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MAY 2010

Q MAGAZINE



featuring
WACINTOSH



P  **F** **S**
'n'
POLITICS

have **YOUR** say

*As a minority community
there are times where our views and
opinions as citizens are treated
with less respect and value
than the general community
by those who are elected to Parliaments
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**Our votes should not
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EVERYONE in the GLBTIQ community
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www.poofsnpolitics.org.au

q comment: **WINDS OF CHANGE**

Melbourne community groups form alliance to increase awareness of bisexuality within government, service providers and the broader society

Members of Melbourne Bi Chat and Victorian Bi Activists recently voted to join in an alliance to coordinate the representation of issues common to both groups. Melbourne Bi Chat, which holds monthly discussion groups, and Victorian Bi Activists, an online issues and action announcement forum, bring a combined membership of 70 people with a diverse range of skills and experience. "Some of our members have felt that the B in GLBTIQ has been treated as silent by some in the community for too long. Partnering via an incorporated body like the Bisexual Alliance will provide us with a way to be taken seriously when we raise issues such as this while the chat group can remain informal," states Melbourne Bi Chat facilitator and president of the alliance James Dominguez.

As well as encouraging relationships between like-minded bodies, the alliance is to work towards removing sexual orientation and gender identity being the basis for discrimination in law or practice within Victoria. To this end the alliance acknowledges the work already done by organisations such as the Victorian Gay and Lesbian Rights Lobby (VGLRL), the ALSO Foundation, and Australian Coalition For Equality (ACE). They particularly acknowledge the work of Bi-Victoria. Bisexual Alliance Victoria looks forward to working with these and other groups in the future.

Q Magazine - supporting OUR community.



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q feature: MITZI MACINTOSH

Life has never been more hectic than for super diva Mitzi Macintosh (aka Graeme Browning) as she prepares to leave the home fires burning in Sydney and heads to the UK. Alan Mayberry caught up with Sydney's most iconic drag queen as she packed.

The daily roster is killing me - rolling over superannuation funds, skin cancer appointments, quotes from removalists, the dentist, finishing Priscilla costumes, what do I do with 20 years of hoarding crammed into one house let alone 15 years of shit at the Imperial Hotel! Not to mention fretting about my visa application with a proposed departure date of 1 May Shiiiiiii! Oh, the joys - but I am very excited about living on the continent!

My poor husband Neil obviously had no idea what he signed on for when we were married. 3 years ago I agreed to move to the UK with him, never thinking the day would actually eventuate. But now the date of the sea change is here. Neil's spent weekends lugging stuff around and seeing my precious drag history (and a lot of crap alongside) is now in safe houses around town. I had to make hard decisions! Do I want to keep my Spice Girls dolls? What to do with my Jeff Stryker videos? And do I bury Mitzi?

Bury Mitzi? I queried. Hopefully never!

One of Sydney's most respected faces, Mitzi has been performing since 1989 and is adept at everything from sound track mixing to producing, costume designing, and compering. Her originality is what makes her the zany, much-loved showgirl that she is today.

Witty and crazy, audiences adore her. She can run up a new outfit for herself, or a whole show for that matter, in a matter of hours, and is feted as one of the most creative minds on the Sydney drag circuit. 'Even as kid I had a passion about puppets and spent hours creating puppetry kits to send to Indonesia.'



But creativity has not always been easy.

'I had a bit of a tortured youth living in the Blue Mountains. Thank heavens society is more tolerant now of us blokes in a frock. In my youth I even taught Sunday School. At 17 I was working as an outreach Minister in Canberra. My sexuality began to create various conflicts. It was church by day and cock by night and my dilemma was did I want to live a religious life or a gay life? (I really felt it was one or the other) I was soon thrown out of the church when they discovered I was the pink sheep of the family and moved to Sydney in 1988. I enrolled in a 3 month fashion course and learnt everything to do with sewing, fabric, and design - it started me on the road to fashion and landed me a job as a costume designer at the Imperial Hotel.

I'd begun as a waitress at Les Girls, but a job offer from Leggs Galore soon set me on a new career path. I saw my first drag show and thought 'Oh, I could do that, that's easy', and went on to win the 1990 DIVA for Best New Talent.

For years the Imperial Hotel was my second home with first the *Priscilla Show* and then *Rocky Horror - The Drag Show*, *The Wizard of Oz* and *The Sound of Music Drag Show* - hailed as 'too camp to believe'. It's now being copied internationally.

I think my contribution is humour. I couldn't dance so I sent myself up and this became my trademark. I'm so proud of what we do and the quality of our shows, but I also realise

we're not saving lives. One of my life's mantras is 'It's just a drag show' which doesn't mean I don't work hard to make the shows as good as they can be., but we're just blokes in frocks and our job is to get people into the pub to drink.

With my drag profile I feel a huge sense of responsibility for fundraising and I just can't say no to these events. I've adored running weekly Bingay for ACON raising over \$800 000. While my job is good for the 'community wallet' it is also good for the heart. I've always seen drag as a bit of a tool. My first public drag show ever was to raise money for a Mardi Gras float! Nowadays fundraising is definitely getting harder. With the economic crisis people don't want to spend on donations, including the big spenders who have been an amazing support to our community.

With more DIVA Awards than Meryl Streep has Oscar nominations, Mitzi is most proud of those for Entertainer of the Year, Queen of Hearts (for fundraising), Costume Designer of the Year, and Hall of Fame - you name it Mitzi has won it. She was also creative director of the Mardi Gras parade for 4 years. 'It was such a phenomenal thing to be involved with then, and I loved the creativity of the community groups, because that's what makes it - it's 5 percent Mardi Gras and 95 percent community.

If you'd asked me a few years ago I would have said I could see drag folding. Drag relies on hotels making money from alcohol to pay for the shows, and with changing laws making running a pub a lot harder, along with the proliferation of recreational drug use, I felt the social scene was suffering, which meant hotels suffered too. But lately venues are turning the music down and the atmosphere up, and the pubs are tapping into what the people want to sustain a healthy social scene.

Now back to packing. I have no idea what the UK holds. I am taking a small bag with a few frocks and some lipstick because you never know when the urge may grab you. But this is more about closing one door and seeing what's behind another. If there's a drag bag then que sera, sera. I will perform if it's right but I have a desire to get away from myself and see this sea change as an opportunity. It's not easy parting with nearly twenty years of campness - but I am looking forward to the new challenges the UK will bring.



q community: IMPORTANT NEWS

Fiercely independent and dangerously underground filmmaker Kim Miles has launched her new website and 3 volumes of her unique films which have been described by John Polson in a TropFest documentary as “unwatchable”, and ridiculed by the TISM guys during the finals screening of their Make a Video Clip for TISM competition. They have also been described as unlike anything else in Australian cinema and likened to David Lynch and Fellini.

Kim's films deal with life and human beings, but in a magical way creating a mood and an experience a step away from reality with (thank God!) a sense of humour.

Kim's life has included fighting at school, diving in the Navy, examining bits of people in an operating theatre, ushering and sucking in all the art at the Sydney Opera House, and wandering the city (Melbourne) picking up business mail and sorting it (day after day after day – a la Charles Bukowski!) It was a drifting, fractured, anxious life until she owned up to her transgendered truth and went on her most amazing, smooth journey culminating in gender affirmation surgery in 2009.

Go to www.kimmilesfilms.com and take a look for yourself.

Call for Submissions: banQuet 2011 anthologies

banQuetpress invites submissions of short fiction, non-fiction and artwork for two new anthologies of desire, romance and erotica. banQuet 2011 - a feast of new writing and art by Australian Queer Women and banQuet 2011 - a feast of new writing and art by Australian Queer Men. They are looking for new (previously unpublished works) by emerging and recently established queer Australian writers/artists. Challenge and surprise us. Introduce us to your complex and flawed protagonists.

Submission Guidelines are available at www.banquetpress.com but you must have your submissions in by Friday 25.June.2011

In the rather macho surfing world, it not easy to meet other gay surfers. That is why a community site for gays and lesbian surfers has been created. This is the first of its kind, and in its first month has attracted already 230 members.

“I have been surfing for many years, I lived abroad, especially in Sydney and San Francisco, probably the two cities with the largest community of surfers, but also gay. And yet I tried to meet with gay surfers, without much success. Some are gay couples, but in all cases, they hide. It is to end this confinement that I launched this new site gaysurfers.net.” creator Thomas said.

“My goal is that members of the site can not only meet, but also trade. They can post photos, articles, provide information about gay-friendly surf spots that everyone can see. I do not want just a dating site where members discuss in private, I want it to be a magazine with content. ”

If for the moment the members are a bit reserved, Thomas does not despair, they will eventually be less cautious. In any case, there is no question of displaying members identity to be revealed to anyone on the Internet. To enter the site, one must create an account with a username. Anonymity is a priority for the creator of gaysurfers.net.

Although homophobia is (slowly) disappearing throughout the sporting world, surfing is still a very closed environment.

This is precisely the theme for this year's IDAHO campaign. Go surfing today and get connected with other gay surfers worldwide.



