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Q MAGAZINE



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q feature: DJ BEN BAKSON

By Jason Salerno

DJ Ben Bakson is on a worldwide tour, promoting "Ain't Moving On," his high-energy club track about being swept up in an inescapable crush. "Relationships can be all-consuming," says the DJ from Carnival in Brazil where he premiered the song during his live set. He did the same the next week in Australia where he headlined Sydney Mardi Gras and plans to do it again and again this summer when he performs Paris, Miami, Chicago, DC, and Prides in Toronto, San Francisco, NY, and Germany.

"Ain't Moving On" follows "Sound of Love," Bakson's smash dancefloor anthem that features the vocals of Caddy (of the German pop group, Banaroo). Caddy is on the new single, too, this time with Duncan James, the former lead singer of the British boyband, Blue.

"Ain't Moving On is the story of my life," Bakson explains. "When I fall for someone, I find it very hard to let go, even after the relationship ends. I've always been very selective of the people I spend my time with and when I connect with someone special, I can't imagine life without them."

"Even when we know someone is unavailable or not the best fit for us," he continues, "it can be hard to quell the intense feelings."

Ben Bakson grew up as an only child with two parents in a small village in south Germany where he enjoyed watching movies, listening to music and long days at the lake or sea with family and friends. At 18 years old, he moved to Berlin to study Economics and after graduating, he landed a marketing job at a large firm. It was only then that he began dabbling in music production.

"It started as a hobby. I had a strong following on social media so my music found an audience pretty quickly. I began getting gig requests. One successful show led to another and I soon realized it was time to pursue my music dream."

"We only live once," Bakson states. "It's important to make every day count as if it's our last."

Ben's music style is commercial with hard, emotional, and energetic beats. Vocals are important to him as he believes that they are the soul of every song.

In addition to his original compositions, he is noted for re-working famous songs from the 80s and 90s, as he did recently with Cutting Crew's "(I Just) Died in your Arms". "It's fun to recreate past hits with fresh vocalists and modern, driving melodies," he explains.

"Ultimately, I want to see smiles on all the faces in my crowd. I want people to feel hope, love and confidence when on my dance floor. Music is the most powerful instrument in the world. It changes everything."

Ben Bakson's "Ain't Moving On" featuring Caddy with Duncan James is available on Apple Music, Spotify and all digital platforms, along with its remixes by Dan Slater, Nina Flowers, Phil Romano, Lucas Franco, Eversend and Aurel Dev.



Following Ben is easy: www.instagram.com/ben_bakson



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q advice: 5 CAREER-DAMAGING MOVES

AND HOW TO AVOID THEM

For some, careers seem to naturally take off, magical and blessed. Opportunity and luck were on their side. Or so it seems. What appears like good luck or right place, right time is more like consistently good decision making. Here are five career-damaging moves those 'blessed' seem to charmingly avoid.



1. Not being seen: Most poignant in our post-pandemic world. The advantages of working remotely are indisputable but come at a career cost if not navigated correctly.

Strong working relationships and networks critical to career success are negatively impacted when working remotely. The consequences are slow to realise and, if left too late, an uphill challenge to retrieve. Your achievements and efforts also risk not being recognised. Instead, take opportunities to be in the office every week if possible. Attend all virtual meetings with your camera on. Contribute to each session and put your hand up for projects outside your normal realm. The idea is not just to maintain but feed and grow your network. It will require effort on your part, but to do the opposite will see regression and career opportunities lost.

2. Abuse of power: It is not just managers who hold power. We all have some form of power in our roles. You can be the administrator who deals with company suppliers or the chairperson. How you wield it says everything. People abusing their power feel entitled to do so, typically through their position and sense of importance. They either don't see the consequences of their behaviour or believe they are immune to them.

Apply Empathy and self-awareness. See yourself as others might, i.e., through their lens and not yours. Cognitive Empathy allows you to understand and accept others' views. It is about detaching from the need to be right and accepting human differences. Understand the impact you have, positively or adversely.

