

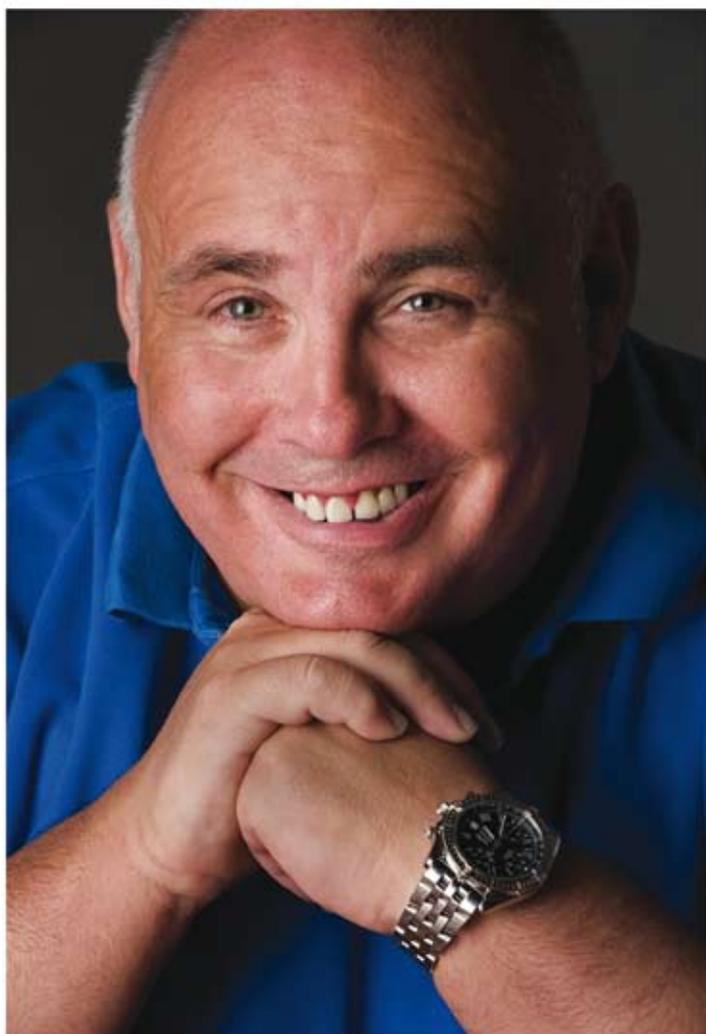
*Made in Melbourne!
Enjoyed Nationally
& Internationally!*

NOVEMBER 2010

Q MAGAZINE

featuring
The Men of
MANNHAUS





Tom McFeely

Abbotsford - Burnley - Clifton Hill - Collingwood - Cremorne - Fitzroy - Richmond

Because we are a diverse community.

Liberal Victoria

Authorised by Tony Nutt, 504 Exhibition street, Melbourne Mailing, 140 Fulham road, Fairfield

q comment: LB WELCOMES THE WORLD

From the 20th to the 24th of last month the world Pride organisers converged on Long Beach California for the **29th InterPride Annual General Meeting and World Conference**. As avid readers of Q you would know I have served on the Board of InterPride for four years as the Director for Region 20. This has been made possible by the support I receive from Pride March Victoria as a member organisation of InterPride.

Over 170 delegates attended the conference representing 15 countries. Apart from the incredible networking opportunities, the various educational conference streams and the hospitality shown to us by the Long Beach Lesbian & Gay Association, an important part of the proceedings is to elect the office bearers for the following two years (at which point I was elected Secretary and re-appointed Media & Public Relations Assistant) plus choose the International theme for 2012 (which is Pride Links Us Together) and the host city for the AGM that year (which is Boston). All information (including how to join) is at www.interpride.org or on the InterPride page at www.pridemarch.com.au

Melbourne Pride Team is back for 2011, and this year they're getting their grunt on! They'll be part of both Pride March Victoria and Sydney's Gay & Lesbian Mardi Gras Parade. This time around, they'll be tackling homophobia and vilification in the mainstream media and society, and letting everyone know that it's not okay - and not fair play, especially in the sporting world. Anti-vilification laws are different in every state or territory - they need to be updated to include all forms of sexuality, and standardised across Australia.

So for 2011, Melbourne Pride Team is going harder, edgier. It's going to be Glee Beyond Thunderdome - think cyberpunk cheerleaders and gothic gridiron players - and everything in between! It's all about celebrating and embracing diversity, and speaking out loud and proud.

If you want to be involved in Melbourne Pride Team for 2011, email melbourneprideteam@gmail.com or join their Facebook group. Earlybird memberships are available, and all support and sponsorships are very welcome.



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q feature: THE MEN OF MANNHAUS

I have lived in Melbourne for around ten years and two guys who I have known from almost the beginning are Paul and Richard. As anyone who knows me will know, I am a strong supporter of private enterprise but this is made even easier when the guys involved are as lovely as these two. I am so pleased to have been able to feature them in this month's issue.

There are two partners in the business. Please share some personal information first – where were you both born? How long have you been in Melbourne?

Paul was born in Melbourne and grew up here, although he has travelled quite extensively (and still does!). His background is in sales, customer service and print media. Richard was born over in London, grew up in Sydney but calls Melbourne home now. Richard's background is in technology and business planning and analysis.



When did you open your business and why?

We opened our shop back in early 2004 which is almost 7 years ago now. At the time we were both involved in the leather and gay community and the general feeling was that Melbourne wanted something different in the adult retail space. When we decided to open the shop we committed ourselves to raising the standard as to what people traditionally think of an adult store to be. We didn't want people feeling uncomfortable coming into our shop.

You had a name change...when and why?

Yes, that was a big gamble but one that has paid off. When we first opened the shop it was mainly bondage based, hence the name Dungeon Warehouse. However community attitudes have changed and looking world-wide you can see that sentiment is not unique to Melbourne. A name that reflects what we really do and could connect with our customers as they change was essential. We also like the European feel the name and shop has to it now.

What would you consider the main challenge/s of running a business predominantly centred toward the gay market?

We think regardless of who your business is centred on, it needs to remain relevant to your customers. If you think back to where the community was five years ago and now, there has been quite a dramatic shift. If you listen to your customers you can move with them too. The flip side is to inspire people to experience new trends and push the boundaries a bit.

How important do you think it is to have a gay community (given that a lot of people are pushing for a more integrated society)?

That question has a double-edge to it! At the end of the day everybody wants to know that they feel accepted and not legally discriminated against regardless of your background. However once you are absorbed into the bigger community life can become a little beige! We think everyone likes to feel a bit special and being part of an inclusive community gives us that outlet.



Where do you see yourselves and the business in five years from now?

Building the shop over the first five years was a hard job like any business is to get off the ground. We'd like to think that whilst the business continues to grow (we have endless ideas), we also get some time to enjoy what we do and smell the roses...leather ones that is!

Is there anything else you would like to share with our Q Magazine readers?

One of the things we love about our business is the way people just drop in for a chat. We are pleased that we have created a comfortable space people can do that in and humbled that our friends take the time out of their day to do just that. Thank you!

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No More Botox® Injections Boys

Ultra Intensive Age-Defying Complex Mimics The Desired Effects Of Botox®

The sophisticated men's aesthetic world has made remarkable gains in skin care technology. However, the most significant breakthrough in men's skin care has been the development of the ultra intensive age-defying complex. This complex mimics the desired effects of Botox® injections, but without the need for needles or downtime. It is a game-changer for men's skin care, providing a natural, non-invasive solution to wrinkles and fine lines. The ultra intensive age-defying complex is a multi-action formula that targets the root causes of skin aging, including oxidative stress, inflammation, and collagen loss. It works by neutralizing free radicals, reducing inflammation, and stimulating collagen production. The result is smoother, firmer skin with a more youthful appearance. This complex is suitable for all skin types and is a must-have for any man's skincare routine.