Q money: with EVAN DAVIS

This month written by Tim Davis

G'day and welcome to Q Money... Evan's asked me to fill in for him this week and specifically address job interviews questions, techniques, pitfalls and tips! At the time of my last job interview I was in the unique position of being approached for the job in question and I was therefore, more or less guaranteed a position within the company. If however you're not being head-hunted or poached let me run through a few things which may prevent you from stumbling over yourself!



A common question interviewers posed to prospective job candidates is "Aren't you overqualified?". This demonstrates a concern about your commitment to the position. Make sure that you ask probing questions about the company, sound interested and, most importantly, express long term aspirations you have directly related to the job position and the business/company. If the interviewer suspects you're keen to take the next better thing that comes along they may be reluctant to employ you! There's no need to lie, however don't tell them you're true aspiration is in some distant field and that's really what makes you happy - they'll rightly assume you'll jump ship at the first port.

Do you know what K.P.I.s are? Neither did I...so I found out! Your knowledge of K.P.I.s (Key Performance Indicators) will demonstrate that you can measure, target and realise targets set by you, your team or business/company. Do some home work prior to the interview and memorise some important K.P.I.s from previous roles.

Are you worth the salary? Demonstrate some balls here, but don't be cocky. Boldness wins the day where some interview questions are concerned! Play up your success in previous roles. Whether you've cut costs or introduced a new administration system, let the interviewer know. If you are prepared to verbally demonstrate your value during the interview why wouldn't they assume you'll earn your salary?

"Do you worship Satan? Are you Buddhist? Are you Gay/Straight? I like Tony Abbott, Do you?" Feel free to decline to answer...none of these things affect your ability to behave like a professional and excel in whatever position you're applying for. If you're painted in to a corner, be diplomatic and non-committal... unfortunately prejudices still exist in many realms of daily life but there is no reason on your part why it should affect your job prospects.

Anyway, you get the picture! There are many, many other things I could write about but your success really comes down to a combination of common-sense, a dash of wit, and a soupçon of charisma...qualifications and experience can't hurt either! Remember to do your home work prior to the meeting and even check out the recruitment/employment section at your local bookstore or library.

In closing let me rattle off list of who you don't want to be in an interview situation: The over-dresser, the under-dresser, the fragrant applicant, the stinky applicant, the sycophant, the fast talker, the nervous-agree-with-every-statement-by-desperately-laughing-guy...Best of luck with your new job!

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q queensland: LAMB ISLAND B & B

It's no wonder Tourism Queensland visitor surveys point to increases to the Queensland bite by the domestic tourism market. The great range of special places to stay continues to grow and amaze. The past months I have visited: resorts on Stradbroke Island that get the first taste of the morning sun; spent some time on raw and rustic Morton Island (but you need a 4WD to get any place); and the abandoned prison on St. Helena Island (it has position and potential but no-one stays there any more). Brisbane locals have their favourite and a very peculiar opinion of the islander lifestyle, so what better place to start than on the smallest and work the way up - settling on gay friendly, multi-award-winning, top of the hill, Lamb Island Bed & Breakfast.



Lamb Island was for 20,000 years known as Ngudooroo - home for the Nunukul and Gorenpul people. It's hard to believe it was, at one time, a pineapple plantation with the warm waters of the bay insuring early fruit ripening for the Brisbane markets. Queensland's first Premier, RGW Herbert, had leases on Lamb Island. The mango trees on Tina Avenue were planted by Leslie Corrie who went on to be a Mayor of Brisbane.



Lamb Island has easy access with the Bay Islands transit system operating a regular twenty minute service from Weinam Creek Marina. 'Canaipa' stops at Macleay and Karragarra Islands on the way out to Lamb Island with a stop at Russel afterwards, making it easy to Island hop to visit galleries or just to have a coffee on another veranda. A handy service directory and ferry time table is in the cottage with maps on the other Island attractions plus Col and Kay are loaded with local knowledge and suggestions. Karragarra was once a big rabbit farm but you won't find a bunny now. I couldn't find a lamb on Lamb Island either but we had the chops from one at lunch at a beach picnic BBQ at Blaksley. Col McInnes (aka Sir Lunch a Lot) is also cook and skipper of the Scorpio - a nostalgic 25ft bay cruiser. His second mate Kay also wears many hats - doubling up as bubbly dispenser, crab pot setter and Dugong spotter.



Out on the bay we were in constant look out as turtles were every couple of kilometers. The water was flat and visibility good. At Blaksleys, after a shuttle in the tinnie, we were all set for a Pacific picnic lunch. Our neighbor, a large goana searching through an old camp fire for a feed of bones and fish heads, while the thieving Kookaburras just happened to dispatch some un-attended crackers and Camembert. On the afternoon cruise back we stopped to pick up the crab posts we had set earlier. Eureka! That night, Kay prepared them for us as an entree to our candle-lit room service dinner. Splendid! After a while, the night time lullaby of laughing Kookas, accompanied by the chorus from the curlew choir! The stage was set for good eight hours slumber. In the morning, a brisk power walk to the jetty and back had us in the mood for a big breakfast and we were not disappointed.

Lamb Islands layed-back lifestyle is languid - a lazy reading of the visitors book I found one happy couple were also impressed with their lazy stay away. They penned some prose (or is that poetry?):

Recipe for a BnB

**Take a Pinch of Cheerfulness - Puncture with a smile - Add a cup of Helpfulness - to go that extra Mile
Heap a Table spoon of Service - Mix with courtesy - A BnB in which to Blend - some drops of Hospitality
At Lamb island you will find - all these ingredients - for a comfortable stay
Where else would you find these - but under the roof of Colin & Kay**

The cottage has two bedrooms with enough room for 4 adults. The living room opens to a veranda with gas BBQ and a 6 person spa - behind huge floor to ceiling one way glass windows. A fresh Fruit basket and a loaf of home-made bread were in the kitchen on arrival. Remember the Island doesn't have a restaurant so you have to get back on the ferry and go to another Island if you want to eat out. Col&Kay do room service or you can do it yourself.

Check it out & tell Col that Wally sent you! For further information visit www.lambislandbandb.com.au or go to www.galta.com.au.

q queensland: CLUBBING ON THE GC

Words and Photos: Virginia Leighton-Jackson

Escape to MPs

Surfers Paradise. One of the two places you can find a gay club in Queensland. Set amidst the sand, surf and spray tans of the Gold Coast, there are surprisingly few places to be out and proud up north, with everything hidden away from the public eye. But the clubs are visible in their own little way - universities run 'out' nights, and when you chat up someone in the coffee shop you ask 'have I seen you at Escape or MPs?'

'Escape' is usually the first stop for the nights, being the newest club to Surfers. It's hard to find: a hole in a wall above Hungry Jacks on the Esplanade, halfway between the straight clubs and the beach. Just a little sign and a balcony overlooking night. A compact bar, a tiny dance floor with the obligatory oversized bird cage, glitter everywhere and Friday night strippers.

Most of the patrons stay outside smoking or sipping on hideously over priced drinks, just the regular beer and spirits, no fittingly flamboyant cocktails in sight. But the crowd does pack in to see the second rate, yet remarkably effective 'dancers' - one devil, one pot-bellied man clad only in a threadbare lycra g-string, gyrating to the clapping of the crowd. Others enjoy a sugar hit, eating marshmallows off the devils bare breasts.

Unfortunately for the clubbers, Queensland doesn't allow total nudity as part of it adult routines. As soon as the music goes up again, everyone disappears. The dance floor is empty by midnight, everyone moves on to the next club.

The heart of Surfers is a different scene. Music pumps from every doorway. 'Meeting Place', affectionately known as MPs, if more what you expect from a gay club. The female bouncer looks mean. She has a perpetual glare etched into her face from seeing drunk or drugged out queens and underage pretty boys trying to force their way through the doors.

The music pulses up the spiral staircase, drawing you down into heaving mass of alcohol fuelled ... well can a dozen drunk gay boys be called a heaving mass? The bass is a sledge hammer, slamming into your chest the second you enter the room. During a lull in the Lady Gaga track there is a precious moment of stillness when the air is thick with smoke and writhing bodies have slowed. And then the music hits and everyone moves. Skinny boys, bare chest to bare chest, middle age women dancing in an awkwardly loose circle, a few straight girls moving closely with their freaked out boyfriends. \$10 vodka and Red Bulls and very pink drinks move through the crowd, everyone eyeing up potential dates with coy glances and awkward smiles.

Like all clubs in Queensland, 5:00am brings a stop to the music. The lights go up, and you get kicked out. In winter, this means stumbling blindly around in the cold and the dark, waiting for a bus that's always going to be late (if it even comes at all), or finding a taxi to take you back to your bed - with or without someone else tagging along. You sleep. And then you do it all over again.



q lifestyle: with PETE DILLON

I eat too much really, I do. And as someone who eats a lot, I have decided to share with you some of my favourite dishes from around Melbourne and Victoria. I know for a national publication that it may look parochial, but use it as part of your must do Melbourne for when you visit.

