

OCTOBER 2006

Q
MAGAZINE

Featuring:

Exclusive interviews with
David from Big Brother,
Kate Alexa, Girlband, and Jamie Durie,
The return of Driving with Miss Daisy,
Q Fashion, Q Beauty, Q Fitness,
Q Theatre, Q Trends, Generation Q,
Q Focus and much much more.

*It's the beginning of the spring/summer festival season.
Lots to do and see. Don't miss it!
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q comment: FESTIVAL TIME

From now through to the end of March next year, Melbourne comes alive with one festival / event after another. So much to do and see - do not miss it! October is also Halloween month...something we don't traditionally celebrate in Australia, but something fun none-the-less.

I am extremely pleased to present some very special interviews in this issue - including one with David [BB] and his stunning boyfriend. It's something you have not read in the street press and exclusive to the one and only GLBTI magazine - Q! Over the next 6 months, I will also be featuring a series of reviews on the great range of Ssangyong vehicles in Driving with Miss Daisy. I hope you enjoy them.

Mid last month was Saturday Night Greyhound's 11th Birthday and I have to say it was one hella bumpy ride - packed, entertaining, and downright drunken are 3 things that instantly come to mind. I had a great time and congratulate Laurie and all his team for achieving such a milestone. A sincere thank you also to Laurie for allowing me to be a part of it all.

Finally - you are probably wondering what our cover picture is all about [or maybe not]. As the beginning of the festival season I wanted to feature something unique and theatrical. Mr. Daly gave way to my relentless begging and agreed to don the amazing outfit he wore last year at Pride March. The outfit is totally hand made and totally leather - including those magnificent wings. Is there no end to this man's talent!!!

I would also like to say goodbye to Candi Stratton who is leaving our shores to pursue a career overseas - good luck love. Please enjoy your Q Magazine.



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q focus: BEN QUATRINI

We don't often hear of the successes that young gay people are making of themselves. I decided to chat with one such young man about how he got where he has, and what advice he would offer to any other young gay person wanting to achieve similar heights of success.

What makes a young gay boy go into the Real Estate industry?

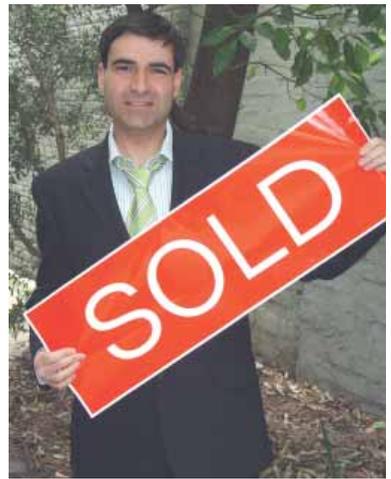
Pretty much it all started with a general interest in the property market, and after completing my Bachelor of Business Management degree I decided to join the two together.

How old are you now?

I just turned 25 a few weeks ago.

And how long have you been in Real Estate?

Since I was 21.



How difficult [or easy] is it to be an openly gay person in an industry which is not "stereo - typically" something gay people do?

I only came out in the last couple of much about my private life – I tried to – however since I have told everyone, I have a lot more respect within the was my boss and his wife [the office he did advise me to be careful who I I had told everyone in the office. The was the same person now as I was a changed. I don't discuss my sexuality up in conversation, I have no problems with has nothing to do with how I do for them.



years at work. Before that, no-one knew keep my social and work life separate it's made it a lot easier for me – I think office as well. The first person I told manager] and they took it fine [although told]...then within a couple of months main comment made to me was that I couple of years before...and nothing had with my clients, although if it does come telling them. Essentially, whoever I sleep my job – and that is selling their property

You recently received an award – what was that for?

I was nominated for the Annual 2006 Leader Business Awards as Employee of the Year – out of all the businesses in Victoria, I was one of the top 5 – unfortunately though I came runner-up to a lady who owns a Café. It was a brilliant experience – the whole awards night, being called out on stage, it was something I will probably never forget for the rest of my life. Also for the months of July and August I have made it into the top 5 sales performers for Ray White – overall I came 85th out of over 6000 agents throughout the country.



Given your success of late, what advice would you give any young gay person coming out of school today?

What I am finding is a lot of young gay guys particularly [not all but a few] have found themselves caught between the line of business and pleasure, and I know a lot of gay guys in University who are trying to get somewhere but getting a little side-tracked with their scene life – going out all the time. I used to be like that when I was 19 or 20, but you have to draw a line where you say to yourself that you can go out and have fun and have a few drinks with your friends, but you also have to start thinking about a career and a future. Unfortunately you can't do that going out four nights a week.

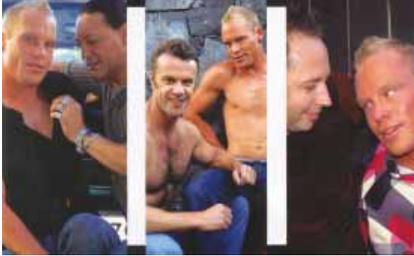
Speaking of the future, what do you think it holds for you?

The last six months I have probably achieved 5 out of 7 of my main goals that I set, my next 2 goals are within the next 3 years to own my own Real Estate office [which I am on track to achieve] and within the next 1 to 2 years I would like to make it into the top 10 for agents for the whole year.

q movies: JOHN

Sometimes I can't believe how challenging my job is - reviewing pornography is a real task [cough cough]. A Guy Love production from Glitter Films in New Zealand is proud to release "John".

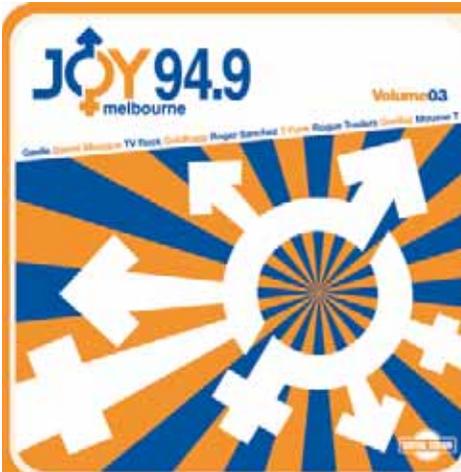
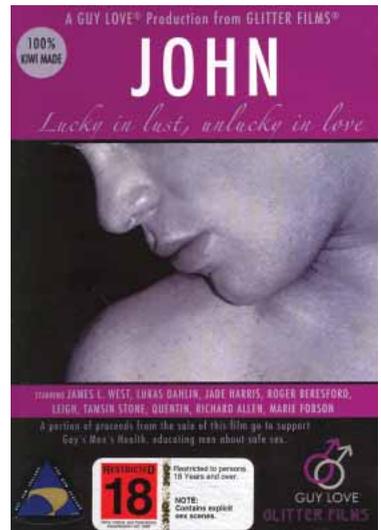
Something for everyone - shaving, toys, cut, uncut, married men - one thing that instantly struck me about this film is the sound track - fantastic to say the least, and something not normally associated with porno films - quite a pleasant change from the usual elevator music, in fact the entire score was specifically written for the film.



John is a regular kiwi guy who's tired of one night stands. Now I'm not normally one who goes for a story line in this type of film, but it is done without being intrusive - and the acting [surprisingly as this is the first time for most of the actors] is very good. The sex scenes are also very well shot [no pun intended].

The DVD's extra features include a story only version, out takes, trailer, cast profiles and "The Making of John". The DVD also comes with a safe sex pack inside - quite a nice touch if you ask me.