Men's skin care is a rapidly growing market, and the ultra intensive age-defying complex is a key player in this space. It offers a natural, non-invasive solution to wrinkles and fine lines, making it an ideal choice for men who want to improve their skin's appearance without the need for needles or downtime. The complex works by neutralizing free radicals, reducing inflammation, and stimulating collagen production. It is a multi-action formula that targets the root causes of skin aging, providing a comprehensive solution to men's skin care needs. The ultra intensive age-defying complex is a game-changer for men's skin care, providing a natural, non-invasive solution to wrinkles and fine lines. It is a must-have for any man's skincare routine.



MEMORIAL CEREMONY 2010 WE REMEMBER. WE CELEBRATE.

WEDNESDAY DECEMBER 1
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-  Luke Gallagher MC
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q shows: VISIBLY SPECTACULAR

the Arts Centre in association with Multicultural Arts Victoria presents Visible - the Arts Centre, Playhouse.

From 1pm in Foyer - Free pre show entertainment.

From 2pm on Main Stage – Ticketed concert featuring local artists from diverse cultural backgrounds coming together to create a new Melbourne sound.

Don't miss the evolution.

Visible celebrates its fifth successful year with the best of Victoria's emerging musicians performing as part of Mix It Up! at the Arts Centre.

In 2010 Visible traverses the African continent from West to East, with acts that feature unique and original contemporary music from Ethiopia, Congo, Senegambia, Ghana and Zimbabwe.

This year's line-up will feature free pre-show entertainment from 1pm in the Smorgon Family Plaza with Akoma Beat and Kundalila, and a ticketed main stage performance in the Playhouse from 2pm, hosted by leading media personality John Safran and showcasing the talents of Visible favourites such as Blak Roots, Afro Mandinko, and Afro Habesha



The 'Best of Visible' CD will be launched on the day. Everyone who buys a Visible concert ticket will receive a complimentary CD.

Launched in 2006 (after a pilot project in 2005), Visible was created to provide a 'step up' in the community and music industry for recent arrival and refugee communities, showcasing the up and coming talent of emerging artists from diverse backgrounds. Some of the musicians involved in Visible have ultimately become strongly established performers and now feature in groups including Diafrix, Public Opinion Afro Orchestra, Grilla Step and Kimbaya.

Visible is unique in the way that it brings together musicians who would not otherwise cross paths, a groundbreaking initiative that provides unparalleled opportunities for emerging musicians to explore and exchange ideas and ultimately create a new Australian sound.

The free foyer entertainment features two outstanding local groups. The unique a-capella sound of Kundalila, who draw from many cultural backgrounds with their sweet melodies of peace and thunderous calls for social justice. Specialising in Highlife music from Ghana, West African dance band Akoma Beat tackle the funkier songs and the sweetest beats from the 60s and 70s.

The much anticipated main stage line up in the Playhouse this year includes Blak Roots, who offer a unique mix of feel-good African reggae infused with jazz, afrobeat and latin flavours, and the smoothest gospel harmonies sung in French, Swahili, Kirundi, Lingala and more. The cream of Ethiopian-Australian artists Afro Habesha showcases their ten-piece ensemble performing Ethiopian traditional and contemporary music and dance.

And just when you thought the line up couldn't get any better, Afro Mandinko will flaunt their vibrant blend of irresistible dance music, drawing on influences from across West Africa, ranging from coastal Senegambian highlife to deep Saharan Desert Blues. Afro Mandinko features incredible African dancers Kuukua Acquah and Lamine Sonko performing elements of afrobeat, funk, latin, reggae, dance-hall and jazz.

Venue - the Arts Centre, Playhouse Dates - Sunday 21 November at 2pm (Free public programs from 1pm) Tickets - \$14-\$20
www.theartscentre.com.au

q money: with EVAN DAVIS

Whether we are selling a product, a service or simply ourselves, the sales process involved is actually quite similar. My brother Tim and I are Mortgage Brokers. Though, primarily we are assisting our clients to get the right loan, we still need to sell them on 'us' rather than our competition.

We don't use silly clichéd Jargon like 'Improved' (it didn't work the first time), 'Ticks all the boxes' (ours not yours) or 'Revolutionary' (just a little bit different from our competitors). We also don't over sell, hassle people or do anything sharp. I believe that we both do a great job, though our approaches are a little different.

I look upon every new contact as golden opportunity. No matter how daunting the workload or task might be, I seldom knock back a lead. Even though, sometimes the job requires more work than the commission is worth. Like a blindly optimistic kindergarten teacher, I tell the children in my class:

"Now kiddies, you all start the term with 100 points, so don't do anything wrong, keep your points and we'll get through this loan application process together."

Clients, like children, can be tricky. They ignore you, get you the wrong information and obviously can mess you around. My strategy of taking all comers has proven successful, though it can be time consuming and stressful. Tim is perhaps more like a cautiously cynical secondary school teacher:

"Right all you little bastards need 100 points and I'm starting you on ZERO. So you better start impressing me and quickly"

Naturally I'm joking, though not much. Tim's strategy works for him and his clients love him for it. In most cases he is more selective than me and will say no to work that he doesn't feel is right for us. No question, this gives him more time to focus on his core business that he wants and we both need.

I wonder which strategy generates more repeat business and long term referrals. After all you never know where an opportunity will lead you in the future. Recently, a client who messed me about for months, then never bought a property (therefore not needing a mortgage) came back to me. The loan was for \$1,000,000. He then referred me to all his friends and family who are now using my services. That said Tim has knocked back clients, who still have sent him gift cards, booze and referrals.

I think that a good sales process is essential. It must reflect your style of selling and over time will become like a comfortable pair of old shoes. You need to consistently apply the same strategy each time and be congruent as well. What you say you will do, you do!

Regardless of what is being sold and to whom, the core principles will always apply. Your prospect must like you, trust you, understand you, see the value in your proposition and more importantly than anything else you will need to ask them for their business.

An advertisement for Mannhaus. On the left, a police officer in a dark uniform stands with hands on hips in front of a brick wall. A large blue curved graphic element separates the image from the text on the right. The text reads: 'Gear For Your Lifestyle. Whatever your lifestyle, we have you covered. Leather. Rubber. Lifestyle. Gear. 130 Hoddle Street, Abbotsford 03 9416 4800 www.mannhaus.com.au Find us on Facebook'. At the bottom right is the Mannhaus logo, a blue circle with a white 'm' inside, followed by the word 'MANNHAUS' in bold capital letters.

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m MANNHAUS

q cuisine: with CHEF NATHAN



Recently I had a small gathering of people around to my humble abode for some local produce, both solid and liquid, and it was a huge success. I have enjoyed some rather nice Veal over the years, but I found once again that Gippsland beef is definitely sweeter and leaner than other beef producing areas.

I purchased some french trimmed Veal Chops from my local supplier and although costing a small fortune, the results were amazing.

When cooking your veal, I tend to cook the meat from around room temperature as it allows the meat to relax before the cooking process, and after cooking to allow the meat to relax for a few minutes.



