sized kipfler potatoes (or 3 of any waxy style will do), a swede, 6 Jerusalem artichokes (these are more like a potato rather than the spiky things that we marinate in oil). Add to this a couple of medium sized beetroots, 2-3 parsnips, a bunch of baby carrots, a medium sized eggplant, a celeriac (looks like a turnip rather than celery), a quarter of a Jap pumpkin, a leek and a fennel bulb. You are also going to need a bulb of garlic, some wild mushrooms (ask your grocer), some kecap manis (a thick syrupy sweet soy sauce) and some dukkah. The dukkah can be purchased from a Middle Eastern store or a food store like Simon Johnson or the Essential Ingredient. My local supermarket stocks it in the herb section.

When you get home, open a nice Mornington Peninsula pinot noir, or grab one at the bottle shop on your way. Go for something around a 2003 that fits your budget. Open and pour yourself a glass.

Peel the Jerusalem artichokes, the beetroots (do this with a latex glove so it does not stain your hands), the parsnip and the celeriac. Wash the rest of the vegetables, especially if you are using organic ones which I highly recommend.

Check the Pinot – top up if required. Cut the vegetables into large bite sized portions, leaving the skins on everything that has not already been peeled. When they cook, they will reduce in size. Cut the

fennel in half and shave as best you can. It has an aniseed flavour, so if you don't want to use it leave it out. Fennel seeds will suffice if you have them - heat them in the oven for a few minutes then pulverise in a mortar and pestle.

Place them all in a bowl and drizzle with a good slurp of a quality extra virgin olive oil. Take a garlic bulb and smash it so that all the cloves fall apart. You can do this with your hand, a meat mallet, the rolling pin or a book if you have to. Throw the whole cloves, skin on, into the bowl with the vegies. Mix them all together and add 4 table spoons of dukkah. Crack some pepper and throw in a reasonable pinch of sea salt flakes. Put them all into a roasting dish and finally, drizzle with some kecap manis. Whack them into the oven on 200 degrees for about 20-30 minutes. Check after 15 minutes and move them about if you have to, ensuring that they are all evenly cooked. In the meantime, check the wine and top up if required. Just before the vegetables are done, pop some garlic into a hot pan with a good knob of butter, and throw in the mushrooms. Cook them down for about 5 minutes and add a generous slurp of the Pinot for good measure. Let that reduce and set aside. Fill your wine glass with more pinot. . .

Make a big bowl of steaming cous cous (just add hot stock to the cous cous, let it sit for 3-4 minutes covered and then fluff with a fork.), serve the roasted veg and the mushrooms along side it. Enjoy as much pinot as you can with the meal and of course, the company of your lover, friends and family. Bon Appétit.

q grooming: YOUR Q & A SECTION

Q. My skin always dries out more in winter. What tips do you have to help avoid this?

A. Water makes up about 80% of our bodies, so when reserves get low, it shows in our skin! Sudden changes in the climate, as well as wind and artificial heating, can all impact on our skin. Once your skin has settled into a changed environment, it may begin to show a lack of tone/elasticity and this is the first sign your skin is not getting enough moisture. To help keep skin hydrated, use a good day moisturiser to help maintain moisture levels up. Try also using a very gentle cream exfoliator rather than a scrub, to help shed dead skin cells without unduly upsetting the surface of the skin, so this can help your skin better absorb your moisturiser!

TRY - TNS Organics Skin Recovery Day Moisturiser by The Natural Source - \$27.95 AVAILABLE - The Natural Source stores or thenaturalsource.com

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q pets: ANIMAL TALK WITH LIZA CALLEN



Have you ever wondered what your pet is trying to tell you? Most animal lovers are aware of certain emotional states in their pet, such as sadness, fear, hunger, anxiety etc. However, we don't always know why and we often don't know how to help them feel better.

Animals think like animals, depending on their species and their interaction with humans. They are here sharing this planet with us for their own involvement as well as being connected with human involvement.

Animals in the wild have emotions that are related to their survival and procreation. The more animals are connected with humans, the more complex their emotions and thoughts.

An Animal Communicator or Pet Psychic has not only the ability to telepathically talk to animals but also HEAR what's going on in their minds, emotions and world. Animals talk in thought/feelings (a thought with an emotion attached to it). A lot of animals talk in pictures and some, especially sick animals communicate in physical sensations.

Just like humans, they have problems from time to time and need to express them. An Animal Communication session is a direct and informative way to hear what's going on with your pet. Animals have answers to their behaviour. They want to be heard and are usually happy to negotiate new behaviour.

As an Animal Communicator I am continually amazed at the questions and answers our furry friends share with me. I've worked with a large variety of animals in homes, zoos, farms in the USA and Australia.

From depressed zoo elephants, scared pythons, dogs with inferiority complexes, an orangutan with post natal depression, horses holding a grudge, antisocial angry cats, bald feather plucking parrots, ferrets with self loathing and many upset or confused pets that just need an ear to listen to their troubles and some suggestions for their emotional healing.

Most people speak to their pets out loud. That is

fine to do of course. However, if you really want to tell your pet something important, express yourself silently (telepathically) with focus on the issue at hand.

There are many situations I have come across again and again that cause animals unnecessary stress.

Here are some:

- Are you leaving for a holiday or moving home? Animals can sense change and ALWAYS need to be told what is happening. Separation anxiety is a major problem for many pets.
- Are you thinking of adding another animal to your home. Every animal is sensitive to newcomers in the family. Make sure your pet wants company.
- Would you like to break poor indoor toilet habits? Most animals can be negotiated into new behaviour rapidly if they understand the seriousness of the problem.
- Is your pet very old or sick? Do you need to talk to them about their health or their passing on? Animals usually have insight into their physical condition and will suggest ways and means to fix themselves up, especially when conventional medicine is unable to heal the condition. It is also extremely comforting to both person and animal to have a deep conversation with each other when the situation is life threatening.
- Have your pets developed neurotic tendencies or odd behaviour? Would you like them to de-stress? There are ways to help them stop compulsive barking, constant meowing and many other annoying habits.
- Have you rescued an animal from the pound? Just like humans, after being abandoned or abused, animals need to be secured in their new home and benefit greatly by telling the story of their past and by being told this is their new home forever.
- Have you lost a pet and want it to return home? There are simple techniques that can be learnt to help them find their way.
- Your pets have unique and rather profound insights into your life. It is a fascinating experience listening to their input.

