



SEPTEMBER 2009

Q MAGAZINE



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q comment: **CAMP COMFORT**

Although I don't often promote businesses in this section of the publication, I thought this particular business (and the very camp cushions pictured below) was too good to pass up. The 4M showroom opened in Prahran in 2007, bringing an opportunity for us mere mortals to get our hands on homewares and furniture products and design services that are usually only available to architects and interior designers.

4M has been trading for just over 12 years, designing, manufacturing and supplying quality furniture and lighting for residential, commercial, hospitality and retail projects. The shop front of 4M stops traffic. It has a massive white industrial sign featuring its logo '4M' on top, and large glossy windows with some of the brightest contemporary furniture around sitting proudly inside.

They have everything you could want to spunk up your pad from sofas, sit bags, cushions, through to tables and lamps in the main showroom. Next door is 4Mwares that hosts interesting and bespoke home wares. 4M goes that extra mile, travelling overseas to source some interesting and practical design products that you won't find around the corner.



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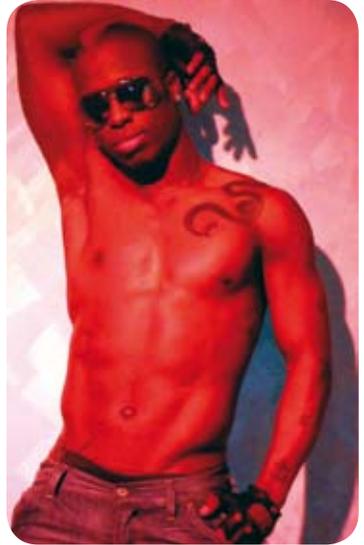
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q feature: LOREDO MALCOLM

Our cover boy this month is one of the nicest guys I have met in quite some time. He is also one very talented men - dancing and singing no less. I commenced our interview by asking Loredo to tell me a little about himself e.g. where he was born, grew up, and how he ended up living in Melbourne.

I was born in Kingston Jamaica and grew up in New York for 5 years. I have been travelling all over the world from a young age performing and entertaining. In 2004 I auditioned for the musical *The Lion King* and was successful. They brought me to the Australian Production where I did *The Lion King* for 4 years in Sydney, Melbourne, Shanghai and The West End in London. After spending 3 years in Australia I decided to apply for permanent residency, now calling Australia home.



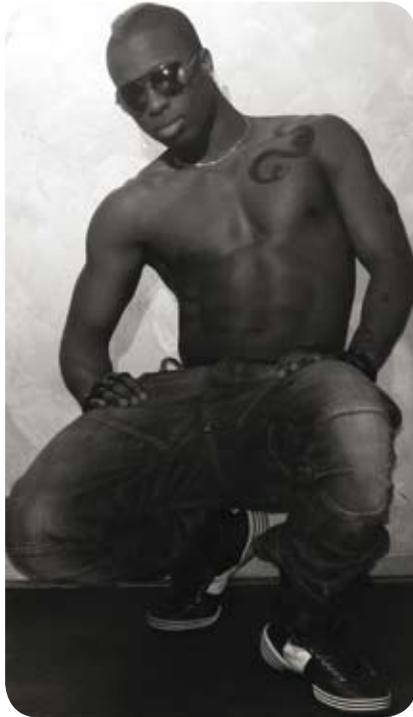
When did you know you wanted to be a dancer and what training did you go through to get where you are?

I knew I wanted to be a dancer when I was 9 years old. I did dance classes as a child in primary school and really enjoyed it. I started taking dance seriously at the age of 14 joining a performing arts school called Ashe Performing Arts - that's where I did most of my training.

How was your "So You Think You Can Dance" experience and was being gay an issue?

Having the opportunity of being a part of the top 20 dancers for *So You Think You Can Dance 2009* was a great achievement and opportunity. I have had a lot of great opportunities in my career, and have been very fortunate in that regard, but SYTYCD added another aspect to my career and I will always remember the experience I had in the competition. I made it to the top 10 and went on the Australian tour. It was an amazing journey for me.

I consider myself a very private person and always try to keep my personal life from my professional career. I am a proud Gay man and love the gay community, but I didn't feel that I needed to make it a public thing on television. All of my friends and family and commercial road (hehehe) knows that I am gay, so it wasn't an issue for me on the show.



What are you doing now?

I am now back in Melbourne. My next major plan was to start my own dance company - which I did.

The company is called LOcREaDO Dance Company - www.LOcREaDO.com Just recently I had an audition workshop and had 38 great dancers participating. I am looking on having my three night season at the end of the year.

Other things I am doing include: photo shoots; modelling; teaching; and the most fun one is enjoying performing at Heavens Door - every two weeks and entertaining the people who supported me throughout the competition...fun times.



q youth: with **TASMAN ANDERSON**

“Show us your tits!”

“Web cam me baby and I’ll show you a good time”

We have all heard these lines from one time or another in various chat rooms and usually we are able to disregard them as desperate attempts by men (or women) looking for someone to ease their sexual frustration.

But when teenagers enter chat rooms with the intentions of befriending others, does this kind of behaviour warrant as sexual harassment? And are they affected by it?

It is no secret that any chat room can be a nesting ground for paedophiles who pretend to be a teenager themselves in order to create a bond between them and their victim and trick them into meeting, in which they would proceed to harm them in one way or another.

Teenagers are unaware of the dangers that lurk in chat rooms and so, don’t comprehend the fact that even giving out their last name can be a cause for concern. I begin to wonder whether teenagers ought to even be allowed in chat rooms. Even though teen chat rooms exist, there is no real way to ensure that the teen chatters are really who they say they are. But chat rooms aren’t all bad, considering they offer a chance for teenagers to talk to someone without fear of judgement.

Chat rooms also allow teenagers to make friends from all over the world and create strong bonds. We can all remember what high school was like; with the bitchy girls spreading rumours and the sporty guys flexing their muscles and bragging about which girl they slept with. Chat rooms allow teenagers to escape this environment and meet others that have similar tastes to them. They can’t be all that bad if they are able to help teenagers through their touch adolescent years.

With so much teen angst in the world today, it is not surprising to find so many depressing subjects discussed in teenagers chat rooms. This is a time of their lives that seem to awaken them to the world and introduce them to new experiences, causing confusion and depression. When life becomes too much for them to handle, they need someone to talk to about it all. Most teens have someone they can talk to like their best friends or close family members.

However, there are also many kids in this age group who feel they have no one to turn to. That’s when they sit down at their computer and search for someone to tell all their troubles to, and who can in turn comfort them.

A few years back, MSN had special chat rooms that I along with many other children absolutely adored. We found connections to other countries which helped us to learn foreign culture and languages and we were able to meet people with similar interests in music, television and sporting adventures. These were a great way for children to learn technology and create friendships outside of their own community. This unfortunately came to an end when people began to abuse the system and use to convince young adults into performing sexual acts and by treating the chat space as a place to hook up with other adults for “a good time”.

What amazes me is that so many people don’t think twice in regards to chat rooms, they instantly see them as dangerous and dirty. They begin to believe that their only purpose is to lure their children into a world of secrets and deception. This is not the case, many chat rooms have been set up so that school officials can tutor students outside of school times and many have been set up for GBLT teenagers to meet others like them and form relationships.

But no matter what your reason is to be in a chat room, make sure you keep all your personal details private; otherwise anyone can find you.



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q lifestyle: with PETE DILLON

I do get some plum little gigs... and recently had the opportunity to dine and drink of the spoils of Voyager Estate, from the Margaret River in WA. And they brought the Margaret River to us.

Voyager Estate is situated in a triangle between Margaret River, Witchcliffe and Prevelly in southern Western Australia. It is a region known for great grapes that make better wines.

Exec Chef Nigel Harvey spent a week recently as a guest chef at The Intercontinental in Melbourne and was able to prepare a sumptuous 4 course menu, replicating that from the award winning restaurant in WA. He prepared some great canapés, followed with an Asiette of Seafood that included Western Australian Marron. Venison as a main was teamed with a mushroom ragout and tempura enoki mushrooms and finally, a selection of cheese finalised the meal. Nigel is a talented chef with a passion for elegant simplicity in his food, and whose focus on fresh, clean flavours is clearly an imperative for him.



Wines were also from the Estate and were introduced by wine maker Travis Lemm and the Viticulturalist, Steve James. A snappy little Sem Sauv Blanc, 2 tremendous Chardonnay's and their blended Cabernet Sauvignon Merlot from 2004, 2003 and 2001, all of which were rich with plummy berry fruits and blackcurrant sit nicely with the finely layered tannins – neither of these dominate which allows a silky smooth drinking experience from all 3 vintages we tried – each rated between 95 & 97 points by James Halliday.

One can see why the Voyager Estate brand remains successful almost 20 years after it was founded – their wine production is consistent, and maintains a commitment to excellence in quality. The focus on utilising fruit from across their vineyards to ensure that the best is made into this signature red is a wise choice indeed.

Speaking of great food and wine, my bible was released to great fanfare again on Monday night – the Age Good Food Guide, and awards presented to some very deserving recipients.

Jacques Reymond remains at the pinnacle of the Melbourne Food scene, achieving another 3 hats this year alongside Vue de Monde. I was a little disappointed for one or two other restaurants that I believe deserve a spot in that esteemed group, including the extraordinary talents on Ben Shewry at Attica in Elsternwick. I would suggest that this restaurant is as deserving as Vue, but this remains my humble opinion.