Steak Tartare at the Palace by Luke Mangan. \$20 Luke Mangan has taken over the kitchen here at the Palace and branded it with his moniker. The steak tartare comes almost deconstructed but not quite, and allows you to decide the flavour combinations. Finely chopped eye fillet is presented with the yolk of a quail egg perched, waiting for you to include any or all of the condiments – little quenelles of capers, shallots, white anchovy, gherkin and Dijon mustard, all ready to be mixed together. The Palace by Luke Mangan is in South Melbourne.

The Potato at Attica. Ben Shewry is the chef at Attica and it was just this minute that it was voted 73rd in the list of the worlds top 100 Restaurants, the only Victorian restaurant and one of only four in Australia to get a nod. The Potato is simple – a beautiful example of not fussing with food. It is cooked in the earth from whence it came, giving it a dense texture, whilst at the same time, it is a nod to the simplicity of beautiful produce. Part of Attica's tasting menu (8 courses for \$140), in Ripponlea.

Caesar pizza at the Lucky Coq. Nestled on the corner of High and Chapel Streets in Windsor, The Lucky Coq gathers the masses for some great fare. At certain times these pizzas are just \$4, and this Caesar is my fave – a base that serves as the crouton component is layered with bacon, egg and parmesan cheese, before baking and is topped with cos lettuce and a Caesar dressing. One is enough but two is sensational. \$4 at the Lucky Coq weeknights.

Mushroom and Bone marrow spring rolls at Coda. This is served as a 'crisp parcel' rather than a spring roll of bone marrow, ginger, shitake mushroom and rice paddy herb. In this fresh crisp and very tasty morsel, the combination of the flavours is stunning – the earthiness of the mushrooms mixed in with various flavours sat in perfect harmony with the bone marrow and if anything helped to bring out the flavour of the marrow \$10.8 each at Coda on Olivier Lane in the CBD.

Eel, beef tendon, kohlrabi and potato at the Royal Mail Hotel, Dunkeld. Dan Hunter is our answer to Spain's Andoni Adruiz – a master of modern gastronomy. This dish is a superb combination not for the faint hearted. Eel is draped across the tendon which is slug like in appearance, and has been cooked at a mid range temperature in a sealed bag for the better part of a day (sous vide is the style of cooking). Potato and herbs lend a potent earthiness to the dish which is both simple yet intense with honest and uncomplicated flavour. Have this as part of the omnivore menu for \$150. The Royal Mail is in Dunkeld, approx 3 hours drive from Melbourne.

House Cured Bacon and Cheese Croquettes at The Commoner in Fitzroy. These are terrific little croquettes that are incredibly more-ish and you can't really stop at one. The bacon is house cured and mixed with a combination of cheese, and fried. There is something about small fried food that really gets my palate humming. Have them on their own at \$3 each or as part of a larger collection of mixed small foods with a beer. The Commoner is at 122 Johnston Street, Fitzroy.

The Lake House in Daylesford and Stefano's in Mildura will satisfy your taste for local produce in regional Victoria. Menu's change daily so whatever you can find on the day, you know it will be local, fresh and amazingly cooked. Under the tutelage of Alla Wolf-Tasker and Stefano di Pieri, the kitchen teams at both venues turn out quality food on a daily basis.

Wagyu and pork belly at Slow Down. As part of a chef's table delight, the main courses were not one but 2 piece's de resistance. Pork Belly with organic peas, roasted parsnips and a jus - sublime. Wagyu beef was cooked rare and with it all came brussel sprouts some baby carrots, kipfler potatoes - all organic, all local and all tasting like food used to taste. For chef's table with matched wine, you can expect \$100-\$150 per person. Slow Down @ Harley Court is in St Kilda.

There are always more I could add to this list, but I would be here forever. Food is such a personal thing and these are my recommendations for things I enjoy – let your palate be your guide to the wonders of flavour and texture.

For more information or to keep up to date, Cravings is on JOY 94.9 in Melbourne every Saturday from 1-2pm, or you can listen online at www.joy.org.au/listenlive, or email Pete at pete.dillon@kooki.com.au



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Q youth: with **TASMAN ANDERSON**

This month, Q youth was supposed to be a cheery editorial on gay pride but then something grabbed my attention and reminded me how small minded some of the younger generation can be. Yes, I'm talking about gay bashings.

Recently, I was disgusted to hear that my best friend, Leigh who happens to be outwardly young gay man was bashed while he was out shopping, simply because he preferred the same sex. This wasn't the first time this discriminatory act has occurred among my same sex preferred friends, either.

So who is it that is committing these senseless acts of violence? Surely it's just the homophobic straight men, right? Nope, it's also the closeted gays as well, those who can't accept themselves and instead choose to take their frustrations out on those who are proud to be gay. Gay bashings are a huge fear among the gay youth and for good reason. No one wants to feel humiliated and hurt over who they are. Why should they have too? Why can't we be who we want to be? I suppose this is an age old question that even the wisest of us have trouble answering. There are so many factors and reasons as to why people choose to hide away from the world, however, fear would have to be a primary factor. We are all so afraid to share who we are to the world because we are afraid of rejection. But when has beating on others to settle your own insecurities, ever been acceptable?

I remember the first time I first found out what gay bashing actually meant. I was around eight years old and was watching an episode of Degraassi: The Next Generation and the closeted gay, Marco was on his way to meet his friends for a Hockey game and had gotten off the wrong train stop, into a shady neighbourhood. After realising his mistake, a group of men descended on him, taunting, beating and kicking him until he was rescued by his friend, Jimmy. Normally, I wouldn't relate real life with teenage soap dramas, but this had a real impact on me. I have never been one to judge another simply for who they are, which made it even harder to understand. Of course, it wasn't until I had gotten older and entered high school that I truly understood the nature of gay bashings.

Sadly, it would be wrong of me to say that bashings are simply an act of petty violence. Sometimes, it ends with murder. A tragic example of this is the 1991 bashing of 27 year old, Sydney gay man, Felipe Flores, who was found brutally murdered less than an hour after he left a bar in Oxford Street. Since when did this kind of treatment against other human beings become acceptable? When did we become so hate filled against gays? And how is it that our generation is learning to discriminate just as badly?

I generally don't like to point fingers, but perhaps we should take a look at the parents or other influential adults in these vicious attackers' lives. After all, just as my English teacher once told me. A child is not born to hate, hurt or abuse another person because of their choices; they are raised to do so.

As for Leigh, an act like this is only making him distrust society even more and really, who could blame him. As many of you mature adults may have forgotten, as a child, we trust those around us and society. We see no evil within the government and hold nothing but love for each other (unless of course, we've been taught differently). It isn't until we reach our teenage years that we see a glimpse of what the world is really like. We begin to see the fault lines of abuse and neglect. However, just because previous generations have dealt with this time and time again, doesn't mean our generation has to follow suit. Why can't we be the change that the world so desperately needs? I might sound like a broken record but I refuse to give up on this world. I refuse to accept 'no' for an answer and I, along with Leigh and My other pro-gay friend, Lauz, refuse to stand idly by in a world that allows gay bashings. Come on Generation Y (and even X), let's make the change to a more peaceful world, together.



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I simply love the diversity of food in Melbourne. It is the food capital of Australia for good reason. We are spoiled for choice, the quality is high and the pricing is reasonable, even at the high end. Melbourne is such a multi-cultural city, and with this comes a delectably expansive choice of ethnic cuisine.

Ethiopian cuisine mainly consists of spicy vegetable and meat stews. These thick, spicy, rich, gravy stews are called "wat". Ethiopians eat with their right hand and no utensils are used. So they have ingeniously created light, airy, sourdough flatbread called "injera", which is used to scoop up the wat. Injera is a light, fluffy, pancake style bread that is made of fermented teff flour. It is spongy in texture and perfect for soaking up all the delicious gravy.

This wonderful restaurant has been around for almost 20 years now and is named after the Nyala antelope found in the southern regions of Africa. There is nothing pretentious about this place; the décor and atmosphere are an eclectic mix of functional tables and chairs with African artwork ranging from the inspired to the just plain kitsch. However, the service is warm, hospitable and inviting. In fact, I felt like I was at someone's house for dinner, so I was very well behaved – for a change. This all blended together to produce African-inspired, funky, bohemian, rustic charm. And in true African style, nothing was rushed – so don't think you can pop in for a quick bite.

Once I settled in with a South African beer and waited patiently for the food to arrive, I felt the woes of the week disappear. Abeba Goman was a great starter; take a cauliflower, then steam, soak in egg and deep fry. It's really tasty and perfect with beer. If you don't like cauliflower, you'll love this after a few bites. This was next followed by a Beef Wat of ginger, garlic and a home-made berebere (chilli) which produced a flavoursome, rich and hearty stew. I was disappointed that the food was not as spicy hot as I was expecting, but this will make it more accessible to the average Aussie pallet.

Other African cuisines were also beautifully represented. We had a Kenyan dish of Kuku Na Nazi, which was a chicken and coconut curry. The Tanzanian Futari, a mixed vegetable dish cooked with spices and coconut milk, was also delectable. This was all served with hot and fluffy Injera. The wine list is very plain, but made up for by a wide range of African beer. Dessert was an East African favourite of banana, brown sugar, cream cheese and cinnamon - all lightly baked. Ethiopian coffee and mint tea completed a thoroughly delicious and relaxing evening.