3. Leaving your job on bad terms. With the great resignation on everyone's lips, this point has never been more acute. It doesn't matter how horrid your boss or work environment is or how dissatisfied you might feel; always resign with grace. How you hold yourself in these last few weeks protects your reputation and career for years to come.

Give the right amount of notice according to your contract. Speak directly to your boss, don't leave a message, or send a text and do so with respect, no aggression, or passive-aggressive vibes. Don't bad mouth your boss or organisation, and no posts on social media. Work out your notice as if you were never leaving. You never know who knows who, and with LinkedIn and unseen networks, it's no longer six degrees of separation, it is probably only three.

4. Disclosing confidential information. If the disclosure is significant, you could find yourself in court and the legal system to be publicly viewed. Understand what constitutes confidential information and intellectual property. Anything to do with customer/client information, company policies, terms of business, fees, even salaries fall into this category.

Whether from home or in a café, when working remotely, be hyper-vigilant in protecting company information. How visible is your laptop's screen, is there company paperwork lying around, can you be heard on your video call or mobile? It doesn't matter if it's your husband or the café owner. It's a breach of confidentiality. Slips in judgement like these, have significant ramifications, jeopardising your job and career.

5. Tantrums, meltdowns, hissy fits and the like. I am not talking about micro stress upsets or having a bad day. I am referring to the episodes where employees walk out, throw things, threaten to resign, thwart deadlines, projects etc., usually brought on by stress and pressure. I am sure there are times when we would all love to do this. But we don't. It is counterproductive, not professional and a major headache for managers. It is also a clear sign of emotional immaturity, sending the message, 'I can't rely on this person!'

Instead, apply self-control and work on your critical responses, detach, analyse and resolve with calmness. Manage timelines better and if you are concerned about a deadline or workload, let your boss know well before it becomes critical.

It is about your reputation. How do you want to be remembered? That's what distinguishes those who make career-enhancing moves versus career-damaging ones. How do you want people to view you at work? A strong work ethic, trustworthy, honest, high integrity, reliable, dependable, great interpersonal nous, resilient? These are just some of the words used to describe those whose careers seem to magically soar!

Roxanne Calder, author of 'Employable - 7 Attributes to Assuring Your Working Future' (Major Street \$29.95), is the founder and managing director of EST10 - one of Sydney's most successful administration recruitment agencies. Roxanne is passionate about uncovering people's potential and watching their careers soar. For more information on how Roxanne can assist you in your career visit www.est10.com.au

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q cuisine: with HOME COOK HYLTON

As the weather is getting cooler and the rain predictions more foreboding, I thought I would discuss the topic of comfort food. While for some this would mean getting pizza delivered, I like to take the opportunity to whip something up in my own kitchen.

Although some restaurants do deliver nachos, you'll always be wanting more, and the recipe below will cater for an army. That being said, when you're craving the crunchy, cheesy goodness, it will absolutely stuff two people to the brim!

The great thing about nachos is that there is no definite recipe. You can add beef mince, different kinds of beans, capsicums, olives or anything that you truly crave. That's the beauty of true comfort food, and all with about 30 mins of prep. So build your mountain, put your feet up in front of the television, and in just a short time, you'll be bingeing not just the latest Netflix addiction, but hearty, satisfying goodness!

Guacamole

Ingredients:

- 2 ripe avocados
- ½ cup red onion, finely diced
- 15 cherry tomatoes, quartered
- Small punnet coriander, finely chopped
- 1 cayenne chilli, finely chopped
- 2 cloves garlic, minced
- 2 tbsp lime juice
- ½ tsp salt

Method:

1. Run a knife around each avocado, twist to separate the two halves and scoop out the inside into a bowl.
2. Using a fork, mash the avocado until you reach your desired consistency.
3. Add all other ingredients and stir well to combine.