Great news of course for others achieving 2 hats, including the exceptional talents of the handsome Dallas Cuddy from Verge, and some new entries into this category, including Young Chef of the Year, Nicolas Poelart from Embrasse in Carlton. An interesting dining experience it is. I love seeing whats happening to the food scene in regional Victoria as well. No less than half a dozen deserving establishments have been recognised with 2 hats, including stayers The Lake House and Alla Wolf-Tasker, and Patrizia's with Patrizia Simone in Bright. The Merrijig Inn in coastal Port Fairy was recognised as Country Restaurant of the Year, and Provenance in Beechworth was also recognised. The Royal Mail in Dunkeld took the Country Wine List award under the stewardship of Lincoln Riley, who also received a nod for the Wine List at Taxi.

At the risk of being a little parochial, I was thrilled to see a few of my friends recognised again with 1 hat, including Maurice Esposito from Esposito's in Carlton. His recent changes to ensure a reduction in his carbon footprint, by focussing on locally produced supplies can only serve the restaurant better – well done Mo.

Even after a leak just prior to the award announcements, the evening was a hit, hosted by a flirtatious Julia Zemiro, and becoming a who's who of Melbourne foodie event. The biggest nod of the night went to Andrew McConnell, who has been nothing short of prolific this year. Opening both Cumulus Inc in the city, and the already hard to get into Cutler and Co, he was awarded Chef of the Year. Andrew is just one of those really nice guys you get the chance to meet once in a while, and deserves everything that is awarded to him.

Next month - great news on new fizz for the Spring Carnival and Christmas. If you want to stay up to date with food and beverage ramblings from across Victoria, tune into Joy 94.9 each Saturday between 1-2 pm for Cravings, hosted by yours truly, that includes all manner of goings on in food and booze in Victoria. If you don't live in Melbourne, you can stream at www.joy.org.au/listenlive For more information on anything in this column, please contact Pete at lifestyle@qmagazine.com.au or call 0409142365

q money: with EVAN DAVIS

Some people are good with money, others are...well...not so good with money. This may seem like an over-simplification although I'm pretty sure that, if you tried, you could reduce everybody that you know into one of these fiscal categories! If you're in the latter category, it's not necessarily a problem; you merely need to be more proactive and better equipped!

Take simple steps to protect yourself from yourself! You may be surprised and discover that you can save for a rainy day or have money for that holiday, even a deposit on a property!

Separating bank accounts is a good way to go. With internet banking it's easier to keep track of your bills and to keep separate your 'walking around money' from your actual savings for bills, repayments and the like. Keep tabs on your disposable income and make sure you're not eating away at money which has already been spoken for; rental commitments, car payments, etc, etc... You can take this one step further. Ask your pay-roll officer, or boss, to split your salary between an everyday account and your savings account. Alternatively, set up a periodic payment system between your own accounts to achieve the same result.

Dire or not, draw up a budget. It won't take long and money will no longer be wasted as every dollar will be accounted for. Also, knowing how much you have to spend means you'll be less likely to splurge. A humble Microsoft Excel spreadsheet and a few clicks of the auto-sum button will have you on the right financial track pretty quickly indeed. Remember, it's not necessarily just how much you earn, it's also important how much you save.

Budgeting is also important as it'll make you consider and therefore realise your goals sooner! If the 'The Secret's' Law of Attraction doesn't seem plausible to you, you'll need to be self motivated and proactive. Remember, whether it's a blu-ray surround sound home theatre system or early retirement you're after, you'll need to save up.

These words seem bitter and hypocritically as I type them as I've never been able to make this suggestion work for me, but leave your cards at home. Not having your credit card or ATM card is drastic, but you'll only be able to spend the cash you carry. Going out is expensive, and nobody wants to appear cheap and miserly, although you can get away with it if you're a little more conscious of how much you could (and should) be saving.

Finally, saving your small change in a box, jar or piggy bank and then depositing it at your local branch can be a nice little injection into your savings at the end of the month. Maybe even dedicate this money to luxury items, as a reward for your new found thrift and money saving skills.

We're all constantly being exposed to insidious advertisements with the sole purpose of separating us from our hard earned bread. Hey! we're all well aware that we are living in a consumer-centric society. We really don't need a brand new iPod or the latest Laptop, but saving, budgeting and considering your goals will enable you to spend more wisely. *Tim Davis for Evan.*



Retail Business for Sale



Eagle Leather, Australia's iconic leather/fetish store is for sale, due to the owner's pending retirement.

"We put the Fun and Excitement back into your Adult Life" is the mission of Eagle Leather.

Innovative Quality products from Australia and overseas, an unequalled Range of stock, well-developed Systems, and dedicated, trained Staff are the cornerstones of this profitable, specialised adult business.

A unique program of seminars and hands-on workshops helps customers to understand and use the products safely and for maximum enjoyment.

A large online store complements the warehouse size physical store. The business has a solid connection with its Melbourne and Australian communities. There is potential for growth.

Location: Melbourne City fringe (Abbotsford).

Expressions of Interest should be directed in confidence to
The Manager, Burmer Management Services Pty Ltd,
P.O. Box 202, ABBOTSFORD VIC 3067
E-mail: bburmer1@bigpond.net.au

q art: OUR NATIONAL GALLERY

National Gallery of Australia announces one of the most exceptional art events ever to be held in Australia. Masterpieces from Paris: Van Gogh, Gauguin, Cézanne and beyond, an extraordinary exhibition presented by the National Gallery of Australia in association with the Musée d'Orsay in Paris, was officially announced today by the Arts Minister, The Hon Peter Garrett AM, MP.

From December through to April, the Australian public won't have to travel to Paris to see masterpieces by Vincent van Gogh, Paul Gauguin, Paul Cézanne, Georges Seurat, Pierre Bonnard, Claude Monet, Maurice Denis and Édouard Vuillard - they can visit them in Canberra.

"Australians will be able to experience the best of French culture in the nation's capital over summer and autumn 2009 and 2010. This truly is a once-in-a-lifetime opportunity for art lovers and first-timers, students and families to see these renowned works that many have grown up with in art history books. Canberra will be the world premiere for this exhibition, which will then travel to Tokyo and San Francisco," said Arts Minister, Peter Garrett.

Among the 114 paintings included in the exhibition are some of the best-known works of modern art. These works draw millions of tourists in Paris to the Musée d'Orsay, one of the great museums of 19th-century art.

"This is the most important exhibition to come to the National Gallery of Australia. Never before have so many famous masterpieces been brought together for one exhibition in this country. We are delighted to be co-curating this exhibition with the Musée d'Orsay in Paris, the museum with the most significant holdings of Post-Impressionist art in the world. These works almost never leave the Musée d'Orsay even singly and never before in these numbers," said Ron Radford AM, Director National Gallery of Australia.

The National Gallery of Australia also announced the exhibition partners, including presenting partner the ACT Government, who are financially supporting an exhibition at the National Gallery of Australia for the first time.

"When the ACT Government was presented with this opportunity by the National Gallery of Australia, we knew we had to seize the chance to support this outstanding exhibition. Masterpieces from Paris will generate a tremendous economic and cultural impact for the ACT and for Australia," said Jon Stanhope, Chief Minister Australian Capital Territory.

The National Gallery of Australia also wishes to acknowledge the significant support of the Federal Government, the other presenting partner for Masterpieces from Paris. The Federal Government's Art Indemnity Australia program will provide indemnity for this exhibition.

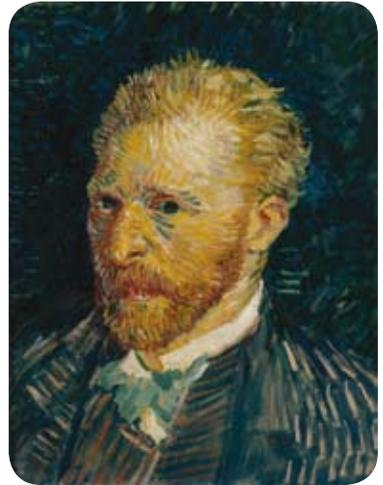
Without this, the high cost of commercial insurance would prohibit this major exhibition from coming to Australia.

In addition, the National Gallery announced that long term partner National Australia Bank has entered in to an eight year strategic partnership with the Gallery as Education and Access partner. The partnership will ensure that as many Australian children and members of the community as possible are able to experience and learn about great works of art, such as those in this exhibition.

Masterpieces from Paris shows the explosive arrival of modern art in Europe. The most famous and influential painters are represented by many works. The exhibition showcases seven van Goghs, nine Gauguins, eight Cézannes and eleven Seurats. In addition, there are many paintings by Bernard (five), Bonnard (nine), Denis (ten), Monet (five) and Vuillard (eight), among others.

Visitors will encounter van Gogh's Bedroom at Arles 1889, Gauguin's painting Tahitian women 1891, Cézanne's beloved Mount Saint-Victoire c 1890, and many other great examples by Post-Impressionist painters.

Masterpieces from Paris is one of the most exceptional art events ever to be held in Australia, the exhibition will be on show in Canberra only at the National Gallery of Australia from 4 December 2009 to 5 April 2010.