To purchase the film and to check out everything available from this company, go to www.glitterfilms.com



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q music: **KATE ALEXA**

It was my first time to Liberation Music's office - but my second time speaking with Kate. With a new album out now, things just couldn't be better for this young lady with a huge amount of talent.

Last time we spoke you were in the planning stages for the new album... what's the journey like?

It feels like it goes forever. I write pretty-much all of my own stuff so you have to write lots and lots of songs, you choose from lots of demos you do and then decide which ones to re-record - produce them - and then you have to do photo shoots, and lots of other different things [and now the album has been released] I am just so excited.

As a songwriter and performer, do the songs tend to be autobiographical?

The album is definitely a reflection of the last couple of years of my life - from different things I have experienced in my life. **Did you write them here or O/S?** Both - a wrote a lot overseas, recorded bit in both places, and that was cool - I learnt a lot and met some fantastic people.

How did you manage doing all of that AND finish school as well in the same period?

It was so crazy cause I was doing my final year of VCE - and juggling the start of a music career - I have never been the academic type, I've always been creative - with the attention span of not even a gnat - I've always been sort of out there - I couldn't wait to have it finished. I wasn't that keen on school but understood the importance of finishing it and having it there, and I can always go back and study if I ever wanted to. It was a lot of hard work.

A promotional tour on the cards now?

Sure - I'd love to get around to not just Melbourne [where I am from] but to the other States and do some shows. At the moment I have just commenced a regional acoustic tour - which includes, during the day, visiting schools singing songs and meeting lots of kids.

Tell me about your web presence please? Is it important in this day and age?

In the forum people can write to me - which comes directly to my email - and I always try to keep up communication with my fans - and if they don't want to send an email, there is a separate part of the forum where they can post questions for me - then when I come on I can respond...and then there's "my space". I think these days with all artists the internet is so important, particularly because younger people [and older as well] are going on and discussing things. I get some really lovely emails and comments which is really cool.

What made you choose Liberation Music?

Growing up in a musical family, it's really cool to be surrounded by people who are as passionate about music as I am. I did have the option to choose from a selection of labels but I chose Liberation - and I think a smaller label can easier concentrate on each individual artist.



Kate Alexa

From Myles and the team at Liberation Music we have 5 signed copies of Kate's brand new album for your listening pleasure - if you don't win by the way, they are now available in all good music stores. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Kate" in the subject line to be part of this competition.



q trends: with YVETTE MADLENER

Tribal gathering...

Asian and exotic interiors are “the” look for spring / summer this year.

Homes that have lost their sense of character and style with plastic, glass and metals are once again being transformed into striking, vibrant and glamorous abodes where an eclectic mix of cultures and colours intertwine. From furniture to furnishings, everyone wants a touch of the tropics in their homes – Exotic furniture works very well in contemporary homes, where it adds focus to pared-down, neutral interiors. Want to know how to get the look?

Furniture & accessories

Indoor & outdoor living trends for this coming summer will veer towards natural materials and colours – with an emphasis on texture and originality. Exotic furniture and accessories – sourced from the Archipelago and Old Asia – are the perfect complement to neutral, texture-rich backgrounds. Although the interiors of many Australian homes are often quite bare and pared-down, the trend to furnish a little more ornate and eclectic can be done without having to spend a fortune. With a little attention to detail, living, dining and sleeping areas can be transformed by an original piece in the right place. Look for “Island Style” furniture – low-level and chunky – perfect for sitting rooms. Often made from a combination of teak and organic fibres, this style has a solid, slightly rustic feel. Team with coloured tea glasses, lanterns and floor cushions in jewel-bright shades.

Try adding a low line and oversized coffee table made from recycled timbers, put an old colourful throw on the couch, add a few woven scatter cushions, and place an exotic candle holder to finish it off. Don't worry about trying to match colours – rather try and match a lifestyle, a culture and a moment in time. Mahogany and Teaks are the most commonly used timber in the tropics, both for texture and character – but not to match in colour. Look out for unusual hand-carved statues, bowls and baskets to finish a piece off, and look for a table that has history rather than perfection embedded in its surface. Australian interior styles need to be functional, simple and adaptable to our changing seasons.

Use the space available in big rooms, and ensure that dining tables, sideboards, feature pieces and benches are big enough to fill the space – and dominant enough to create the theme. If you're furnishing a new & modern home, then take a look at older Oriental pieces to balance time: Lacquer-work and antique elm cabinets and screens should take a pride of place. If you want to purchase original, imported pieces, try to check their history so you can share their story – and always ensure that they have been ethically sourced!

Eclectic living

To make an impact with exotic furniture, remember that the key is to focus on one or two beautiful pieces – big enough to make a statement - and accessorise carefully. Highlight tables or units with a carved wood or stone statuary – and try and avoid anything that looks like it has been moulded by a machine!

Finally - don't be afraid to mix colours, cultures and curios. If you do it right, your home should look eclectic rather than themed – a true tribal gathering!

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q art: with DAVID WESTLAKE



eBay: it's a tool, a resource as well as a place to buy and sell, well, anything really. I don't know anything about the history of eBay, but whoever dreamt it up sure knew about collecting, as eBay's premise indicates. For everyone with something they no longer want, there'll be someone else willing to buy it. eBay lets these people find each other easily and the rest just sorts itself. eBay is simple to use, just remember the usual security precautions about your password, credit card details and all that. Treat eBay just like your banking details – confirm email from eBay is genuine by manually going to the eBay site – never just click a link in the message. To buy and sell on eBay you must first register as a user, everyone is free to browse without registering.

One of the really interesting things that makes eBay tick is it's reliance on the honour system. The more integrity and honesty demonstrated by the users, the smoother everything works. Neat concept in the internet age. A major part is feedback between buyer and seller. At the end of every transaction, buyer and seller are encouraged to leave feedback about each other. Anyone can view this and gain a pretty good idea of the user's integrity. (Oh, and there are systems in place so the feedback score can't be rigged)

Developing feedback is simple but very important. Many sellers won't sell to someone without feedback, so how to get started? Buy some small items – maybe a book or CD. Also try and put some of your unwanted objects up for auction. You'll get a feel for the site and start building your feedback score from the first transaction. You'll also finally get rid of that annoying nick-knack that clashes with the curtains, and pick up the out-of-print Margaret Fulton you've always wanted. Just remember to leave feedback for the buyer or seller as well.

When you want to sell something remember that eBay rewards integrity. List the item with as much information as possible - it's age, size, condition, history, even why you are selling it. Be honest and as accurate as possible – don't make up things! If you don't know something, say as much. You might be surprised at the information other users email you to help. And clearly mention any wear and tear or damage – this is the best way to prevent problems later on. You'll need to work out the payment methods you are willing to accept such as cheque, postal order and direct deposit. If you decide to get serious with eBay, you'll also want a PayPal account, the eBay junkie's best friend.

Next, you need to set the bidding start price. This is the lowest price you are willing to accept for the item – all bids must be above this amount. You need to be honest with yourself here – take a little reality check before asking top dollar for an item you picked up for nothing. At the same time, don't undersell – you don't want to lose money.

How do you get the item to it's new owner, and what's that going to cost? You can go to the Australia post site for this information. (in our house, the kitchen scales live next to my iBook. Go figure.) Pack the item well and factor this in to your price. Bubble wrap? Tape? It all adds up.

Check your eBay profile daily as buyers may ask questions before bidding. The golden rule applies again – be honest and up front. At the end of the auction, eBay prepares an invoice for you to email the buyer. They send you money, you send them the item and everyone is happy.