Salsa

Ingredients:

- 2 cans diced tomatoes, well drained.
- ½ green bell pepper, finely diced
- 1 red onion, finely diced
- Small punnet coriander, finely chopped
- 1 cayenne chilli, finely chopped
- 2 cloves garlic, minced
- 2 tbsp lime juice
- ½ tsp salt

Method:

1. Add all ingredients to a bowl and stir well to combine



Loaded Nachos

Ingredients:

- Desired amount of corn chips (a 350g family bag should be plenty, or two 175g bags)
- Enough grated cheese to cover each layer
- Aforementioned salsa and guacamole
- 1 can black beans, drained and rinsed.
- Sour cream to serve

Method:

1. Preheat oven to 150°C
2. Starting with the bottom layer, lightly cover the base of an oven-safe plate with grated cheese.
3. Working upwards, add a layer of corn chips, followed by a small amount of guacamole and salsa, a spoonful of black beans, then lots of cheese. Be careful to not overdo it with the salsa and guacamole, you don't want sogginess in the middle of the pile.
4. Repeat, working upwards, making each layer a touch narrower than the one before, so that the pile forms a pyramid
5. Bake in the oven until all the cheese has melted and corn chips have slightly browned, around 30 mins.
6. Using oven mitts, remove nachos from oven and place on a heat-proof mat.
7. Garnish with sour cream and serve.

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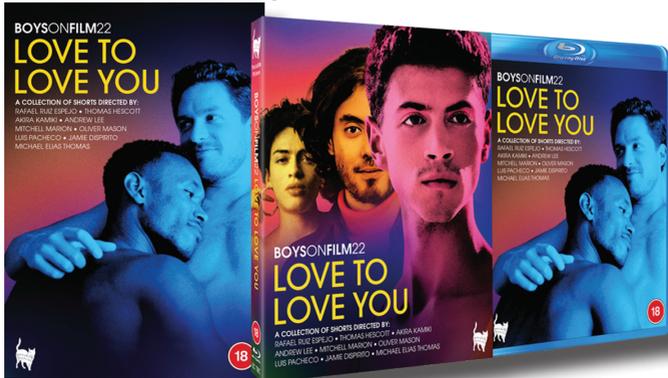
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q film: BOYS ON FILM 22: LOVE TO LOVE YOU

PECCADILLO PICTURES PRESENTS BOYS ON FILM 22: LOVE TO LOVE YOU

On DVD, Blu-Ray and On Demand June 27

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The latest in Peccadillo's critically acclaimed series features a fresh and exciting selection of the very best contemporary gay short films. Each self-contained drama in this diverse and thoughtfully curated collection offers fascinating and insightful new perspectives on the gay experience – sensual, affecting, sometimes provocative and always entertaining.

The eight films in Boys On Film 22: Love To Love you are :

HAVE WE MET BEFORE? (UK, 12 mins) Dir. Oliver Mason. Prepare for a kitschy, kinky voyage via the homosexual gaze from the 1970's to the present day. The internet may have changed the way gay men meet, but as always, some things never change.

THE ACT (UK, 18 mins) Dir. Thomas Hescott. It's 1965, the eve of decriminalisation for acts of male homosexuality. We meet Matthews, a young gay man at odds with the world and his own sexuality, as he discovers love, sex and a family in the back alleys of Soho.

FIRST POSITION (USA, 20 mins) Dir. Michael Elias Thomas. In 1980's San Francisco, aspiring dancer Zachary fights to keep his dream alive after falling ill. Meanwhile, a fleeting romance with fellow dancer Jamie provides brief respite.

WINTER (Mexico, 16 mins) Dir. Luis Pacheco, Rafael Ruiz Espejo. Out of the blue, cabaret performer Nico receives a call from their estranged father who is coming to visit them. Keeping their queer lifestyle under wraps, Nico soon realises that they and their father are much closer than they previously thought.

THE SUIT WEARETH THE MAN (UK, 30 mins) Dir. Mitchell Marion. Maciej suppresses his sexual and cultural identities in order to climb the corporate ladder, struggling with the conflicting wishes of his conservative mother Marta and the orders of his handsome yet ruthless boss Christopher.

INFINITE WHILE IT LASTS (Brazil, 19 mins) Dir. Akira Kamiki. At a party, Danny and Seiji fall in love. While those around them think their relationship is doomed to fail, Danny believes the differences between them can prove stronger than their feelings.