For something a bit different, and for a relaxed night out, give Nyala a try. There is something inherently right about this rather kooky yet charming Fitzroy institution of African dining.

Open daily for dinner

Entree: \$8 Mains: \$15 Dessert: \$6 - Cards accepted: AE, DC, MC - Wine, Beer; BYO - Seats 60



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q circus: OZ STYLE



CIRCUS OZ

Launching in Melbourne the World Premiere of their latest show. See it to believe it! 16 JUNE - 11 JULY 2010, BIRRARUNG MARR

You won't believe your own eyes when the world-famous larrikins of Circus Oz raise their Big Top at Melbourne's Birrarung Marr for the World Premiere of their new production. The 'nothing-isimpossible' performers of Circus Oz, including a combination of new and familiar faces, will deliver two hours of non-stop energy, reality-defying new acts and one or two old favourites to bring out the child-like wonder in all of us.

Following hugely successful seasons of Barely Contained at the recent 2010 Sydney and Adelaide Festivals, creative development for the new 2010 show recently began in the Circus Oz 'Lab' at their Port Melbourne home. The explorative 'Lab' program fosters the creation of new acts and builds relationships between new cast

members during an intensive six to eight week training and development period.

Playing from June 16 to July 11, the World Premiere season of their next show will introduce several brand new acts and exciting performers to Melbourne, all suspending our disbelief against a live, killer score from a re-booted Circus Oz band. Adding to the dazzling feast for your eyes, the new show is being designed by internationally acclaimed costume designer Laurel Frank, a founding member of Circus Oz, and highly accomplished theatre set designer Darryl Cordell who recently designed the 2010 Moomba Parade.

Artistic Director Mike Finch says of the new show for 2010 "We've headhunted a gang of extraordinary fresh new performers to join our ensemble in our Secret Circus Laboratory. We've found a diva, an Amazon trapeze artist, a swinging percussionist, a precision foot-juggler, and an exhuman-torch".

Believe it or not, it's now more than three decades since the Melbourne-based Circus Oz first started making shows and traversing the globe to become a world-famous Australian entertainment icon. Their performances are hilarious, raw, diverse, inspired, and spectacular. After this World Premiere Melbourne season, Circus Oz will hit the road on a tour that will take the company the length and breadth of Australia, and via the Top End to the World.

Can absurd acrobatics make a sensible adult laugh themselves silly? Can a graceful aerial performance have a young child gasp in astonishment? Circus Oz invites you to get your family and friends together and prove it to yourself with your own eyes. Be one of the first to grab a winterblues-busting seat when tickets for Circus Oz's new show are on sale now at Ticketmaster. For further information go to www.circusoz.com



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q theatre: 2 OF MELBOURNE'S BEST

Following on the success of his 2009 productions SKIN & OM! - A Dance Experience, 'OBSESSION' is the brain child of Director & Choreographer Robert Sturrock, who conceived the show as an avenue to showcase and highlight the talents of the Melbourne contemporary and lyrical dance community.



Under the umbrella of his successful company Industry Dance, (incorporating a full time professional development course for adult performers, junior school for youth and booking agency for floorshows and commercial/corporate work) Robert held various auditions in March this year to find an assortment of Melbourne's hottest dancers for the third installment of what are slowly becoming regular 'must see' dance theatre events on the Melbourne arts scene. The long term aim of the experiment is to create a dancers company that will stage various showcases and performances each year while creating paid work for dancers in a very competitive industry and allowing them to share their passion with the wider community.

Robert Sturrock is one of Australia's most renowned dance teachers and choreographers, his television credits include So You Think You Can Dance, Hey Hey, Its Saturday!, The Logies The Simon Gallagher Series, The Saturday Show, Countdown and The Don Lane Show. Robert toured Australia in Dynamite and Dancin' Dynamite with David Atkins and featured in A Chorus Line and The VSO production of Aida. After working in the corporate commercial and fashion world for the past 20 years he has now turned his hand to teaching, choreography and direction.

Sturrock recently featured on an episode of Chanel 10's 'So You Think You Can Dance' taking the top 20 dancers for a Masterclass in Adage and Pas De Deux, amongst the group of contestants were two cast members from previous Industry Dance productions (Nick Guerts & Lauren 'IVY' Heene) who now form part of the top 10 dancers for this season. Recent graduates of Sturrock's school, Industry Dance, have gone on to roles in the recent and current professional productions Fame: The Musical, Mary Poppins, Jersey Boys, Wicked, The Drowsy Chaperone, High School Musical: Live On Stage, Chicago & MAMMA MIA!

'OBSESSION'

Wednesday 19th, Thursday 20th, Friday 21st, Saturday 22nd and Sunday 23rd May @ 8.00pm

Theatreworks, 14 Acland St, St. Kilda

\$35, Concession: \$30, Under 15: \$25 All Ages at Parental discretion (Adult Themes, Nudity & Sexual References)

Bookings 03 9534 3388 or www.theatreworks.org.au

The Melbourne Rainbow Band - AUSTRALIANA

Following the success of their sellout 2009 show at Chapel Off Chapel, Love and War, The Melbourne Rainbow Band is again presenting an emotive journey through music and time. Featuring pieces that speak of Australia's broad culture and its landscape, Music Director Mark Lylle, has prepared a program that shall welcome you at Australia's rugged coastline, wind you through its forests and send you soaring through our high country.



This year marks the 15th anniversary of the Melbourne Rainbow Band.

Chapel off Chapel - Saturday 15 at 7:30pm, Sunday 16 May at 1.30pm - \$30 Full, \$25 Concession and Group 10+ (+ Transaction Fee)

Presented By David Jones DAVID JONES AND FRIENDS

Featuring James Morrison, Carmen Warrington, and Evripides Evripidou. David is often described internationally as one of the most innovative and musical drummers/percussionists in the world. His use of Tibetan and Japanese singing bowls, and pitched percussion alongside the drum kit, is extraordinary and unique.

In this concert, all four members will be contributors to improvised pieces. Expect musical fireworks!

Chapel off Chapel - Sunday 30th May - 3pm - \$27.50, \$22.50 Concession (+ Transaction Fee)

in bed: with BEN

Online Dating 101 – Who Are You Attracting?

You see it done all the time, and it's just so deceiving. People portray themselves dishonestly online. Name anyone of the dating sites around and you will uncover individuals who are incongruent in the messages they are delivering via their written word and images. The thing is, that online dating is not that different from dating face to face. Only face to face you can generally tell if someone is being dishonest or not. Online you have to take it at face value until you slowly find out more about each other and uncover any untruths.

Interestingly enough I was recently interviewed by ABC News Online on the various challenges experienced by 'gay' online daters – kudos to them for broaching the subject in mainstream media!

My question to you today is, what if you could ensure that you were congruent with your online dating activities...and work out why you're attracting the types of men you are? Welcome to Online Dating 101.



Don'ts of Online Dating:

- The visual images that you post up on your online dating profile must be congruent with your written word. If you post up a picture of your proverbial then write that you are seeking a 'long term' relationship - you're sending conflicting messages to potential suitors. One message is indicating that you're easier than Joan Rivers on crack and the other is communicating that you're honest and trustworthy. The two don't go together. Your images need to satisfactorily reflect your outcome and who you are as an individual. We each have our sexual side, it's just a matter of how much you want to expose it to others. If you're online for sex then be upfront but 'never' easy. If you're online for a relationship, don't communicate you're easy through pictures of your scantily clad body.
- Never be overly needy. Men are hunters by nature. If the chase ends too soon, guess what so will the relationship. Keep them guessing by divulging little pieces of information about yourself one at a time over a longer period. Keep them guessing and you will keep them interested.
- Do not share details of your sexual conquests unless that is all you're seeking. There is no appeal in dating or 'hooking' up with someone that's the local town bike.
- Do not create a perception of someone you're not, it's going to bite you in the ass! The objective is to meet face to face eventually. So when you finally do (and you've been dishonest) you may have some explaining to do (oh my God, I literally put on 10kg's today, I swear!)

Do's of Online Dating:

- Post pictures of yourself that represent who you are as an individual i.e. through the types of clothes that you wear and the places that you frequent (not saunas!).
- Paint a well rounded picture of yourself including the types of activities you enjoy, i.e. swimming, watching or playing football, listening to music, going out for dinner. Ensure the activities represent the various aspects of your personality and reflect the type of individual you would like to attract.
- Relax about the process and enjoy it, dating should be seen as an enjoyable experience. Yeah sure, you may have to go on a tonne of dates to find a partner but it doesn't mean you can't enjoy the process.

This may sound ridiculous, even cold and heartless but understand that you are the product. Dating online is like walking down an aisle in the supermarket. You choose products that tickle your fancy and add to your experience. Snap judgements about appearance are made within 150 milliseconds. If your profile pictures do not successfully represent who you are as an individual you will attract individuals that aren't right for you. Simply put, are you the substitute brand or the real thing? Can you now see why you're attracting the types you are? Reflect who you want to attract through your written words and images or you may just keep ending up with deadheads that can't string two words together. Here's two words for them, 'Get F*&\$@K!'