Vincent van Gogh Portrait of the artist 1887
Musée d'Orsay, Paris
© RMN (Musée d'Orsay) / Gérard Blot

q festivals: ADELAIDE'S FEAST

FEAST'S HomeGrown

Over the past thirteen years, Feast has grown to become one of Australia's leading and highly respected queer arts and cultural festivals. One of Feast's strengths is exploring, nourishing and celebrating our diverse communities, and this is always strongly reflected through the varied range of program highlights.



In 2009 Feast will showcase HomeGrown queer talent to as wide an audience as possible, with events for youth, right through to our more seasoned participants. Feast will explore home grown stories in the performing arts, film, literature, visual arts and more and . Feasts own productions will tell tales from the heart of our queer city sharing diverse stories and situations GLBTIQ people find themselves in, throughout the course of our everyday life.

Feast 2009 (November 14 – 29) will feature ground breaking new artistic work, flourishing works in progress, legendary artists plus a series of community cultural development projects nourishing the wealth of home grown talent in our city and ourselves bearing fruit for Feast.

Add the diversity of community events Feast is famous for and you have the recipe for a HomeGrown Feast.

Feasts' own HomeGrown journey will play a part in this year's festival with the growth of the Feast Team. After a thriving and fruitful journey with Daniel Clarke another chapter starts in Feasts own HomeGrown story with Kerry Ireland now 'planting the seeds'.

To be the first to hear about Feast events and to receive preferential and discounted seating, why not join ClubFeast. For only \$20 waged or \$10 concession, per annum we provide a range of quality benefits including discounted merchandise, alcohol deals at our Hub and discounted Tix prices. To join ClubFeast go to www.feast.org.au



For more information on this year's event:

- visit www.feast.org.au;
- join their mailing list now and receive Hello Feasters E-Newsletter;
- join ClubFeast and access discounted tickets, preferential seating, merchandise discounts and special offers throughout the year; or
- get to the Program Guide Launch on Friday evening 2nd October at Higher Ground.

For further information on Feast, phone (08) 8463 0684 or email allthings@feast.org.au and don't forget to regularly check out the website. Tickets go on sale Saturday 3rd October through BASS www.bass.net.au

2009 FEAST Festival November 14 - 29

Adelaide's annual festival of arts and culture celebrating diverse sexualities and genders

2009 FEAST Festival
November 14 - 29
Adelaide's annual festival of arts and culture celebrating diverse sexualities and genders.

This year's theme of **HomeGrown** brings together a diverse range of international, Australian and South Australian artists performing in mediums such as titillating theatre, inspirational visual arts, spectacular dance, 'side splitting' comedy, fabulous music, dynamic literature program and our ever popular key events - Opening Night Party, Picnic in the Park, After Picnic Party and Hub activities.

Tickets go on sale Saturday 3rd October through BASS. www.bass.net.au

For more information on this year's event, visit www.feast.org.au, join our mailing list now and receive Hello Feasters E-Newsletter, including special offers, join our exclusive ClubFeast or unite with us at the Program Guide Launch on Friday evening 2nd October at Higher Ground.

q drag: PARIS

Alan Mayberry spoke to Paris and soon realised she loves performing as much today as when she first started 20 years ago. She was awarded the Rainbow Hall of Fame in 2005 and has stayed at the top of the game ever since.

As a child on the gold coast, Paris always wanted to be one of the girls in the 'Sea World Ski Show Spectacular'. She loved the glamour of the costumes, the smell of fish guts and the roar of the crowd – well the film *Jaws* ruined that dream, so she headed south for the glittering lights of Melbourne town.

When here Paris discovered the world of competitive horse shows. Once again the thrill of a roaring crowd, the smell of horse manure and the beautifully tailored clothes were a major draw card for her. It is something that she still very successfully competes in around the country and outside of the drag world.

As a true party child of the 80s, the androgynous looks of Boy George, Marilyn and Pete Burns were all the rage and it was a boat Paris didn't miss. Through these parties Paris became friendly with club promoter and performing drag artiste Gavin Brown aka Hot Coco. It was Gavin who first booked Paris to work in the infamous but now defunct Cadillac Bar – 'HERE SHE IS BOYS HERE SHE IS WORLD – HERE'S PARIS!' A legend was born.

Very early on, Paris' ability to accessorise and put a look together set her apart from the rest. As far as she is concerned, too much is NEVER enough and bigger is definitely better – an aesthetic and standard that she holds true to today. A large part in creating her look has been long-time friend and good-time gal Rita Le Coqueater. Between the two of them they have created some of the most memorable and amazing costumes Melbourne – nay Australia – has ever seen. Nobody wears Rita's clothes quiet like Paris. In more recent times the beautiful former *Les Girls* showgirl Monica St Clare has been responsible for helping Paris to maintain her incredible couture looks. One constant for her, is her hairdresser. Some went to Lillian Frank, some went to Edward Beale, but Paris would let nobody touch her hair but the brilliant Peter McBean!

Soon after the birth of Paris as we now know her, clubs started to approach her and regular seasons soon followed, giving us some of the most memorable drag shows seen in Melbourne including the famous *Le Gore's Backyard* produced by Kerrie and Kevin Attwood at the Xchange, and Fab 3 and PZR for Ken Payne at 3 Faces. A personal highlight was working at the Market Hotel in *Divas of the Decade* with Debra le Gae, Corrine Day and Renee Scott. As well as a 6 year stint at Crown Casino's Heat nightclub working alongside Molly Meldrum and new sidekick and general misery guts Pussy Willow. Through Heat, Paris has met some of her long-time heroes, including George Harrison from the Beatles, dining with Elton John and fingering Suzie Quatro at the cocktail bar - a night both Paris and Suzie would like to forget.

Not long after her contract with Heat expired, Paris was approached by a very insistent Laurie Dunstan of the Greyhound Hotel who persuaded her to do a 6 week season.



Seven years later it is still going strong and celebrates its 14th birthday as a gay venue on 12 September. The Greyhound, now known as the GH, has been co-producing with Paris, the show, *The Classics*, to an ever-increasing crowd and Paris could not be more thrilled about it. To do a show every week that is as much burlesque as it is top 40 is a real thrill for Paris. To be able to show a whole new generation how the "old school girls" did it with class, flair and campness, but mixed with a distinctly modern twist is what makes each week a genuine blast for Paris. The orgy she organises in the dump master in the back lane each week at 3am is an added bonus!

As with everything in her life, Paris is very much about the aesthetics and what looks pretty. Keeping that in mind, Paris now spends a goodly amount of her time overseas looking for the most dazzling gems and fabrics she can find. So whether it's rummaging through a fabric stall in Hong Kong, a jeweller in Las Vegas, or having her 4th facelift tweaked in Bangkok, it's all about looking good and being the best you can be – no expense spared. Paris's only wish is she had the discipline to keep a diary – with some of the sights she's seen the diary would soon keep her!

An ongoing source of inspiration for Paris is her dear, dear friend Vivien St James, who tragically passed away earlier this year. Paris will tell you that the dressing room at the Greyhound has not and will not be the same again without her. But it is that loss that drives Paris onto doing bigger and better shows that Vivien would have been proud to be a part of.

So should you find yourself talking to a 7 foot tall woman who looks like she may have stepped straight out of an MGM musical, buy her a drink and tell her she looks pretty. Lord she knows she's spent enough money on her face to do so! And keep in mind that you are talking to a person who has dined with royalty, worked overseas and tried to kill a man with her bare hands (seriously and no not Rita), but mainly somebody who just wants to have a good time and look good doing so – you are talking to the one and only PARIS!



q theatre: **SEPTEMBER STUNNERS**

Club news:

Submissions are now open for the cabaret version of the world's most successful showcase event, Short + Sweet. The Butterfly Club is again proud to sponsor Short Sweet+Cabaret, but the event itself is moving to Chapel Off Chapel in Prahran to manage increased demand. Short Sweet+Cabaret will be held from Thursday 12 to Sunday 22 November. For more info, go to www.shortandsweet.org or follow Festival Director David Read via twitter.com/shortsweetcab Image: 2008 winner Elenor Jane Adams, photo by Rory Fink.



Cabaret cocktail of the month:

The Butterfly Club is dishing up dirty martinis to celebrate the long-awaited return season of The Beautiful Losers. Welcome back boys!

Looking ahead:

Get your jumpsuits out from the back of the wardrobe... Dave Graney is making a return season Thursday 22 Sunday 25 October.

The Butterfly Club

204 Bank Street, South Melbourne

Tel 9690 2000

Tuesday through Sunday from 5.00pm til late

Celebrating ten years as Melbourne's best alternative night out

make a secure booking: www.thebutterflyclub.com

follow them: [www.twitter.com/butterflyclub](https://twitter.com/butterflyclub)

become a fan: www.facebook.com/butterflyclub

The Beautiful Losers are OFFENDING THE VAST MAJORITY OF AUSTRALIANS.

After 'offending' their way to dual Green Room Awards and a Melbourne Fringe Award, these three veterans of the Melbourne Fringe, Cabaret and Comedy Festivals return to their 'spiritual home' for late-night R-rated antics throughout September. Performed by Mark Jones, Adam Murphy and Karlis Zaid.