And you leave positive feedback for each other, saying how great they were to deal with.

q exhibits: ELEMENTS GALLERY

McKay, Milunovic & Giles

Jane McKay, Dragica Milunovic and David Giles, an award winning trio will be featured at Elements Art Gallery, 340 Hay Street, Subiaco, in the month of October. Opening Friday 13th October this exhibition will feature a number of large abstracts which relate to the landscape or the mysteries of the human mind.



McKay, Milunovic and Giles have exhibited nationally and internationally in New York, Los Angeles and Singapore. Their work is bold, beautiful, dramatic and a delight to behold. To view please pop into the gallery or visit www.elementsartgallery.com.au

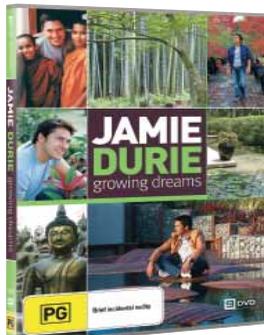


q win: Q OFFERINGS FOR OCTOBER



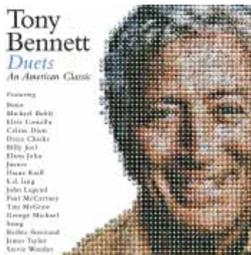
Countdown

With the compliments of Myles and the team at Liberation Music we have 3 CDs and 3 DVDs to give away. If you couldn't get to see the concert [or if you did and you want to remember how great it was] - this is your best chance. Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Countdown CD" and/or "Countdown DVD" in the subject line to be part of this competition.



Jamie Durie

One of the most famous television personalities in Australia, through Sony BMG and the Nine Network comes this fabulous DVD - there are 5 up for grabs. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Jamie" in the subject line to be part of this competition.



Tony Bennett

An evergreen of monumental proportions, Tony Bennett and Sony BMG are very pleased to release his duets album - of which we have 5 to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Tony" in the subject line to be part of this competition.



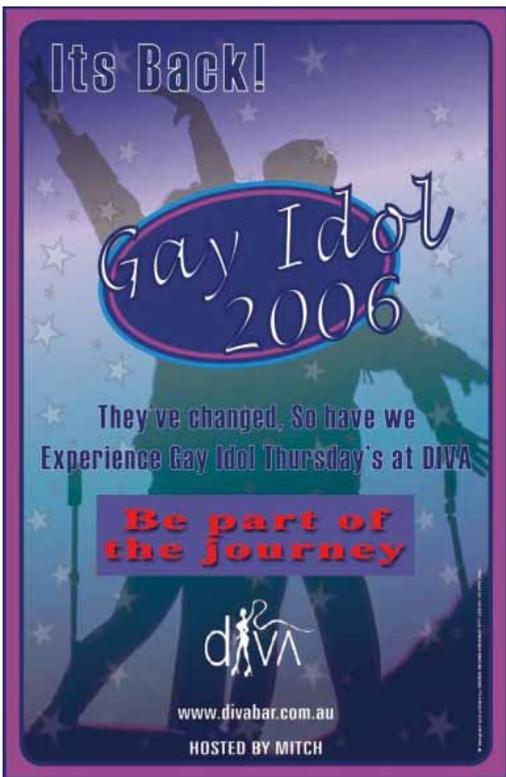
Glitter Films

From the fabulous people who have just released JOHN [see Q Movie], we have two Guy Love t-shirts to give away AND 10 codes which will give the winners 15% discount off purchases from their website at www.glitterfilms.com. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Guy Love" and/or "vouchers" in the subject line to be part of this competition.



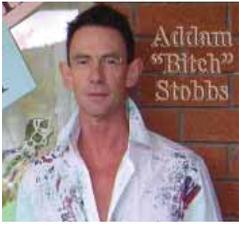
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* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 3, 15 - 17 Charnwood Road, 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 or SMS.

q whispers: with ADDAM STOBBS



What are some of the things that define who we are?

As homosexuals (it's an ugly sounding word isn't it?) the most singular defining event I would think is coming to terms with what we are rather than who we are. This self-acceptance used to be the very core issue of our communities. Once we accept what makes our sexuality different, we are then better placed to deal with the myriad of issues that society attaches to this. After the process of self-acceptance, there used to be (and still is to some degree) a rite of passage called "coming out".

A friend of mine has put together a brilliant programme on Joy 94.9 radio station called "Out Stories" and it has caused me to really think about the evolving issues of coming out - that we have a different sexuality to most other people. This is one of the key components that goes to bond our community together, because coming out is the second biggest event in most of our lives. Self acceptance, coming out to yourself, is hardest self-confronting event (well it used to be). While it still is a huge concern for individuals, we don't have the words "bad", "wrong", and "Evil" delivered on the end of a pointing finger of guilt that used to accompany the emergence of realisation that we were homosexual. It's not so bad now, but the same internalised issues are still there. Middle class cultures world-wide still look at homosexuals as being different, even though in some cultures they seem to be bending over backwards to look as though they are trying not to discriminate or make homosexuals feel as though they "not quite right". Evidence of this in Australian Culture is clear. While we go about trying to gain equal recognition for our relationships, politicians use this to divide and conquer the opposing political party. How many of them really care? Very few I would think. It would be good if we had a mature and aware set of politicians who could rationalise an outcome based on human rights, rather than winning an election. So this is one of the complications that faces us in coming out, we have to face a society that uses us for it's own political ends, even though they may not see it that way, I certainly do.

We had our problems to face when I came out, they were clear and they were based on hatred. What's changed? Hatred of the magnitude that accompanied homosexual disclosure in the past is not so bitter, but there are new challenges. People frequently claim that the process of coming out never ends, that it is a journey we are all on together and forever. It may be so. I have come across several people who have, for some years, retreated from the community and denied themselves the fellowship of other homosexuals, and they claim to have burned out from years of frustration and being used.

The process of coming out is vital to self survival and happiness, although it might actually bring you much happiness: it's one of the doors you must pass through on the way to 360 degrees of enlightenment. I have been working with young gay and lesbian people in one of my other incarnations, and some of them have only recently come to the conclusion that they are homosexual, but they have had the same amounts of trepidation that we have all faced. I have never heard anyone wish they had not come out.

q says: with ANITA BEER

I have been a part of the drag scene for around 8 years - originating from Brisvegas, moving to Melbourne about 3 years ago. Having settled into a luxurious lifestyle on the beach in St. Kilda, I am currently lucky enough to be part of the ever-so-camp "Golden Girls", winner of Miss Melbourne Drag 2005 and host of both Rainbow at Veludo and Candybar Sundays.

I do what I do because I love it! I am also lucky enough to work along side the best in Melbourne and have had some amazing opportunities - but it is not all glitz and glamour girlfriends. Unless you are a queen, you don't know about the other side of drag - the labour involved to make costumes [and people using you to make theirs], the politics because you might enjoy performing a song that someone else does, or visiting chiropractors about your ankles and knees from wearing ridiculous shoes [it's a long way to the shop if you want a sausage roll at 5am]. Not to mention the glorious hangovers one gets from staying the extra 3 hours in a club because your friends don't want you to leave. But the fabbo plus side is the heaven costumes in production shows you get to wear [thanks Emerald] and the cool tv spots [thanks queertv and drags aloud]. And of course, the makeup, wigs, traveling and attention [I once went over to the Commercial Hotel].

To every queen who wants to be a drag queen, I say to decide if you want to do the long hard roads or just potter around and have a bit of fun [so many queens who were around 12 months ago have now disappeared]. You have to learn that you are not the most creative and modern, you are not the first one to do something, and you don't actually pass as a woman regardless of how pretty people say you are. And to all the queens who screwed me over to get a spot - I am busy and you're not!