Learning how to hear our furry friends is a missing link in the experience of sharing the love between ourselves and our beloved animals in a more complete way.

Have you got a question for Liza?

Send an email to pets@qmagazine.com.au with your pet's name, breed, your first name and general location, if you have other pets as well and of course the main problem/s you are experiencing with your pet.

Your answer will appear in the following month's issue.

 Liza Callen

q beauty: with GEORGE ALEXANDER

Kusco-Murphy MAN: Is he in your bathroom? Hitting the stores locally and internationally this month is the arrival of Australia's own Kusco-Murphy MAN.

Based on natural and organic ingredients, the products contain no harsh chemicals, no sulphates (SLS) and look fantastic in any bathroom.

For over ten years Kusco-Murphy, an Australian success story, has been taking care of the beauty needs of such celebrities as Nicole Kidman, Uma Thurman, Paris Hilton, Elle MacPherson, Kylie Minogue, Danni, Cate Blanchette, Pierce Brosnan and Hugh Grant, just to name a few. Always in the natural and organic arena, today Kusco-Murphy leads the way for the needs of the fashionable and aware male.

The range consists of:

Keep it Kleen Wash is a gentle and effective cleanser for the scalp and hair. Natural and organic ingredients of Peppermint Oil, Horsechestnut Extract, Vitamins A, B, B5, F and H help to maintain healthy hair, whilst helping to promote scalp stimulation for thicker, stronger hair - \$19.95 (250ml)

Keep it Real Rinse, is an effective scalp and hair treatment that thoroughly conditions the hair shaft whilst treating the scalp. Natural and organic ingredients of Sesame Oil, Jojoba Oil, Aloe Vera, Rosemary Oil, Peppermint Oil, Horsechestnut Oil and Vitamins E, B5, F and H aid in promoting the perfect environment for stronger, healthier and fuller hair growth - \$19.95 (250ml)

DailyScalpService is a unique treatment aimed at making sure you're hair and scalp remain as healthy as possible, encouraging hair growth. Contains natural and organic Peppermint Oil, Rosemary Oil, Vitamin A, E, herbal extract of Horsechestnut and Natural Wheat Proteins. It is ideal for chemically coloured hair and those experiencing hair loss due to stress and extreme lifestyles - \$19.95 (200ml)

StreetModel Styling Paste brings the fashion magazine to the streets. StreetModel, gives you street-model looks in seconds. It's natural and organic and has no nasties. It allows you to create matte, funky styles, with a very strong hold. It also washes out easily - 120ml (24.95)

ÜberClose ShaveGel has a unique cushioning formula that instantly helps to protect even the

most sensitive skin from redness and sensitivity due to daily shaving and razor burn. It contains natural and organic Chamomile Oil, Eucalyptus Oil, Tea Tree Oil, Peppermint Oil, Spearmint Oil and Camphor Oil help to strengthen, revitalize, sterilize and heal sensitive skin - \$16.95 (150ml)

The products smell fantastic, do what they promise they will do and they definitely need to be seen in your bathroom! The price point is also very reasonable considering the high quality ingredients.

Kusco-Murphy MAN: Where fashion meets nature.

Kusco-Murphy MAN is available nationally through Hairhouse Warehouse, Price Attack and leading salons and spas. For your nearest stockist call (03) 9706 5599. For chance to win a complete set of the new Kusco-Murphy MAN range, check out Q WIN in this issue.



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q whispers: with ADDAM STOBBS

Is it porn or is it art?

How many times in the few years that I have been alive has this question come into our culture, lives, religion, politics and ethical perspectives?

I haven't seen much of Bill Henson work except for what is (was) in the New South Wales state gallery and what has been plastered on the internet. I am trying to work out what all the fuss is about. There are some pictures of naked youth, and so there are in most art galleries around the world. The difference though is that these ones are photographs so that means someone was required to pose for them. Is this the issue do you think? I hope it's not, because it's a very flimsy argument if it is.

Why are so many people outraged, could it be a political smoke screen from the federal government, to take some headlines away from petrol & interest rates? If Bill Henson's art is so outrageous and offensive why has it been around for so long and no one has complained?

If you've ever wandered around baroque art collections you would have seen a lot of 'child' nudity. I didn't notice it as being such until Germaine Greer drew our attention to it, in her books and subsequent documentary "The Boy". After she made some bitchy comments about Steve Irwin after his death there were a lot of people who suddenly discovered that her book was "public desires of a pederast". Having read, listened and watched Germaine Greer over the years I find this highly unlikely, although I find just everything about her highly unlikely. What was she thinking going on Celebrity Big Brother in the UK?

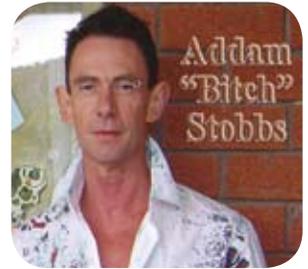
Her documentary "The Boy" was on SBS recently and it was a bit over the top (especially towards the end) in real terms, I think there is a bit of larrikinism in it. Comparing Bill Henson's art to Germaine Greer's "The Boy", would Greer's anthology of images created for this publication been aired on a public broadcasting service 10 years ago? Or images purchased by major public art institutions? Of course not. This is the most arrogant form of hypocrisy.

So what has changed? Social attitudes have changed a lot, but they have done hypocritically. The marketing of sex to sell has been around for ever, but now we see two things happening. Children are seen the greatest consumer market, and also as the easiest to exploit. Trendy magazines for teenagers are almost sex manuals. A certain well known Girls school in Melbourne recently had to send 13 year 8 and 9 girls from school camp on the first night; because they were so drunk 3 had to have their stomach pumped. (Yes, its unsubstantiated gossip, but no one is surprised by this information). The commercial attitude, although no one wants to admit is; children = money. Bill Henson's pictures are likely to take on a whole new financial aspect.

I went to an exhibition of the Archibald submissions in Sydney. At the same time there was an exhibition of 'new art'. These were images and video footage of people in an abattoir swimming and posing with the entrails or recently killed food animals. I didn't hear any prime minister saying how repulsive this was, yet it was a major installation at one of the most prestigious gallery's in the country. Art has many functions in our cultures; part of it is being confronting and challenging what we believe.