Fridays and Saturdays at 10.30pm – 11th, 12th, 18th, 19th, 25th and 26th of September (six performances) \$25 full / \$20 concession



DAVID PEAKE HAS EVERYTHING HE NEEDS

David Peake lives in a wonderful world much like ours. It has its flaws too, of course. Like the plight of sandbag the dog who faces imminent death in Iraq. Nonetheless, he sees the silver lining; terrific bargains at ALDI, great shows on the telly, an iPhone in his pocket, his world is quite possibly excellent. So why on earth would he want to stab someone in the face?

Thursday 17 to Sunday 20 September (four performances) 7.00pm Thursday – Saturday, 6.00pm Sunday \$22 full / \$17 concession



CREATING SOLO CABARETS – PERFORMANCE NIGHT

Graduates of the Creating Solo Cabarets course present extracts from their developing shows: an eclectic, unexpected and entertaining evening of performances from emerging cabaret artists.

Tuesday 22 and Wednesday 23 September (two performances) 8.00pm \$22

SHITCAGO

Everyone has a dream...And then shit happens...And then Shitcago happens...A quirky tale of heartbreak and triumph as Melina strives for success and All That Jazz.

Thursday 24 to Sunday 27 September (four performances) 7.00pm Thursday – Saturday, 6.00pm Sunday \$22 full / \$17 concession



q charity: ART MEETS SEX

Supporting Arts Meets Sex at Wet on Wellington

The {also} Foundation are proud to support a unique event produced and performed by Mzzz Erin Tasmania (of 'Gay Shame' fame); a homage to Bette Midler entitled "Back to the Bathhouse" at 'Wet on Wellington' in Collingwood.



Erin, pianist Tom Williams, and some sexy, underwear clad go-go boys; 'The Dancing Fagettes' will be tearing up Wet in a unique and controversial entertainment extravaganza. {also} is supporting the show and promoting sexual health within the event; the show will include some intriguing and thought provoking discussion about sex and wellbeing.

Lyn Morgain CEO of {also} stated; "I think that the Bathhouse shows will be splendid sex positive queer arts events. They will be a unique opportunity to raise the profile of sexual health in an innovative and fun way. It's also a fantastic collaboration of GLBTI community, arts and business groups."

Wet On Wellington - September 10th, 17th, 24th @ 8:30pm **Madame Brussels** - September 11th, 12th, 13th, 18th, 19th, 20th, 25th, 26th, 27th @ 6:30pm For bookings or further information email backtothebathhouse@gmail.com or gabrielle@also.org.au

q people: HARRY CONNICK JR.

THE NEW HARRY CONNICK JR ALBUM, "YOUR SONGS" AVAILABLE FRIDAY, SEPTEMBER 25

Sony Music recording artist, singer and pianist Harry Connick Jr. has released a phenomenal 24 albums under his own name, which have sold a cumulative 25 million copies around the world. Although he has recorded various genres of music, from traditional pop to instrumental jazz to funk and blues, he has shown a deep and abiding affection for The Great American Songbook (and his own songs written in that classic style).

Connick's newest album both extends this tradition and compliments it. Like his best-selling Only You of 2004, *Your Songs* consists of Connick singing familiar songs with a full jazz big band and string orchestra, and, as with nearly all of Harry's previous albums, he wrote each of the orchestrations himself. He also recruited two of his lifelong friends from New Orleans, Branford and Wynton Marsalis, as well as bluegrass guitar virtuoso Bryan Sutton, for guest appearances on the record. On most of his albums, Connick is a virtual one-man band. "My usual pattern is I either write the songs or pick the songs," he says. "Depending on the configuration I arrange, orchestrate, conduct, sing, and then oversee the mixing and mastering. You might say that I'm very hands on."



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Privacy Supporting

q health: SOLVING LIPOATROPHY

Changing the 'face' of living with HIV. Subsidised facial volumiser proving more than skin-deep for HIV-positive Australians

The quality of life of one-in-eight Australians living with HIV will now improve with the Government subsidy of a treatment that helps correct severe facial wasting that can be caused by antiretroviral medications. The Government's Pharmaceutical Benefit Scheme (PBS) is now subsidising Sculptra® (poly-L-lactic acid), an injectable facial re-contouring product that stimulates the body's natural collagen production, gradually restoring lost facial volume due to lipoatrophy. Sculptra® will be reimbursed for severe facial lipoatrophy in HIV patients – a visibly dramatic, distinctive loss of fat in the face resulting in sunken cheeks, hollow temples and a general skeletal appearance – caused by the use of highly active antiretroviral therapy (HAART) for HIV.

The introduction of HAART in the early 1990s meant an HIV diagnosis was no longer the death sentence it had been a decade prior. While Australians living with HIV today have a similar life expectancy to the general population, the success of this treatment can have complications, with 24 per cent of this population using HAART experiencing severe facial lipoatrophy and its associated complications. The decision to reimburse Sculptra® on the PBS was based on clinical trials that show gradual treatment with Sculptra® allows people to restore their normal facial appearance, by reducing skin depressions, leading to a significant improvement in their quality of life.

According to Mr Brett Archer, plastic surgeon at the Alfred Hospital, Melbourne and an Australian pioneer of (poly-L-lactic acid) PLLA use in the HIV population, facial lipoatrophy is a major cause of depression and anxiety among the HIV community. "A survey of men living with HIV revealed more than 55 per cent of those with facial lipoatrophy believed others could tell their HIV status just by looking at them. That's a startling figure and five times greater than HIV-infected men who don't have facial lipoatrophy. HIV is clouded by much stigma and discrimination, and is often associated with victimisation," said Mr Archer.

"It's not surprising then, that people living with facial lipoatrophy feel exposed to much judgment. However many people do not realise that HIV can be spread from blood-to-blood for example, via blood transfusion, by sexual contact, or from a mother to her unborn child."

About HIV

HIV refers to the human immunodeficiency virus, which weakens the human immune system, reducing the body's ability to fight off infection and disease. HIV is transmitted when bodily fluids are passed from one person to another. As of September 30, 2008, there were 28,099 registered cases of HIV in Australia. In 2007, the cost of prescriptions for anti-retroviral treatments in Australia exceeded \$118 million.

About lipoatrophy

Lipoatrophy is the technical term for the loss or 'wasting' of fat from the face and other areas of the body such as the buttocks, upper arms, legs and thighs. Moderate-to-severe lipoatrophy of the face has a noticeable 'sunken cheeks' appearance and may also include loss of fat around the nose, mouth, temples and eye sockets. In people, who are otherwise healthy, an emaciated appearance resulting from facial lipoatrophy can have a devastating impact.

About Sculptra®

Sculptra® contains poly-L-lactic acid (PLLA), sodium carboxymethylcellulose and mannitol. Sculptra® should not be used in any person with hypersensitivity to any of these components or anyone with infection or inflammation of the skin near the area to be treated.

The intended use of Sculptra® is for injection beneath the skin in areas of tissue loss, to increase the volume of depressed areas and/or to correct the signs of facial fat loss (lipoatrophy). Side-effects are common with many injectable products and the most common side-effects associated with Sculptra® are injection-related such as bleeding pain, local redness, bruising and swelling.

PLLA is non-toxic, even in large quantities in the body, and has been widely used in products such as resorbable sutures, and for tissue regeneration, for more than 30 years. Worldwide, the product has been used since 1999, with more than 150,000 people having been treated. Sculptra® may only be administered by physicians or surgeons who have attended and successfully completed a Sculptra®-specific training session.

Sculptra® is PBS subsidised for the correction of severe facial depression or volume depletion caused by the use of HAART in people living with HIV. Sculptra® is a registered trademark of sanofi-aventis.



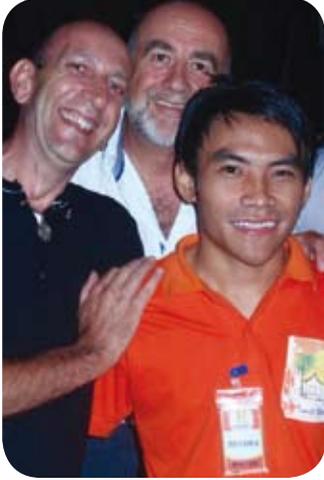
Got a question
about HIV or
sexual health?

q travels: with WALLY COWIN

Bali beach shack

Every day is a holiday or festival in Bali for someone or somewhere.

Once you are done with the breakfast buffet, had that massage, organized the transport, topped up the tan and finished the shopping, it's time to take in some live music and show.



Bali Beach Shack proudly fly the Australian flag at Julian Sahadewa 7, Legan, not far from the beach and just round the corner from the Padma Hotel - a local landmark.

"A taste of Home at Bali prices", boast Robbie & Jeff (aka Miss Jenny La Gay - your hostess with the mostess). Bali Beach Shacks extensive menu offers local cuisine, daily specials with imported Aussie Steaks & Lamb chops, and on special occasions you'll find authentic Aussie meat pies.

The large TV screening on big match days proving a mecca for ex-pats or tourists wanting to Aussie, Aussie, Aussie.