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q comedy: HALF A PERSON

William is a young man with three obsessions: very strong long blacks, pining for his lost Salome, and listening to The Smiths. He only exists to devour coffee, despise people and worship the patron saint of wrist-slashing – Steven Patrick Morrissey.

Just like his idol, the world he occupies is cruelly lonely. He stumbles from café to cemetery in search of a companion or maybe just a confidant. He runs headlong into Salome; the obtuse, obstructive, agent of seduction who slithers her way into his addictive personality. Meanwhile, the best friend that he never knew he might not have one day, Rick, is struggling with his desire for William while confronting his own mortality. A dark and funny play set to the music of The Smiths, the music that gives William a chance to be more than just Half A Person.

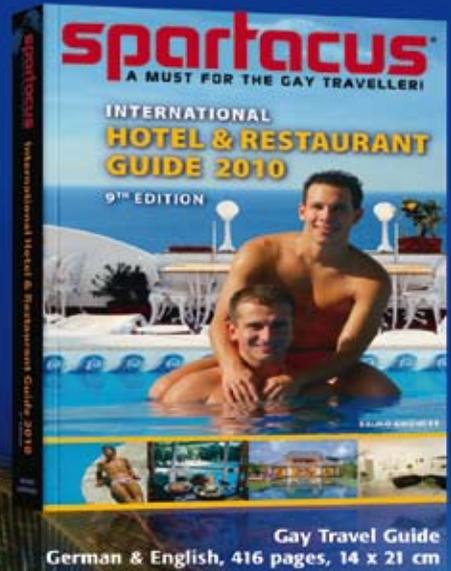
Mark Taylor theatre credits include: Rent, The Underwood, Away, The Crucible, The Rocky Horror Picture Show, Time and the Conways and The Choir. He recently donned a rifle and helmet for the HBO mini-series The Pacific, before making a dramatic change of pace by touring Australia with the children's theatre company, Alpha Shows.

Director Robert Chuter is not a person prone to making conventional theatre & his acclaimed works such as Loving Friends, Le Miracle de la Rose, Lady Chatterley's Lover, Anne of Green Gables, Homme Fatale, The Death of Peter Pan, The Hive, The Object of Desire, Dimboola, Almost & Heights have earned him a reputation as a distinctive director of over 200 plays. He won a Green Room Award in 1990 for his work on the acclaimed In Angel Gear. He studied at VCA & was a trainee director at the Queensland Theatre Company. Chuter graduated from the prestigious Swinburne Film & Television School, winning the AAV Award for his short film: The Mortal Coil. He recently completed his debut feature film The Dream Children to be released in 2011.

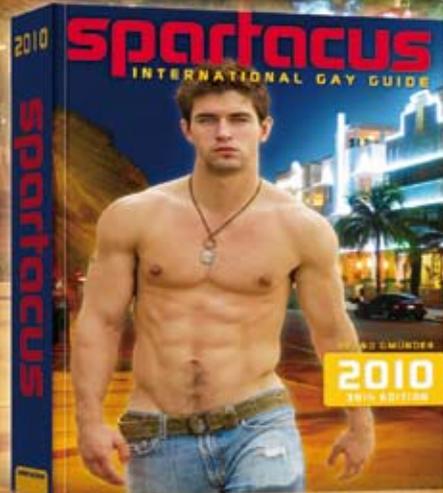


Chapel Off Chapel, 12 Little Chapel Street, Prahran, 20-30 May 2010, Wednesday-Saturday 8.00pm, Saturday matinees 2.00pm & Sunday 6.30pm, \$28.00 [Full] & \$24.00 [Concession] Bookings: (03) 8290 7000 or www.chapeloffchapel.com.au

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q report: SIX MONTHS IN SAUDI

Inshallah moments: As an openly gay man, going back into the closet is something that I had never really considered. However in May of last year, I was invited to visit Saudi Arabia prior to accepting a new employment contract there. Admittedly, when the approach was first made, I had to Google the country and remind myself of just where it was; yep, that's the one bordering Iraq and with "not so friendly policies" for our GLBTI community. However, I was intrigued enough to make the journey and to experience this unique country first hand.



The departure from London couldn't be any more surreal than what I was about to experience. Sitting in the Virgin Atlantic Clubhouse at Heathrow, I was chowing down on a toasted bacon sandwich and enjoying some bubbles, both of which are against Islamic principles and are not available in the country. Yes, no pork products and no alcohol. Boarding the Saudi Arabian Airlines plane, I probably got my first real taste as to what the coming days would hold - men in traditional dress, women completely cloaked in the Abaya (the black over garment), dates and coffee, and of course the Arabic language which to an outsider sounds so harsh and unforgiving. I braced myself for the unknown as best one could; a private, stern talk in my mind about staying safe, with no obvious references to drag queens, show tunes, or nights out on Sydney's Oxford Street.

Arriving in the capital Riyadh was sensory overload. The traffic, the smell, the people were so different to anything I had ever experienced. However, the infrastructure surprised me; modern buildings such as Kingdom Tower rose from the desert floor like a shining beacon, hotels built to Western standards, and familiar brand names such as Pizza Hut, Holiday Inn and Toyota all adorned the landscape. I struggled through the next three days which became a blur of meetings and introductions to prospective team members, some of which had mannerisms that made my eyes pop and my imagination run wild. I had to remind myself that the term gaydar should be eliminated from all future vocabulary, thinking



"Nonsense". "You can't be gay in Saudi Arabia".

I wondered why I was encountering these strange observations and emotions. You see, it is customary in this region to kiss male counterparts as a greeting, to lightly touch people on the body to make a point in a discussion, and for men to hold hands as a sign of friendship. None of these interactions can be made with women. It made the country look like a gay Mecca on steroids. But I started to ponder on whether some of the men I had met were using these very traditions to their advantage and hiding their sexual preference simultaneously.

One business meeting during my initial time in the Kingdom left me extremely confused; a mid 20's, attractive, very intelligent Saudi man was presenting a new technology solution and continued to touch me on the shoulder more than I thought was necessary. He never lost eye contact with me when he returned to his seat at the boardroom table, locked into an almost unwavering gaze. At the conclusion of the meeting, he made a point of flourishing his business card to me and gave me a lingering, yet masculine handshake and said he would call me to organize a dinner. A little startled, I put these unsettling thoughts aside, and concentrated on making the right impression and finishing the meeting as quickly as possible.



It was a few weeks later when I returned to Saudi Arabia on a more permanent basis that the same supplier tracked me down, and insisted he take me to dinner at Diamond, a Chinese themed restaurant in the Localizer Mall complex in downtown Riyadh. Not sure how good the Chinese food would be in the desert, but feeling I had a moral obligation to my new employer to make this business relationship work, I accepted his invitation. Restaurants too are required by law to segregate diners based on their relationship status; families and children to one side privately screened from the masses, single men to the other side. Whilst I do understand the basis, it leaves many restaurants feeling like they are holding a stag night with far too much testosterone gathered in a single setting, and nowhere to release it.

The restaurant environment here was similar; whilst extremely tasteful in decor, I felt a little like I was in a food equivalent of the Blue Oyster bar from Police Academy complete with low lighting. After about fifteen minutes of polite conversation, my host finally revealed that whilst he believed he was a “family man” with wife and child on the way, he felt I should know about the underground alternative lifestyle for “Westerners” such as myself. Nearly choking on a prawn ball, I managed to splutter out why he thought that about me.

“Simple” he said. “It’s my gaydar.”

I laughed, thinking about the exact same word I had deleted from my vocabulary. Without confirming or denying his suspicions, I spent the rest of the evening hearing him talk in detail about the sub terrain environment that is gay life in the Kingdom.

Later that week, still quite shocked and astounded but empowered with knowledge, I dropped over to the local Starbucks on Olaya Street around 8:30pm for a coffee. It was here, that the alleged “gay centre” of Riyadh existed; where men congregated for discussion, coffee and perhaps more. I arrived and things were quiet, but within the hour there was not a seat to be had, many friends welcoming each other, lingering glances and double, even triple look backs as people moved through the tables. I had never seen anything like it, almost a nirvana of gay men set amongst the backdrop of coffee mass commercialism. I watched for the better part of three hours, and then caffeine charged from Venti skim lattes with vanilla I decided it was time to leave.

During my six months in Riyadh, Starbucks on Olaya became almost a second home. It also helped me to keep my sanity. In later visits I made some wonderful acquaintances who I regularly keep in touch with, and who were exceptionally gracious, hospitable and friendly. My perceptions of Saudi Arabia are mixed; this harsh country makes life almost unbearable for many of its people. However I do know that like many things in life, it’s always worth taking a look under the surface. You just never know what you may find.

This is an excerpt from a work in progress titled “Inshallah moments: Six months in Saudi”. The term inshallah is loosely translated into English as “God willing”. Ashley Hogan is an Australian independent travel writer who calls the world home.



Bahrain Air launches from Riyadh

BY SAUD AL-SAYED

RIYADH: Bahrain Air and the Council of Bahrain for Transport and Airports (BTA) today announced the launch of Bahrain Air's first flight to Riyadh, the country's main domestic hub.