If you are a parent, how would you feel if it was one of your children in the Bill Henson works? How do the young people feel about being in these pictures? I haven't heard any of them bemoaning their decisions.

I'm sorry I don't have the answers. I am as confused as ever now. The only thing I know for sure is that many the people who have children (usually without trying) don't deserve them. I'd be really interested to hear what you think.



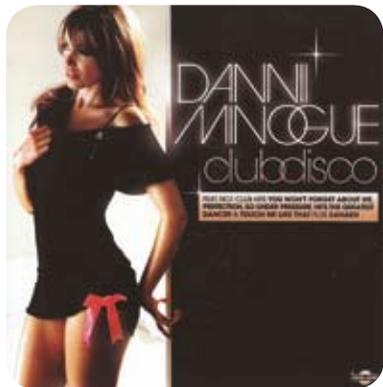
An advertisement for PINK financial services. It features a shirtless man with dark hair and a goatee, wearing blue jeans, standing against a light blue background. The word "PINK" is written in large, white, serif font at the top. Below it, the website "www.pinkfinancialservices.com" and "1300 852 503" are listed. A list of services is provided: Home Loans, Credit Cards, Insurance, Mortgages, Car Loans, Personal Loans, Super, Financial Planning, and Tax. At the bottom right, the contact information "Tel: 1300 852 503" and "Fax: 1300 852 503" is repeated, along with the AFG logo.

Here is the other hypocrisy that really offends me. 10 years ago

q music: FOR YOUR EARS & EYES

Darren Hayes

Darren Hayes is about to release a stunning live concert DVD of his most ambitious and critically acclaimed concert tour to date: The Time Machine Tour. Quietly selling out London's prestigious Royal Albert Hall Hayes audaciously toured a show that had more in common with Pink Floyd than Pop Idol. The show, designed by legendary U2 and Rolling Stones designer Willie Williams featured, amongst other things, a 24 foot animatronic steel and neon origami bird and set pieces straight from a Jules Verne novel. The DVD marks the completion of a project that has



Central Station Records

One of our country's best loved pop princesses, Dannii Minogue and Central Station Records are proud to announce her new album for 08. Featuring the UK Dance Chart No. 1 "Touch Me Like That" plus 27 other fantastic tracks over 2 cds.

Mushroom

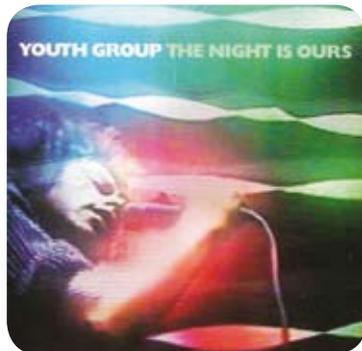
Over a couple of months late last year, Youth Group holed up in a near derelict 1920's mess hall on Sydney's Harbour to create album number 4 - The Night Is Ours. Whether you caught their tour last month or not, don't miss getting your hands on this album - it is truly inspiration, fresh and exciting.

SonyBMG

Regardless of whether you like boy bands or not, you would have to agree that Westlife is one group you can't go past. This new release features their new album PLUS a 19 track Live at Wembley DVD. It is certainly something special and something you will kick yourself if you don't have in your collection.

Warner Music

Internationally-renowned vocalist Josh Groban released his brand-new live CD/DVD - titled Awake Live - on Reprise/143 Records last month, capturing his exhilarating performance at Salt Lake City's Energy Solutions Arena before a sold-out crowd of 15,000 thrilled fans on August 28, 2007. While the DVD includes favourites from Groban's three best-selling albums, including "Canto Alla Vita" and "Ala Luce del Sole" from his double-platinum self-titled 2001 debut, and "You Raise Me Up" and "Remember When It Rained" from the multi-platinum 2003 album Closer, the majority of the songs are from Awake, including the singles "You Are Loved (Don't Give Up)," "February Song," and "Lullaby." Released in September 2006, Awake debuted at No. 2 on the Billboard album chart and has sold more than two million copies in the U.S. The DVD contains the entire 100-minute concert from Salt Lake City, as well as behind-the-scenes "Making of the Tour" footage. Groban launched the Awake tour in Verona, NY, in February 2007 and performed at sold-out arenas across the country before concluding the first U.S. leg in April 2007 in Las Vegas. After a European leg, the tour resumed in the States in July for 27 more North American dates through early September 2007.



9 people: DAMIEN LEITH

This is the second time I have met Damien. He is an absolute delight to speak with and I can't wait to see him again in concert (all the dates were printed in the May Issue). We started off by chatting about his television gig and how he came to land it.

Strange the way that all came about. I wrote the song "Not Just for the Weekend" and Cath Donovan approached the team and suggested they use it as the theme song to the show. When they got me in to chat about using the song, the Producer asked if I had ever done any voice-over work, and it went on from there. Definitely the best thing I did last year!



Is there going to be another season?

There is talk of one yes. We'll know soon. It would be lovely to see another one come out, but it's whether it suits the rest of Ten's programming at the time.



The new album...a bit of a difference for you to do covers. Why did you take that tact?

It was my idea and my decision. I got the approval to bring out another originals album, and I started working on it around November last year. I went over to Ireland and came back while working on it. Everything I was doing though was heading in a folky-style (I've always written in that style). I got chatting to people about the fact that this style was totally different to what "Where We Land" was, and that's when I approached them and said why don't we do something like this ("Catch the Wind")? It will give people a taste of the style through songs they'll know. This is the style I am heading in – stripped back, acoustic, bit of string here and there. It's what I love. It's not only for the audience' sake, but also on a record company point of view, they want to know it will work as well. Hopefully people will like this.

How did you choose the songs on the album?

It was great. I got to choose all the songs and pretty much do a big chunk of the production on it as well. So, I got loads of control over it. I have to give credit to my Dad – as they are all his songs. He taught me how to play the guitar (he's a guitarist and Mum's a singer) – these are songs he has always played. When he taught me, we started off with Neil Young, Bob Dylan, Donovan and the like. We threw out loads of stuff though – I went in there with about forty songs, then having to knock that down to an album length – it was a hard decision. I was scared doing the album. With IDOL and all the rest of it, the album is all about covers, and I didn't want people to say "oh you're just going back to doing covers", but I have a good feeling about it all.

What is the configuration of the tour - big band, yourself...?