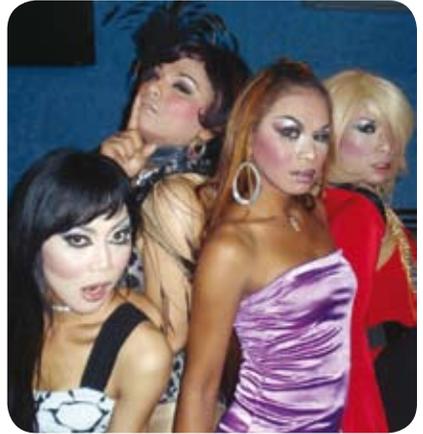
Lady-Boy (drag) shows always play late on Thursday, Friday and Saturday nights featuring great

local acts with spot numbers. Watch out for the audience participation. It's best to book a table if you're having dinner and show as some tables face the street (Julan).

Twitter has seen an influx of guest artists. Entertainers from Brisbane and the Gold Coast are planning to upend things soon, but for now Monica, Corazon, Nury & Sylvia keep you entertained with "It's Raining Men", "I am Woman" and other international anthems.

I was introduced to tourists from the world over. The bar staff kept the Bintang coming and a good night was had by all.

Bali Beach Shack, you can take it from me, it's worth a look see.



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OR JUST WANT TO FEEL GREAT AND LIVE LONGER?

q films: NEW COMPANY LAUNCHES

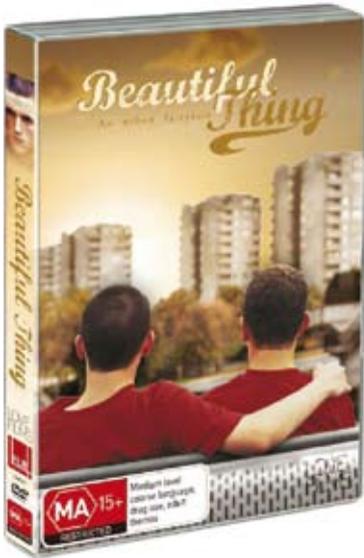
LOVE FILMS celebrates the best gay stories on screen: drama, comedy, romance and documentary films made about and for queer audiences. Boy meets boy, not boy meets girl. It's that simple. In Australia, an estimated six to 10% of the population is gay or lesbian – approximately 1.4 million people.

LOVE FILMS

LOVE FILMS caters to this audience: gay men and women, representing a significant group within the population, whose lifestyle is not often reflected in mainstream cinema. The label is operated by Simone Ubaldi, with PR and Marketing by Anthony McCarthy. A former Acquisitions and Label Manager in the DVD industry, Simone established the queer cinema label FQ Films in early 2005, building a significant catalogue and brand presence over the following four years. Anthony McCarthy, previously PR and Marketing Manager for FQ Films, brings over 20 years experience in marketing and promotions to LOVE FILMS.

LOVE FILMS first licensing partner is the prestigious production company Film4, which has sold the rights to Beautiful Thing and Bent (starring Clive Owen) to the fledgling label.

"Film4 are delighted to have found such an appropriate home for these very special films," says Nada Cirjanic, International Sales Manager for Film 4, "We believe that the team at Love Films has the experience and enthusiasm to nurture Beautiful Thing and Bent and to ensure these films find the largest possible audience in Australia."



LOVE FILMS is distributed by One Stop Entertainment (OSE). CEO Will Heine welcomes the label to OSE's thriving distribution business.

"One Stop Entertainment is very excited to be working with Love Films. We are confident that with Simone and Anthony's passion and experience we'll be well positioned to establish Australia's strongest queer cinema collection on DVD."

LOVE FILMS will debut with the release of the classic British coming out story, Beautiful Thing. Released theatrically in Australia in 1998, Beautiful Thing is the joyful story of two South-east London teenagers who fall in love under the watchful eyes of their entire housing estate.

Sweet and genuinely funny, Beautiful Thing sidesteps the conventional drama of working-class homophobia and gives us an urban fairytale instead – a simple teenage romance, with all the joy and heartbreak it implies, that happens to be between two 15-year-old guys. Beautiful Thing was written by Jonathan Harvey, the creator and writer of critically acclaimed BBC series Beautiful People, currently screening on ABC2.

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in bed: with BEN

Here's 5 Ways You Can Get More of It?! Am I talking about s e x? Hmm, no! What's that again? Although if you did have more of this you'd be able to fit in all of the s e x you liked. Today however I am actually talking about time. The one thing that we all get the exact same quota of but swear black and blue that we don't.



Just imagine how I felt after working seven days a week for the past two months after the release of my new book. My schedule consisted of hosting/presenting at over twelve business events, fitting in two media appearances, arranging a book launch, attending client and business meetings and having the unfathomable task of being 'perky' at each and every one of them. I did however manage to pull it off without having to crawl into the corner to take the foetal position.

What do I do differently that others don't? Let's take a look.

1. Put it into Perspective – We each have the same amount of time as Donald Trump, Madonna and Richard Branson, (I know, you'd spend more time on your hair if you were Donald, so would I). No one has a secret quota of time stashed in their back pocket. It all just comes down to what you do with it that counts (hmm, sounds suspiciously like another saying I know). For example, did you know that you and Oprah have something huge in common? Yup, you both have 7 days in the week. Shocking I know!

2. Quit your Moaning – Every moment you complain that you don't have enough time you are wasting more of it. Quit your moaning and get on with the job. Plus, moaning is one of the most unattractive attributes you can bring to any relationship, business and otherwise just ask your partner!

3. Lethargic Lump of Pudding – Are you unfit and tired? Drag yourself off of the couch at the end of each day and hit the gym (not literally as that would hurt). Your fitness must take priority. You are not going to do anyone any favours if you are unfit and struggling to get through the day with a clear head. Exercise relieves stress and tension. Schedule a specific time each day to go for a walk, go to the gym or to do yoga - anything that gets you active and moving.

4. Self Discipline – If you have a busy schedule it is even more important that you watch what you eat. Certain foods will make you feel lethargic. Do you eat sugary foods that peak your energy levels then cause you to come crashing down? Avoid them all together. My breakfast routine for the past two months has consisted of eating two raw carrots, celery, muesli and drinking ample amounts of water. This gets me buzzing for the day ahead. Get your engine off to a good start. Also, avoid drinking too much alcohol - especially during business meetings.

5. Schedule Tasks and Time Them – We tend to put off tasks that we think are too big to complete. Purchase yourself a digital cook's timer from an electronics store and time each of your tasks throughout the day. You will find they don't take as much time as you 'perceived' they would. Block out your day hour by hour to fit more in and that includes gym and downtime with family and friends.

What are your time saving tips? Share them with us here as my happy hour has just started...

Ben Angel is the author of the new controversial book, 'Sleeping Your Way to The Top in Business – The Ultimate Guide to Attracting & Seducing More Customers.' Go to benangel.com.au to grab your copy today and see what the media have been saying about it.



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For Your Lifestyle

q business: HOBART'S FLAMINGOS

My good friends Anthony and Gary (pictured below) have finally found a new venue and are ready to open Flamingos in beautiful Hobart. I started by asking the guys when the original Flamingos opened and how long had it been operating in Apple Isle?



FLAMINGOS

DANCE BAR

The original Flamingos opened in 2005 during the Easter long weekend and has been trading every Friday and Saturday ever since until we closed in August 2008.

Why did the original one close down?

We closed our doors temporarily in August 2008 as our lease ran out. We had been looking for a suitable venue for over 18 months, and now we have finally found a new home for the Flamingos Family.

How have you found running a Gay nite club in Hobart? Any homophobia or other problems?

Running a Gay night club in Hobart has its fair share of challenges as most nightclubs would have, but we have found Flamingos to be an enjoyable and rewarding place to run.

Like anywhere in the world you get your fair share of homophobia and problems with over excitable patrons at times, but we have been lucky in this regard as Flamingos has a zero tolerance to anti-social behaviour, and have hardly had any problems over the years.

In recent times many night clubs have been having problems with violent and unruly drunken behaviour by and to patrons, but at Flamingos we can almost say we never have these concerns.

When does the new club open and what changes will punters see with the new venue?

The new club will have a Grand Opening on Saturday the 3rd of October 2009. Being the first business in Tasmania to proudly fly the Gay Flag we not only see Flamingos as a nightclub where the GLBTI community can come and socialise in an safe and friendly environment, but it will also be an information hub for the GLBTI community, where Flamingos is available to and for GLBTI organisation - which can be seen this year working together with TasPride where Flamingos will be hosting a number of TasPride Festival events.

Our vision is to create a space for people to come together and have a great time regardless of their sexuality, age race or beliefs, as long as they are accepting of one another.

Our new venue is large enough to cater to most people's needs, where we didn't have the space for it in our last two venues. Open to the public on Friday and Saturday nights from 10pm until late, we have a mezzanine lounge area which overlooks our bigger and better dance floor, with a few extra touches added. We have a separate pool room on the first floor with 8-ball tables and lounge area as well.

We have a well stocked bar as well as a smoking area out back. Flamingos will feature our favourite resident DJs as well as interstate and international DJs and performances.

See Q Scene for some pictures of happy punters at Flamingos. I look forward to attending the launch and hope you make the trip as well.

Visit <http://www.flamingosbar.com/> for more information - including a friends list, how to contact the club and updates.





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Open to the public on **Friday** and **Saturday** nights from 10pm until late.

q whispers: with ADDAM STOBBS

One of the most complicated relationships that exists is the three way Mother – Child – Child's partner.

