

March 2005

Q MAGAZINE

A photograph of three people outdoors. On the left, a blonde woman in a black long-sleeved top and blue jeans is smiling and holding a magazine. In the center, a man in a light pink t-shirt and dark pants is laughing while holding the magazine. On the right, a man in a white long-sleeved shirt and blue jeans, wearing sunglasses, is looking at the magazine. They are standing in front of a green metal fence and large trees.

The Health Of OUR Nation
Looking At Gay And Lesbian
Issues From Four
Community Professionals.

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Q Comment

A huge MIDSUMMA Festival was had by all – thanks to everyone who worked tirelessly to ensure it's success.



One great event was the GLOBE Luncheon with Colonel Grete Cammermeyer (see picture of me with the Colonel). A very interesting woman who has had an even more interesting life. The smaller "luncheon – type" crowd made it a very intimate affair and question time was both lengthy and informative.

Pride March 2005 – Out and Proud for 10 years – was certainly a highlight for me (including working behind one of the bars with Bruce and the team from DT's). It always pleases me greatly when all the hard work put into organising Pride March culminates with so many GLBTi Family Members enjoying it.



We welcomed to Melbourne the magnificent Vanessa Wagner again for the P.L.W.H.A. (Vic) forum (see picture of me with her highness). A great way to start the Positive Education program at St. Martins (great arts space) – I personally look forward to the other events on their way.

And now we are in March – Mardi Gras, MQFF, Melbourne Wine and Food Festival and much more. Whatever you are doing, where ever you are doing it, and with whom ever you choose to do it – PLEASE Play Safe.



LeMenShop.com.au is the ultimate men's online destination point that informs, inspires and interacts with men on the products, tips and tricks to polish themselves to perfection.



If you haven't already heard, the place to be is LeMen Shop. With all the scrubs, moisturizers, fragrances and information a boy can poke his stick at. It's bound to be popular with all the men.

What makes LeMen Shop unique is that they are the only site offering the complete lifestyle package; international brands, expert advice, shopping convenience and loyalty rewards to help men look good and feel healthy with a click of a button.

"Healthy skin is so important", explains founder Nick Egon who is no stranger in the bathroom, "I can remember being 4 years old and wearing hair gel, these days it extends to so much more and there

With all these products and pictures, you don't have to worry about getting all stressed and hot. There is lots of information about grooming tips and articles to excite the Carson in all of us. Getting serious, Health is also on the agenda. Be informed about nutrition, exercise information and get the lowdown on how your body works from the inside. "People forget how to wind down, it's crazy out there. Don't forget about your health", Nick commands, noting they have extensive articles on stress management, workplace health, foods and power tips.

"How do you get men to cleanup their act? Just ask the experts."

are great products for men". The range is amazing, look beyond the basics of shampoo and soap, and you'll find shave repair cream, men's cosmetics and even tooth whitening. "We want you to look your best, if you feel good about yourself, your confidence will get you places", Nick explains.

In this age where grooming, health and lifestyles are so important it's great to see a company bring together the ultimate package of products. If you want to have healthy skin, styled hair and smell of Armani, you're bound to make this website your new best friend. Look no further, LeMen shop is for real men.

Love to smell better than bruit33? Then go straight to the fragrance section. Amazing, the lucky 21 range has the most popular fragrances from d&g, Calvin Klein and Gucci, just to name a few. The most exciting part is that all fragrances are 10-40% off retail prices, for those boys who want a champagne lifestyle on a beer wage.

Extending their arms to the community, LeMenShop.com.au is offering Q Magazine readers the opportunity to win a grooming pack worth over \$100. Go to www.LeMenShop.com.au or Log on to the Q magazine website and 'get free'.

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We have another DVD and Video of Aresmen latest release "The Intruders – Cocktails V 1" to give away. Email getfree@qmagazine.com.au with Cocktails in the subject line to win. Remember – you must be over 18 to win this prize. For more information about Aresmen and to buy online – visit www.aresmen.com



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From our friends at LeMen Shop – a brand new men's grooming website – we have a pack full of goodies, valued at over \$100. Simply email getfree@qmagazine.com.au with "LeMen" in the subject line for your chance to take home this fabulous pack.

Hating Alison Ashley, the companion album to the upcoming Hoyts Distribution film starring Delta Goodrem, is out now in all good record store from Festival Mushroom Records. Every copy of the soundtrack comes with an exclusive Hating Alison Ashley fold-out bonus poster. We have five copies of the album to give away. All you have to do is email getfree@qmagazine.com.au with "Delta" in the subject line for your chance to pick up a copy.



*Conditions: All Qmagazine competitions are open to everyone, except those that specifically state you must be over 18 to enter. Competitions close on the final day of each calendar month with all prizes being drawn at 5pm the following day at Apartment 3, 15 – 17 Charnwood Road, St. Kilda 3182. 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.



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GetFree section for your chance to win your own copy>

The soundtrack includes a wide array of music, reflective of the diverse listening habits of the film's teenage characters. Tracks from international heavy-weights Blink 182, the Eels, Hilary Duff and Groove Armada feature alongside the fresh home-grown sounds of The Dissociatives, The Waifs, newcomer Gabriella Cilmi and Australia's own prince of nu-soul Daniel Merriweather. Hating Alison Ashley opens in cinemas across Australia on March 17th.

Put together 4 good looking young guys, 11 tracks of great solid rock, and a bonus DVD, and you have "switchfoot – the beautiful letdown"



The band heads back to the States this month after a sell out tour of Australia late February. Pick up their album in all the best records stores – from SonyBMG – I promise you won't be disappointed.

From Central Station Records and just in time for Mardi Gras comes Oxford Street Anthems Volume 3 – A Celebration of Life, Love & Lust.



This double CD set has everyone to make your pre or after party one to remember. 26 tracks of the very best for a "fagstastic" time whether you're in Sydney or not. Out Now in all the best record shops.