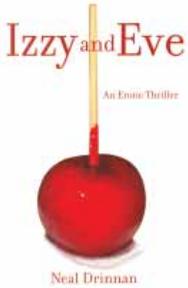


q books: with DAVID GLASHEEN



Izzy & Eve, is Melbourne born Neal Drinnan's latest novel. A fictional fantasy thriller not too dissimilar to a gay ghetto in your nearest capital city.

The story is based on Izzy - an aging gay male, erotic cartoonist and his faghag, Eve (Evangeline) - a receptionist in a local whorehouse and exotic jewellery artist. The pair have lived together in The Gilgal, a raunchy bohemian area, for years while the city which surrounds them crumbles into despair.



Slit, a drug that causes a shift to a different reality, forms part of Izzy's journey into metaphysical readings and exploring heightened sensations through sex clubs, bars, dungeons and ultimately drugs. Eve collects clippings of unsolved female murders from lurid newspapers, and has limited psychic ability. Little does she realise just how important this talent will become.

When gay men start vanishing, in particular Izzy, Eve is lead on a search beyond her wildest dreams and must summon her powers and intuition as she embarks through the slums, bars and S&M clubs, and many drug induced trips trying to piece together what has taken place. Along the way, a relationship emerges between two erotic outlaws played out by Izzy & Eve.

This novel presents a world we hope we never see, without realising it is already here, Drinnan's dark exploration of spiritual and political issues is very different from his previous works. It is compellingly written, highly recommended reading. Publisher: Green Candy Press

q extra: ESSENTIAL PRODUCTS



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q beauty: with GEORGE ALEXANDER

to contact George, email beauty@qmagazine.com.au

Needing a spa getaway? After recently returning from a romantic holiday in Ubud (Bali), with beautiful weather, amazing vistas and the sweet smell of Frangipanis, I couldn't go past recommending the superb resort and their spectacular spa in which we stayed.

Maya Ubud Resort & Spa is set in 10 hectares of hillside garden, stretching 780 meters along a peninsula set high above two river valleys. It flows from hilltop down to riverside hideaway, 30 meters below.

Just minutes by foot from Ubud, with all its cultural and dining attractions, Maya Ubud Resort & Spa provides a spacious, stylish, luxurious environment in which to enjoy some of life's better moments.

The resort and spa has won a multitude of prestigious awards since opening five years ago, including the award for World's Best Spa in 2004.

Whilst enjoying our own private villa hut, complete with pool and private views, our only daily decisions were what restaurant will we have lunch in and which spa treatments were we going to have. Oh what a life...

The Maya Ubud Spa, riverside at the foot of spa's treatment pavilions with two treatment and your partner can the same time. There's recorded music to soothe complimentary sounds just under you is all that's also boast a huge double a balcony where you away the stress after the what treatment you'll be



Their signature treatment, Massage combines aromatherapy oils. It lulls state of euphoria, leaving and the mind relaxed.

Highly recommended! The Relaxing Balinese Massage uses traditional techniques with firm finger and palm pressure with your choice of oil to ease away all bodily tension and invigorate the senses.

For those with foot fetishes, the Foot Reflexology Treatment works on the principle that all body organs are represented at the feet. By applying pressure to various points on the soles, the reflex nerves are stimulated that are systematically linked to all parts of the body. This ancient healing therapy aims to rebalance and harmonize the function of the entire body.

If a detox is in order, the Herbal Treatment is the go. Using traditional herbal remedies that have been used by the Balinese for thousands of years, they believe these traditional medicines warm the body, relieve tired muscles and alleviate minor rheumatic conditions. Therapeutic herbs assist in the removal of toxins from the body and refresh your skin. This treatment begins with a neck and shoulder massage, followed by a herbal pound of the entire body and ends with a scalp massage.

The resort caters well for the gay traveler; we were wonderfully received and made very welcome by all the staff. The restaurants served a wonderful array of local and international dishes, all with a slight Maya Ubud twist, that made everything taste superbly unique. We also took advantage of the romance dinner which included a private dinner for two under a French Riviera style, candle lit marquee on their appropriately named 'star deck'. A must do if you're there with someone special!

So if you're planning your next holiday, I highly recommend the Ubud area of Bali and the Maya Ubud Resort & Spa for its friendly, well appointed and romantic qualities. Australian visitors to Bali have dwindled over the last two years, so you'll mainly come across the more stylish French and German tourist. In fact during our stay, we didn't come across one other Australian. So now is the time to go, before the braided and beaded Aussie tourists return!

Qantas and Garuda fly daily into Denpasar and Ubud is about a 1 hour trip from the airport. For further information on the resort & spa go to www.mayaubud.com

nestled by the the resort, are the - superbly appointed beds so that you enjoy treatments at no need for pre-your mind, the of the running river needed. The pavilions bath that sits out on can simply soak difficult decision on having that day.

the Soothing Maya long strokes with the senses into a your body invigorated

q wine: with PETE DILLON



A rose by any other name is but a rose – unless we stick a little accent on the top of the e and then it becomes some quality wine that has had a great resurgence in recent times. We knew it was coming!! Those old enough to remember Mateus need to open the mind a little as rose has grown up a great deal. This is the perfect pink wine for spring, which ever way you want to look at pink!

Modern Rosé is about wine of gloriously alluring pinkish-reddish colour accompanied by fragrantly fresh and uplifted aromas, lively and crisp acidity, and a litany of fruit driven aromas intertwining strawberry, blackberry, cherry and raspberry characters that just deliver succulently on the palate all with mouth-watering flavour, as every wine should do. Be mindful of cheaper varieties of pinks as they have a tendency to be a little sickly sweet, but then that may be to your taste.

Here is a small selection of my favourite pinks, although, don't limit yourself to these.

Pizzini Rosetta is always my first stop. This is a stunning King Valley wine in the drier Italian style, made from sangiovese grapes. It is beautifully aromatic, and like me, elegant! Strong floral notes and a clean acidic finish, with soft tannins make it the perfect accompaniment to fish like salmon or tuna grilled on the bbq. It is different and unique - the cherry undertones lending a fine finish to this stunning little wine. Something that can be enjoyed in bulk and is the perfect wine to arrive at an afternoon bbq with it tucked under your arm. \$18-\$20

Ingoldby Rosé 2005 – Ingoldby make fantastic wines and this is no exception. A brilliant purple crimson violet, it has refreshing raspberry and cherry tones. Like the perfect date, it is alluring, luscious, gorgeous and subtle. It has a mouth filling, velvety ripe and fruity palate with a lovely long finish. Eat with Vietnamese rice paper rolls. \$16

Mount Majura Rosé 2005 –From Canberra, this is a light red salmony pink drop. It is aromatic and luscious with a fresh, lively and soft acidity. Notes of strawberry and ripe cherries, dry yet mellow and soft. Gentle tannins give it a relaxed finish. Eat with seafood. \$16

Annies Lane Rosé 2005 – This wine is from the Clare Valley in SA and is a gorgeous vibrant dark salmon pink with strawberry red hints. Completely fruit driven yet surprisingly elegant, it has upfront raspberry and strawberry notes paired with a lively fresh acidity. A lovely soft finish and well balanced palate makes it a great partner to a vegetarian gourmet pizza or some gremolata crusted whiting. \$16-\$18

Rose is easy to drink, glass after glass and as I said perfect with seafood. And not to mention, very good value for money! Make sure you grab a bottle or two for your spring picnic, an afternoon at a country race meet, or for an evening bbq or dinner party.