The 'mother in law syndrome' has been the butt of many jokes, TV series and movies. I have a lot of friends who are partnered, and they frequently talk to me about their mother-in-law. For this article let's just use the mother-in-law model, because as homosexuals we can't marry so technically there isn't one.

In a general statement I would say that the relationship Mother to Partner, no matter what gender or sexuality is present, is quite a difficult one. Mothers want their children to be happy, most mother would like to see their children marry and have children, grandchildren are more addictive than crack.

Now not all parents are OK if one of their children turns out to be homosexual, it's usually a drama, and a lot of stress for the child, and it has a big impact on the family. In most cases as we know, this resolves and the family comes to terms with having a homosexual child and life goes on.

Enter the partner. This is a particularly interesting dynamic. I have been through this a number of times. I also should add that I seem to have had a run of really bad luck in this department.

My parents were ok with most of my partners, they are brilliant with my current partner, they adore him and go out of their way to make him feel welcome, and as he is Thai they try to include some cultural aspects when we visit. The first time I ever saw a hint of disapproval was with partner number three. I had been with him for a few months and was telling my parents about him, all the usual stuff, and also added he was Indian. One would have thought I had electrocuted them, they were totally shocked. It had not occurred to me that my parents had any hint of racism. I have to say though after the initial shock they were fine with it, but it was ironic as my sexuality did not confront them as much as having an Indian for a partner.

One of my partners had a disabled mother in a wheel chair, and she didn't care for me (or any homosexuals) at all. She was snide, rude, and let me know in no uncertain terms that she only just barely tolerated me for her son's sake, her famous statement which I heard from a few of my

mothers-in-law actually goes like this: "You are the type of person who made my son gay". She believed that I had converted her son to homosexuality.

This theme of blame assignment is consistent in the whole family/sexuality issue, and it's very convenient to have an outsider to blame, that externalises the blame issue, and validates the acrimony. It was at this point I nicknamed her "Davros"; Dr Who fans will get it.

One of my partners was totally terrified by the thought of me meeting his family, but when he was involved in an accident we were forced into contact.

He was petrified at his parent's response; they had not accepted his sexuality well. There was an initial coldness and general unease, but that quickly vanished, we liked each other, until we broke up.

My Indian partner's mother however was spectacular with the vicious loathing she had for me. He was also married with children, the ex-wife was also on the rampage (which I quite understand). Because of his children we were forced into frequent contact with his mother & wife.

After a few years it actually was OK, things became a little better, but then he came back from an extended three month holiday in Europe with another partner. It was interesting to see this dynamic now in full flight, and ironically she reasoned it all like this: I had made her son gay, I was not a good partner because he had to find someone else and because I wasn't good enough, she said if I had honestly loved him he would not have found someone else, and that I had forced this situation etc.

Sometimes something strange happens to Mothers (and fathers), when their baby son or daughter gets sexually involved with someone. I've never seen so many filthy looks and forced conversations coming through barbed teeth, the old saying "there nothing colder than a mother is law's kiss" has been true all through my life.

I've been with my current partner for almost 9 years, I met his mother briefly over dinner a few years ago where it had been set up so that it would appear we both had girlfriends. He is terrified to tell his mother that he's gay, but even worse that he has a Caucasian partner.

So to all of you that have great relationships with your mothers-in-law, I am deeply jealous.

I wonder what I'd be like as a mother-in-law, I think a venomous spiteful hard faced old hag for sure.



q pets: CANINE COUTURE

DRESS YOUR DOG TO THE NINES AT TRIAXAN PET - Canine couture is a walk in the park! Never ones to miss an opportunity to show off in the fashion stakes, Brisbane's pet owners are now upping the ante at the dog park, parading their pooches in a range of stylish ensembles.



Yes, it's no longer acceptable to walk your dog 'naked' with a standard leash and collar – pet accessories are becoming more 'bling' thanks to the fresh new range from Australia's largest online pet store, Triaxan Pet.

The team at Triaxan Pet have crafted a range of pet apparel designed to complement the Queensland style, with cute duffel coats, velour jumpsuits, leopard print hoodies, and even a nautical sailor dress among some of the top outfits. And that's not all – to complete your mutt's makeover, add a touch of doggy nail polish, a spritz of pooch cologne, and you're ready to rock the streets!

Launched with the needs of time-poor pet parents in mind, Triaxan Pet also stocks a huge range of pet medications, grooming products, pet beds and carriers, toys and treats, all at unbeatable prices. Pet fashions are set tails wagging. For more information go to - www.trixanpet.com.au

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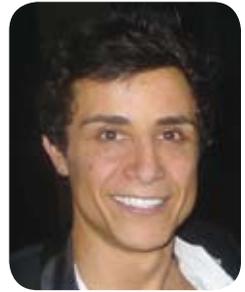
q fitness: with CHRIS GREGORIOU

Drinking like a fish, it's actually good for you....

What do you see when you look at a glass of water? Just a clear boring liquid?

With boring, comes an essential ingredient to life, which without, you wouldn't survive.

Next to air, water is the next element most necessary for survival. Did you know that we can go without food for up to two months, but without water within days, you would struggle to function?



To give you an idea how critical water is to our everyday life, without water, our waste products would poison us. Water is critical for chemical reactions in digestion and metabolism and is the carrier of nutrients and oxygen to your cells through the blood as well as helping cool the body via perspiration and a lubricant for your joints.

How good is water for your body

Regulates your body temperature

Is a waste remover

Protects and cushions vital organs

Helps to convert food to energy

A key moistener of oxygen for breathing

A transporter of nutrients and oxygen to cells

Helps your body absorb nutrients

Water makes up

20% of your bones

70% of muscles

75% of your brain

80% of your blood

90% of your lungs

As water plays such a large role in our body, dehydration is something that affects us in huge ways - most of which we wouldn't even consider (of course, something you should try to avoid at all times). A dry mouth is usually the last outward sign of extreme dehydration. Dehydration can have a wide range of effects, from heartburn, stomach ache, low back pain, headache, mental irritation, poor muscle tone, digestive complications, muscle soreness, depression and water retention (yes, ironic but true).

Do you know how much water you should drink each day just to stay hydrated? It's quite common not to know, and many people generally live in a dehydrated state. The National Health and Medical Research Council guidelines recommend adult men drink 2.6 litres of fluid and adult women drink 2.1 litres of fluid per average day. If you're exercising, sweating, around air conditioning, not getting enough sleep, or living/working in extremely hot climates you should be increasing your fluid intake (as a guide) by 25%. As we are all different, it's best to listen to our body as our individual needs will vary - and these are only guidelines. If after drinking your daily quota for water, you still feel thirsty or show symptoms that could occur if you're dehydrated, try drinking some more water, especially if you're trying to shed a few kilos and exercising hard.

It's true that being dehydrated can make it hard to shed excess body fat and the messages your brain send you when it's thirsty can easily be those of hunger. It's quite natural for the body to seek food as a source of water because about 35% of our daily water intake is obtained from food. Think about it, fruits and vegetables are comprised of about 75% to 95% of water, with cooked meat around 50%-60%. Given this, it's very easy for your body to signal that it's hungry in order to get more water via food. The body gives off strong messages when it needs more of this essential and important liquid, which is why thirst masquerading as hunger can be so compelling.

Staying hydrated is important for many reasons, especially if you're trying to shed a few kilos:

- The process of burning calories requires an adequate supply of water in order to function efficiently; dehydration slows down the fat-burning process
- Burning calories creates toxins (think of the exhaust coming out of your car), and water plays a vital role in flushing them out of your body
- Dehydration causes a reduction in blood volume; a reduction in blood volume causes a reduction in the supply of oxygen to your muscles; and a reduction in the supply of oxygen to your muscles can make you feel tired
- Water helps maintain muscle tone by assisting muscles in their ability to contract, and it lubricates your joints. Proper hydration can help reduce muscle and joint soreness when exercising

So stay hydrated as water is essential to every bodily function. It is also inexpensive and calorie-free, making it the perfect drink for dieting. By consuming those eight to ten glasses of pure water each day, you could be on your way to a healthier, leaner body.

q beauty: with **GEORGE ALEXANDER**

Recently I was asked about Botox and how it worked. Here is a quick overview of what it's all about!

Botox is one of the many trade names for the neurotoxic protein called botulinum toxin that is produced by the bacterium *Clostridium botulinum*. In large doses, the protein causes botulism, a rare paralytic illness often linked to food poisoning.

However, the protein is used in cosmetic medicine to treat moderate to severe brow furrow (glabellar lines), uncontrolled blinking, lazy eye, wrinkles, and facial creases. These procedures use a small amount of diluted botulinum toxin that enables controlled weakening of muscles.

Botulinum toxin is sold commercially under the brand names Botox, BOTOX, Dysport, Myobloc, Neurobloc, Xeomin, Botox Cosmetic, and Vistabel.

How does Botox work?

Botox works to relax the contraction of muscles by blocking nerve impulses. The result is muscles that can no longer contract, and so the wrinkles relax and soften. It usually takes two to four days to see cosmetic improvement and the effects tend to last from four to six months. Most patients require retreatment to remove wrinkles and lines as they begin to reappear, but after each injection the wrinkles return as less severe as the muscles are trained to relax

How is Botox administered?