Grilled Veal Chops

Serves 6

Ingredients:

- 6 veal chops, about 1 1/2 inches thick
- 3 tablespoons extra virgin olive oil
- 2 teaspoons fresh thyme, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 800g Spunta, Sebago or Coliban potatoes
- 40g butter, chopped
- 1/3 cup hot milk

Preparation:

- Peel potatoes and cut into large chunks. Cook in a large saucepan of boiling salted water for 20 minutes or until very tender but not falling apart.
- Drain potatoes well. Return to saucepan over low heat.
- Shake pan gently until any remaining water evaporates.
- Using a potato masher, roughly mash potatoes.
- Add butter and hot milk to potatoes.
- Beat with a wooden spoon until fluffy.
- Season with salt and pepper.
- Serve topped with extra butter and salt and pepper.
- Preheat grill for medium-high heat.
- Coat chops with oil, salt, pepper, and thyme.
- Place veal on grill and cook for about 7-8 minutes on each side.
- Remove and serve on the potato, I also recommend some half roasted cherry tomatoes, steamed broccolini and snow peas.

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JOY 94.9

MCV

q food & lifestyle: with PETE DILLON

I can hear the jingling of bells and the decking of halls...and I have to say I am bothered. I cannot believe that the celebration of some young tyke being born in a shed is again on our doorstep... I am oft left bemused around the celebration of this festival of debauchery and indulgence..so I thought it good time to offer up suggestions for gift giving that involve food, beverages or a big heart!



Books abound hither and thither this season. It seems that every person that has ever picked up an egg flipper or a wooden spoon, has a tome out in time for the festive season. There are some that just don't make the grade..and there are others that do.

My suggestions would be to have a look at some of these and see what you can come up with.

From Rene Redzepi comes Noma, A time and place in Nordic Cuisine. Redzepi was announced as the best chef in the world earlier this year and his restaurant, Noma, has knocked El Bulli of the top of the list of world's best restaurant. Redzepi's food is not easy to replicate but the book takes us into the world of Nordic cuisine. Given Noma's status, I think we will be seeing a bigger influence from Scandinavia hitting our scene soon.

Feasting, is the newest offering from Melbourne Wine Room's Karen Martini. Karen is a terrific chef and her cookbooks always provide a great collection of easy to achieve results. Nicely styled as well.

Speaking of easy to follow is Every Day from Sydney's Bill Grainger. This is another nicely styled book from the owner of Bills. Grainger is now London based and of all of his books, including a very newly released one, I like this the best.

A Passion for Pasta is one of my favourites from the godfather of Italian food, Antonio Carluccio. Simple smart recipes and images from the man we all just want to hug. Carluccio is passionate about food and these recipes should have you passionate as well. A lovely book that would make an ideal gift for any member of the family.

French Lessons is by English Chef, now residing in Sydney, Justin North. Having worked in some of the best French restaurants in the world, North now heads up how own restaurant, Becasse.

This book provides a great foundation for you to prepare great French food. It outlines essential ingredients and some basic skills to build on to create your own French masterpieces in the kitchen. This would suit someone who already has some basic skills and is a passionate foodie.

Cook Like an Italian – you can if you want to and be guided by Melbourne's Tobie Puttock. Tobie heads up Fifteen, part of the chain of restaurants that Jamie Oliver created to offer employment opportunities to disadvantaged youth. Tobie is a great exponent of Italian food and is a talented and clever chef. This is a terrifically good book to give to someone who likes to cook, likes Italian and is willing to take some risks in the kitchen.

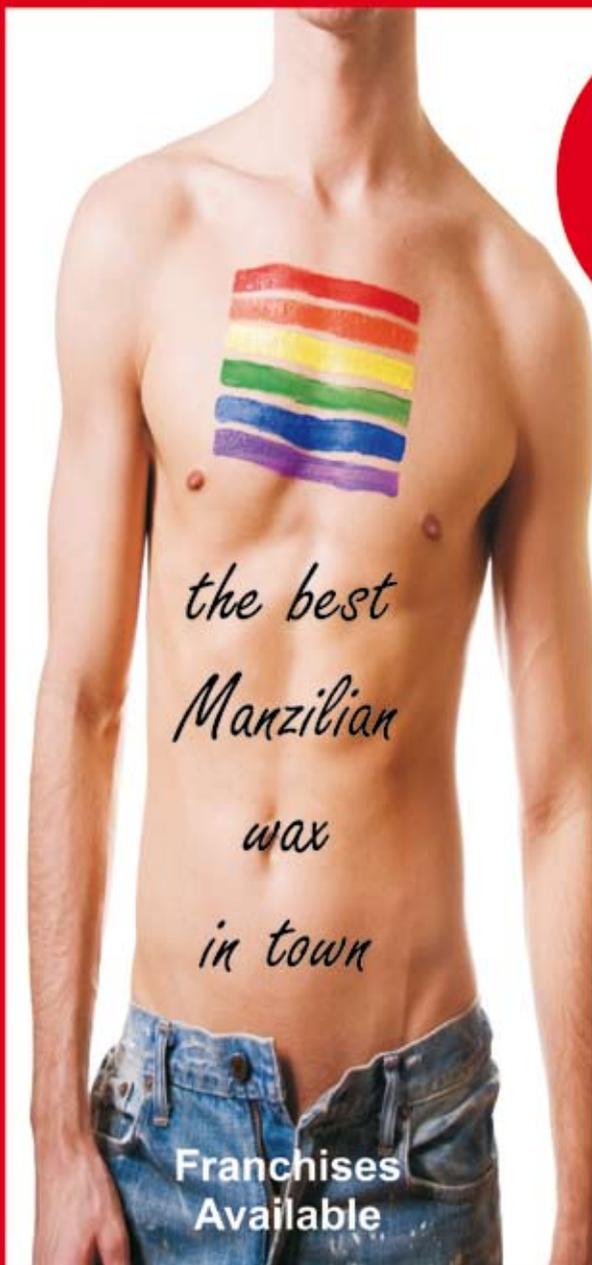
The Future Makers is the perfect gift for anyone who has ever enjoyed a glass of wine. This book from one of Australia's most respected wine commentators, Max Allen, is a guide to the future of the wine industry, and outlines new varieties that have entered the market, and what you can expect from these varieties. Max is a great fan of biodynamics, organic viticulture and wine production, and this book will help you to find wines in these fields as well. For any wine lover, this book not only outlines grape varieties, but wineries across Australia as well, and what the industry can expect in the coming years.

So have yourselves a merry little Christmas, and I look forward to celebrating with you into 2011.

For more ramblings about tipples and tucker, and all things foodie, join me at 1pm every Saturday on Cravings on JOY 94.9 in Melbourne, or online at www.joy.org.au/listenlive, or you can email me here at lifestyle@qmagazine.com.au to answer any of your question.

Until next month, eat well, live well and ignore moderation.

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q environment: with DAVID GAHERTY

Notice trees starting to look greener, flowers starting to bloom? Spring is on the way, which means summer and its intense heat are just around the corner. Last February there was a difference of four degrees in the average minimum temperature between Melbourne and Ballarat. Why does Melbourne get so hot when just 100 kilometers away it is cooler?

There are two forces at work which make Melbourne so hot: the natural environment and human factors.

The Sun sends electromagnetic radiation towards the Earth. Electromagnetic radiation is absorbed to a degree by everything on the Earth; this is the heat we feel. During the summer, the Sun will shine down longer on Australia making it hotter than in the winter.



Urban areas replace green spaces, such as forests. Green spaces are cooler than urban areas because they don't absorb heat as well. They also have a high level of evaporation. Plants create moisture that reduces temperatures.

Concrete is the common building material in urban areas. Concrete absorbs heat from the Sun. Like a dam holding water, concrete stores heat. Whenever the Sun is out and shining down on Melbourne, the concrete sidewalks, office buildings and retail stores absorb the heat from the sun.

In urban areas there are many people and cars. People and cars produce heat. That heat enters the urban area and contributes to the heat in Melbourne.

After a long sunny day, the sun will set. With the sun down, it should get significantly cooler. In Melbourne and other big cities this does not happen. The concrete in Melbourne spends the whole day absorbing heat. At night it releases the heat in the concrete. This is why Melbourne at night is hotter than Ballarat.