Happy drinking

For more information on this or anything in q wine, please email wine@qmagazine.com.au or phone 0409142365

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CARRUM DOWNS/LANGWARRIN

Spring Racing Carnival

Well it is almost that time of year again when the panic starts to set in. Spring racing carnival, what am I going to wear and how can I stand out from the crowd.

What to wear

Be adventurous, don't wear your normal business suit shirt and tie. Look around and get a fabulous new Spring /Summer suit for the races. It is all about colour. There are some great Taupe, Chocolate or shades of grey suits that are available and it is something that you can work back into your wardrobe without just buying it for the races.

When choosing your suit, the things to consider when choosing your suit are:

* 2 or 3 button * Fitted or Standard * Slim line pant or a fuller look * Large lapel or narrow * What fabric * What colour



q fashion: with CRAIG MICHAELS

So with all these things in mind you can start assessing what type of look that you would like to create.

If you don't know where to start, begin by looking in some male fashion magazines to look at what is hot and what trends will work for you. Remember what is 'Hot' in a magazine is about selling fashion and is not going to work for everyone. It is also a great idea to tear some pictures out of the magazines so that way when you go shopping you can keep focused on what you are looking for or you can show us at First Impressions Count, so that we can find the right wow factor that you are looking for.

Now that you have chosen the right suit for you think about how many days you will be attending and is one suit enough for you or do you need two. Budgets are boring, live a little after all Spring Racing season only comes around once a year. Let's face it you want to create a fabulous impression and even find a new husband or a cute straight boy to play with, then you need a killer look.

Shirt tie combinations

When choosing your shirts and ties it is important not to buy something that you would just wear to work. Have a bit of fun push some boundaries and who knows maybe people will comment on how fantastic you look.

Combine colours and have a bit of fun with your look. Ensure that you also have the same colour in your shirt and tie so that it stands out. Don't buy a plain shirt the bigger brighter and bolder for Spring Racing carnival the better.

Fashion on the Fields

We have talked about choosing the right combinations in previous articles but I thought it was important to touch base on these once again as it is the time for Fashion on the Fields. When judging Fashion on the Fields the judges are told that they have to make up the points on the whole look.

In other words the score out of 10 could be broken down into the following categories.

5 Points for total look, 1 point for co coordinating your look, 1 point fit and cut of your outfit, 1 point for great play with colour, 1 point for original look, 1 point for your hair style. So yes they really do look at the whole package. Don't we all. Hmmm!

If you need any assistance creating the right look contact us at First Impressions Count on 03 9383 5747.

Until next month have fun shopping.

For further information and to enter your name into the draw for a \$100 gift voucher from First Impressions Count please email Craig at fashion@qmagazine.com.au

generation q: with LUKE HUGGARD

Only last month I wrote of how "the union of two of my closest friends" had made me profoundly happy with the realisation that "good things happen to good people". Those two best friends have since broken up. And that gorgeous Greville Street townhouse I was "finding myself" in... sold! I am now off to East St Kilda.



Stability seems hard to come by around here and I am constantly in awe of those seemingly perfect individuals who always appear to have their lives so neatly moulded around a structured, organised mode of existence. They may be family members, friends, colleagues, the guys we date or even someone we barely know or just pass in the street, who seem to exhibit an air of this much admired quality. The new modern gay man is created on this basis - successful, confident, works hard and plays hard, and still looks good. I on the other hand, can only claim to be a witness to such an admirable quality. Chaos, disorganisation and melodrama seem fitting descriptions of my everyday life, combined with sporadic episodes of erratic behaviour. I am unpredictable and often unreliable. I'm stereotypical and terribly materialistic. I am severely reprimanded by friends for my lack of sensibility and out of control behaviour and at this very moment am seriously considering cancelling the moving van booked for tomorrow morning to move houses, in order to attend a fashion show I received a last minute invitation to. And no, I have not packed the house yet. I have no doubt in my mind that I will eventually finish my degrees and maybe one day even be a lawyer,

however having been at uni for two years and completed just one year of units, it may be some time yet. I haven't painted a pretty picture of myself have I? Although for those of you who have met me, you may agree it is a slightly romanticised one. Many guys my age do 25 push ups every day... I smoke about that many Marlboro Lights daily! I date frequently, however always seem to fixate on a minor flaw in the relationship rather than on its more promising aspects. I attempted to overlook a minor flaw with the last great guy I dated, however my friends informed me that being extremely attracted to his best friend and housemate was not exactly a minor problem. It was this particular issue that I explored within my troubling mind while waiting for my annual STD results in my doctors office, attempting to divert my thoughts. I knew I had performed safe sex since my last test, as is my strict philosophy and completely non-negotiable practice, but I still felt nervous, even almost guilty. Suddenly I was overwhelmed with uneasiness and the stifling silence of the waiting room only made things significantly worse. However, I began to realise that my experience was certainly not unique to me as many have sat there before me and many more will continue to do so. The results were negative and I couldn't help but feel I had gained a little perspective on things, more so than from previous tests. Not only was I forced to confront how I would choose to react no matter what the results, but the first visual I imagined was turning to my friends for support. In their own unique ways, my family of friends would be there to simply guide me through another turning point in life. If I was positive, I would not run screaming for the hills, I would take a leaf out of the book of many of my friends who happen to be positive, and achieve and embrace life in ways that should be mandatory regardless of one's HIV status. If one day my partner happens to be positive then my negative status should not be considered as superior. As I gained a little more perspective in my young life and unwrapped the stigma of this issue in my own mind, I began to realise that the "new modern day gay man" is much like the stigma around HIV and AIDS in that they are both unrealistic perceptions and stereotypes in their own right. I looked around at some of my friends-Rosie & Benny selling real estate, Rod labouring away yelling at his apprentices, Aaron in his chefs hat and my twin Emma (pictured) running into work late again, and realised that this is the true meaning of life, those who you love and are loved by and never judged.

We may not be perfect, if there is such a definitive term, but that is what is exciting, the diversity and pluralism of our lives, our family and friends, our dreams and achievements.

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q travel: A TOWN LIKE ALICE

Pictures and article by Shek Graham

Alice Springs is a pretty little town, and is a great place to use as a base to explore the surrounding areas. From there the MacDonnell Ranges, Uluru and Kings Canyon are all a few hours away by road. The birdlife in this area is astounding, as are some of the creepy crawlies!

We arrived in Alice Springs on a fine and sunny day. Needless to say, it didn't stay like that for long. "We haven't had any rain to speak of for two years" said a local. Humph, I muttered under my breath, thinking that Alice hadn't had them come to stay before! Sure enough on day three the downpour started. What can you say – the flowers probably needed it, and all the locals welcomed it! Do you think I could make money sending them to drought affected areas?

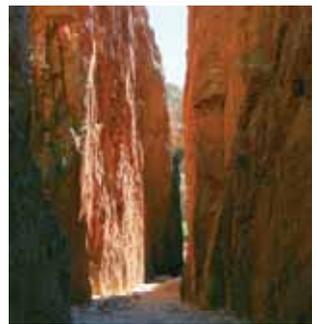
Before arriving in Alice, he had decided that he must have a trailer. We trawled around all the trailer makers in Alice and finally located what seemed to be a good deal. He ordered the trailer to his own specifications for off-road use, made a down payment and said he would pick up the trailer in two weeks time, on his return to Alice. So off we set to explore the highlights of this beautiful area.