Botox procedures do not require anesthesia and usually take just a few minutes to perform. The protein is injected into the muscle using a fine needle in order to minimize discomfort and maximize accuracy. It is recommended that patients avoid alcohol for about a week before the procedure. In order to minimize bruising, patients should stop using aspirin and anti-inflammatory medications about two weeks before treatment. For cosmetic procedures, a study published in *Dermatologic Therapy* found that men need a higher dose of Botox than women.

Is Botox better than a face-lift?

According to the Society of Plastic Surgeons, whether Botox gives better results than a facelift (surgery) depends on the age of the patient. People in their 30s who have had limited exposure to sunlight usually show signs of aging in their eyes and temple area first, with crow's feet and some bulging of the eyelid. As they have not lost much volume at this point, fillers or Botox usually smooth out the lines that people want to get rid of.

When people enter their 40s the middle of the face starts to shift as the cheeks lose some of their fat and laugh lines set in. The cheeks become deflated towards the end of the

the 4th decade, and the jowls start to sag. A combination of Botox as well as minimal lifting procedures will provide the best results.



What are the side effects of Botox?

The most common side effect of Botox injections is temporary bruising.



Other possible side effects include:

Headache; Respiratory infection; Flu syndrome; Blepharoptosis (drooping of the upper eyelid); Nausea; Indigestion (heartburn).

Doctors in the USA and the UK have reported that some patients "binge" on Botox to the point where their faces look frozen. They refer to the term "Wrinklerexia" - when some Botox-devotees become so obsessed with their wrinkle-free image that they start seeing lines where there are none and binge on Botox to obtain a freeze-frame face.

For more information see a dermatologist.



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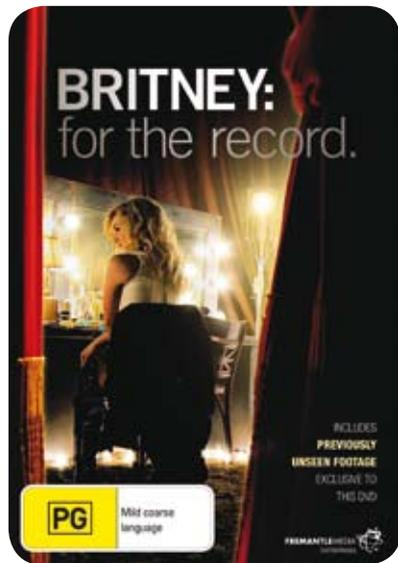
Shock Records

On the eve of the 2008 MYV Video Music Awards, Britney Spears invited a film crew into her life. This film was captured over the three months that followed. No topic was off limits. No question went unanswered.

What is it really like to be one of the world's most controversial and sought after figures? This all-access, no holds barred film takes you inside the mind, heart and soul of Britney Spears as she shares

what has truly been going on in her life for the last several years, together with a rare glimpse into her hopes and aspirations for the future.

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PHYT'S Men is a 100% certified organic skincare from world leading professional skincare – PHYT'S France. Rich in organic hemp seed oil, mints and ginseng there is something to suit every man.

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We have one Men's Gift Pack to give away valued at \$149 (RRP). Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with **phyts men** in the subject line to enter this fabulous competition.



* 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 ballet: THE TROCKS

the Arts Centre presents "THE TROCKS" Les Ballets Trockadero de Monte Carlo.
Celebrating 35 years of trocking the establishment, New York's sensational all-male ballet company returns to Melbourne.

This year, one of the most unexpectedly long-lasting institutions of the professional ballet world is celebrating its 35th anniversary. Les Ballets Trockadero de Monte Carlo, or "The Trocks" as they are affectionately known, is returning to Melbourne. Having last delighted Melbourne audiences back in 2005, this limited season of only six performances in the State Theatre from 27 October, will feature an all new program that includes works never before seen in Australia.

The Trocks combine the physical capabilities of male dancers with the grace and grandeur of ballerinas. Add a layer of expert clowning and you have a company of dancers that lovingly lampoon the conventions of classical ballet. Founded in New York City in 1974 by a group of ballet enthusiasts who wanted to present a playful, entertaining view of classical ballet in parody form and en travesti, Les Ballets Trockadero de Monte Carlo first performed in the late-late shows in Off-Off Broadway lofts. Since those beginnings, The Trocks have established themselves as a major dance phenomenon throughout the world, appearing in major arts festivals and on countless television programs. However, it isn't just the novelty of seeing athletic men in tu-tus and on pointe that puts a smile on audience faces. The comedy is achieved by skilfully incorporating and exaggerating the foibles, accidents and underlying incongruities of serious dance. As a result The Trocks are equally embraced by people who know nothing about ballet and experts who can appreciate the company's respectful digs at the classical works.



27 - 31 October, Tuesday to Saturday 8pm, Matinee Saturday 3pm, the Arts Centre, State Theatre \$49 - \$79 BOOK NOW at theartscentre.com.au, call 1300 182 183 or visit the Arts Centre Box Office. "THE TROCKS" will also perform in Brisbane (4-7 November), Sydney (10-15 November) and Perth (18- 22 November).

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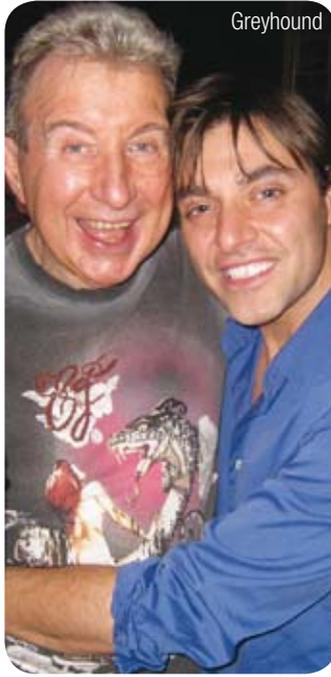
q scene: **OUT & ABOUT**



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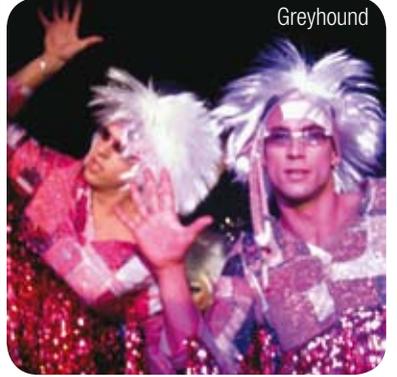


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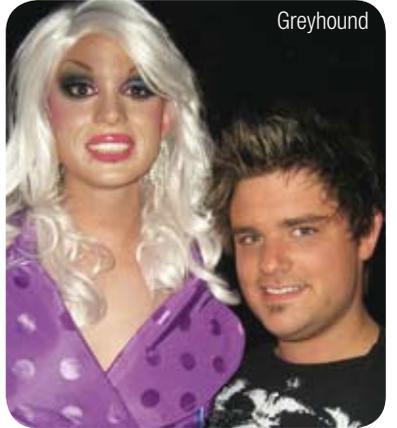
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q scene: **OUT & ABOUT**

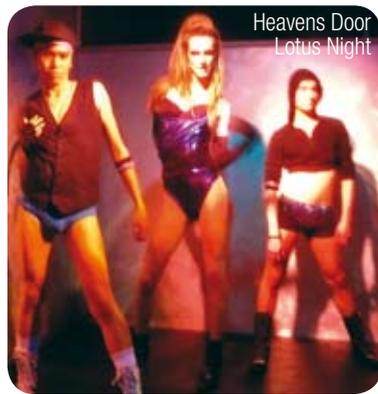




Heavens Door
Lotus Night



Heavens Door
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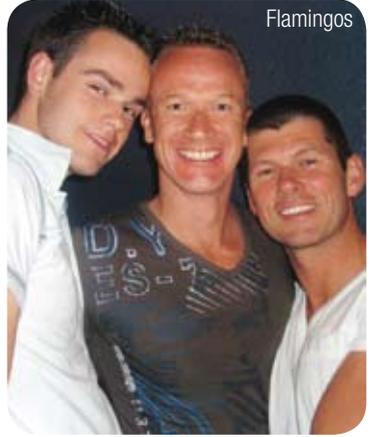


Heavens Door
Lotus Night



Heavens Door
Lotus Night

q scene: **OUT & ABOUT**



q exhibitions: ENJOYING YOUR ART

Viva Salsa Sirens!

Salsa Sirens Undressed is an upcoming exhibition at Bright Space Gallery, 8 Martin Street St.Kilda from 24 - 27 September. Captured in paint, photography and sculpture, salsa dancers (including some of particular notoriety in the salsa scene) are portrayed nude.



The artist, Noel Xuereb, has sought to show a different side to the dancers: "My aim through this exhibition is to examine beyond the external facade of the dancer and penetrate the borders of what viewers see of them on the outside; I wanted to capture the essence and extraordinary spirit

of those who dare to bare their soul beyond the dance floor and in doing so, expose their true self."

Touch Me at Brunswick Street Gallery

The emerging artist, Alexander Edwards, will once again be displaying to the public the connection between touch and emotion as he features four of his pieces from the exhibit "Touch Me". They will be a part of the group show "Picture This 09" at the Brunswick Street Gallery, Fitzroy from the 11th - 24th September.