Don't believe me?! You can prove this to yourself; next hot day in Melbourne put your hands on the sidewalk at night. The concrete will feel warm because it is releasing the stored heat from the sun. Imagine all the concrete in Melbourne doing that. No wonder people find it hot in the day and night.

Is this such a bad thing? Scientists have termed this process of urban areas being hotter than their rural counterparts as the Urban Heat Island Effect. Unfortunately, there are consequences.

In 2003, France experienced a heat wave and over 10,000 people died. The majority of the victims were elderly and their deaths were directly linked to the heat.

The extreme heat that caused the deaths was a combination of the high temperature, no air conditioning and not enough green space.

With it being important to cool down in the summer, here are some practical ways:

- Window shading is an easy way to beat the heat. During the daytime in summer, you want to keep the sun out. Venetian blinds work well because wood is an excellent insulator. No venetian blinds?! Don't fret. Have some type of fabric layer between your window and the inside. Make sure that the layer of fabric is not touching the window. Then hang another layer of fabric making sure it is not touching the first layer. Layering the window will help trap the heat between the layers and keep your room cool.
- Buy a big leafy tree or shrub and place it outside your window. The leaves from the tree will reflect the heat. Look for trees that are drought resistant.
- Instead of using of ceiling lighting, switch to task lighting. Ceiling lights can create a lot of heat. If you only need light at a table then use a desk lamp instead.
- Putting plants indoors also helps. Plants can help increase the humidity in the room; this will help balance out the dry hot summers of Melbourne. Plants inside also help reduce indoor air pollution.
- Grab a pair of speedos and hit the pool.



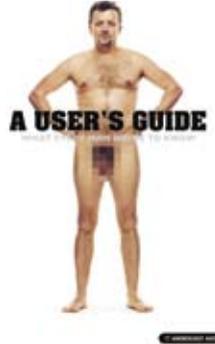
Halloween costumes available @ faboo.com.au

q mens health: with BRIAN MIER

WHY MEN'S HEALTH?

Did you know -

- In Australia, men die on average 5 years earlier than women? Gay men have a lower life expectancy than heterosexual men.
- Rural men are 21% more likely to contract diseases and less likely to be proactive about their health. Suicide is more prevalent in the bush and among gays.
- Prostate Cancer kills more men than Breast Cancer kills women.
- One in three victims of Domestic Violence is male and the perpetrators in such cases are usually women.
- If you start suffering Erectile Dysfunction - you can't get it up, when that used to be no problem - it could be a sign of something else being seriously wrong not related to sex?
- Testicular Cancer doesn't need to be as significant problem for younger men as it is. There's a simple way to try and detect it while it's in one testicle, get it treated and thus lower the risk of suffering or premature death. And it's a very pleasurable technique!



These are all things your Father ought to have told you when you were growing up, but he didn't. He probably didn't know about them, and dads have not traditionally talked to their sons about health.

Well, it's time that changed. I'll help you to learn much more about your health in this series of Q Magazine articles. I'll share with you what I have discovered in my latest big Journey in Life - health facts, how to minimise risks and look after yourself better, and where to find reliable information.

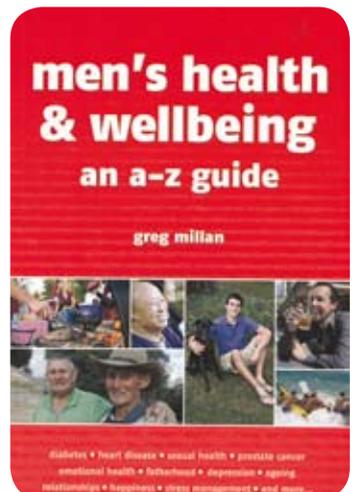


One thing which brought home the men's health message for me last year was an address by Prof. David de Kretser, Governor of Victoria. He has been a leading researcher into men's reproductive health, also known as Andrology. He outlined five key areas in which men differ from women, all with health implications:

- **Physiology** - the organisms in our body and how they function, including our brains;
- **Genetics** - things we inherit from our parents and other relatives;
- **Lifestyle** - the things men do in life which are different from women;
- **Work Risks** - the activities and environments in which men work are often markedly different to most women;
- **Socialisation** - how we are brought up including parental and other moulding in male roles.

So - men and women are not the same in Mind, Body and Spirit - and were never meant to be! If you were confused or conned by all the politically correct pussy-footing that goes on these days, now you don't need to be.

A Book Every Man Should Have: 'Men's Health & Well-Being: an A-Z Guide', is by Greg Millan.



This new, unique Australian book should be in every home and business place where men are. It's easy to read and gives a good, concise cover of the multitude of topics. Its indexing and cross-referencing means it is easy to find information.

Greg has managed to bring the core information on many health issues together in one publication, which can be dipped into as required or read comprehensively as I have done. And it truly is A-Z, from Acupuncture to Zits! Especially important are the summaries of health check items for men to discuss with their doctors at different age levels. The book is available at many good book shops priced between \$34.95 and \$40. As a special deal to Q Magazine readers, you can buy it from me for \$30 (plus postage if applicable) by e-mailing info@eaglehealth.net.au Stay well and Be the Best you can be!

9 people: with MARC J PORTER

Why being friends with an ex is so wrong!

My ex and I broke up after 7 years together (which is a lifetime in gay years).

At first we did the usual, we still care about each other and we promised to stay in regular contact blah blah.

Of course we both knew we wouldn't, just because you spend 1,000 gay years with someone doesn't mean you have everything in common going forward otherwise you would not have broken up right?

This year I have tried to be friends with my ex, it's just a tough fight that I don't want a part of anymore.

The only time I get a response from my ex is if he is trying to sort an issue out, there are no just "hi, how are you's" like I would send to him, so it felt a bit like a one way street.

Not helpful if you're trying your hardest.



Reading their every facebook update about their new exciting life, kind of opens old wounds, so it's not benefiting anyone, I have a new life too now and that's what you need to concentrate on not looking back but if you're friends with an ex you seem to always be looking back and that's where the problems manifest.

I don't care about his new man just as he doesn't care about mine and why should he hey?

We both won't want to talk openly about our new loves as it might border on rubbing it in one's face so you can't ever be totally yourself so it gets odd, hope you all agree, I'm not just some weirdo who can't face up to an ex, it's just not ever going to be a proper friendship and love got in the way first.

I'm very happy with my new man, things are going well, but when I get a call or email from my ex, it brings my mood down, I feel like I have to care and be interested when I'm just not as the past is the past and he is an ex for a reason, of course during the 7 years I always thought if it ever did end we'd stay friends but a break up brings the facts into the light and I have reached the conclusion that it's just not for me and that does hurt as I would have liked to stay friends but reality is the truth.

If anyone out there does have a successful relationship with their ex, please speak up as I would love to be proven wrong (marc.porter@y7mail.com)!

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q drag: FAREWELL THE MARKET



They say that history can never be repeated and it probably won't. There has never been another Pokeys, Mandate or 3 Faces, and there will probably never be another drag and disco monolith like The Market. Alan Mayberry looks back at its 11 year history.

For years Commercial Road was the hub of the Melbourne gay scene. Much of this was a tribute to the vision of Ken Payne who opened the Market Hotel on 20 September 1984. The Troll Dolls were the major attraction, opening in November 1986. Ken Payne sold the hotel in 1989 with its up-market restaurant and it became Checkpoint Charlies, only to repurchase it at bargain basement prices and re-launch the venue as 3 Faces in December 1990.