First stop was Rainbow Gorge. This is a stunning outcropping of variously coloured soft sandstone. Weathering has created amazing shapes and textures from the rock, each one begging to be photographed – the lion's head being the most impressive. After that we headed onto Henbury Meteorite Craters, coming across several groups of camels on the way. In fact, we saw many more camels than kangaroos! Henbury is a series of craters left by a meteorite that exploded into several smaller pieces as it entered the Earth's atmosphere a few thousand years ago. Even though there has been a lot of erosion, the craters are still clearly visible.

We hadn't intended to stop at Gosse's Bluff, but were enthralled by this range of what looked like hills that just sprang out of the flat plain. It was only when we stopped for a visit and read the information boards did we realise that the "hills" were actually the rim of a huge crater left by the impact of an asteroid that hit the planet 130 million years ago! Little is left of the original impact zone, the rim we can see today being 3 km under the surface back then. It's not until you see the view from up high that you can begin to imagine what impact the asteroid must have had on the area.

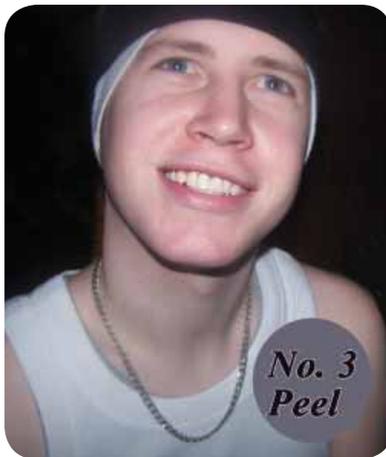
Heading back to Alice Springs we stopped at various spots along the MacDonnell ranges to admire the views. Even as someone who knows nothing about geology, I couldn't help but wonder at the amazing layered contours of the mountains and the numerous picturesque gorges and chasms. The best of these is Ormiston Gorge, a wonderful National Park with some really superb walks and scenery. Standley Chasm is a very touristy spot, but it's still well worth the entry fee to admire the scenery at close quarters, and it's only a short walk along the river bed to get to the chasm itself. Close by is Simpsons Gap, a natural water-hole. The area is inhabited by black-footed rock wallabies, which can sometimes be seen right by the trail! It is also home to some very rare and ancient plant species.

We were closing on Alice Springs again, and he was in constant touch by satellite phone with the trailer manufacturers. "Yes, they said – it will definitely be ready by the time you get back". Then "We have almost finished – we just need to paint it"; then "It should be ready in the afternoon when you get back". We went . . . it wasn't ready. None of the additional specifications had been met. "Give us a few hours" they said. Hastily they added brackets for the jerry cans, a spare wheel and it's mounting, and the Treg trailer coupling. He had specified heavy off road use – yet all the fittings looked flimsy. Still, money was exchanged and we were on our way again. Next stop was going to be Uluru (Ayer's Rock) and Kata Tjuta (The Olgas) National Park. Would the brand new \$3000 trailer make it.



Q cuties: JUTHST STHTUNNING

send your entries into cuties@qmagazine.com.au for your chance to be our monthly Q Cutie.



Our September Q Cuties title goes to the group of boys from Saturday Night Greyhound - St. Kilda. You have won a \$50 drink voucher to share - which can be collected anytime by simply identifying yourself to Steve [at the front door] anytime from now - congratulations.

The idea is YOU choose the picture you think has the cutest guy or guys in it and sms 0429 88 OMAG with the corresponding number. The pic with the most votes will win a fabulous prize with the compliments of one of our advertisers and Q Magazine. So get your fingers working and vote today!!



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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 Q Cuties winners will appear in the following edition of the publication.

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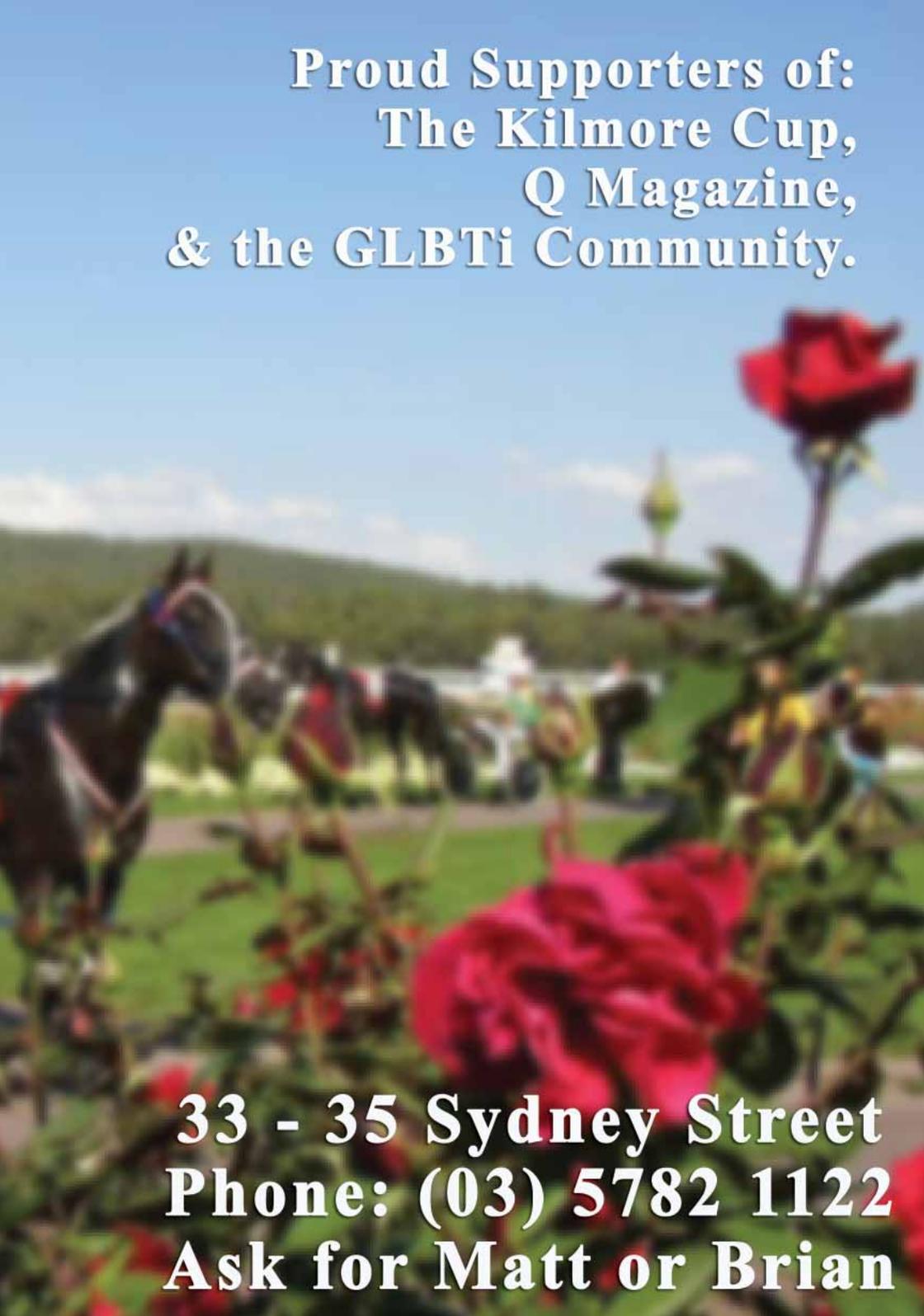


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q theatre: OUT IN THE ARTS WORLD



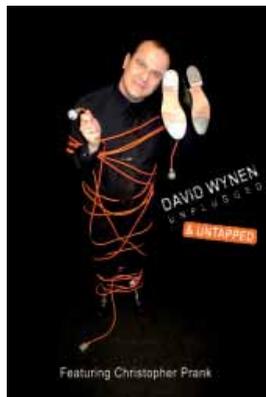
Geraldine Quinn in THE BUTTERFLY AFFAIR

Fresh from Edinburgh, Geraldine Quinn returns to The Butterfly Club to spearhead an unmissable event. She has a fistful of new songs, and each week's show will also feature a guest performer who will rise to a musical challenge. Is there a guilty pleasure song which they've always wanted to perform? Can Quinn and her guests write a new song each week with audience input? Will this finally be the beginning of the ginger rock opera? With a multiple sell-out host and a throng of musical comedians, THE BUTTERFLY AFFAIR is a rendezvous not to be missed. Dates / times: Every Saturday at 10.30 pm (premieres Sat 7 October) Tickets: \$22; \$18 concession-holders and for group bookings of eight or more.