Including the hit 'Real to Me' and the duet with Delta Goodrem 'Almost Here', SonyBMG are proud to announce the release of "Brian McFadden Irish Son".

A total of 11 tracks of highly pleasurable vocals and likewise orchestrations, this album is set to rock Australia – coinciding with Brian's publicity tour of Australia this month. Q Magazine is very pleased to announce that we have been chosen as one of the selected few to conduct a face to face with the man himself, and will bring you the full interview in our April Issue.



CD Review



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It's always a bit hard to find a nice doctor's clinic that you feel comfortable and confident with, regardless of whether you're straight or gay. But for many gay men, having a doctor they can talk to and see for a whole range of reasons is very important. There's no shortage of gay doctors, which is a good thing, but there's also a couple of gay-specific, or at least gay-friendly clinics around Melbourne, with gay doctors seeing gay patients.

One of these clinics is Prahran Market Clinic in Commercial Road Prahran, and one of the doctors is Dr Beng Eu, who has been working there for eight years. He has a large gay clientele, and believes in the importance of gay-friendly clinics. "Yes, it is important for gay men to have a clinic that they can go to where they know that their sexuality will not be an issue, so that they can be open and honest about their life and any associated stress they may have," he says. And let's face it, the more honest and open you are about yourself, and your health, the healthier you'll be. It makes sense really, doesn't it?

“the more honest and open you are about yourself, and your health, the healthier you'll be. It makes sense really, doesn't it?”

It also allows gay men to deal with specific health issues, and as Beng explains, they're not all related to sexual health. More often, it's based around our lifestyle choices. "Gay-male specific issues include sexual health, drug and alcohol issues, depression and general health issues," he explains. "Preventive health for heart, prostate, diabetes, etc is important too because they too may be affected by lifestyle."

Part of that lifestyle is drug and alcohol consumption – not exclusively a gay thing, but it does have its impact. "Yes, there are drug related problems in gay men," says Dr Eu. "Partly because it is so socially acceptable in the community to drink alcohol, and there is a high degree of tolerance to drug use. It is hard for many to determine when there is problem use – this ranges from addiction to self-destructive behaviour, loss of memory, relationship issues and work issues."



And GHB? What's the go with this rather controversial drug? "GHB is still a very dangerous drug because it is easy to overdose on it, regardless of prior experience. And an overdose can easily lead to death. All other drugs have different health ramifications, so it is important to be educated about it and make rational decisions." And that is what Dr Eu is there to help with.

It's not just all sex, drugs and alcohol. There is another side to gay male health, and that involves less attractive issues such as depression and eating disorders, often related

to body image, and the pressure that gay men often feel under to have the perfect body, either for health reasons, or topless podium dance reasons. "I see a lot of clinical depression in gay men," says Dr Eu. "Being gay causes a lot of extra stress in lots of ways – family, work, society. Eating disorders – it depends on how it is defined. There doesn't seem to be much anorexia or bulimia, but lots of 'fad' diets. The body consciousness translates to the pursuit of muscle, which has its own risks."

So, as gay men, what should we be most diligent about? "Looking after ourselves – both on a personal level and as a community. This includes our physical health and mental health. We need to be concerned for others as well and learn from where gays have come from. We need to be accepting of differences in others, and not exclude others who are different."

Dr Beng Eu interview by Tim Hunter



The Carlton Clinic has a long and strong reputation for being a gay-friendly medical clinic, and like the Prahran Market Clinic, attracts a large clientele, straight, gay, and everything else. And while there are a number of gay male doctors practicing there, women aren't forgotten either.

Dr Ruth McNair practices at the Carlton Clinic, with a focus on women's health. She started there in 1998 after working as a rural GP for a few years, "delivering babies, doing anaesthetics, etc". She, like Dr Eu, believes in the importance of a gay-friendly clinic. "For some LGBT people, they feel more comfortable in such a clinic for a number of reasons: previous bad experiences, the need to keep their sexual orientation from their usual GP, the chance to pick up BNews and MCV in the waiting room, seeing doctors who are knowledgeable about their issues," she explains. That doesn't mean they have a monopoly in the gay medical sphere. "There are plenty of LGBT people who have a usual GP in their local area, and this works well for them. There are plenty of user-friendly GPs and other providers out there, however it can be very challenging to find them."

Health issues for gay women are just as specific as they are for gay men, and Dr McNair confirms this. "Yes, there are several, which are largely unrecognised by the majority of health providers and consumers. They include pregnancy issues – how to get pregnant, how to access services, what tests donors need; parenting issues – how to access health care for their whole family, where they can be open; pap smears – many lesbians believe the myths perpetrated by ignorant providers and others that they don't need pap smears, however they do. I have seen a number of women who have attended GPs specifically for a pap smear and been told not to have one. Breast health

- we know that less lesbians have regular mammogram screening than straight women, which means they are at risk of having breast cancers go undetected for longer. STIs – a very specific area of knowledge; it's hard to find lesbian-specific information on safe sex practices, and hard to find evidence that gives us risk levels. However, we know that lesbians are able to pass BV (bacterial vaginosis) between sexual partners (a vaginal infection) and probably also thrush. Women can catch any of the common STIs from female sexual partners, yet are much less likely to have tests."

And while it's the gay boys that tend to have a bigger reputation when it comes to party drugs and related health issues, Dr McNair refutes that it's not a lesbian issue. "There is plenty of party drug use amongst women. I wouldn't say it is less than the men. The messages about how to use safely are getting out there however. Lesbians appear to smoke even more than gay men and keep smoking for longer – a huge issue that is now the subject of big public health campaigns in the USA lesbian communities."

And like everyone these days, depression and mental health issues are just as relevant for lesbians. "We now know that Australian young lesbians are more likely to be depressed than Het women," says McNair. "But by middle age they have about the same levels. However, bisexual women seem to remain more likely to be depressed into their middle age. The main theory to explain these differences is the higher levels of discrimination, and depression seems especially a risk if women don't have family or friend support."

"Women can catch any of the common STIs from female sexual partners, yet are much less likely to have tests."