The airline, which is a joint venture between Bahrain Air and the BTA, will operate the flight on a daily basis, starting from Riyadh on Monday.

The airline, which is a joint venture between Bahrain Air and the BTA, will operate the flight on a daily basis, starting from Riyadh on Monday.



FLYING UNDER Roger Murad, chief executive of Bahrain Air, and Faisal al-Farsi, head of the Transport and Airports Council (BTA), are seen with other officials at the launch of Bahrain Air's first flight to Riyadh on Monday (UPI photo by Nabil Hassan)

Bahrain Air's managing director, Roger Murad, said that "Riyadh is the capital of the entire Arab world. We will build a reputation and we hope to expand our flight from Riyadh to other major cities."

launching a daily flight from Jeddah to Bahrain to serve the Bahraini market and to enable airlines to connect to the region. The project will be completed in the next few months, while it had been planned a report on the feasibility of the route, which will be submitted to the Civil, Air and Sea Transport Authority.

Statement issued from the Bahraini Airline Association, which is a joint venture between Bahrain Air and the BTA, said that "Riyadh is the capital of the entire Arab world. We will build a reputation and we hope to expand our flight from Riyadh to other major cities."



q people: with MARC J PORTER

Porn's a heartbreaker

For all you porn fans out there, don't deny it, we all love it, news from the US that porn superstar couple Aden and Jordan Jaric have split after half a decade together might not surprise many, but it did with me.

You see, these 2 appeared in plenty of Falcon porn flicks together but only together, they didn't get it on with any other guys throughout their career, so you probably can't say sleeping around or someone else got in the way, so it poses the time old question...where did it go wrong?.

The boys even released a single in 2009 - Hit Me Up, a dance gem. The boys were gracing the covers of DNA, the Spartacus guide and headlining club nights across the US so their fame was growing.

The boys considered themselves married when I last spoke to Aden, it seemed nothing could break them.

The world of porn has come a long way from the 80's, these days the boys are groomed to be not just good on camera but how to handle the media which takes more of an interest in this version of fame than it used to.

Porn stars such as Aaron James appeared on The Tyra Banks Show last year about being gay for pay, Blake Riley and Cameron Marshall made the New York Times for going straight for pay in the bisexual flick Shifting Gears, it's rather odd that porn stars get longer fame than they should but if it's thrown at them they run with it until it starts to get in the way of life such as the Jarics, things were going great but something burst didn't it?



Can porn stars lead normal lives? I mean all they do is get filmed having sex, seems easy right?

Well, it's not, most of my porn star friends such as Wolf Hudson, Johnny Hazzard etc all at some point have told me that it can be incredibly hard if friends/family find out or in the case of Aussie porn star Pete Ross, he worked for Qantas and someone dobbed on him that he did porn and they fired him, did he say he worked

for Qantas in the porn films he made? No, so why does it matter?

Then there is facebook, the gay porn stars of now are all over the social networking site, playing it up with their constant parties and dirty deeds, so it's all there for the world to see that they are only human, just with bubble butts for our enjoyment. They may seem like they live out of control lives but in reality they are just young men trying to earn a living, sometimes the living you are trying to make can end a relationship, so we hope the Jarics work it out.

And no I don't have a porn obsession, I just love interesting people!

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q whispers: with ADDAM STOBBS

Let me not to the Marriage of True Minds Admit impediments, yeah right.

I've been vociferous on the "I don't care" part of Gay Marriage, both in this erudite publication and on radio. I've scoffed at the 2nd tier civil Union thing (quite ignorantly as it would seem) and similarly at relationship registers, although the latter is supposed to be as valid as a marriage, at least legally.



I've been a serial 'partner' for most of my life, and as much as I am "the bitch from hell" I have never really been single for very long. Possibly because I also 'get the male thing of monogamy, it's more lees hard-wired into us to have prolific sex (yay for us), it's the best way normally to ensure natural diversity and allow for mutational continuity (in heterosexual Darwinist terms). I have poured acrimony and scorn on Gay and Lesbian people who have tried to mimic heterosexual normativity by begetting children or getting "married".

Adding to the unlikeness of any eventuality, I also went to work in a very conservative anti-gay environment, where I had to go back into the closet and pretend to be straight (as if). So, I work in one of the most homophobic bastions of conservatism, yet ironically it is in this place that the heterosexual people challenged me to face my own self effacing internalised homo-repression, that to lead to me changing my mind and potentially my life.

My Partner is Thai and it is apparently significant in the 9th year of a relationship to make some significant gesture in his culture. I rather absentmindedly asked him if he wanted to exchange rings in a ceremony with our friends, and he dissolved into a heap of emotional disintegration. I love him so completely that this suddenly became very obvious the right thing to do.

So despite my previous invective of such things, I found myself to be in the situation that I was preparing to execute this in my own life and draw in those who are closest to me to be a part thereof. The person who changed my mind is Anne. I told her I would NEVER do the hetro ritual because most of my life I was brought being told I was sexual pervert, a criminal, I was evil and that everything I did that involved sexuality and love was wrong. I had been bitter during my late teens about this, but that has given way to a complete disregard and abhorrence of 'their' rituals and relationship ceremonies.

The closest to "have and to hold" I can recall was from public high school was "kick his face in – you're doing him a favour teaching him what it's going to be like to be a poofter" - that was my year 11 teacher. Anne said that I did not need to take those bad memories with me. She said extract the elements of those rituals that will mean something to and to Yoda (my partner's Thai nickname). What she said made so much sense to me, and was somewhat of a revelation. I don't forgive the people that treated me so badly during my life because I am a homosexual, in fact I despise them as much as ever, but I get some comfort that they are now being called to defend their social despicability.

On the 18th April 2010 we exchanged rings in the presence of our friends, celebrated by the amazing Nan McGregor, Tex McKenzie and Carol Wilkinson.

I am trying to come to terms about how this relates to my life, and really, not a lot in the daily articulation, but it means a lot to Yoda and I, not because it signifies the start of a new life together, but to indicates that the years we have been together are so wonderful, meaningful and fulfilling. We are not monogamous but I love him with all my heart. So for those of you struggling with this issue, extract the core issue. "Love is not love which alters when alteration it finds", don't confuse sex with love, the heterosexuals have a LONG way to go realise this, that's why we, homosexuals are superior.

Addam (and W. Shakespeare's sonnet 116).



q fitness: with CHRIS GREGORIOU

Want that toned or built body? It's all about food...

Often I hear people say they want to lose a few kilos, then reach for fast food or sugary high energy drinks. Well the saying is true, we are what we eat and quite frankly, if you eat junk food how do you expect your body to be in prime condition?



Toning and shedding unnecessary weight mostly comes back to what you consume. 80% of the weight loss equation can be food related, with strength training coming in at 20% when it comes to having a toned body. As a personal trainer, I see amazing results when clients put a focus on their diet, with an average of 2 kilos lost each week. So what are the basic rules? Some of these are:

Avoid Simple Carbs

Carbohydrates are broken up into two categories, simple and complex. Simple carbs are found in refined foods like cakes, sweets and white bread. They are called bad carbs due to the fact that they contain little nutritional benefit and are broken down very quickly in the body, causing you to feel hungry shortly after consumption. It's wise to avoid simple carbs & consume more complex carbs. Complex carbohydrates are found in fruits, vegetables and whole grain products. They are called good carbs due to the fact that they offer more nutritional benefits and contain lots of fiber, vitamin E, magnesium and zinc. Complex carbs also take longer to digest and can keep you feeling fuller for longer.

Load up on Vegetables & Greens

Containing a huge source of vitamins and minerals. They also contain a variety of phytonutrients which protect our cells from damage and our eyes. Dark green leaves as well as broccoli are known as super foods. Leafy green vegetables are known to reduce the risk of cancer and heart disease. Vegetables are ideal for weight management and they are typically low in calories.

Eat enough protein

Protein is an important component of every cell in your body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. Proteins are indispensable for growth and maintenance of every kind of cell in your body. Ensure you consume enough protein each day for muscle growth.

Stimulate your metabolism

When it comes to meals, more meals of a smaller portion are ideal, so 5 meals a day works a treat to keep your metabolism fired up. Other ways to stimulate your metabolism include drinking warm water with lemon juice and honey in the morning, increasing your muscle mass (via strength training), brisk walks, even vigorous bedroom activities are all beneficial.

Don't Stress

Being stressed can affect us in many ways, including the ability to loose weight. Stress creates an increase in the hormone cortisol and can result in a slowing of your metabolism and can also lead to cravings. It can be a vicious cycle of stress and weight gain, causing you to eat emotionally and your raised cortisol levels cause the food to be stored as fat.

Of course these are just some of the basic things that you should consider if wanting to tone up. Enlist the help of a nutritionist or personal trainer to provide you with a more comprehensive picture and assistance.