David Wynen is UNTAPPED AND UNPLUGGED

Unplugged: What happens when the dancer speaks, and sings? What happens is totally electric . . . it's unplugged. Join David Wynen as he takes you on his journey from suburbs of Melbourne to streets of New York, Liza and all that jazz.

Untapped: What happens when the tapper steps into the jazz world? Jazz Pianist Christopher Prank meets the tapping talents of David Wynen. The shoes and the tapper become the instrument. Turn on your senses; hear and feel the rhythm! David is part of the teaching faculty of the Melbourne International Tap Festival, 12-17 October, www.mitf.com.au. Dates / times: Thursday 12 to Sunday 15 October, all shows at 7.00 pm Tickets: \$20; \$15 concession-holders or for groups of eight or more.



David Rogers-Smith is UP TOO CLOSE AND PERSONAL

Dear friends, when was the last time you went to a cabaret and had a real belly laugh? Just imagine entertaining your belly for 70 minutes by a cabaret singer with the most divine voice and a pianist with the most wicked sense of humour. What is the show about? Well, it's about 70 minutes – BOOM BOOM!

It's not rocket science.

It's not a survival story.

It's definitely not Oprah.

It's cabaret.

So shut up and turn up.

Put David, the divine singer and Mark, the wicked pianist together and you have a night to remember! David has just returned from a sell out season of Phantom of the Opera in Hong Kong. His career not only spans opera but music theatre and concert. Mark is that guy you always see chained to the piano at most gigs in Melbourne these days. He's just that good. Friday 20 and Saturday 21 October, both shows at 9.00 pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more.



TEMPT

Twelve songs, twelve stories, twelve temptations by the tempted and tempter. This show explores both the comical and blacker sides of human nature and the way we react when succumbing to our forbidden desires. With female vocals, piano and harp, three diverse artists map their journeys through a mix of jazz, musical and opera styles all performed with a modern twist. Starring Linda Beatty, Miriam Crellin and Adrian Portell. Dates / times: Thursday 19 to Sunday 22 October, all shows at 7.00 pm Tickets: \$20; \$15 concession-holders or for groups of eight or more.



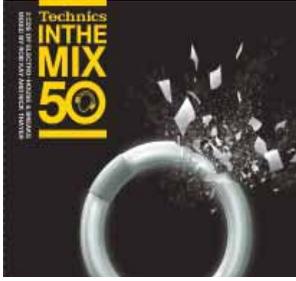
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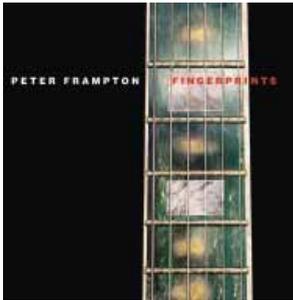
q review: MUSIC MUSIC MUSIC



This year **Inthemix** Australia's #1 dance music website have chosen DJs Nick Thayer (Melb) and RobKAY (one half of internationally renowned Cabin Crew) (Syd) to put together the Technics inthemix50 CD, celebrating Australia's top 50 DJ poll. They are very credible names on the circuit and known for cutting edge and unique work. These two discs pay testament to their talents and they've both put together awesome, polished mixes that reflect the sets they deliver when they play live. Disc one is full of booty-shakin' house, it's what Rob does best and it made him A.C.T #1 voted DJ two years running while Nick's disc is hosted by N'fa (1200 Techniques) and throws down some breaks with a twist. Out now through Central Station Records - make sure you get your hands on a copy.



Through **Sony BMG** comes Jessica Simpson's "A public Affair" album. 13 tracks from the world famous "woman who broke Nick Lachey's heart". The title track is already getting immense airplay around the world on both radio and television stations and on the club circuit. There is certainly no doubt the girl is pretty, but I will leave the judgement on whether she can sing or not up to you - go out and buy a copy and find out for yourself.



"This is the album I've been waiting my entire life to make," says Peter Frampton of his remarkable new CD, Fingerprints (A&M/New Door/UME). It's an impressive 14-tune collection of guitar mastery that crosses several musical borders, from funk-ed-up r&b to razor-edged rockers to rootsy blues to country-flamed beauties to jazzy Django swing to reflective impressionism. And, on the disc, in what may come as a surprise to longtime fans, Frampton begs off singing to focus exclusively on the six-string. Fingerprints features Frampton having exhilarating musical conversations with a who's who of the pop world, including Rolling Stones Charlie Watts and Bill Wyman, Pearl Jam's Mike McCready and

Matt Cameron, original Shadows Hank Marvin and Brian Bennett, Allman Brothers/Gov't Mule slide slinger Warren Haynes, Nashville pedal steel virtuoso Paul Franklin and gypsy guitar maestro John Jorgenson. In addition, Frampton band mate, Gordon Kennedy, who co-wrote many of the originals as well as co-produces the album, is prominently featured as a guitar companion. **Peter Frampton's Fingerprints** is in store now to co-incide with his national American tour.

Through **Warner Music** comes Eskimo Joe's "Sarah" featuring exclusive B-sides [including acoustic versions of both Black Fingernails and Red Wine]. Without doubt one of the best bands in existence today - get to your favourite music store and ask for it by name.



The third in the series of **Central Station Record** releases for JOY Melbourne, this double CD release is jammed packed with all the best songs - all of which you will know and love from listening to the station - 94.9 on the fm dial.

As a follow-on from the Babyshambles celebrated LP of 2005 'Down in Albion', 'Back to the Bus' takes disorderly punk mayhem to the next level with a no-holds-barred backstage pass into the method of the band's madness and reinforces just why wild child Doherty has become the voice of young Britain. **THE BABYSHAMBLES - BACK TO THE BUS** 'what goes on tour, stays on tour' - sent to us by Sam and the team at Beat Broker - in stores now.



US rock icons **MUSHROOMHEAD** release their new album "Savior Sorrow" on October 7 through Megaforce / Modern Music / SonyBMG. Mushroomhead are one of the most unique and adventurous alternative metal bands working today. Known for their stunningly theatrical live show and artsy masks, this innovative band has forged new ground in the rock world and influenced many other bands to push the envelope and bring art into rock.

driving: with MISS DAISY

Welcome to the beginning of a series of reports on the Ssangyong range of vehicles, with the compliments of Brian and his team at Kilmore Ssangyong. Over the next six months I will test drive [along with the help of some notable guests] what I believe to be the unsung heroes of the motor vehicle trade. We start with the fabulous Rexton AWD - with the assistance of the very beautiful Priscilla Posely, Queen of Fountain Lakes.