MELON GRAB (Australia, 10 mins) Dir. Andrew Lee. An uncertain future dawns upon two young best friends as one of them is moving away from their coastal hometown. Their way of dealing with it is skateboarding as the descending sun marks a new point in their lives.

THRIVE (UK, 17 mins) Dir. Jamie Dispirito #BoysOnFilm <https://www.peccapics.com/#LoveToLoveYou> Joe and Alex enter into a mobile phone hook-up conversation that leads to a physical meet-up. The attraction between them is evident, but it quickly becomes apparent they're looking for different things. Nominated for Iris Prize 2020.

OUTspoken

LGBTIQ Stories from the
Coalface

Peter Di Sciascio

q love: THE 4 QUESTIONS TO SOLVE EVERY RELATIONSHIP ISSUE

As a life coach working with thousands of clients over the last decade, I've found that almost every single person had some kind of significant relationship pain in their life. In the process of helping them solve these issues, four questions, used in this specific order has proven to be the ultimate recipe for resolution.

These questions are so effective because they utilise all 5 elements of the leverage model. Here is how they work:

1. Do you love me?

Most relationship conflict happens entirely on the lowest level of disagreement; that is to battle about the things you are least likely to ever agree about.

Resolving conflict from this level is impossible. You are positioned as enemies on opposing teams and therefore must fight to the death. There can only be one winner.

However, if you take a breath and begin with the highest common agreement instead, this instantly positions you on the same team and allows you to negotiate as friends helping each other achieve the best outcome. Peace becomes possible only through discovering that at the highest level, both sides want exactly the same thing.

Question 1 is aimed at helping people at war move to this high-level agreement as quickly as possible before things descend into chaos. What is the most important thing that we totally agree about?

'Do you love me?'

'Yeah of course. Do you love me?'

'I do. You know I do.'

'Well then, what the heck are we doing to each other?'

When the 'Do you love me?' question is answered honestly and the answer is 'no', it is still very useful in solving relationship problems. It then poses the question, 'Then what are we still doing together?' and this then requires an even higher common agreement.

'Okay then. We are both trying the best we know how to be happy and healthy. We just want to be loved for who we are. We just want to live a peaceful existence without strife and chaos. As such we want exactly the same thing. We are on the same side. Just because it is clear that we are not the one to fulfill this dream with each other doesn't mean we have to be enemies. We could still help each other get what we want in the long term.'

2. Are you an adult?

The next priority is to make sure both parties bring their best adult skills to the negotiation and remain adults for the duration of the conversation.

Now that you have discovered commonality – that you are the same and you want the same – you can treat each other like equals and work through the areas you disagree about.

If you're a fully functioning adult of at least average intelligence, you have the capacity to understand, listen, grow, change, take responsibility, create, collaborate and, most importantly, negotiate. You can find a way for both parties to get what they want.

This question is also a great corrective if and when the conversation begins to descend into chaos and become highly emotional or irrational. Are we still being adults here? Are you an adult? Am I

an adult? Okay, can we keep speaking to each other like adults, then?

3. Are you treating me like the prize?

To solve any relationship issue it is essential you show up as the prize and are confident of your value and worth. If you are needy and insecure instead, you will always lose.

If you are the prize, you deserve to be treated beautifully. It is never okay not to be treated well. And, since you're the prize, if the other person doesn't want to love you and treat you well there are loads of other people who would be all too keen to take their place should it become vacant.

This completely rules out trying to negotiate from a place of neediness and insecurity. You have leverage because you have value. If the other person treats you poorly, they will lose.

4. Who has the problem?

The final question makes sure you avoid the blame trap and apply the appropriate leverage to create lasting change. While you may assume the problem owner is obvious, if there are no negative consequences for a person's poor behaviour, then they have no problem. You are the one with the problem instead because their behaviour is causing you pain.

It is only when you make it the other person's problem by enforcing a significant consequence that they have any reason to change, and the problem gets solved for good.