When Ken finally sold of 3 Faces in 1999, it ended nine fabulous years of fun times and stunning entertainment. Some of the great drag shows – The Lipstix, The Troll Dolls, Skye Brook's New Wigs on the Block, The Fab 3, and PZR were highlights. Kerrie Le Gore, Miss Candee, Doreen Manganini, Barbra Quicksand, Rita and Paris were just a few of 'stars' to grace its stage. The era came to an end on Sunday, 19 September 1999 in a mammoth show featuring every drag act that had ever appeared on the 3 Faces stage.

The hotel was opened again as The Market in November 1999 by current owner Spiro Condos. With the help of Samantha Drummond, John Wain and Zowie Knox the drag tradition continued on Saturday nights, but the emphasis swung more to DJs and high energy dancers.

Spiro is someone who loves life and loves to share that passion with others:

I've always loved having parties and entertaining. It's something I've always done, ever since I was a kid of 15 in the Hawthorn cheer squad. We'd hold great parties, book out the President's suite on the 50th floor of the Regent Hotel, invite 200 people, \$10 each and bring a bottle of champagne and dress in black tie.

After the first year I was thrilled the way things shaped up at The Market. We experimented with the music, sampling six different types of music with a group of 100 people. It took us three months to get that right. We asked what they wanted – hip hop, house, handbag house. Based on that we created the music policy we have today. It was important, as a lot of people come for the music. And I've extended that tradition with the magnificent in-house and imported DJs like Frankie Knuckles, David Morales, Deep Swing, Nicky Stano and DJ Spen.

I had a vision about where I wanted the establishment to go. To me it is the establishment – the heart of Commercial Road. Our music policy and the fabulous rooftop smoking area helped cement that.

I recall after my first year I said, 'I think we're half way there. There's a lot more to do. We have plans for proper dressing rooms and storage areas, and an amazing rooftop with a glass dome. If the council approves we will have three levels – a spectacular venue for gays and lesbians. We're laying the concrete soon for that I hope. I want it to be an amazing venue; the best it can be for the community.' And it all came to fruition.

I am tireless in my support for community events like Midsumma and T Dance. I always hoped to get a message across, and deal with the issue of institutionalised discrimination. We talked about discrimination in the workplace, youth suicide and equal parenting rights – everything I regard as important issues.





Community groups must be more involved in events. Big events like Mardi Gras are our best chance to get our community messages out to the wide world. But while gay men flashing their arses or dykes flashing their tits are part of our culture, does it put out to society at large the right messages we want? I'm not a hands-in-the-air banner waver, but I wanted to encourage discussion more so that perceptions of gays and lesbians are talked about widely and our rights are addressed. After all, we are all living on the planet at the same time.

We deliberately opened The Market to community groups. It was in our mission statement that The Market is a place for the heaps of different gay men and lesbians in our community.

I love technology. I went to Camberwell and then Parkdale High. I started a uni course – Arts and Law. I went for the first two weeks, then slacked off for the next 2 months, and ended up going to Sydney for six months, having a great life at Coogee. I believe it's being in the right place at the right time, rather than the academic qualifications. If I was born 40 years earlier when computers weren't around I could never have achieved what I've done today.

I was born in Melbourne, my parents are Greek, my mother is half French and they were born in Alexandra in Egypt. So it's a bit of a mix. My parents know I am gay, Dad is dead now, but it's never been an issue.

I've always known I was gay. I used to go with my schoolbag to Blades and I'd catch the last train home. I was 15, and I must have looked so young. I loved Pokeys on a Sunday. Chaps of a Monday at the Chevron was my favourite. Gloria Gaynor's *I Will Survive* was the hit – I'd just broken up with one of my first boyfriends.

The important thing for me is positioning – The Market is perceived as a place for good talent, exceptional music and a friendly atmosphere. But lately it's been a lot of investment for shows a few nights a week.

You measure business very easily, by the bottom line with the profit you make. But to me personal success is measured in ways other than money – Do people like it? Are the shows good? Is the music right? I aimed to be the best venue possible for the gay community in Melbourne. You have to talk money if you're talking business, but on a personal level you must have broader aims.

I love getting my hands dirty and really getting involved in the business. I'd be irritated if I wasn't. I want to know how everything works – that was half the fun of owning the place. I had to know what every switch does. The day you are no longer inspired by it all is when you should get out. There are so many talented people who have helped me achieve my dream from day one, it is unfair to single any out. Most are 'the faces' of our gay community now. And most of them worked on our fabulous 10th Birthday extravaganza last November.

Now I have my health and well being to consider. It is time for us to say goodbye and for someone else to take The Market to a new level of entertainment for our proud gay community, it is time for a new vision and a new passion.

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q youth: with **TASMAN ANDERSON**

November's here so that means one thing.....SCHOOLIES! Yep I think I just heard a parent or two shudder then, but yes Schoolies has come once again and this time the graduates of 2010 are expected to bring a whole lot more partying, mischief and drunken behaviour.



For those of you who have no idea what schoolies is (that shouldn't be many of you at all) it is a weeklong celebration where recently graduated high school students from across Australia rent out an apartment in various locations and drink till their hearts content and party all night long.

"I can't wait to start Schoolies," said Brisbane's Helensvale High student, Jesse Simpson. "I've been waiting my entire five years of high school to enjoy this."

Although schoolies is monitored relatively closely by the local police, it can still be fairly dangerous if students aren't careful. I remember when my older sister Keegan went to her Schoolies back in 2006. She was just like every other teenager, loaded up with grog and let loose in Surfers Paradise for the week.

Unfortunately she wasn't aware of the danger that Schoolies holds and by the end of the week she had endured her best friend fitting from a drug overdose and an attempted kidnapping from a man who picked my sister up and threw her over his shoulder.

Schoolies can be scary if you are not careful! Every year we hear about the couple dozen arrests and assaults. We hear about teenagers going missing and some not turning up for another couple of weeks. It might all seem in good fun but as graduates, you are on the edge of adulthood, you need to be wise of danger and make sure you protect yourself against it.

"You need to be careful when you are out there," said concerned mother Cheryl Connors. "My daughter went to her schoolies and I was up worried all week. I know finishing school gives you a sense of power but the world is still cruel at times and as parents we need to know that our kids are safe."

So how can keep yourself and your friends safe?

Well that's easy, don't leave your mates on their own, carry the mobile phone number of your trusted friend in case anything goes wrong, organise a good way to and from the party, making sure the person doing the driving is sober.

Furthermore, make sure you let your friends know when you are leaving the party, this way they will know where you are at all times. Lastly, stay close with your mates, it is never safe to go home alone or with someone you just met.

I know it's basically common sense but do you really think common sense will be functioning correctly when you are partying hard with all your friends? I didn't think so. Really all you need to remember is the ten tips when celebrating, courtesy of Youth Central: Schoolies.

- **Be a Good Friend** - Don't leave your mates on their own.
- **Trust Your Instincts** - If you don't feel safe you probably aren't
- **Think** - Drugs & alcohol affect your judgement & stop you thinking clearly.
- **Mix it Up** - Drink water & eat food between alcoholic drinks.
- **Think Ahead** - Organise a safe place to meet in case you get separated from friends.
- **Keys Please** - Drinking & driving don't mix, not for you & not for your friends.
- **Drink Spiking** - If you are unsure about your drink, don't drink it.
- **No Means No** - Pressuring someone else into having sex is sexual assault.
- **Know Your Rights** - Check out www.lawstuff.org.au
- **Talk it Out** - At school you could talk to a counsellor, welfare officer, nurse or teacher

Well let's not dampen the spirit of schoolies too much. This is your time to have the party of all parties. This is your celebration for getting through the twelve years of schooling, you deserve this.

So stay safe, party hard and maybe, just maybe I'll see you there myself!