Just myself, another guitarist and a fiddle player. [You Irishmen and your fiddle players and your pubs] - giggle - we eventually always go back there, no matter what we do we head back to the fiddle. [So just you, a guitarist, a fiddle player and a bottle of gin] - giggle - yes right in the middle, we pass it around like a peace pipe. I'm trying to make it like a session. Just like back in Ireland. It'll be this album, the previous one, and some of the new stuff - to try them out and see what people think. I'll also be throwing in some things that people keep asking me to do and I haven't yet. It'll be a big set but very intimate.

Finally, how is the family? Last time we spoke, your little fellow was only a matter of months old and you were heading back to Ireland for holidays.

They're great! The trip was an experience. The boys decided to stay awake for the entire journey on the plane there and back. It was a very stressful flight. They're getting bigger and bolder now. Little Jagger is officially walking and Jarvis is at school - hanging out with school trouble-maker, learning some bad habits. My wife is in great form as well. She's actually doing publicity for the tour (marketing and publicity is her background).



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q travel: with SHEK GRAHAM

Pictures by Jan Hassack & Shek Graham

Beautiful, Perfect Queensland

Ever wondered why people would live in the far north of Australia away from the culture, the high-paying jobs, the night life of metropolitan areas such as Melbourne or Sydney? The answer is quite simple. Whilst you folks further south are getting your winter woolies out, getting the heating going, and generally shivering whilst waiting for the train or the bus; the people of Far North Queensland are enjoy pleasant evenings in shirtsleeves, sitting on the balcony letting the gentle warm breezes drift gently over them. The scent of flowers is still on the breeze, and the trees still have their leaves.



Most winter days in Cairns are around 27oC, perfect for a swim in the ocean or a pleasant drive or stroll around some of the most beautiful scenery in the entire world. The nights hover around the 17oC mark, perfect for outdoors dining and star gazing – yes we can still see stars out there away from the city lights – I'm talking about the ones in the sky – the little twinkly ones! At this time of the year, the humidity has dropped and the summer rain has left everything clean and bright.

Tropical Queensland has rain forests, beautiful beaches where you can still enjoy a day alone, astonishing waterfalls and fantastic, winding, mountain drives, all within a few minutes of one another. We even have a number of islands where you can stay at 5 star resorts and really get away from it

all. One of the islands even boasts exclusivity for the likes of Brad Pitt! If you prefer to be on the main land, both Cairns and Port Douglas have excellent hotels and cosmopolitan dining.



Don't forget to take the world famous "Sky Rail" cable car trip to picturesque Kuranda, for some wonderful markets and other attractions, whilst enjoying fabulous views of Cairns and surrounds. Whilst you are up in the Tablelands, visit the awesome Barron Falls and the Cathedral Fig Tree, and look out for the rare tree kangaroos and platypus. You can also take a scenic drive to Port Douglas, have "Breakfast with the Birds" at the Rain Forest Habitat, before going out for a days snorkeling or dive trip, and then dine in relaxed and beautiful surroundings.



Cooktown is a historic town where there is a memorial to the famous Captain James Cook. On the way, visit Cape Tribulation where Captain Cook landed to fix

his ship after holing it on a treacherous part of the reef. There are beautiful rain forest walks here in the form of board walks. Take a guided tour as the locals can add so much more to the visit with all their local knowledge. The coast road is a rugged 4-wheel drive track, but Cooktown can also be reached on a paved road through some gorgeous scenery including the spooky Black Mountains.



If you've never been up here, do yourself a favour and come and check it out. Save on your heating bills and pop up here for a week or two to thaw and you'll never want to go home. But make sure you do return to your cramped city dwelling...I don't like crowds! Just kidding – hope to see you soon!



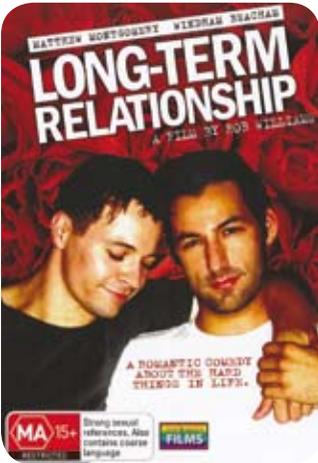
q movies: ENTERTAINMENT PLUS



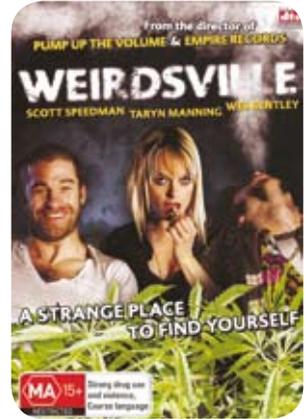
Eagle Entertainment

I am a lover of good quality G & L films, but every now and again, I also come across some exceptional mainstream ones worth viewing. The first two reviews cover such releases.

Imagine yourself in a place where you were struggling to make a name for yourself, please your parents, and grapple with a foreign language all at the same time, as you have the basis for *Dark Matter*. Liu Ye plays the central character - a young science student hoping to do his doctorate in the states under a man he adores - played by Aidan Quinn. He starts off as a star pupil, but when he dares to go a little left of centre and not follow his professor's guidelines, his life starts to unravel. Meryl Streep plays a caring benefactor with a strong interest in Chinese culture who quickly becomes his friend. A sad tale. One of struggle, personal demons, jealousy and a disastrous ending. I highly recommend it.



Weirdsville, on the other hand, is simply weird! But weird in a quirky comical way. A teaming up of an "ideas man", a "hooker" and a guy who tries [in vain] to give up drugs, this film has so many twists and turns it is incredible. It surprisingly however, has a happy ending. Drug dealers, Satan worshipers, drug addicts and [if there could be] even more play their roles in this film about one of the strangest places to ever find yourself.



A married couple, a Jewish boy, and two single male flatmates - the last three, all gay of course. A family. Until one day one of them starts a relationship. *Long Term Relationship* is as real as it gets. The disbelief that it will last; the two of them getting to know each other; the friend's jealousy; the advice; meeting the parents; the betrayal; and much more. The ending is, as you would expect, a happy one, but the journey is filled with ups and downs. In this interest political environment we are currently in, this film is refreshing, honest, sad, happy, angry, unconventional - everything a LTR is. Everything a Gay relationship is. Maybe some of the opponents to the current legislative advancements trying to be passed should watch this movie and realise that diversity should be embraced and nurtured, not dishonoured and ridiculed. Maybe they wouldn't be so opposed to the simple concept that two men can love each other and that "marriage" is simply a way of expressing that to the world and themselves in a form a tad more concrete than a one night stand. I highly recommend this film and congratulate the film-makers for again producing an extremely well made film about gay life - the way it is in the year 2008, and the way it will remain well into the future.