And in fact, McNair believes that mental health is the area that bisexual and gay women should be most diligent about. "Finding ways to become resilient to the effects of discrimination, and prevent depression, anxiety," she suggests. "The Australian Lesbian Medical Association has funded a project looking at this issue. The researchers are aiming to create an Australian website that provides some clues or strategies for wellbeing, after they talk with loads of women about their ideas."

Dr Ruth McNair Interview By Tim Hunter





People Living With HIV AIDS Victoria (PLWHA) is an advocacy organisation representing the needs of HIV-positive Victorians, but it also provides speakers to schools, organisations and companies who share their personal stories about what it is like to have HIV, health and treatments information and education, produces a newsletter, runs education campaigns and community development work, such as social events. That's quite a lot for one organisation.

Alan Strum has been the Treatments Officer for nearly 2 years, and it's his job to provide information to people with HIV about how to stay healthy, how HIV affects their body, and how the HIV drugs work. He's on the front line, you could say.

The HIV-AIDS rollercoaster is pretty active at the moment. There are plenty of rumours and claims out there at the moment, but Strum is happy to put it all into perspective. "The current situation is that HIV is on the rise," he explains. "What is confusing is that infections are increasing in people who are in their late 30s or early 40s, who are aware of HIV and safe sex but who place themselves at risk. We aren't really sure why this group of people are finding it acceptable to place themselves at risk. On one hand it is thought that it might be because of treatment optimism, but recent research shows that the increased risk behaviour occurs before people are aware of the benefits of treatment.

"Yes there are many good drugs around now that work very well. And yes, better drugs are on the way. However, many people who are HIV-negative don't appear to understand that taking HIV medications is a difficult thing to do. You have to take your drugs every day. You can't miss doses. And there can be bad side effects that reduce your quality of life."

So what of this more virulent strain of HIV we're hearing about? "This is purely speculation that appears to have arisen from the ashes of a few health officials in New York City who released an inappropriate health alert that was out of context with what we know about HIV. There is no new 'superbug'. However, it is possible for someone with HIV to catch HIV again that can affect their health even more than their original virus. This is called re-infection or superinfection. We don't who is susceptible to this or how often it happens.

Strum doesn't believe all this speculation gets in the way of the real issues. "Now that we have a good understanding of HIV, how it affects the body and how the drugs work, most of the conspiracy theorists have disappeared into oblivion. There is stacks of research taking place with numerous new drugs in development and lots of work being done looking at new viral drug targets. Vaccine development is also moving forward but results to date have been very disappointing."

And what part is 'bare backing', the practice of unprotected anal sex, playing in the increased infection rates? "The 'bare backing phenomenon' does not necessarily mean that people are placing themselves at risk of HIV as the sexual contact is often associated with 'sexual negotiations' and communication about one's HIV status. For example, if people who are the same serostatus (same HIV status) have unprotected sex with each other then where is the risk? However, this does become problematic when one person makes assumptions about another persons HIV status. It is not uncommon for an HIV negative person to think that if someone is prepared to have unprotected sex with them then they must be HIV negative. And the same assumption can occur if someone is HIV positive. Another aspect that complicates this is if one person does not know their HIV status or has not been tested."



"What we do know is the only way to avoid infection or re-infection with HIV is to use condoms."

Strum believes there'll be many changes in the next ten years in HIV-AIDS treatments. "The drugs will get better," he says. "I don't think we will find a vaccine easily but I do think there is the possibility of new drugs being developed that will provide protection from catching HIV. There are already studies underway to see whether one of the drugs we have will reduce the risk of catching HIV. This will be particularly important for countries where HIV numbers are incredibly high. Things are already changing on an international front to get treatment to people in resource poor countries where up until now millions of people have been dying each year. This is something that must be a priority if society is to survive the HIV pandemic."

Alan Strum interview by Tim Hunter



“When the honeymoon is over”

Do you believe that a relationship will bring you happiness?

Do you believe that one day someone will come into your life and make everything perfect?

Have you ever had intense loving feelings at the beginning of a relationship, then months later wondered what went wrong?

If you have answered yes to any of these questions, keep reading.

Modern relationships are often seen as the way to solve our personal problems. Instead of working on our anxiety, insecurity, loneliness, depression, anger, bad moods and the bad feelings we have about ourselves, we look for a “soul-mate” with whom we think we can have a wonderful relationship and wash away all of our personal pain. Indeed, during the first phase of a relationship, while we are madly in love, we may feel a whole lot better as the chemicals in our brain change and put us in a euphoric state where we blithely overlook the faults in our partner, and somehow do not notice the most obvious incompatibilities.

When the “honeymoon period” is over, we will be back to our normal state and start to see our partner and relationship in more realistic terms. We now face the difficult task of developing a loving relationship based largely on companionship. Whatever bad feelings we had before the relationship are now likely to be back in full force. At this point, we may feel not much happier than we were before we met our partner. This is because happiness is an internal feeling which cannot come on a permanent basis from any external source. Genuinely happy people feel happiness within themselves and are able to maintain their happiness over a variety of external circumstances. They do not look to others to make them happy.

“A healthy long-term relationship will depend mainly on our level of emotional maturity.”

In the fairy tale world of childhood, which leads to the fantasy world of adults, we expect to be with someone better than ourselves who will make everything alright. In the real world, we will enter a relationship with someone who has a similar level of emotional maturity as ourselves. For example, Melbourne’s most well-adjusted

woman is not going to end up in a relationship with Melbourne’s most neurotic woman. In a similar vein, when was the last time you saw a Calvin Klein model with a male struck by the ugly stick? The people we enter relationships with are likely to be similar to ourselves on a whole range of measures.

If we are emotionally mature we will be less needy, less reactive, less easily hurt and able to demonstrate high frustration tolerance so that arguments and disagreements will be less likely to escalate out of control. If we are emotionally immature, we will start the blame game early on and spend the rest of the time together in a futile attempt to change our partner. The moral of the story is if we want to have healthy relationships, we need to work on ourselves, not our partners. Counselling with a registered psychologist is one way of achieving this objective.