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q physio: with NEILL STANBURY



Common Runner's injuries – Volume 1

Over the past 15-20 years in Australia, recreational jogging has become a mainstream pastime, with the population trending towards fitness and exercise modalities which deliver maximum health benefits for the shortest time invested. Increasingly time-poor Australians now run 2-3 times a week for an hour or more - often on rock hard concrete surfaces with poorly fitted shoes. In this article, we will explore the single most common running injury of all - the aptly named Runner's Knee.

Runner's Knee, or Patello-Femoral Pain Syndrome (PFPS), is a condition involving incorrect sideways movement of the kneecap during the running cycle. The kneecap's position on the front of your knee is determined, in large part, by the muscles and soft tissues that surround

it. If an imbalance occurs in these tissues, the kneecap can begin tracking laterally on the knee, causing painful rubbing, irritation and inflammation of the cartilage. Usually this condition is a slow-onset overuse type injury, which will worsen through the course of your run. Often there will be a deep ache behind or around the kneecap with sharp pain to bend the knee. This condition is often precipitated by a rapid increase in your training regime - usually right before an important race!

The causes of PFPS are often multi-factorial and if you are experiencing similar problems, you should always seek the advice of a trained Physiotherapist. If your causative factors are not rectified, the condition will likely come back no matter how much you rest it!

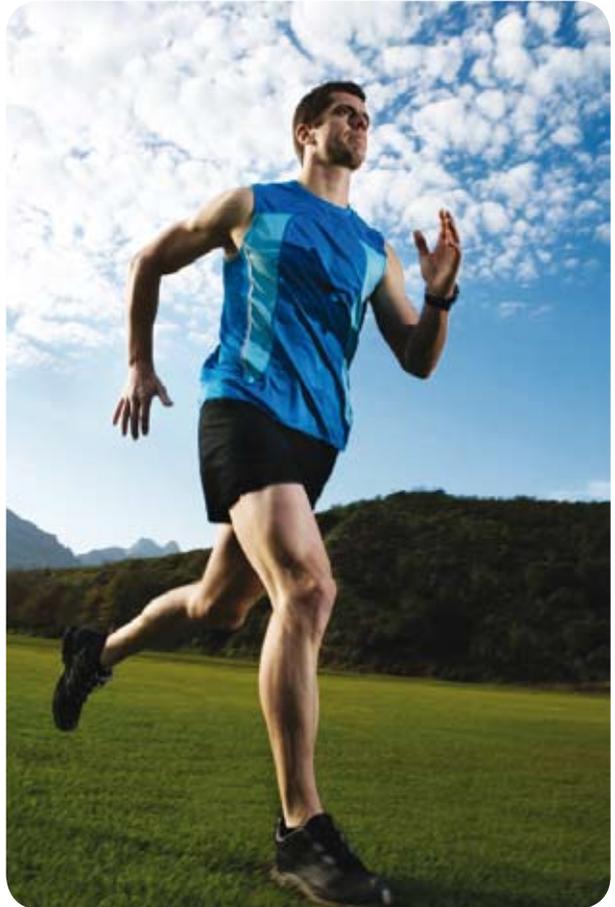
The most common causes of PFPS are poorly controlled foot mechanics (often a pronating of "flat foot"), muscle imbalance in your upper leg, hips and lower back, inflexibility of these areas and perhaps the most prolific - incorrectly fitted running shoes. Stay tuned for our next article which will focus on shoe selection and how to get the right shoe for you.

Correct treatment of PFPS is individualised for each patient, taking into account their causative factors, running regime, fitness level and running goals. Your Physiotherapist will often use taping techniques to correct the alignment of the kneecap, combined with soft tissue therapy, stretching and strength training to rectify your imbalances and get you back running as quickly as possible. Accurate and timely treatment is very effective for this condition - we have close to a 100% success rate with conservative treatment in our clinic.

Your Physiotherapist should always conduct a biomechanical assessment, in particular to check for poor shoe fitment.

If you are struggling with knee pain whilst running, contact your local Physiotherapist. Don't suffer in silence!

If you have any questions or comments for Neill please email physio@qmagazine.com.au Neill is a Physiotherapist and Director at Showgrounds Village Physiotherapy.



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q fitness: with CHRIS GREGORIOU

The Power of Change

Do you wish you could change something about your life right now? Let me tell you that change can happen in an instant. I know this goes against popular thought. Most people believe that change has to be worked at for months or even years. We expect to try and fail numerous times before we ultimately give up or succeed.

How many people do you know that struggle with their weight, or want more muscle? They want to make a healthy change by getting in shape, but the change never seems to take hold. Is there something in your life that you want to change? Do you want to tone up? Do you have a part of your body that you don't like? Do you have a pair of pants or a dress that you wish you could fit into?

So, what's keeping you from making a positive change in your life?

There are various beliefs you hold true as an individual. Let me outline four of these that you need to cover in order to achieve change. Ensure that you have these covered and change can occur - in an instant.

Belief #1: Something must change.

Do you sort of want to get into shape, or do you absolutely have to lose the weight? Does dropping a few kilos sound nice, or is living another day in your current body unbearable? In order to make a lasting change you must be convinced that the time has come.

Belief #2: I must change it. It is vital that you take full responsibility in making the change.

Sure, others may assist you, but in the end you are the one who is going to make it happen. You have to need this change enough to make it your personal mission. No one else will do it for you.

Belief #3: I can change it.

Don't let past failures get in your way. The truth is that you do amazing things when you put your mind to it. Forget the past, look forward! Believe that you are capable of losing weight or making any other positive change in your life. Truth is, you are in control of your life and have the power to introduce change. Why do most people fail to make lasting change? One reason is that they leave it up to willpower and this does work for a while, but you'll always revert back to what's comfortable. So what's the solution? Change what you're comfortable with.

Belief #4: Allow yourself to feel good.

You've probably heard that humans are motivated by two things: 1) to avoid pain & 2) to gain pleasure

When you want to change a behaviour pattern, I find a very powerful and effective method that you can easily apply is associating pain with the behavior that you don't want and pleasure with the behavior that you do want.

So say you want to lose weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night. Think about all of the negative things about being overweight and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise. I always have all my training sessions fun and enjoyable as well as personally challenging for each individual to ensure there is pleasure in doing good things for yourself. You are capable of making a big change in your life. Go on, apply these four beliefs and if necessary engage the help of a fitness professional like me if you need a kick start.

Remember, change can happen in an instant.



q products: **STORM WATCHES**

STORM London is renowned for its exclusive watches and distinctive stylish fashion accessories. With innovative designs and minimalist inspiration, STORM London offers a range of styles from contemporary edginess to sleek sophistication.

STORM London has a vision to continue pushing the boundaries to ensure its customers are always excited by its new and original designs.



The Cosmo watch is no exception, redefining the way that time is told. Instead of using the traditional analogue hands on a dial, the Cosmo watch tells the time through strategically placed LED's on the face of the watch.

The futuristic styling of the Cosmo watch is a real head turner, looking like a stylish bracelet more than a watch, until it comes to life when the time is being requested of it and a series of colourful LED's light up. At first this looks unreadable (this is the intention), however after having the watch for a short time it is actually an easy way to tell the time - whether it be in bright daylight, or pitch black darkness.