How to change the people **you love**
for all the **right reasons** and get the
relationships **you deserve**

LEVERAGE



JAEMIN FRAZER

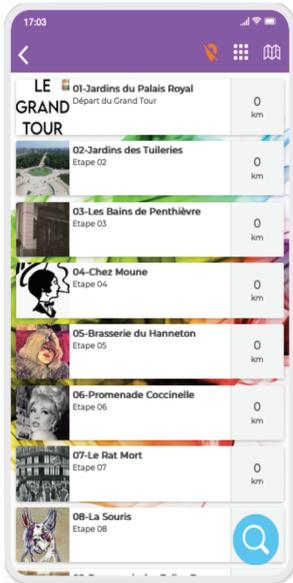
Founder of The Insecurity Project

*Jaemin Frazer is the author of **Leverage - How to change the people you love and get the relationships you deserve** (Major Street Publishing \$32.95). He is the founder of the **Insecurity Project** and specialises in helping entrepreneurs, leaders and business owners eradicate insecurity so they can show up to life unhindered by doubt, fear and self-limiting beliefs. He is widely recognised as one of Australia's best life coaches and a leading voice globally on the subject of personal insecurity. Find out more at www.jaeminfrazer.com*

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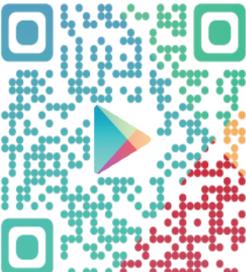
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IN ASSOCIATION WITH
MICHAEL HARRISON ENTERTAINMENT
PRESENTS

THE DAZZLING NEW LONDON PALLADIUM PRODUCTION

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

LYRICS BY TIM RICE MUSIC BY ANDREW LLOYD WEBBER

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Tim Lawson in association with Michael Harrison and The Really Useful Group are thrilled to announce that after two triumphant seasons at The London Palladium, the sensational brand new production of Tim Rice and Andrew Lloyd Webber's *Joseph and the Amazing Technicolor Dreamcoat* will come direct to Australia, opening at the Regent Theatre, Melbourne on 10 November 2022. Melbourne's opening will be the first staging of this newly reimagined production outside of the UK.

Released as a concept album in 1969, the stage version of *Joseph and the Amazing Technicolor Dreamcoat* has become one of the world's most beloved family musicals. The multi-award-winning show, which began life as a small-scale school concert, has been performed hundreds of times in over 80 countries worldwide. The show features songs that have gone on to become pop and musical theatre classics, including *Any Dream Will Do*, *Close Every Door To Me*, *Jacob and Sons*, *There's One More Angel In Heaven* and *Go Go Go Joseph*.

Told entirely through song with the help of the Narrator, *Joseph and the Amazing Technicolor Dreamcoat* follows the story of Jacob's favourite son Joseph and his eleven brothers. After being sold into slavery by the brothers, he ingratiates himself with Egyptian noble Potiphar, but ends up in jail after refusing the advances of Potiphar's wife. While imprisoned, Joseph discovers his ability to interpret dreams, and he soon finds himself in front of the mighty but troubled showman, the Pharaoh. As Joseph strives to resolve Egypt's famine, he becomes Pharaoh's right-hand man and eventually reunites with his family.

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THE DAZZLING NEW LONDON PALLADIUM PRODUCTION

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

LYRICS BY TIM RICE MUSIC BY ANDREW LLOYD WEBBER

Stars who have previously played the title character include Jason Donovan, Phillip Schofield, Lee Mead, Joe McElderry, David Dixon and Donny Osmond. Casting for this anticipated production will be announced shortly.

This production will enchant newcomers and longstanding fans alike in the year that marks thirty years since Joseph last played Australia.

Tim Lawson, Producer, said “I am beyond thrilled to be presenting this brand-new, acclaimed production of Joseph at The Regent Theatre this summer. I know it will capture the hearts and souls of audiences of all ages, as it did during both recent sell out seasons at the London Palladium where it was the hottest ticket in town. We all need colour and joy in our lives, and this dazzling production delivers both in spades.” Tim Lawson creates, produces and presents first-class musicals and family entertainment in over 450 cities in 45 countries, smashing box office records multiple times on Broadway, in London and beyond. In Australia, Tim has produced Ian Fleming’s Chitty Bang Bang, Fiddler on the Roof and A Chorus Line and created Circus 1903, Le Noir and The Illusionists franchise. Tim is currently working with George RR Martin on a world premiere stage production of Game of Thrones.