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"The Saddest Poem I Have Ever Had to Write, I Love You"

Angels sing harmoniously at your flowering bedside, Invisible tears reach out clinging burning vigil bright. Unwilling to rest with the thought of leaving you alone. Embracing the warmth of your body I cherish when I go home.

The dog endlessly paces the window searching desperately for you to return. The cat seems to have sensed the agony and no longer does purr.

Restless with crying torment my heart bleeds in an empty cold bed. Awaking suddenly I scream out your name in panic of not having you there. Swelling my eyes bulge as I silently choke in an endless stream of tears. Haunted by the forthcoming shadows that are heart wrenchingly pressing near.

Feeling, seeing you adoringly all throughout the house. A picture of you as a child on the

beach, that is lovingly reaching out. You had your little blue bucket and plastic spade filled with shells. Beaming with admiration your gentle smile gleamed inspirationally out.

Now your smile is fading with tears as you cling to inner strength. Gazing up at me I tenderly clasp your hands with the longing in endearment. I softly cry while I touch and kiss your consuming handsome face instinctively. Whispering the beautiful delights that you had given warm an openly.

Cradling your every nestling word and caressing every charming gesture. Planting kisses all over you, I tell you that you deserved so much better. You try to assure me that I was your little knight and shining armour. Pleading for your endurance I cannot go on without you.

Petals float gracefully enchanted over the little garden we started as one. Repeatedly I watch the video of us in it, just laughing and basking in love. You ask me to sing you a song in the nearing moments of you passing. Humming my broken teary voice is soothingly calming. I tell you how much you really meant to me and how much you truly gave. How one day we shall be soon re-planted together in the serenity of love again.

If I was lost in a painful nightmare of darkened childhood abuse. You rescued me without question, drawing me lovingly closer to you. You flew up high in the sky, facing the strongest and harshest winds. Vibrantly colourful, filled with the courageousness of outreaching kind wings.

You are the softest kiss that ever dotingly wrapped love upon my skin. You are the strongest wall that allowed a strange new brick like me in. You are the breaking dawn that heats the dew from the windowpane. You are the man that showed me the way to find my heart again.

Nestled in the love of each other's arms for one last eternal moment. You peacefully slipped away as I blanketed love all over you.

By AI – Antony Moody

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The Chinese and millions of other people believe, and live their lives by these natural forces. There are many different 'schools' of Feng Shui and you will find variations in the use and positioning of items.

Feng Shui is used by millions of people all over the world to enhance and attract good health, wealth and relationships by the correct placement of furnishings and colour etc.

Villa & Hut Feng Shui tips for the home

There should be no television sets in your bedrooms: If you cannot get rid of that habit then after watching the television cover it with a plastic table cloth or place in a TV cabinet with doors that close.

There should be no mirrors opposite your bed or at the side of your bed. Mirrors opposite the bed can attract a third party to the relationship. Therefore, do not place mirrors anywhere you like and especially in your bedroom.

Place an indoor water fountain in your home, position in a favourable area to attract whatever you want in your life.

Your bed should always have a solid wall behind you. This is important if you wish to have a good rest. A solid wall simply means that you can go into deeper sleep and therefore enabling you to have good rest so that when you wake up in the morning, you will feel fresh and well rested. This also allows you to be able to concentrate on your work better.

If you have a lot of work pressure, maybe it's the marble table that you have in your dining room that causes you to have those problems. Remove that marble table and change to a wooden one or alternatively live with that work pressure!

Always open your bedroom windows at least once 20 minutes a day to allow fresh chi to come in, this so that it allows fresh new chi from outside to come into your bedroom, if not you will be sleeping with stale chi every night. And if that happens, then how can you

expect your life to bring in more good fortune to come to you? So open that window and never mind if dusts comes in! The great good fortune that you can have will far exceeds the time you take to clean off the dust.

Villa & Hut Feng Shui tips for romance and relationships

Feng Shui plays an important part in your relationship and romance, follow the twelve tips below and you will be fighting them from your door.

THE SOUTH WEST CORNER - This segment of your house is where love reigns and you should pay special attention to it. It governs the luck of love, romance and family happiness.

SOUTH WEST CORNER - If you wish to improve your existing relationship, place a family photo in your south west corner of your home, make sure it is a happy photo or even a painting of a family. If you wish to enhance your romance luck place a Dragon headed tortoise with a piece of red ribbon in his mouth .

SOFT LIGHTING - Soft or pastel colour lampshades with soft lighting in the Southwest creates an atmosphere of romance which in itself is known to "put you in the mood". Needless to say, harsh lighting and spotlights are definitely to be avoided here.

CANDLES - Candles in all shapes, sizes and color are suggestive of love. Apart from giving your area a warm glow, it also enhances the entire look of your home, while enhancing romance. Remember however, to put them out so that they don't pose a fire hazard in your home.

PINK BED SHEETS - Pink sheets raise subtle yang energy, which enhances feelings of love and romance in those who seek conjugal bliss in the bedroom.

BE HONEST - Talk openly about your relationship and ways that you feel you could improve it.

A huge selection of feng shui books and products can be purchased from all Villa & Hut stores – visit www.villaandhut.com for your nearest store.





Aaron prays.....Christian plays.....opposites attract.

Bored shitless on a Saturday afternoon <recuperating from recent surgery>, I called my friend, Stephen Mattsson at OUT Video to find out if he had any new releases that I could purchase. Stephen suggested that I (probably) had already bought most of his stock.....but suggested a new release entitled Latter Days (rated MA). Not knowing what a completely fantastic movie I was about to purchase, I agreed and the delivery was made.

“Although essentially a story of boy meets boy, boys get parted, boys find each other again, it does it in a very fresh and modern fashion, with superb acting, homely sets, and explores (some more than others) many aspects of today’s gay life.”