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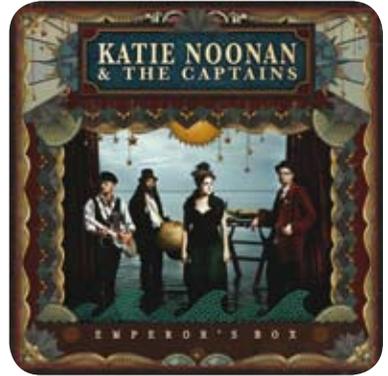
q win: IT'S A SONY MUSIC MONTH

Katie Noonan

One of Australia's brightest musical discoveries of the new millennium, Katie Noonan returns to the spotlight with an original album, a fresh sound, and a new band, the Captains.

A five-time platinum recording artist, Katie is in fine voice on Emperor's Box, a dynamic piece comprising 13 personal, emotive works. Co-produced by Katie and Grammy Award-winning rock specialist Nick Didia (Pearl Jam, Bruce Springsteen, Stone Temple Pilots, Powderfinger), Emperor's Box marks a return to some familiar territory for Katie.

Emperor's Box is the sound of a confident, accomplished artist. It's a lush and at times muscular affair, captured in the studio by a tight unit clearly at the peak of form. And of course, Katie's vocals shine. "It's the best thing I've ever done," Katie says. "Music is about freedom for me, I've always followed my muse and been very lucky to be able to go on and make different records. This is definitely the album I'm most proud of."



To try and win one of the five CDs we have for you this month email getfree@qmagazine.com.au with **katie** in the subject line.

Cassette Kids

Cassette Kids have been busy. Since the frenetic and aggressively energetic debut We Are was released in 2008, the band have spent a year riding their self-created turbulence. This is a band who has endured countless hours working on their craft in an insatiable drive to create different and exciting music, and have earned their stripes on tour with some of the biggest acts in the business. Now ready to take on the world, the Kids step up to deliver their coming-of-age full length album Nothing On TV.

With typically indie rock influences that include The Rapture, Klaxons, Yeah Yeah Yeahs and No Doubt, Cassette Kids craft a grinding, colourful version of the genre which is as catchy as it is innovative. The quartet, which features singer Katrina Noorbergen, guitarist Dan Schober, bassist Dan Deitz and drummer Jake Read-Harber, came together from four distinct corners of the indie scene.

Simply email getfree@qmagazine.com.au with **cassette kids** in the subject line to see if you are one of five lucky winners of this very special release.

MGMT

With Congratulations, MGMT offer a heartfelt "Hear! Hear!" and an invitation to join the group in a new musical odyssey mirroring the psyches of the band's core duo, Andrew VanWyngarden and Ben Goldwasser, inspired by their adventures on the frontiers of 21st century pop & roll consciousness.

A comedy of manners of the mind, Congratulations finds MGMT's droll humour simmering in songs full of melodic invention and lyric mystery while opening up a luxurious new world of sound and sensation. A collection of nine complex and soulful musical tours de force written and recorded throughout most of 2009, Congratulations creates its own space and time with hints of music from the past five decades whirling in its etherous atmosphere.

Simply email getfree@qmagazine.com.au with **mgmt** in the subject line and you could win one of the five CDs we have for you.



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

q choir: **LOW REZ IN HIGH DEF**

=LOW REZ= Melbourne Male Pop Choir was founded one and a half years ago and in this short time has blossomed from a small ensemble of just 18 guys to a 47 strong male choir.

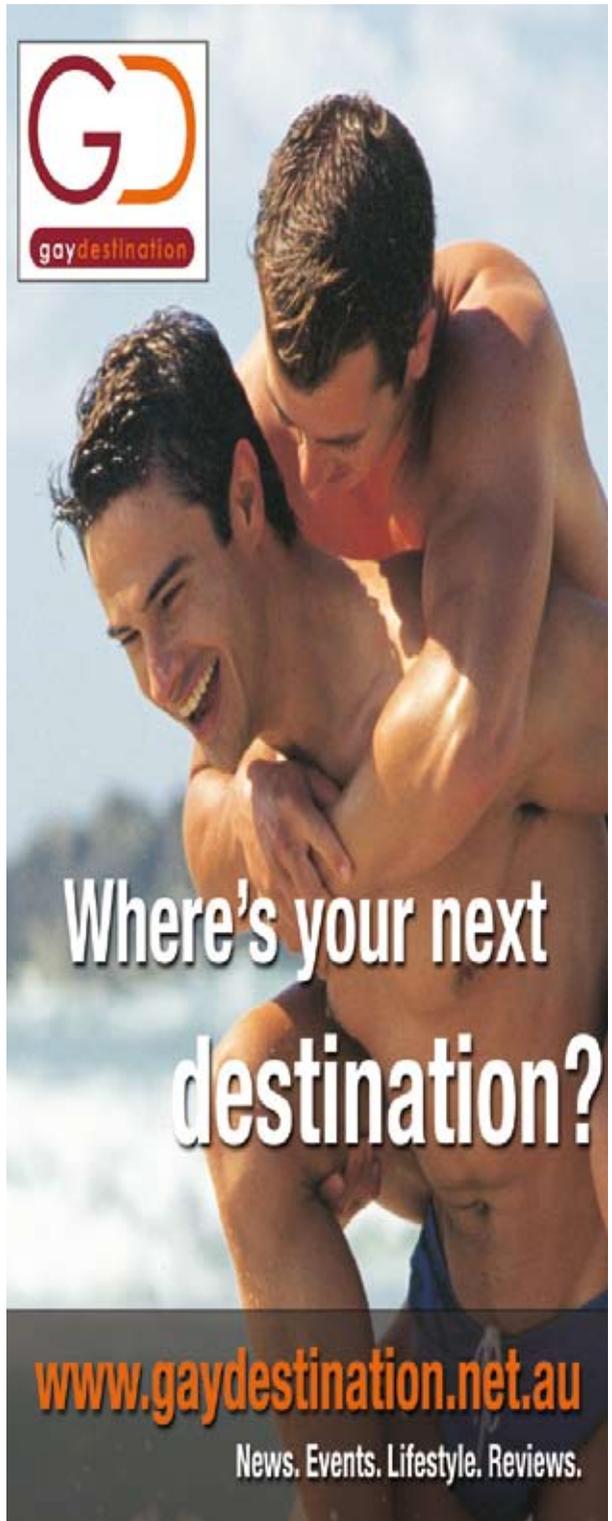


All of the concerts, to date, have been a sell -out and their most recent performance, entitled "REAL MEN" was part of the Melbourne Midsumma Festival. They also made a guest appearance at "The D&G Experience" with Dolly Diamond and Luke Gallagher.

On Sunday May 16th, 2010 at 2pm, =LOW REZ= with director Ursula Paez, present "VIVA LA VIDA" at the Glen Eira Town Hall in Caulfield and new songs include "High", "Mercy" and "Freedom '90".

Shaun Murphy (star of the brilliant vocal trio Combo Fiasco) is your host, and tickets will, as usual, include a free glass of champagne upon arrival but also for the first time, a tea-dance-after-party.

For tickets and more information, please go to : www.lowrezmelbourne.com



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q scene: OUT & ABOUT

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Mid-Year
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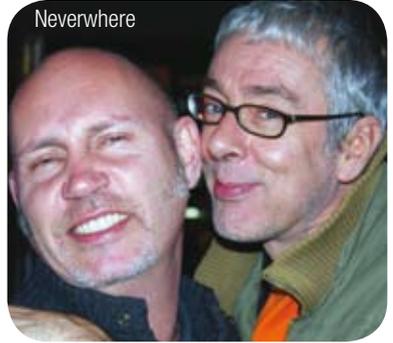
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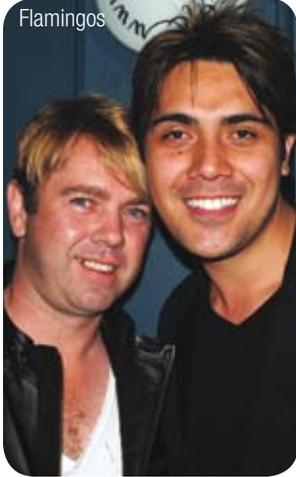
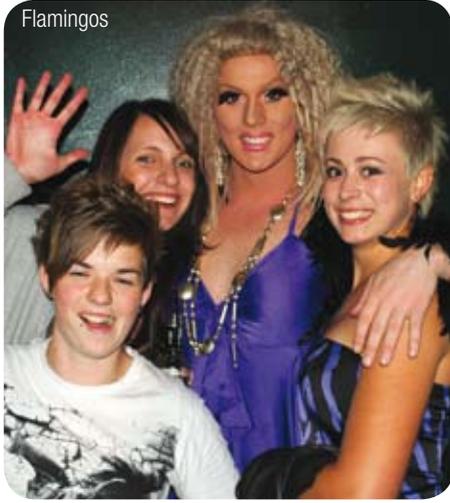
q scene: **OUT & ABOUT**



q scene: OUT FRONT BAR CAIRNS



q scene: **OUT & ABOUT**





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q dvd: LATEST RELEASES

Over the Easter break I spent the endless hours on my own in my apartment catching up on some dvd viewing - with the compliments of Eagle Entertainment - and I can tell you that dvd viewing is as good as it ever has been. Coming to a video store near you (for rental or purchase) by the end of May are some amazing titles, but first let's look at three titles already in store:

The cover lists lust, betrayal, and kidnapping as the three main themes...and you thought your family had problems. Rated MA 15+, *nobel son* is entertaining from beginning to end. You literally have no idea when the next twist or turn will occur, and the ending you certainly will not predict. A fabulously told story of intrigue and revenge that is a must see.