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Prices	From \$79 plus any booking fees

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q tv: YOU CAN'T ASK THAT

The award-winning, *You Can't Ask That* is back for a seventh season with answers to all the questions you'd never ask a stranger. Available to binge on ABC iview, from Wednesday 25 May, are eight new unflinching episodes featuring misunderstood, judged, or marginalised Australians, answering anonymous online questions from the public. The series also screens weekly, Wednesday nights from 25 May, 9pm on ABC TV.



Kicking off with the season on ABC TV is **BOGANS**, where we meet 61-year-old Lynne who has proudly sported a mullet since she was ten, and Frida, a Muslim woman and self-described 'wogan', "a wog and a bogan, that's what I am". Much like the mullet hairstyle 'business at the front, party in the back' this is an episode that will have you laughing.

The episode on **GAY MEN** features a rare interview with 78'er Barry Charles. 71-year-old Barry shares the interview space with Liam, a 23-year-old 'country boy.' Liam almost falls off his chair when he finds out the charming man beside him is famous for laying down in urinals at Sydney gay parties in the late 70's to early 2000's. 'Troughman,' as Barry is known, is often rumoured to have passed away, or be a mere urban legend. "I can't believe you're real!" Liam says with wide eyes.

From the very first question "Can you read this card?" the **MODELS** in this episode realise this isn't going to be an easy red-carpet interview. Elaine Estreich (formerly known as Elaine George) the first Aboriginal model to grace the cover of *Vogue* bites back with a turn of phrase that instantly makes you love her "We're not ditzy bitches, just because we're good lookin." While Chloe Maxwell, who found fame in the untamed 90's, said of her catwalk experiences "Champagne, that was a must at every fashion parade, I can't remember ever doing one sober."

'Is your prescription pill addiction a dirty little secret?' In **PRESCRIPTION DRUG DEPENDENCY & ADDICTION**, Leah had no idea that a fall in the mum's race at her son's school would trigger chronic pain and a relationship with prescription opioids that would last more than a decade. In this episode, the eight interviewees talk openly about their addiction, doctor shopping, rehab and who is to blame for prescription drug dependency.

Game for anything, our **PORN STARS** answer the questions 'Do your mum and dad watch your porno's?' and 'Was this your childhood dream?' In the episode we meet trans porn star Marissa Minx, librarian Nikki Stern (known in the 80's as 'the Horny Housewife'), Arianny Koda, Robbie Oz, Rubie Valentine, and gay porn star Woody Fox, as they take us on the journey of what it's like to be involved in porn, and the ethics of the industry.

In **JUVENILE DETENTION**, with children as young as ten able to be sent to juvenile detention in Australia, this episode questions how we deal with some of the most damaged kids in society. What happens when a child is told they are bad, and can there be rehabilitation in detention?

And finally, **DEMENTIA**, where our participants answer some pretty brutal questions, such as 'Do you want to kill yourself before dementia turns you into a vegetable?' Theresa, who was diagnosed with dementia around the same time as her mother-in-law, says that caring for her was the rawest, most painful thing she's had to do. "I was looking into my own future".

Stream *You Can't Ask That*, Seasons 1-6, plus exclusive extras, now on ABC iview #YouCantAskThat



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We respect your culture, lifestyle and faith.

Just ask PEACE. We can help.