Based in L.A., Latter Days maps the journey (and transformation) of a stereo-typical good looking sluttish twink – initiated by a bet his work mates make with him to “lay” a recently arrived Mormon – awakening him to the more serious side of life, love and relationships. With all the confidence of a guy who makes nightly conquests, his journey begins.

With a healthy dose of homophobia, humour, anger, frustration, delight, fun and elation, this film grabs your heart and massages it from beginning to end. The main sex scene is one of the most erotic and sensual I have seen in a <non-porno> film in many years.

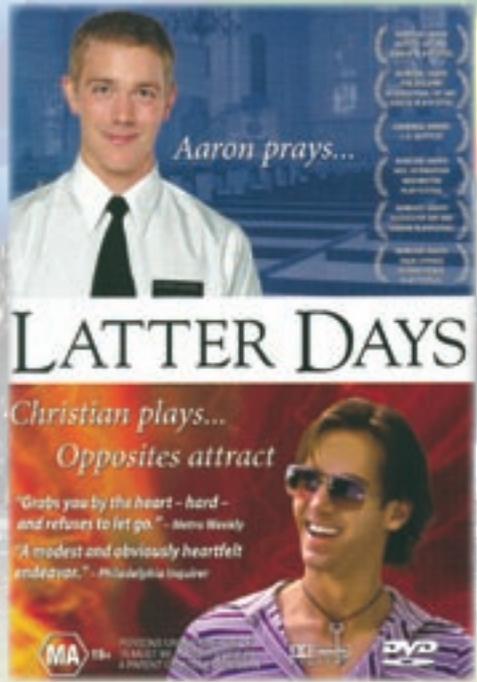
Starring an incredible attractive and talented cast, Jaqueline Bisset’s character plays a surprisingly pivotal

role, and adds a dept not often seen in a film of this ilk.

You probably won’t like the Mormon church much after viewing it <if you did before that is> but for those of us who are a tad sceptical about relationships, it will change your point of view completely and force you to remember the beautiful and complete feeling young / new love offers – wanting it for yourself.

Grab your Louis Vuitton tissue box, cuddle up on the Chesterfield with your favourite Teddy or someone special and enjoy Latter Days. I can not recommend it more highly.

I have quite an extensive collection of Gay Films and this one is a top shelf addition.



“No Way, It Can’t Be That Big!!”

Congratulations to CJ from South Yarra who has won our March “Show Your Q” competition and is the recipient of our \$100 prize. CJ will also go into the draw for the \$1000 prize being drawn at the end of 2005.

Enter “Show Your Q” by sending a picture of you and your Q – with an appropriate caption to competitions@qmagazine.com.au.



Show Your Q



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Welcome Q readers to another edition of Fashion with the bible..

L'Oreal Melbourne Fashion Festival is the focal point of March as Runway, Installations, Seminars and Studios take over ACMI and Federation Square. Tickets are available on line at LMFF.COM.AU for the hottest of hot to trot designers including Gwendolynne, Alannah Hill, AG, Cactus Jam, Wayne Cooper, Morrissey, Lover, Collette Dinnigan, Akira, Nicola Finetti, Michelle Jank and Willow to name only a few. Enter the lime light like a star and prepare your wardrobe with the best the season has to offer on display in our great city of Melbourne!

NB: RED MARKET
Grattan Gardens Greville St. Prahran

Hot youth fashion in a scarlet paradise backed by the thumping sounds of Melbourne's best bands and D.J's. The fun fashion oasis will saturate Greville Street in an explosive event for all ages Saturday 19th March 12-4pm. Market stalls, runway fashion and celebrities in Levi's! It's free!!!



[DE] STRESSED OVER DENIM

This issue I question the notion of talent amongst designer trends. Do you really need to know all about an industry to succeed? Or do you simply have to pinpoint a trend and catch it early enough to capitalise?

If you open the old storage cupboard and search through the mounds of clothes that were once set aside for the Salvation Army, (but now seem to had been cleverly forgotten) in today's fashion focused

world of out shopped opp shoppers you should find many pieces reusable in your current wardrobe.

With designers strutting the deconstructed look down the runway and fashion houses washing and treating their fabrics until the look is worn and vintaged, consumers have never before spent the dollars they are on a look that can be re created from pre loved clothes.



Call it punk'd, funk'd or just plain jun'k any fool can take a pair of jeans - rip, stitch and fake a designer look in its current form. The correct term is distressed! AND IT'S STRESSING ME OUT!! Probably because the three pairs of jeans I own, I made myself using the techniques previously listed and the only comments I get on them are how 'they are the coolest jeans ever'.. But stupid me didn't capitalise and now it's probably too late.

Realistically they are cool jeans and all of my friends have now sent their old threads to me with various fabrics and instructions. Now I am the dumbest fool around, but with a little flair and personality, save yourself a penny and buy a razor instead! Take your old pant, jean, shirt, jacket and cut, rip, sew, split, add, accessorise and enjoy!!! A creative outlet is good and who knows.. It may lead to a successful career in design.. If you catch the trend in time.. Now say it with me.. CAP-IT-AL-ISE.. And stress less!

Mwah x Michael



“In Bed with Ben” The gay mans guide to love, sex, life & everything in between.....

A major mistake many gay boys make is that they appear too keen, a major turn off. The whole undressing with the eyes is not the best way to get someone's attention! This can come across as pure sleaze, so if you're up for a quick root, go for your life. That's all you'll attract and that's all you'll most likely end up with. Instead give a half smile and make eye contact. A friendly, "Hi how ya going?" is enough to get the interested party reading the signals.

You also need to take care of your assets and I'm not talking about your package either, although fresher the better. What I am talking about is your face, persona and body. Sheer attractiveness is when a person walks into a room and lights up the whole place without them even knowing it. It comes from the soul and shines through the way they walk, talk and look. To obtain this kind of attractiveness you need to work on the following areas. Not always easy but essential for a healthy life whether single or in a partnership.