The pieces are photographs featuring nude models decorated with a written text drawing the viewer's attention to a part of the body, the way touching this area effected the subject and the emotion of the experience. They are soft, light and warm and have the effect of appearing intimate. Each of the writings is a different experience and the exhibit in its entirety traverses a large expanse of emotion. The exhibit was a highlight at 69 Smith Street Gallery, Collingwood, earlier in the year as part of the visual arts program for Midsumma 09.

The work was inspired by Alexander's interest in what goes unsaid between two people in a relationship. Much of the contact that happens between a loving couple carries with it an importance and emotion usually never expressed with words.

These works attempt to do that and more as presented with the vulnerability that comes with nudity. The result is an engaging insight into the true intimacy of a couple.



The theme of Alexander's work has always been life, love and sex and how they do or don't go together. Informed heavily by a two season stint in the control room of Big Brother he has developed a knack for observing and expressing what often goes unnoticed between people. His short film, "Waiting For Lotto", while being a conversational film was as much about what was going unsaid between the characters especially under the guise of humour. This aspect appealed to audiences of the Mardi Gras Film Festival, Brisbane Queer Film Festival and Iron Rod Pictures - Canadian distributors who have signed the film up to be on a compilation of international queer short films.

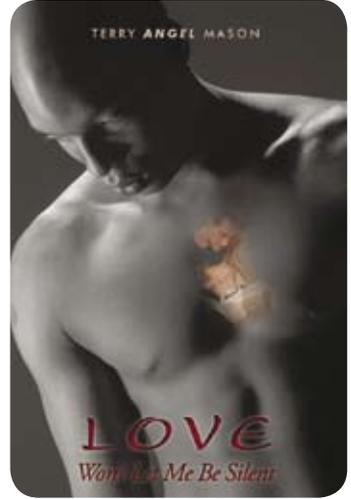
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q books: SUPERB GAY LITERATURE

Terry Angel Mason, the African-American author who is rapidly becoming internationally acclaimed, is highly regarded for his ability to overcome adversity. Many would go so far as to say Mason is a Maverick of an angel since his life reads like an excerpt from Tony Kushner's *Angels in America*. He has a momentous quest, having overcome two life threatening-illnesses. Mason's thought-provoking articles, life-changing stories, and sensual romantic poetry about the Black gay experience touches and inspires millions of lives worldwide as is evidenced by the numerous distributors who carry his much sought-after literary masterpiece, *LOVE WON'T LET ME BE SILENT*.



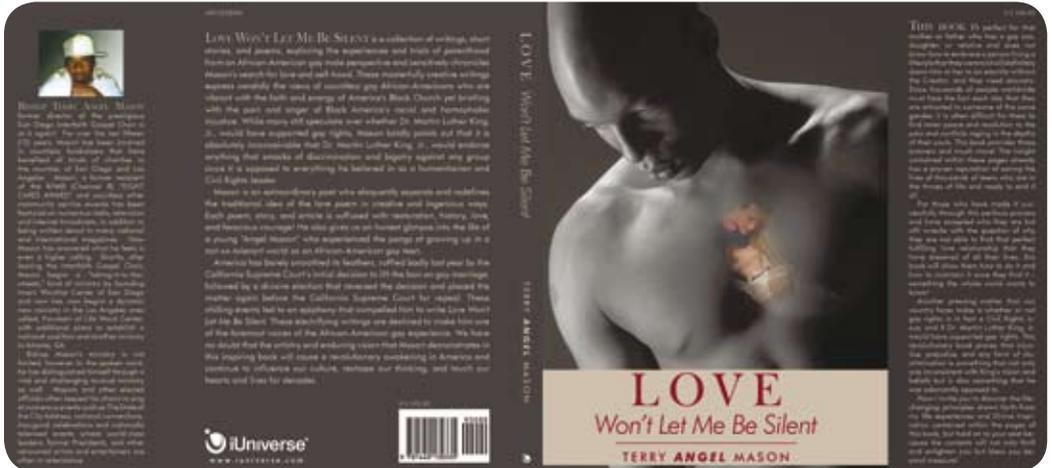
Mason's new book is proving to be tremendously appealing to men and women of all ages and ethnicities in every country at a record pace, garnering international attention, recognition, and media acclaim; defying geographical boundaries, overcoming language barriers (appealing to more than just the gay community), and crossing over into the broader heterosexual community in ways that few authors have been able to do.

Love Won't Let Me Be Silent is a collection of writings, short stories, and poems that falls into several categories, including gay and lesbian fiction and non-fiction, African American fiction and non-fiction, and urban fiction.

Perhaps one of the reasons that Mason is experiencing tremendous success is because of his unique creative way of crafting poetic stories that show readers a more positive perspective of same-gender-loving people. Additionally, many credit Mason with opening up a whole new dialogue about sexuality and same-gender-loving relationships within the Black community, specifically within the Black Church. Gay activists and Civil Rights leaders often applaud his seemingly unending humanitarian efforts and ferocious courage, believing that perhaps one day his efforts will lead to the demise of the much despised "don't ask, don't tell" policy in many religious circles; enhance understanding of the GLBT community, and/or at the least, soften the hearts of family members and clergy who may be opposed to a gay lifestyle.

America has barely smoothed its feathers - ruffled badly last year by the California Supreme Court's initial decision to lift the ban on gay marriage, followed by a divisive election that reversed the decision and placed the matter again before the California Supreme Court for repeal. These chilling events led to an epiphany that compelled him to write *Love Won't Let Me Be Silent*. These electrifying writings are destined to make him one of the foremost voices of the African-American gay experience. We have no doubt that the artistry and enduring vision that Mason demonstrates in this inspiring book will cause a revolutionary awakening in America and the world and continue to influence our culture, reshape our thinking, and touch our hearts and lives for decades.

Visit www.terryangelmason.com for a full list of National and International distributors.



q adventure: THE OTESHA PROJECT

Feeling adventurous and want to make a difference this summer? Otesha seeks participants for East Coast cycle tour to empower youth on sustainability! So, are you passionate about sustainability? Looking for something to do early in the new year? And what about bicycles? Have you ever dreamt about riding around Australia on two wheels? If so, then why not put those dreams into action and join The Otesha Project (Australia): Cycling for Sustainability's forthcoming adventure. Otesha is currently seeking 20 empassioned people to participate in the next eight-week cycle tour: Melbourne to Sydney (February 14 – April 9, 2010). Wow, what an opportunity!



Since 2000, The Otesha Project (Aus.) has pedalled across Australia educating youth and raising awareness about environmental sustainability and social justice issues. Otesha is a Swahili word for 'reason to dream' and is the underlining philosophy of the organisation. The Otesha crew combines theatre performance with interactive workshops to empower high school students to consider their life choices to create a positive future.

Current consumption behaviours in Australia have far reaching consequences that are both unsustainable and inequitable. The negative impacts of these practices usually affect the most disempowered people in society, including young people who now face an uncertain future.

Otesha (Australia) is seeking people from all walks of life. People with varying experiences, backgrounds and interests. Otesha is unique in that each tour member gets the opportunity to organise a region of the tour; learning skills to become strong advocates for living sustainably, develop skills in media communication, leadership, performance whilst living as an on-road sustainable community.

The application deadline for tour members for the Melbourne to Sydney tour is 18 September, 2009. For information about applying visit the Otesha (Australia) website at www.otesha.org.au/biketours/apply.



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q music: **BACKSTREET'S BACK**

GEAR UP FOR NEW ALBUM 'THIS IS US'

Backstreet Boys are very proud to announce the release of their new album, *This Is Us*. Set for an October 2nd release on Sony Music/Jive Records. The first single from this album, "Straight Through My Heart" is available to purchase now.

This Is Us is the seventh studio album from this groundbreaking and chart topping group that redefined the modern musical landscape, ushering in a chapter of pop culture that commandeered the world's radio airwaves, broke music and concert sales records, and launched a new generation of teen idols.

Nick Carter, Howie Dorough, Brian Littrell and AJ McLean collaborated with a powerhouse suite of producers and songwriter on *This Is Us* that included T-Pain, Max Martin, RedOne, Soulshock and Karlin, Jim Jonsin and Claude Kelly. The end result is an indelible and finely crafted R&B and pop album from four talented musicians who love what they do and who maintain the rare relevance in an industry that often disposes of pop acts.

The 11 songs that make up *This Is Us* are the sounds of four skilled singers with a similar vision, who have dealt with the trials and tribulations that accompany fame at an early age and who came out as one of the most successful groups of all time. From the undeniable dance floor ready lead single, "Straight Through My Heart"(click on link to stream) to the reflective soar of "Bigger," from the hook crazy "Bye Bye Love" to the romantic yearning of "She's A Dream," *This Is Us* shows remarkable growth as songwriters and continues to give us songs that has made millions smile.

"We're really excited to release this new album and know that our fans are excited too. We worked with a group of amazing artists and producers that we've never worked with before, exploring new sounds and territory and know the final product turned out incredible" says Carter.

Backstreet Boys plan on spending the second half of 2009 and all of 2010 on the road. A European tour has already been announced and a full North American headlining tour will be announced shortly. Tour dates can be found on the group's official website www.backstreetboys.com.

Over the last 12 years, the Backstreet Boys have sold more than 76 million albums worldwide, have scored a dozen Top 40 hits and charted in the Top Ten in nearly every country making them one of the most successful groups of all time.



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