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q festivals: BRISBANE PRIDE

The Brisbane Pride Festival committee is pleased to announce the 2008 theme for Pride Festival. "FREEDOM".



Festival President, Scott Hampson said that following on from 2007's theme of "Pride not Prejudice", this year's theme, "FREEDOM", is designed to ask a question of the community. What does freedom mean to you?

Freedom from discrimination, to hold your lover's hand, to marry, to be you?

This year Fair Day will fall on Saturday 14th June 2008 and will be revisiting Musgrave Park as the party venue. Mark your calendar to help celebrate Pride's 19th Year. So please, tell your partners, friends, kids and families; as all your favourites are back plus a whole lot more! It really is an inclusive day for everyone, so help them celebrate Queensland's biggest single GLBTI event and don't forget to take your dog and enter into the Pride Pet Parade!

Brisbanes Gay and Lesbian Business Network will join with visiting Gay and Lesbian Tourism Australia Members in a Talking Travel fest at Imagination - Little Edward Street, Spring Hill on Friday the 13th from 5.30 pm. Guest speakers include members from the travel industry, and Interstate Gay & Lesbian events [including Brett Hayhoe, the Regional InterPride Director for Australia and surrounds]. Prizes on the night will be donated by Kingfisher Bay Resort Fraser Island & Byron Bay.



For more information, go to www.pridebrisbane.org.au

LAST CATCH #5 ART & STORY: **misses Dambinatrix** www.myspace.com/skunkconfix
* RED WINE, NATURES AFRODIZIACUM I LIET SWELLING THING FANNY! * © photographics production

SHE WAS JUST AS SMOKING HOT AS WHEN WE MET AT THE CLUB.

ME ON THE OTHER HAND, I WAS HUNGSOVER, GOT LOST FINDING HER PAD ALREADY RUNNING AN HOUR LATE... AND HAD TWO BITCHES OF HAIR MISSING DUE TO THE PREVIOUS NIGHT OF ACCIDENTAL DRUNKIN' DEBAUCHERY.

GREAT FIRST IMPRESSION HA?

WITH MY LAST FIVE BUCKS I GOT US BOTH A PLASTIC CUPS WORTH OF \$2 WINE AT MY FRIENDS ART EXHIBITION...

CLINK!

I MUST HAVE DONE SOMETHING RIGHT. BUT YOU KNOW WHAT THEY SAY: A GENTLEMAN NEVER STROKES & TELLS.

3262

in bed with: BEN

Online Dating – 4 Tips to Get You Started!

Single? Looking for Mr Right? If you're gay you're probably most likely looking for Mr Right now! (Ouch!) So what's a boy to do when it comes to the love stakes? Jump online?

If that's the case, there are a few things you need to know to be able to weave your way through a potential maze of deception and game playing when dating online. Here are some tips to help you become savvy...

1. Your Profile Pictures

The first place you're going to begin is by uploading your profile however most people don't entirely think this out well at all. Be aware that the types of pictures you place on your profile need to be congruent with the message that you're trying to portray. I mean how many profiles have you seen that show doodles? (such a dirty word!) and the profile says that they are a down to earth person looking for a long term relationship! Hmmm, slightly incongruent with what they are looking to attract don't you think? As far as I'm concerned it screams out man whore! If you are serious about finding love online choose pictures that reflect yourself in a genuine non slutty way, god forbid wear some clothes.

2. Don't Be Too Easy (Ok Maybe a Little!)

You don't want to be known as the town bike, to ensure this doesn't happen be aware just how much information you post up about your sexual habits online. That can always be discussed in private messages. Keep in mind that the gay community is incredibly small and word can get around quickly and become detrimental to your own image and potentially any chances of future relationships. If you're easy, that's cool, but you don't need to scream it from the roof tops! (Oh wait, I think I hear a gay calling from the next village!)

3. Look for Unusual Behaviour

Before you meet anyone in person for a date, make sure you look for any inconsistencies or unusual behaviour that rings alarm bells. If so, back away now and save yourself the hassle. When meeting for the first time be sure to chat on the phone beforehand to see if you actually click. If not, you've just saved yourself an awkward date, and boy have I had a few of them....

4. Be Clear About Your Intentions

If you're online cruising for sex then make your intentions clear. Don't lead a person down the garden path especially when you're wanting something different. Have the balls to be upfront, say what you are online for and save some people time and hassle.

There you have it, 4 tips to working your way through the online maze. Stay tuned for future instalments from the Bed of Ben. Or perhaps I'll see you online?

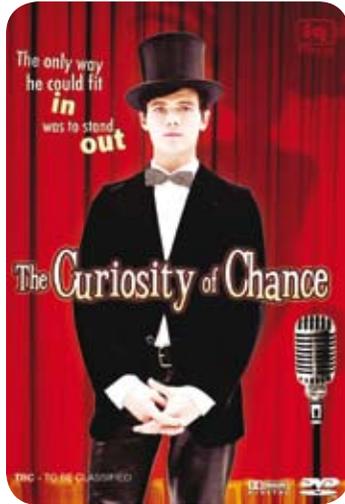


An advertisement for Eagle Leather. The top half features a large, stylized number '14' in black with a red diagonal stripe across it. The words 'EAGLE LEATHER' are written in white on the red stripe. Below the '14', the text reads: 'We are celebrating 14 years of service to the Gay and Leather Communities of Melbourne & Australia.' and 'We'd like to thank you for your support & look forward to seeing you soon.' To the right of this text is a photograph of a shirtless man with a tattoo on his left arm, wearing a black leather vest. At the bottom, the address '58 Heddle Street, Abbotsford' is listed, along with 'Open 7 Days Phone: 9417 2100' and the website 'Shop online @ www.eagleleather.com.au'.

q win: ARE YOU FEELING LUCKY?