Get to the gym - Hire a personal trainer if you can. Exercise not only makes you feel great but it gives an air about you. You walk straight with chest tall and abdominal's intact. If anything, do it for the feelings of lightness and confidence you get from jogging on the treadmill, lifting 2 tone weights or kicking the crap out of a boxing bag. They all add a healthy dose to your ego, just enough to let them know that you are in the room.

Flattering clothes - The next biggest attractiveness booster is wearing clothes that flatter your body shape. If you have a little pot belly don't wear something that is skin tight. It does nothing but accentuate those unflattering curves. From time to time we all go through phases where we over indulge in KFC or Mac Donald's, it's a part of life. So make sure you have something in your closet, such as fat clothes, I believe there called. I own them and every gay man should incase of an over eating emergency.

“We're now well and truly into summer, the beaches and pools are bursting with men with irresistible bods, strutting their stuff. So how does the average gay man turn those men wild with desire? Take check of the following and see what you can do to boost your head turning potential.”

Doesn't mean they they have to look bad though, it may just be that they are a little looser than normal. Get help from the retail assistants, that's what they are there for.

Attitude - Attitude is a huge factor, if you're walking around with a carrot up your proverbial don't expect to attract the down to earth hottie you might be looking for. It's not going to happen. Relax your attitude be care free and realize not everything has to happen right in this instance. If you are feeling stressed you are more likely to attract stressed types in your life. Like attracts like. The myth of opposites attract is almost dead with the fairies, no pun intended. People with similar values and beliefs in life tend to stick together because they have a clear defined path individually and together. If you're a party boy don't necessarily expect to meet the homebody type out at a night club. Although anything is possible.

Face - I'm no beauty expert but its common sense that if you are looking tired and stressed your not going to come across as the most attractive. Go to the beauty salon, have a facial, go to the solarium or getting your hair cut are all simple ways that you can increase your attractiveness. Oh and make sure you have two eye brows and not a caterpillar. There are also products out there that will get rid of those droopy eye rings. It's all about consistent up keep but every now and then you just want to dag around, I use to make Sunday's my "Ugly Day" it's a day where you don't shave, wear old crappy clothes and bum around the house. After all we are human. However if you are on the look out for a boyfriend best not to go out on your ugly day. Big mistake!

Next month we will look at "How to approach the guy that's got you gagging....." Visit www.blusuga.com and take our "Are you a Stud or Dating Disaster?" test and see how you rate in the dating field.

By Ben Angel





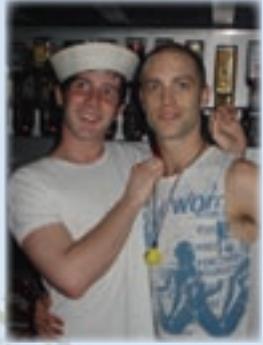
CAMP CAPERS

Camp Capers

What does a back end of a horse; a few dogs; and a lot of sequins have in common? NO! They don't all work on the stage at the #c@n%g*e! – They all held their heads high and walked with PRIDE!

Even my dear ole sis Tiffany managed to stay off the campari for breakfast, and stagger herself down towards St Kilda. Mind you, I did have to get Penny from Pride to bribe Tiffany with the offer of a job and a promise of a drink card at the end of the March. “How do you fancy being near the front of the march in a special position that is even in front of a Mayor or two? ..” “Fantastic!” dear ole sis said. What Penny forgot to mention was that the ‘special position’ was holding the biggest pooper-scooper you’ve ever seen to catch what the horses had had for breakfast! – AND to make sure that none of it went anywhere near the various dignitaries that Madame Tiffany had managed to wangle and smooch herself beside in the March. Still, as it’s one of the longest and most respected jobs that Tiffanys’ ever held, Mother was so, so proud of her little girl.

For those of you who didn't get a chance to march or those of you who were too busy posing on the balcony of the Prince, the biggest highlight of the March, was of course, the end of it! There is nothing funnier than watching a bunch of assorted queens and dykes racing to the bar as if they'd just crawled a marathon over broken glass. One thing that was great to see, was Bruce and the boys from DT's actually helping out and serving behind the Pride bars – well done Bruce, and well done DT's for encouraging this type of thing. If more bars acted like this, and thought less about ‘what's in it for them’, our whole ‘community’ would be better off. And whilst I'm bitchin' about it, isn't it sad that a whole lot of queens would rather sit on a balcony and give a straight venue



Q MAGAZINE

a fortune on the day, rather than support the Pride bars?

Anyway, that's the thought for today. Enough of the trumpet blowing Morag dear.....

On the subject of blowing however, it was absolutely fabulous to see the SUDS foam party back at the Peel. And as a special treat, the foam party continued until the following week, and the THROB boys got in on the action too! It's a pity that the parties didn't happen until after the Pride march. Tiffany could have just rinsed all her horse troubles away.....

The highlight of the year so far however, HAS to be the carnival. Although there are reports of the numbers being down, from what I could see at the T-Dance, everybody had had a terrific day, and were determined to have a terrific night! My only whinge was the size of the gents' cubicles. How are you supposed to fit three queens in those? I felt so sorry for the wee lassies on the day that most of THEIR cubicles were taken up by groups of boys. Poor Tiffany had to wait 'til she left and go behind a tree. Actually, when I think about it, there WAS no tree. And mother said I was the show off!

Now, there's much too much happening at this time of year. Normally, Tiffany & I would try and forget it all and piss off to Mardi Gras – the one in Rio that is. It allows Tiffany to arrange a few dealings as well as sort out her crow's feet. But I told her – there IS no surgery for bloody Albatross feet dear. Anyway. The point is that we've decided to stay. To kick off the month, my dear old friend Frankie Knuckles, (however, he always denies knowing me since our fling in New York in '74), will be playing all my favourites at the Market on the 5th. – That's if he's managed to free himself from the sling room at THROB on the 4th – Then, the following weekend we



have labour day- I won't even begin to mention all the parties that are on. But as usual, you'll find Tiffany and me doing the rounds of the venues. We can't afford party tickets these days.... If you're up for spending some money however, wait until the end of the month and visit the Teddy Bear auction at DT's on the 19th. All the money raised goes to the Children's Hospital – thank you VIC Bears.