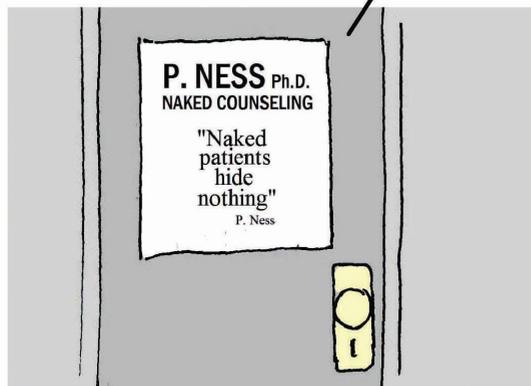


Relationships Australia.
SOUTH AUSTRALIA

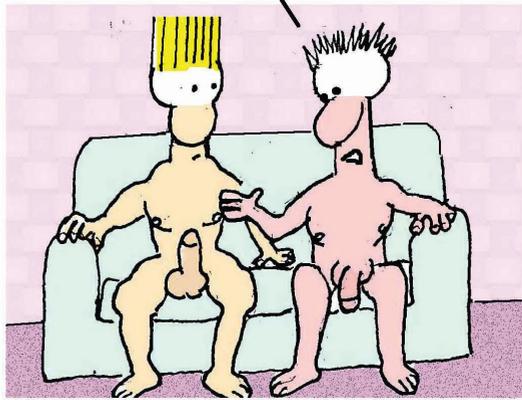
The Government of South Australia contributes funds to this program

GAYLORD BLADE

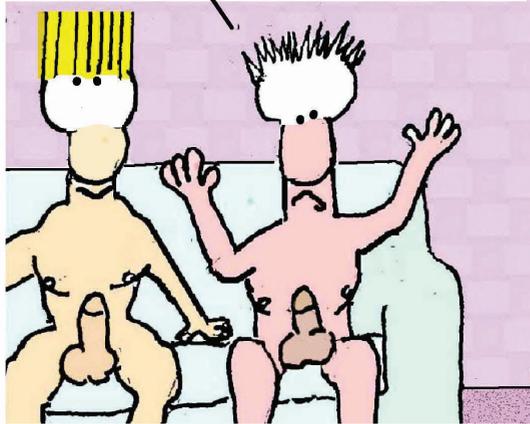
The problem, doc, is that Gaylord is ready to shag 24 hours a day.....



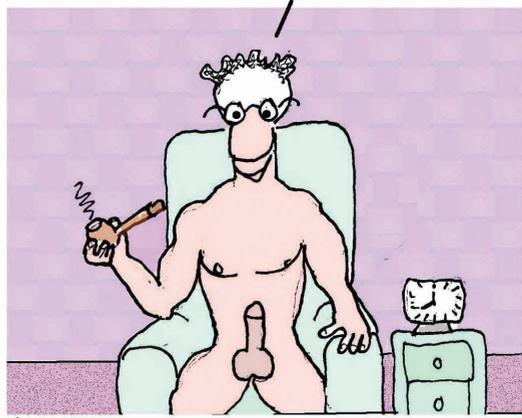
See, he's engorged right now!
My buttohole gets NO rest!



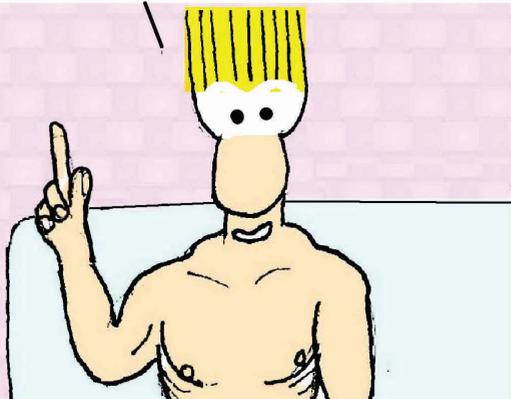
Sweet Jesus, he's got me hard, too!



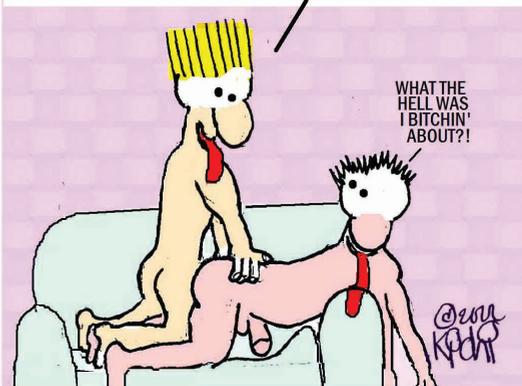
Join the club!



If I may doc, I have a treatment plan that's worked well before....



it calls for a physical, rather than a psychological approach!





Your connection to
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