The Natural Source

Janis and her team of wonderful people at the Natural Source have given us 5 bottles of Skin Recovery Day Moisturiser [see Q Grooming for more information on this amazing product]. So get your fingers working and email getfree@qmagazine.com.au OR sms 0429 88 QMAG with *natural source* in the subject line to play.



fq Films

If you read Q Movies last month, you would know what a great hoot this film is. Now you have the chance to have your own copy. We have 5 to give away this month. So work those fingers and email getfree@qmagazine.com.au OR sms 0429 88 QMAG with *fq films* in the subject line to play and hopefully win.

Ganache Chocolate

We reviewed this new store last month in Q Magazine, and now have 5 x \$10 gift vouchers to give away this month....and \$10 can get you quite a bit of chocolate. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with *ganache* in the subject line to try your luck.



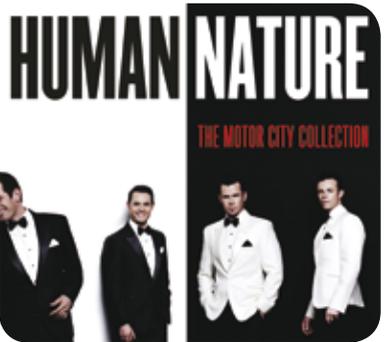
Beat Broker

...And now for some music. Beat Broker have given us 2 copies of their Generationnext double cds to give to you. You'll be bopping away for a long time with one of these little beauties in your possession, and all you have to do is email getfree@qmagazine.com.au OR sms 0429 88 QMAG with *generationnext* in the subject line to try.



SonyBMG

They are simply one of the best groups in the world, and now you stand a chance to have their complete Motor City Collection to enjoy for years and years. Don't miss your chance and email getfree@qmagazine.com.au OR sms 0429 88



QMAG with *human nature* in the subject line to put your name into the draw for these. We have 5 to give away.



Kusco-Murphy

They're finally here - the brand new "MAN" range from Kusco-Murphy. We have five full product packs to give away to five lucky readers. Don't miss out on your chance and email getfree@qmagazine.com.au OR sms 0429 88 QMAG with *kusco-murphy* in the subject line to put your name into the draw.

* 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 or SMS.

q shopping: PERTH STYLE

BRAVE NEW WORLD is the latest instalment in the rejuvenation of the Perth fashion scene. Based on William Street, Northbridge, it is located in an area that is set to become the fashion and cultural district of Perth. The strong ethos behind **BRAVE NEW WORLD** revolves around offering distinctive styles, labels and service, which will push the boundaries and create a novel experience for their clients.

The store has an overall contrasting retro / futuristic vibe which ultimately creates a very comfortable and inviting space. Contained in a heritage listed building, you are immersed in a vibrant and welcoming environment with Jarrah floorboards contrasting against textured feature walls, a long row of art deco lights, large-scale artworks and super modern stainless steel racks. The clothes themselves are reminiscent of the space, melding classic and modern into one; as is the melding of interior and exterior with the inclusion of a sunlit filled corridor where clients can have a vino whilst pondering their fashion choices.

BRAVE NEW WORLD only offers labels that are of exceptional quality and unique in their design. This is fantastic designer ware, with the buying designed so there is something for everyone who walks through the door. Most styles are purposefully bought in limited quantities to ensure the **BRAVE NEW WORLD** client will be dressed in garments that are unique.

BRAVE NEW WORLD - 315 William St, Northbridge - Western Australia Phone: (08) 9328 2026 or on the web at www.bravenewworldclothing.com



q sport: GET INVOLVED

Melbourne Rovers SC set to kick off in 2008
Melbourne Rovers Soccer Club is a newly formed organisation that will be the first gay soccer team in Melbourne and the second in Australia.

The Melbourne Rovers SC is being formed to provide a friendly, supportive environment where the Gay community can improve their physical fitness by playing a team sport and enjoy a social scene with the emphasis on fun and meeting new people with similar interests.

Melbourne Rovers SC aims to promote awareness of our community by helping to erase homophobia and discrimination against the Gay community and have the ability to play soccer without this fear.

With many other gay clubs already formed in Melbourne: like the Melbourne Spikers (Volleyball) and Melbourne Surge (Water polo), soccer is long overdue here. The Melbourne Rovers SC is a predominantly gay club but everyone is welcome. All skill levels are urged to join.

Founder of the club, John P., has been playing soccer for close to 15 years and has played in many different soccer tournaments around NSW. However, it was only when he became a member of Sydney Rangers FC, the first gay team in Australia, that he felt he could truly be himself in the sporting arena.

John's goals for the Melbourne Rovers SC are to develop the club through playing social games each week as the core activity. In addition, it is hoped that by early 2009 there will be a core of dedicated soccer players who will form one or more teams to compete in a suburban competition. They also hope to play "grudge" matches against the Sydney Rangers twice a year, once in Sydney and once in Melbourne, with the winner taking bragging rights. Further ahead, other aims are to attend the 2nd Outgames in Copenhagen in 2009 and the ultimate goal to attend the 2010 Gay Games in Cologne.

Eagle Leather has agreed to be a major sponsor of the club. Eagle Leather will be a valuable asset to the club as they have a strong reputation for providing community support within the Gay community.

Those interested in joining or wanting further information should contact John of the Melbourne Rovers SC via email Melbournrovers@y7mail.com or phone 0423 050 472 (after hours).



q scene: OUT & ABOUT

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q scene: OUT & ABOUT



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q theatre: A WINTER WONDERLAND

To celebrate the Butterfly Club's ninth birthday, they're hosting a series of special events over the June/July period, complementing and enhancing their usual eclectic line-up of performances.



They are ecstatic that France's top cabaret performer, Caroline Nin, is coming direct to the club from headlining at the Lido in Paris on Saturday 14 June (her only

Melbourne performance) to launch their birthday celebrations, before her season at the Sydney Opera House.

Other birthday performers include:

- Jo Loth (Thursday 19 to Sunday 22 June) who is bringing her hit show from the 2007 Brisbane Cabaret Festival – Dr Mandi's 9 Easy Steps to Romantic Bliss, a wicked spoof of the self-help industry - see below
- Lola The Vamp (Thursday 17 – Sunday 20 July) Australia's premier showgirl and internationally-recognised burlesque trailblazer
- Bob Sedergreen (Thursday 24 to Saturday 26 July) recent winner of Australia's most valuable music prize (the \$60,000 Don Banks Music Award 2008)

And of course everyone needs a party! All are invited from 5.00 pm on Wednesday 2 July. In keeping with their eclectic kitsch curatorial policy, each year their birthday party has become an occasion for regular guests to donate a piece of kitsch to The Butterfly Club which, over the years, has turned the venue into arguably Australia's largest collection of 20th century kitsch. This year they're going one step further and asking guests to personalise their kitsch – in the form of donating a 'mini-me' kitsch figurine that looks like you or in some way represents your personality or the character you always wished you grew up to be – to add to the collection. A chance for you to live forever among their collection! For those guests who want to go even further, they'll give a free welcome drink if you come dressed as your 'mini-me'! The most inventive 'mini-me's' will be posted to their Facebook and MySpace sites.