Now, I realise that most of you know that I'm really quite a young, nubile, virgin like girl. However, I DO happen to know some more mature motherly figures – how else does one get to know the tricks of the trade- so, firstly, a very warm happy 50th to Kerrie LeGore down at the Greyhound Hotel. Did Laurie give you a big 50th kiss dear? I hope not! And also, welcome to my mentor, CHER. Oh, I suppose I could just wish her well when I see her in person. Isn't it fabulous when you're at the very, front of a concert?

Bye bye now dears.....

An alternative look at a ~~lads~~, girls night out with Tiffany & Morag

[Meet Wade:]



32, 70kgs, a Personal Assistant. Described by friends as always happy and smiling...a well-dressed, really sweet guy. His turn-ons include well-dressed guys, with beautiful eyes, good hair, and well spoken.

[7.00pm]

The boys meet DJ at Taxi in Federation Square.

Wade's first impressions: "No instant chemistry, but great company to chat with and have a drink and dinner with. The venue was very funky with cute staff <nice eye candy>."

Malcolm agreed about the plutonic nature of their first meeting and added about the venue: "I had never been to Federation Square before so was eager to check it out. The venue had a great view <along with one guy who was so cute, both boys were checking him out>. I will definitely return to Taxi".

[9.00pm]

A short walk to Feddish.

Wade: "Feddish was extra busy. Our waitress was fantastic, the menu and food was wonderful and Leo (the Chef) was HOT!

Malcolm: "The service and décor was phenomenal, and the food was great! (Ed. Well obviously a good choice by Q so far with the venues)

[11.00pm]

A stroll (or stumble) down Flinders Street and it's time to enter Subway Sauna.

Wade says: "I don't think I saw Malcolm again. Some very cute guys were there though".

Malcolm adds: "A smallish venue, but I did get asked for coffee by some guy called Peter. Wade and I didn't do anything, but I did see him get it on with some Asian guy".

[In conclusion:]

Wade: "Would be nice to catch up socially again".

Malcolm: "Would certainly like to be friends".

[Meet Malcolm:]



29, 80kgs, a self-employed hairdresser and makeup artist who classifies his job as fun as "it's awesome chatting to regular clients while making them look fabulous". Malcolm believes – due to his messy home – he would be a prime candidate for a "Queer Eye for the Queer Guy" episode.



[Rating Each Other:]

Wade on Malcolm / Malcolm on Wade

Eyes 8/6, Sense of Humour 9/7, Intelligence 8/9, Smile 8/6, Butt didn't look/7, Sex Appeal not really my type/7, Overall Click Factor didn't really click in that way/7.5

[Rating The Venues:]

Wade / Malcolm

Taxi – upstairs – Federation Square. 8/8
 Feddish – on the Yarra – Federation Square. 9/8, Subway Sauna – Banana Alley Vaults – Flinders Street. 6/6

A New Year and 3 New Venues.



** If you would like to go on a Qmagazine One Night Stand, simply email your Full Name, Age, and mobile and/or home phone number to ons@qmagazine.com.au – please include a current photograph. All One Night Stand participants must be over 18.

Its been along week and you need some time out with the other or friends – Hire a houseboat and wander off along the Murray River for a couple of days.

This trip away is full of excitement, adventure and lots of funny times. Our little trip started at the Port of Echuca, an easy 3 hour drive from Melbourne. You will find a selection of different types of houseboats, and most have absolutely everything including sound systems, stoves, dish washers etc and are ideal for two to 20 people.

A little planning is required for a hassle free time.

Meandering up the Murray

Drinks - Relaxing on the sun deck exhausted from a hard day dodging logs, spotting hunks on the banks etc you will feel the need for some light refreshment, be prepared and bring double what you think. There are no bottle shops on the river and most wineries are not open early week.

Entertainment - Most houseboats come equipped with a sound system, TV and radio, but a lot of the time you will be out of radio and TV range. Our boat was equipped with a DVD so movies, CDs and books were the go for entertainment.

Getting going - The forward and reverse is pretty simple, you just need to remember that this is not a high performance vehicle

and does not turn on a dime, more like a football field, so beware of trying to do things quickly – it just doesn't happen.

Parking – AAAAAAGH. listen to everything they say. The only time the other and I exchanged angry words on the trip was parking, when he accused me of trying to kill him with a river gum, hey he was the dummy standing at the front when we crashed LOL.

Our little trip resulted in some very funny times. Our first attempt to tie up on the river ended in our boat sailing away without us, lucky another boat saved the day and returned the renegade to us. Of course this meant I had to swim out and retrieve it back to shore.



The score sheet for the weekend was:

Boat:

Two escapes

Overboard:

Twice off the gang plank

Fish:

Two and a half (oops I let one go that he caught)

Fishing Rods:

Fish one, us one

All said it was a great weekend away and I highly recommend it.

Article by Dallen



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[Beer Bust]



[Beer Bust]



[Beer Bust]



[DJ Spyke]



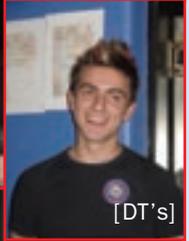
[DT's]



[Beer Bust]



[Ice Cafe]



[DT's]



[DT's]



[DT's]



[Ice Cafe]



[Greyhound]



[Feddish]



[Ice Cafe]



[Greyhound]



[Laird]



[Greyhound]



[Greyhound]



[Laird]