For more information on the STORM London Cosmo watch go to www.stormwatches.com.au





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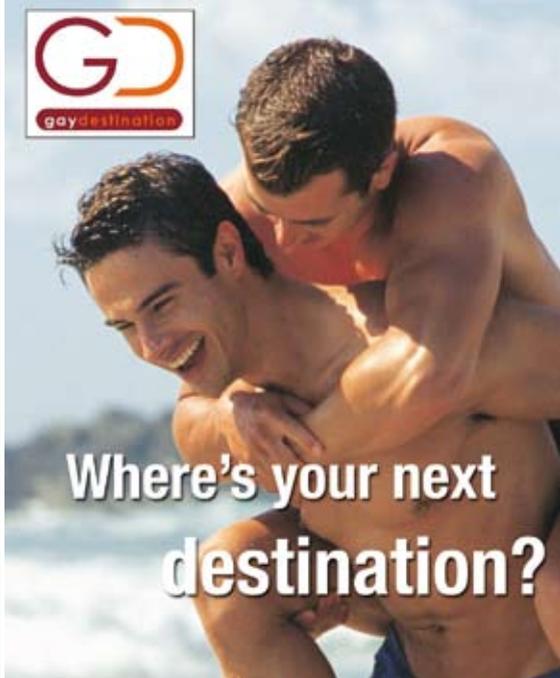
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q scene: **OUT & ABOUT**



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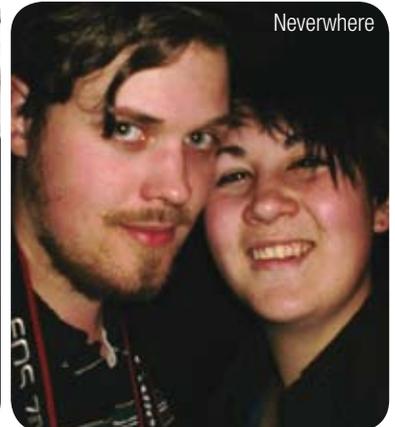
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q scene: OUT & ABOUT



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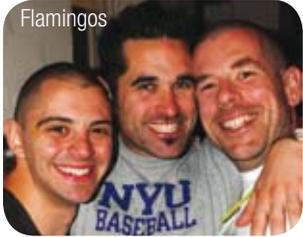
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q community: PLEASE SUPPORT

United We Dance (UWD), ran entirely by volunteers is in it's 9th successful year. All proceeds are donated back into the community. Some of the recipients in the past have been; Bent TV, JOY 94.9, Positive Attitude, the David Williams Fund, the Asia Pacific OUT Games, The Gay and Lesbian Rights Lobby and Pride March Victoria. This year the proceeds will be split between the Lesbian & Gay Archives and The Gay & Lesbian Foundation of Australia. (GALFA).

The volunteers have come from members of various Melbourne GLBTIQ Multicultural groups but these days it is run under the auspice of the Australian Gay and Lesbian Multicultural Council. (AGMC Inc).

United We Dance has several purposes. One is to demonstrate to the wider community that no matter what our ethnicity, we can socialize and party together in harmony. Two is to raise funds for our community. Three is obvious – to have a damn good party.

What makes this night different from all other dance parties is the range of multicultural content in the music and floorshows. This year we will have two DJ's who will spin the hottest in Euro, Middle Eastern and Asian dance music. DJ Proko and DJ Jazz.

The floor shows range from dance, belly dancing, live music, drag kings and queens and everything in between. This year they have renowned Greek singer, songwriter and composer Stelios Antoniou as well as award winning drag king, Rocco D'Amore and many other special performers and dancers.

United We Dance is Sunday 28 November at 7.30pm and entry is only \$15.00 at The Market 143 Commercial Road South Yarra. Check out unitedwedance.org.au for full details

Musicians, politicians and members of the Victorian music community gathered at Melbourne's Cherry Bar in iconic AC/DC Lane in October for the official launch of the state's peak music body Music Victoria.

It was a double celebration - only a few hours earlier, representatives of Music Victoria, lobby groups SLAM (Save Live Australian Music) and Fair Go 4 Live Music signed a new Live Music Agreement with the Victorian Government that clearly states "live music does not cause violence" and recognises that "live music makes a significant contribution to the cultural well being of Victorians and makes a significant economic contribution to Victoria."

CEO of Music Victoria, Patrick Donovan said "Music Victoria came about earlier this year out of necessity. We were the only state without a peak body. One of the first priorities was to gauge the opinions of the sector. About 650 music representatives were consulted and gave overwhelming support for Music Victoria, with a mandate to advocate on behalf of the industry in these turbulent times, filling in skills gaps, promote and celebrate our wonderful music community here and overseas. Perhaps, given our rich heritage of music, venues, community radio and record stores, we took our reputation as the country's music capital for granted."

Referring to the new Live Music Agreement, Mr Donovan noted: "Changes have been made today to the Liquor Licensing Act that will protect our music scene for generations to come. Not only has the inappropriate link between violence and live music been removed, but a clause has been added to the act to protect the interests of live music."

Immediate projects for Music Victoria include:

- Working with venues, musicians and liquor licensing to set up a charter group that will help write up a Best Practice Code of Conduct that will offer guidance on how to run gigs and treat musicians properly
- Campaigning for Centrelink to create a new category for musicians to have their performance and involvement in music recognised as an approved activity
- Encouraging Councils to supply parking permits to musicians to unload their gear at gigs and putting up bollards so bands can legally advertise their shows.

For further information go to www.musicvictoria.com.au



MUSIC VICTORIA

q performance: NICA HAPPENINGS



Circus on the Edge!

The annual Circus Showcase season at the National Institute of Circus Arts in Prahran is always a sizzling entertainment event and a rare opportunity for the public to catch its first glimpse of the circus stars of tomorrow. From December 1 to 11, graduating artists from NICA, Australia's premier circus school, will ignite the stage with dazzling performances of passion and awe, transforming the ordinary into the extraordinary.

Armed with courage, strength, beauty, grace and split-second precision, nineteen artists will make their farewell appearance at NICA in a show which invites the audience to re-imagine the circus art form. Their

signature acts have been developed over three years of intensive circus training and study as part of Australia's only Bachelor of Circus Arts course.

Among the highlights are a cloud swing performance depicting a moth swinging dangerously close to the object of his desire, frenetic human foot-juggling by a Dick Tracy detective duo, and an adagio routine with a comic twist starring Red Riding Hood and the Wolf.

Directed by Megan Jones (Ariel's Dream, 2009 Circus Showcase), 2010 Circus Showcase is a daring blend of solo and duo acts by the country's finest up-and-coming circus stars, and range from the exquisitely beautiful and poignant to the explosive, heart-stopping and hilarious.

Says Jones, "In 2010 Circus Showcase we are seeking to stretch the membrane between reality and fantasy, as high octane circus artists unlock the human mysteries of desire, memory and dreams. My hope with this show is to present our audiences with an unforgettable experience of 'circus on the edge' and I think the passion and talent of these artists has truly made this a possibility."

Once again NICA artists test the limits of physical strength and endurance and present jaw-dropping feats of sublime beauty.

And if you consider yourself a keen NICA supporter, the Champagne Circus Showcase fundraising event will be held on December 9. Included in the package price of \$75 per person is a glittering evening of spectacular circus, complimentary champagne and a chance to meet and mingle with the artists after the show. Proceeds from this special event will support events and activities planned for NICA's 10th birthday in 2011.



NICA National Circus Centre
Green Street, Prahran

Evenings: 1,2,3,4,8,10,11 December @ 7.30pm

School Matinees: 3,9 December @ 1.30pm
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Tickets: Adults \$27 | Concession \$22 | Child <16 \$18 | Family \$72

Champagne Circus Showcase, 9 December | \$75

Bookings: www.nica.com.au
Enquiries: NICA (03) 9214 6975

q current affairs: **ASH HOGAN**



Some things are bigger than Texas

It's been quite the month in the cowboy state, making headlines for a myriad of reasons. I last visited Texas in 2003, and it offers an amazing insight into the views of Middle America. Once a Democratic safe hold, there has been a shift since the 1970's to very staunch Republican dominance. And with that directional change it's reasonable to say that fair and accurate representation of GLBTI issues has been challenging, if not bordering on bias and hypocrisy.