Alan Rickman is brilliant as a self-absorbed, womanising Professor whose parenting skills leave a lot to be desired. His performance however is equalled in quality by the rest of the cast.



Although a story that has been told many times in many different ways *American Violet* is an extremely well made film, based on a true story, that takes you on the journey of one Afro-american woman and mother's struggle for justice in a State where justice is not very forthcoming...particularly from the very popular and powerful District Attorney.

Based around a public housing estate in a small Texas city you find yourself in a state of disbelief that this sort of blatant discrimination can occur in this day and age. At the end you will find yourself cheering for the woman, shaking your head at the overall theme and hating the DA. A result I am sure the film-makers were aiming at.

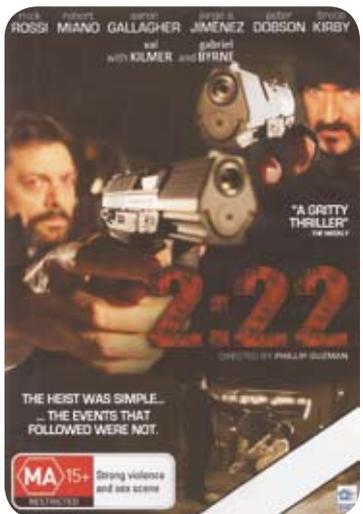
Finally in this trilogy of must see/have flicks is about the Asian American "Boyz in the Hood" scene. *BABY* is truly disturbing but a powerful reminder of what happens when children are allowed to be part of the underground world of drugs, guns and stand-over merchants.



The story picks up from when a young man is released from a seven year jail sentence and his struggle to keep on the straight and narrow. Continually flashing back to the events that shaped his childhood it is a great film about a theme generally portrayed by Afro-Americans. Refreshingly real. Completely captivating from start to unfortunate end.

In stores this month are two titles well worth spending your money on hiring. The first of which is a British thriller about a team of seemingly successful robbers who stage a daring heist on a 5 star hotel. Their plans however start to unravel as the guests in the hotel start to play a greater and greater role - unwittingly of course. *2:22* is not for the faint hearted, being packed with high level course language and violence, but if you like your dvds to keep you on the edge of your seat, then this one is definitely for you.

If you like quirky British drama then *TENURE* is one film you should not miss. Based around the life and times of a college English Professor struggling for Tenure status the plot is filled with silliness (including a young Asian boy into erotic poetry and a fellow Professor in search of Big Foot) awkwardness and giggles that this kind of British film making is renowned for. You, of course, get a big dose of man ends up falling in love with woman stuff as well.



The final two titles are out at the end of June and well worth looking out for in your local video store or retailer.

The British do comedy better than anyone else in the world (in my humble opinion) and *DOGHOUSE* is no exception. Imagine half a dozen guys planning a weekend to each escape their dictatorial spouses to find the place at which they ended being ruled by a bunch of women. These women however are wielding knives, sizzors and axes. They also enjoy eating men (and I don't mean in the sexual way).

If the storyline was no so humorous or the acting so very good one could possibly be frightened by the look of a pack of crazy blood-sucking zombie-like people attempting to eat their way through the visiting group. Do not fear however - this is a belly laugh of major proportions. It is also however extremely visually violent so probably not for all in the family.



Moment of TRUTH was strangely entertaining but intriguing none-the-less. Featuring three Academy Award Nominees the story centres around a rather unimpressive working class man who is lured back to his home town by a former girlfriend. The plot thicken though when he arrives and is embroiled in something he is not entirely sure of (and you will not be either until well into the film).

It does move quite slowly in parts, but if you're patient you will find yourself enjoying the film (I promise). Very little swearing in this film but the violence is quite vivid in parts - which is probably where the M rating came from.



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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'



Barrie Mahoney was a teacher, head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands as a newspaper editor. He is still enjoying life in the sun as a writer and author.

A Bit of a Wrench

As regular readers of my 'Tweeters' will by now realise, airports do give me problems. Whether it is excess luggage

or simply that the wretched security alarms will just not stop bleeping when I enter their territory; it is always an annoying and often embarrassing experience. My recent visit to the UK was a case in point.

Some time ago I was tempted to purchase a new kind of adjustable spanner. It was marketed heavily on television and in the national press and after a sorry incident with our downstairs loo - I won't go into detail here - and many hours of grappling with all manner of antiquated tools, I decided that if I had one of these new 'super spanners' the job would have been done in a flash. Although I dropped many hints to my partner, sadly one did not appear in my Christmas stocking.

After Christmas none were to be seen in the shops and it was my brother who came to the rescue. He would order one from Amazon and give it to me when I returned to the UK. Why he could not have had it sent direct to me I did not like to ask and so I looked forward to collecting the magic tool during my next visit to see the family.

"Now then sir, is this your bag?" came an officious sounding voice at Gatwick Airport security. I had just been frisked once again by a security officer and had thought that my ordeal was over for the time being. I nodded. "Would you mind coming over to this table whilst I empty your bag? We have just x-rayed your bag and you have two suspicious items inside. I would like to examine these items more closely and in your presence." I was beckoned to a nearby table whilst the security officer donned rubber gloves and began removing all the items from my bag. Oh dear, here we go again!

"My, sir certainly likes his toys, doesn't he?" frowned the security officer as he removed a laptop computer, three mobile phones, various adapters, Tom Tom navigation unit and accessories as well as a number of cables, dongles and plug ins. He frowned again as he retrieved a number of small Christmas presents carefully packed by an elderly relative. He waved one of the small items in the air. "This is one of them. Do you know what's inside?"

I had no idea, but suddenly realising that this was not the correct

answer, I replied, "A potato peeler. I cannot get a good one at home and Auntie Gertie thought we would like it."

The security officer smiled. "Hmm, yes, it feels like it. It would be a pity to open it, wouldn't it. Would spoil Auntie Gertie's surprise.

I'll x-ray it again and see." This time he was being remarkably helpful and I thanked him. After a moment or two he returned to the table with a spring in his step.

"Yes, that's it. A potato peeler it is, but don't tell Auntie Gertie I told you." He laughed heartily. "Now what about this other item?"

The security officer proceeded to remove the last items from my large and heavy bag. "Hmm, now if I am not mistaken, I think you will find that this is the problem." He triumphantly held my brother's gift - my new adjustable spanner in the air. "You cannot take this on board, sir. This wrench is potentially a dangerous weapon."

"You cannot be serious," I responded angrily. "It is not a wrench, it is an adjustable spanner," I protested, but sensibly recognising that a dialogue about the Oxford Dictionary definition of both spanner and a wrench would not be entirely appropriate at this point. "Look it is still in its plastic packaging. You would need a strong pair of scissors, if not a sharp knife, to open it. We all know that any self respecting terrorist would only consider carrying out his dastardly deed with a pair of nail scissors or a nail file, but I cannot see any terrorist wanting to use my spanner without first removing it from its plastic packaging. To do that they would need scissors or a sharp knife which, as we both know, are banned," I added triumphantly.

This was the wrong response and for a moment I thought that I was about to be arrested. The security officer frowned. "This item, sir, is a dangerous wrench and in the wrong hands it could be a lethal weapon just as it is, plastic packaging and all. I have no alternative, but to confiscate it. You will just have to tell your Auntie Gertie that we are sorry, but she really must not send you back on flights with dangerous items in your hand luggage."

Dear Auntie Gertie, who died long ago I might add, would be spinning in her grave if she knew that an innocent potato peeler and an adjustable spanner, attributed to her generosity in the spur of the moment, were considered even possible threats for an act of terrorism. Now her heavy handbag and sharp stiletto heels were an entirely different matter... Sorry, Auntie!

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his latest novel, 'Journeys and Jigsaws' (ISBN: 9781843865384).



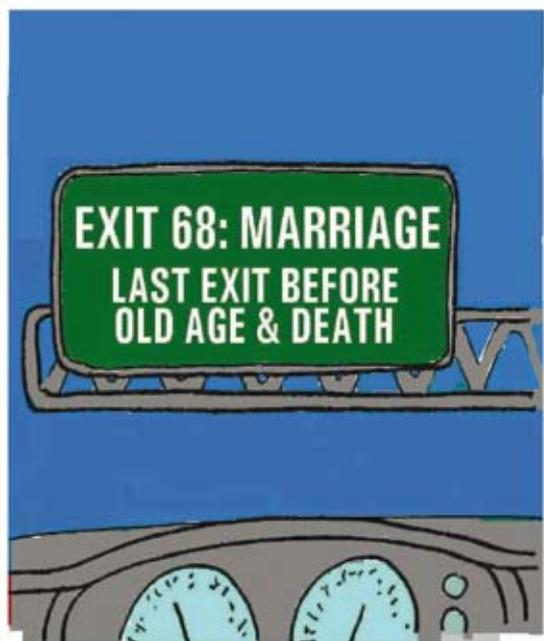
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