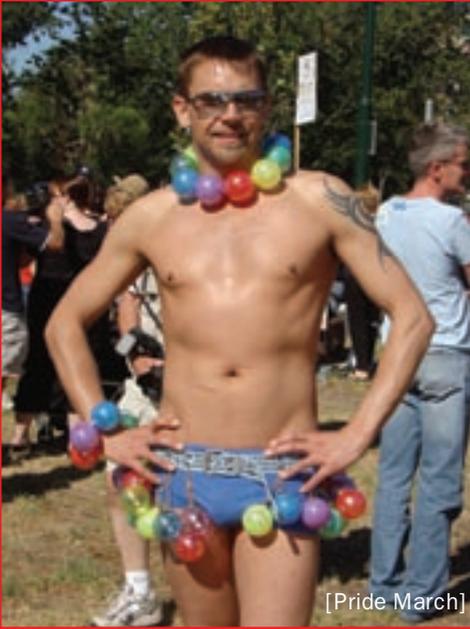
[Feddish]



[Laird]



[Pink]



[Pride March]



[PLWHA Forum]



[PLWHA Forum]



[Peel Suds]



[Pink]



[Peel]



[PLWHA Forum]



[Pride March]



[Vanessa Wagner]



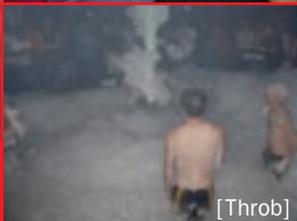
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[Pride March]



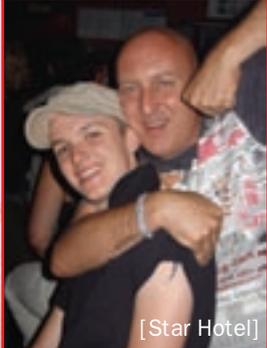
[Pink]



[Throb]



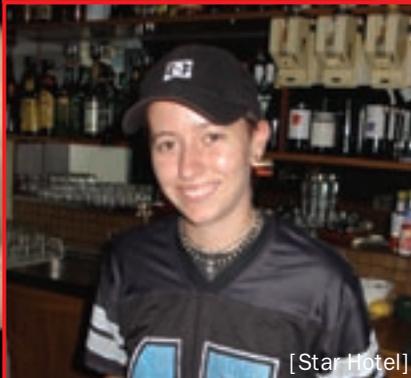
[Summa Suds]



[Star Hotel]



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[Star Hotel]



[Summa Suds]



[Throb]



[Summa Suds]



[Throb]



[Summa Suds]



[Pride March]



[Pride March]



[Pride March]

VicBears Presents: Dress A Bear 2 Competition and Fundraiser for the Royal Children's Hospital, The Good Friday Appeal DTs Hotel Saturday March 19, 2005, from 2.00pm

VicBears, in conjunction with DT's, continues with an event run for the first time in 2004, a fundraiser for the Royal Children's Hospital Good Friday Appeal. VicBears Dress A Bear competition asks participants to dress up a teddy bear in any way you like and enter it in a competition with the option of donating it to the auction to follow.

VicBears goal is to provide opportunities for men who identify as bears to meet socially and enjoy themselves. The Dress A Bear idea is not new; it has successfully run both interstate and overseas with various business and organisations. Dress A Bear is open to all within our GLBTI community and aims to raise money for a non-gay community organization or establishment. One cannot think of a better and more deserving organisation than the Royal Children's Hospital.



Together with DT's, they are very excited and looking forward to this event. They'd like to think that it will

become a permanent fixture on the calendar much like the 'Pride March Bake-Off' competition. Most of all, they aim to make it another fun and 'must-do' day on the gay calendar.

VicBears cannot do this alone. To make this day a success, they need your help! They aim to garner involvement from as many people and groups within the GLBTI community - so your help is essential.



If you'd like to enter, all you need to do is fill in a registration form (available from DT's - Church Street, Richmond) and return it to VicBears Wednesday March 16 or leave it at DT's.

Entry is completely free! For further information, email Steve@vicbears.org.au.

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Edvard Munch: The Frieze of Life, National Gallery of Victoria

If you've ever had that sinking, gut wrenching feeling in your stomach when you see the person you love with another.... Or have just felt completely alienated by the vacuous nature of contemporary society, and you don't know how to express it, then paint it.

Edvard Munch (1863 – 1944), the Norwegian Artist responsible for the iconic "The Scream", set out to show us through his autobiographical and expansive collection of paintings just how to encapsulate love; jealousy; sickness; despair; loneliness and melancholy in his "Frieze of Life".

I must admit to not having a prior appreciation of the work of Munch prior to viewing this exhibition, why is still an utter mystery to me.

I was astounded to see in Munch's work a fusion of all my favourite artists. With the exception of his "Starry Night" homage to Vincent Van Gogh, Munch managed to take a sampling of Van Gogh; Matisse and Gauguin and apply them to his art whilst maintaining the integrity of his own palette.

In Munch we sit upon the roller coaster of emotion that his consumption and mental illness ridden existence thrust him upon; that if given a choice he would not alight

from as it was his angst that put the colours and meaning onto his canvas.

Why do I love artists such as Munch, Kahlo and Van Gogh? I can only guess that my inner Drama Queen finds sustenance from the vicarious absorption of their tortured lives (at a safe distance). But then I'm not the only one who such inner resonance.

I hate to use the phrase 'human condition' as it obliterates any hope of the more spirited amongst us to break out of the vicious cycles of life's minuteness that we often find ourselves consumed in. However, one cannot deny that no matter how hardy a heart is, no heart is worth having if it cannot feel the pain of loss and the joy of love.

The ability to give voice to the emotions we cannot articulate through a brush is a phenomenal accomplishment. Munch's genius is in his ability to do just this; enabling the viewer to appreciate his message, regardless of their aesthetic prejudices.

In this new year, swept through by the devastating Asian Tsunami we can all appreciate the power of imagery.

Hearing statistics has no emotional impact. Reading stories is limited to the educated. It is in viewing the images of the women who scream on the shores, waiting for their children to return that we find some small comprehension of their grief.

With the technology of video cameras, we see the surface imagery of this devastation.

I wonder then what Munch would have made of all this; with his skies of blood, his landscapes that speak of his soul, his ability to grab that moment of all consuming, breath taking devastation that each of us will experience at least once in our lives...

By Fiona Sproles

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