Starting the month on October 8 in response to a "complaint," the Dallas Police Department raided the bathhouse "Club-Dallas". They arrested ten customers on charges of public lewdness and indecent exposure, and one staffer with interfering with police. Two officers paid admission to The Club to "gather evidence" before bringing in backup. It was the first time the venue had been raided since 2003. If convicted, patrons could face maximum sentences of 6-12 months jail and up to \$4,000 in fines.

The following week, Andy Moreno a transgender student attending North Dallas high school, was denied the chance to run for homecoming queen. Moreno, an 18-year-old senior, said friends encouraged her to run for the honour. She also said school principal Dinnah Escanilla told her she could run for homecoming king, not queen, because she is male. Hundreds of

students joined a Queer Liberation protest at the school in support of Moreno's bid to compete for the title. The school did not back down from its decision.

Meanwhile over in Fort Worth the next day October 15, Joel Burns, a city councillor made a very impassioned plea to his constituents, as part of the "It Gets Better" campaign. This is an informal online video project of adults sharing their coming-out stories to teens who are struggling with their sexual orientation and especially vulnerable to harassment. Burns, who is gay, spoke directly to young victims of anti-gay bullying. He shared his own teenage experience of ugly, mindless victimization, and he made the promise to kids enduring similar torment: "It gets better." The address went viral on the Internet and is exceptionally moving.

On October 21 the Boy Scouts of America, backed by a Supreme Court case 10 years ago that ruled the Boy Scouts aren't required to accept gay members or leaders, ousted openly gay parent Jon Langbert and banned him from wearing his Cub Scouts volunteer uniform. Langbert is a self-described "hands-on dad," volunteering with his 9-year-old son's Cub Scout pack in Dallas and raising \$13,000 last year through popcorn sales and other fundraisers. When he joined, he told the local cubmaster he was openly gay, and this was not deemed to be a problem at the time. It seems however some of the other Dad's weren't so keen and complained to the National Boy Scout leadership.

And it wouldn't be another month without an uninformed rant on local radio. An NBC affiliate radio host Garth Maier asked listeners on Thursday: "Will the acceptance of homosexuality be the fall of America?" In making his case, Maier noted that the Obama administration has appointed a record number of openly gay officials, that the president recorded a video message to troubled gay teens considering suicide, and claims by a recent survey that 10 percent of teenagers are openly gay. Sadly, some of his listeners agreed and supported his views.

Whilst we continue to see other countries excel in addressing GLBTI concerns, America is a country that remains heavily divided.

For the time being it seems, some things are bigger than Texas.

Ashley Hogan is an Australian writer who calls the world home.

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'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.



Seaside Burps

"Oh, I do like to be beside the seaside!" goes the familiar music hall song and maybe most of us agree with the sentiment. It is also a pretty safe bet that if you are reading this 'Twitter' you are either living by the sea or thinking about doing it!

We Brits love our traditional seaside holiday resorts. Strolling along the promenade wearing a thick pullover, gloves and scarf on a cold, wet day, breathing in the fresh sea air just makes us feel so glad to be alive, doesn't it? Alright, we also look forward to going back home to a cosy fire and a hot cup of coffee to thaw out. We Brits are mostly a

hardy lot and somehow, at the time, the cold and damp didn't seem to matter too much because we were breathing in all that fresh ozone. It is just so good for us, or is it?



As a child growing up in rural Lincolnshire, on the east coast of England, it became a family tradition that if any of us were recovering from a cold or flu, my father would always take us to Skegness for the day. "This'll blow away those germs, lad," he would say, although privately I suspected that when I got home, I would end up with pneumonia anyway. Yes, Skegness was just so bracing and that sea air, well...!

So, Skegness it was to be for much of my early life, later to be superseded by the delights of seaside resorts that I still know and love. Blackpool, Weymouth, Bournemouth, Brighton, Benidorm...! Benidorm, now where did that come from? Like many of us, I quickly learned that to enjoy more of the delights of the seaside that didn't require the protection of a raincoat, scarf and gloves would mean a move overseas.

As I grew older, the longing for the seaside was never far away. Those bracing walks with the dogs were quickly followed by a leisurely look through the holiday brochures to plan our next holiday in the sun. One thing was for certain, even though I didn't like the cold, wet, grey Bank Holidays by the sea in the UK, I did feel a longing to be beside a sea that was blue, clean and sparkling. Like so many before me, I dreamt of sunbathing on golden beaches, and not the muddy flats of coastal Lincolnshire.

Maybe it would be the Costa Blanca, the Costa del Sol, the Canary Islands or Bondi Beach, if funds permitted? Very quickly the dream of living by a seaside that I could visit anytime that I wished became too much, and this is why I am now living only a very short distance from the sea in the Canary Islands; a move that I am very thankful for.

So what is it that gives the seaside its distinctive flavour? The sand? The endless rolling waves or the distinctive smell maybe? Maybe it really was the "bracing ozone" that my father was convinced would do us the power of good during our period of recuperation? It took me some years to discover the truth.

So what is it that gives the sea its distinctive smell; the unmistakable whiff that we associate with summer holidays? Without wishing to ruin the romantic view of the sea that many of us share, that wonderful smell of the sea is actually due to nothing more exotic than flatulence; wind, burps and farts to you and I! Cows do it. Horses do it. People do it after drinking lager, or while eating a spicy curry. We all pass gas and lots of it too.

The seaside's familiar "bracing" smell is caused by a chemical produced by coastal bacteria, which is present in very low concentrations. Basically it is micro organisms in the sea, tucking into tasty morsels of plankton that they like best, and relieving themselves with a little burp afterwards.

So, the next time that you are enjoying a spot of sea air, just remember and be thankful for the countless millions of microscopic organisms enjoying their lunch in the sea, and relieving themselves of excess wind afterwards. Breathe deeply now!

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

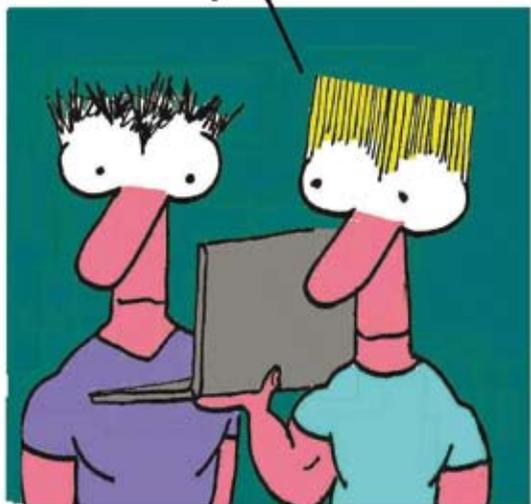
Gaylord Blade

Young, Gay & Hot-to-Trot

What the heck is that, Gaylord?



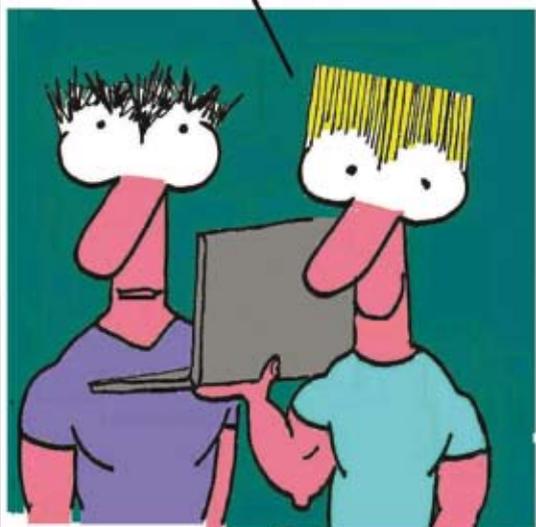
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