Cabaret cocktail of the month:

In honour of our special guest from France, we bring you the Papillon Kir Royale.

Dr Mandi's 9 Easy Steps to Romantic Bliss!

Be prepared to have your heart healed as Dr Mandi leads you through her 9 Easy Steps to Romantic Bliss. Utilising the power of alcohol, laughter and song, Dr Mandi's insightful 9 step plan is a simple, fun and easy-to-follow mantra for even the most despairingly dysfunctional romantics! Written and performed by Brisbane performer Jo Loth, the show features 'stunning jazz originals' (Time Off) with stand-up comedy, theatre and multi-media. Jo trained in Brisbane and France and is a singer / songwriter, actor and director.



Jo is a singer / songwriter, actor, and director. She began her career in physical theatre performing with Frank Theatre throughout Australia and Japan. She then co-founded fringe company theatre ACTIV8 and devised and performed in two dark cabaret shows 'Black Christmas' (2003) and 'House Broken Hearts' (2004). In 2004, Jo was awarded the Lord Mayor's Performing Arts Fellowship to study acting and voice with Pantheatre in France, and in 2006 she recorded her first EP 'Slow, secret smile' featuring her original jazz tunes. Her show 9 Easy Steps to Romantic Bliss appeared at the Brisbane Cabaret Festival in 2007.

Thursday 19 to Sunday 22 June - Thurs – Sat at 9.00pm; Sunday at 8.00pm - \$25 full / \$20 concession and for groups of 8 or more
More info: www.myspace.com/joloth

HEADS AND TALES

A quirky collection of four individual solos, the perfect ingredients to a fulfilling evening of live theatre. The interpretation of four individual stories will take you down a path of love, strength and contrasting worlds with a unique glimpse of purity and corruption. The evolution of one tale explores a woman's innocence through her childhood as she grows to exist in a world of seemingly comfortable conflict, far from the familiarity she is content with.

HEADS AND TAILS is a performance which is raw in emotion and leaves you thinking about luck in the 2-up game that is life! Performed by Amanda Kingston, James Taylor, Dave Carroll and Rhys MacAlpine, all graduates of the National Theatre Drama School. Directed by Andrew Gilbert.

Thursday 5 to Sunday 15 June (performances Thurs – Sun) - Thurs – Sats at 7.00pm; Sundays at 6.00pm - \$20 full / \$15 concession and for groups of 8 or more.



HEADS & TAILS



Tyran Parke in

A LITTLE KNIGHT MUSIC ... AND OTHER MELODIC QUESTS!

After studying at the International Cabaret Conference at Yale University, Tyran Parke brings his show A LITTLE KNIGHT MUSIC to Melbourne.

Tyran descends into fantasy and becomes convinced he is the knight errant of cabaret. The self-styled Don Quixote (with musical maestro, Nigel Ubrihien as his Sancho Panza) sets out in search of adventures while battling the windmills of the mind.

A talented story-teller, Tyran tells of the chorus boy trying to be noticed, casual employment as an exorcist's usher and singing for the maximum security inmates at Riker's Island. Each quest is celebrated in story and song, culminating in the quest to create the role of a lifetime; his award winning portrayal of George Seurat in Sondheim's, "Sunday in the Park with George" in Sydney.

Along the journey Tyran will charge headlong into the dangerous terrain of Gershwin, Sondheim, Lloyd Webber, Peggy Lee, Dolly Parton and Playschool, but live to fight another battle and sing another number!

Thursday 12 and Friday 13 June, both shows at 9.00pm - \$25 full / \$20 concession and for groups of 8 or more.

More information: www.tyranparke.com

Zac Gower is: A Lying Cheating Pervert

Why is Zac so screwed up? After too much time in Tasmania Zac decides to explore the strange compulsions that taunt and tantalise him as he lies in his bed. A blunt but fun look at the undeniable factors that make this left of centre boy. They say Tasmania will bring out your true self, and the truth is "Zac Gower is a Lying Cheating Pervert".

Thursday 19 to Sunday 22 June - Thurs – Sat at 7.00pm; Sunday at 6.00pm - \$20 full / \$15 concession and for groups of 8 or more.

Melissa Western in ELLA, MARILYN, MARLENE AND ME

Meet a reclusive bedroom mirror singer, desperate for pop stardom! Enter fairy Godmothers Ella Fitzgerald, Marilyn Monroe, and Marlene Dietrich. A wild cabaret fairytale unfolds. Painfully funny, obscenely glamorous. Winner of a 2007 Edinburgh Fringe Sell-Out Award.

Thursday 26 to Sunday 29 June - Thurs – Sat at 7.00pm; Sunday at 6.00pm - \$20 full / \$15 concession and for groups of 8 or more.

More info: www.melissawestern.com

INSANE IN LONDON

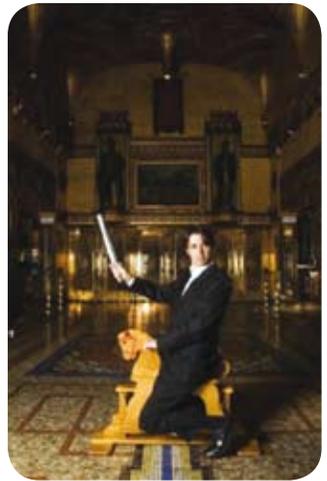
Critically acclaimed at the 2007 Edinburgh Fringe and 2008 Adelaide Fringe, guitar and violin duo Whimsical Tricycle perform INSANE IN LONDON. Performed by Kieran Butler on guitar & vocals and Michelle Wilson on violin & vocals.



Thursday 26 to Sunday 29 June - Thurs – Sat at 9.00pm; Sunday at 8.00pm - \$20 full / \$15 concession and for groups of 8 or more.

More info: www.whimsicaltricycle.com

The Butterfly Club 204 Bank Street, South Melbourne.
Book now for a great night out: www.thebutterflyclub.com



q success: 2 YEARS OF R 'N' B

I am a great supporter of private enterprise - in any shape and form. I also have a great relationship with a lot of nightclub owners and operators. Recently, Play at Heaven's Door celebrated their second year. I started by asking Chris and Barry where did the concept for running an R & B night come from, and what is the concept?

We were a relatively new Club and wanted to establish Heavens Door as a real alternative to the usual "drag show / dance bars". We looked at different music styles and looked for what was missing from the club scene, even what was popular in the past but had maybe "died off". Then we looked for good entertainers and luckily discovered that Swish and Aida had a real passion (and talent) for RnB. There were not many venues doing an RnB night at all, and definitely none in the "gay scene", and so we decided to jump in and have RnB "re-incarnated".

The concept - easy, get everyone sharing and revelling in the music so they just have to dance! Throw in Swish and her sexy RnB Dancers (Chris & Tye) with full on RnB shows but don't stop the music!! Keep it rockin'!

Have you found any aspect of the evening more appealing than any other?

It's infectious, it's such a diverse crowd but everyone just gets into it, together, and the crowd seems to become one - everyone is so happy!! And just when your own favourite track is finishing, someone else's favourite mixes straight in and it becomes your new favourite too! The whole club rocks as one from the front door right through to the back smokers' courtyard.

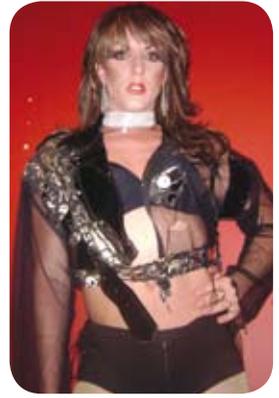
Did you ever think it would last this long?

When you start something completely different you are really just planning one "season". We didn't know what sort of crowd to expect or if they would keep coming back. But I don't think we ever expected to run this long - we are already planning our 3rd birthday bash.



How do you keep it fresh for your audiences?

Actually it's the other way around - the audience keeps it fresh and alive for us! It's such a diverse mix that love RnB, so the ever-changing crowd thrown in with our regulars just keeps it evolving into a brand new party every week, It's never boring, and the shows Swish and the boys give us are always changing. Swish and DJ Rod really "own" the night and also make it a new experience every week!



What's on the horizon for PLAY @ Heaven's Door?

PLAY RnB will last as long as RnB exists on earth, as it does in Heaven, so we'll keep on rockin as long as people are walking through the doors and leaving with a huge smile from ear to ear - and the smiles get bigger every week. Meantime, we will be throwing in some more "theme" nights, like the Pimps & Hoe's and Old Skool nights just for a bit more fun (it that's possible).



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q grants: THE PRATT FOUNDATION

The Pratt Prize For Musical Theatre - 2008 submissions now open presentation of the winning entry.

The Pratt Prize for Musical Theatre is Australia's richest music theatre prize. Valued at \$80,000, The Pratt Prize seeks to find outstanding new Australian music theatre talent through a commissioning program administered by The Production Company. This Prize, funded through The Pratt Foundation was established by Jeanne Pratt, AC in 2002.

Expressions of interest are now open for The 2008 Pratt Prize.

Jeanne Pratt, AC said "We are actively seeking young talent to further this great artform in Australia. But writers and composers can't live on their passion alone. We hope to enable them to fully explore their talents with the cash assistance and professional development The Pratt Prize provides. "Writers and composers should register their interest by July 31 to be in the running for this exceptional prize.

Offered for just the fourth time, the Pratt Prize was originally awarded as a cash prize and a workshop

In 2006 the commissioning program began with three outstanding young Australians each receiving a cash prize to further their works – Anthony Crowley, Mathew Frank and Dean Bryant.

Submissions can be as much as a fully orchestrated musical or as little as a synopsis. Creators are asked to submit their expression of interest in being commissioned along with a CV of their works to date.

Works will be considered by a judging panel that includes Jeanne Pratt AC, composer and Edinburgh Festival Artistic Director Jonathan Mills, General Manager of The Production Company, Ken Mackenzie-Forbes AM, producer and publicist John Hay-Mackenzie, journalist, author and opera critic Michael Shmith, director Roger Hodgman and consultants including the conductor, Peter Casey and actor/director, Malcolm Robertson.

Full details on the 2008 Pratt Prize can be found at: www.theproductioncompany.com.au



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q do: SKATE FOR FUN AT LUNA PARK

LUNA FREEZE- SKATE FOR FUN!

Bring your beanie and gloves! Luna Park has an ICE SKATING RINK!

Melbourne's Luna Park is making the most of the winter months with the launch of 'Luna Freeze', Melbourne's newest ice skating venue, in the middle of Luna Park's Winter Wonderland.

This is a fast-paced, icy addition to the Luna Park experience of sixteen awesome rides and attractions that we all know and love. It will entertain anyone who dares to don skates and hurtle over the ice to cool tunes under dazzling lights. There's also entertainment for the non-skaters and guests on surrounding amusement rides, as they look on to this amazing, boutique open-air arena in the centre of Luna Park.



The approximate 300 square metre arena is the only ice skating venue in Melbourne with retractable sides that provide an open air environment similar to northern hemisphere outdoor skating sites.

Mary Stuart, Executive Director of Luna Park says, "We are very excited and pleased to be able to bring ice skating back to St. Kilda. Many Melburnians will have fond memories of skating at nearby St. Moritz, which closed its doors in 1981. We hope the community enjoy this special treat, which may well become a regular feature at Luna Park."



So whether you're an experienced skater or making contact with your first pair of skates, seven years old or ninety-five, anyone can hire some skates to enjoy some frosty fun at any one of the multiple daily sessions.

So get your skates on and push, glide or swing-roll into Luna Freeze this Winter!

Luna Freeze! Ice Skating Sessions:

11.30am, 1.00pm, 2.30pm, 4.00pm on Luna Park operating days. Sessions include one hour of skating. A limited number of skaters will be allowed in each session. We recommend that you pre-book or arrive early to secure your place. Cost: \$14.00 per person including skate hire.

Luna Park Opening times:

Saturday, Sunday and Public Holidays – 11.00am to 6.00pm. Daily during Victorian Gazetted School Holidays – 11.00am to 6.00pm



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