Apart from the obvious good looks [the car people not Priscilla] the Rexton is class from beginning to end. Electronic everything - windows, lights, windscreen wipers, seats [including both driver and front seat passenger heating] plus a CD / Stereo, cruise control and 3 memory settings for the driver's seat [leather of course]. As a driver, this vehicle is unbelievably good - everything is at your fingertips. The transmission is both manual and automatic [easily switched by a flick of a gay wrist] and if in manual mode can be operated from the steering wheel. Switching from AWD to 4WD [for serious off road adventures] is also done very easily with a flick of a button. The diesel intercooled turbo Mercedes Benz designed motor performs better than Priscilla on a Saturday Night at the Greyhound - with fuel economy second to none [I travelled from St. Kilda to Chelsea Heights and back and the gauge only just moved]. Acceleration is also very responsive even when in automatic mode.

It evens comes with flip out cup holders - not that I would ever think of promoting drinking while driving, but they could double as an aroma bottle holder. The particular version I test drove obviously came with several extras included [from the pictures below] like



the electronic sunroof Priscilla could not help but poke her gorgeous head through [attracting several toots and whistles from the passing motorists].

Seating seven - with the back two seats easily folding away for extra storage - I found the vision on all four sides to be in the main uninterrupted. I also found the height of the vehicle to be perfect for a short-arse like myself - not too high off the ground but ample for ones superiority complex [if applicable of course].

Priced from around the \$43 000 mark, this vehicle is extremely comparable to any other vehicle of it's kind on the market. I had the hardest time handing this little beauty back to the dealer and suggested it would look great with a couple of Q Magazine logos along both sides - I don't think he took me seriously though.

in bed with: BEN

I shot him and boy, it felt good!!! This month's adventures have led me to the city of Churches, shooting other men with paint, getting a blood lip and watching a friend run smack bang into a tree (we made sure he was ok after we stopped crying with laughter). Let's just say it's been an eventful month!

On a trip back to Adelaide to attend my best mate's buck's party, I managed to reconnect with my butch side and take a look at where my life was really heading and where I'd come from.

You see, I grew up on a cattle and cropping farm an hour out of Adelaide, in other words I'm a reformed country hick. Visiting my grass roots (not past roots) made me realise how much I'd evolved as a person at the same time as how much nothing had changed! You're probably thinking has Ben got nuts? Oops mean GONE nuts! How can everything change but still stay the same?

In life we make certain changes and move to various places expecting that things will be different, hoping for an improvement, leaving a relationship in search of a better one or even attending the gym to get fit. The only thing that really changes is our goals and the objectives which dictate what our lives consist of.

If you're feeling stuck or in a rut it's not up to the world around you to suddenly make life interesting! It's up to you to grab the bull by the horns and go for what you want (farm boy saying, Yeee haaaaa!)

There are too many people in this world complaining about their current life situation and playing victim. What they don't realise is that they choose their own reality, they choose the work they do, they choose to stay in a self destructive relationship and they even choose to give up on their dreams!

This was never more obvious to me than when I did paint ball skirmish with a group of blokey guys. The guys who were proactive in their own lives were the one's that dove into the game and got themselves emersed in it immediately. The one's who didn't, who stayed hidden away from the line of fire, were by nature less proactive in making positive change in their day to day living.

Even my mate who tried to stay safe from being covered in paint ended up getting hurt by running head first into a tree trying to hide! Me being me, threw myself into the game immediately and ended up with a blood lip first round. Did it hurt, yep! Did I try, double yep, yep!

You see I'd rather get hurt trying to achieve something than being hurt watching my life pass by and trying to be so called "safe!"

Stop for a minute and ask yourself, when did you decide to have the life you're living now? Are you hurting yourself by hiding away from what you really want because it's easy and safe?

I've failed at many things in my life but I've never had so much fun failing.

At the end of the day, even when we fail, do we ever really fail? Or are we just moving towards something greater than us...



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q celebrity: JAMIE DURIE

One of my fellow hosts with the NineMSN Events team has been at me for ages to secure an interview with this man – well it finally happened, and I am so pleased I got the chance to chat with him from his Sydney office. I started by asking Jamie how a young man from W.A. got into the television industry.

It's a bit of a strange journey – my parents separated when I was around 10, I moved over to Queensland when I was about 15, I was a passionate gymnast at that stage and moved in with my coach for a year, about a year after that I started modelling, was asked to audition for Manpower, and then spent the next ten years travelling the world. It was really only when I decided to come back to Australia – and I had been offered a few television shows and worked on a couple of different shows...but nothing was really floating my boat – decided to study horticulture [which I did for four years] and started landscape design that I really fell into my groove. I think when you chase your passion and not your pension success follows. I started designing gardens for about the first two years – got published in Belle and Marie Claire – and it was out of that I got offered my job on tv ad went from there.

I watched your DVD just prior to calling you and I must say that I didn't expect to like it [I'm not a green thumb...I kill cactus] but absolutely loved it. There is truly something in there for everyone – the visual aspect of watching a garden being created to the snippets of your personal life and the travel aspects of it as well – it is truly a fabulous DVD to watch.

That's music to my ears.

I think you have a great package - don't take that the wrong way...[laughs] - that's not the first time I've been told that...What was the inspiration behind "Growing Dreams"?

I've authored 5 books now and it's been a great experience to be able to publish my work in books, but to be honest, the DVD is something I have been working on for 3 years and it's a great way to be able to inspire people because people are essentially lazy – it's very easy to sit back and have the television bark at you – and this was a great opportunity for me to spill some of my enthusiasm over and hopefully get people to put some more trees in the ground. For anyone out there driving a car, you have to be putting between 14 and 17 trees and shrubs per year back into the ground to compensate your emissions. We started out with about 64 million hectares of Australian native forest cover a little over 200 years ago and now have 38 million – so we're a long way behind. We are damaging the environment at an incredible rate and it's not just about putting plants in the ground, it's about putting the indigenous ones – they should be local and grown from seed in that area. Where I come in is "let's do it in a creative, innovative, inspiring way" – don't just plant gardens for gardens sake [I can't stand art for arts sake] – there's nothing worse that going to a gallery and seeing this indulgent shit – but when you start to look at more creative ways of putting plants in the ground, what an incredible sport that is and how sexy it can really become because you're surrounding yourself with these incredible growing, living, organic art forms that will continue to challenge you and grow in all sorts of different directions and you get to become the sculptor.

As we're currently celebrating 50 years of Australian television, what are your thoughts on the industry?

I don't find television very inspiring. I have to say that I watch Australian Story, 60 Minutes and Denton – that's pretty much all I watch – because they're interesting, authentic...I don't think Australian television is teaching us enough – I want to be inspired but I also want to learn things...I mean, why is Australian Geographic and the Discovery Channel on this massive path – they used to be the bottom dwellers – now they're almost the pinnacle. I am looking forward to working on more programs, and we are developing some now for both the American and Australian markets – I would like it if television could teach us more, inspire us more, could develop the nation from an intellectual point of view and from an environmentally responsible point of view.

I really hope my DVD sends out the right messages – it's essentially about people growing their own dreams – and that was the key driver for the whole project – because I don't think there is enough out there.



q design: EXHIBITION

Melbourne Museum's latest design exhibition, Freestyle: new Australian design for living, featuring designers including Akira Isogawa, Easton Pearson, Charles Wilson and Dinosaur Designs.



A curated survey of contemporary Australian design, Freestyle features innovative, contemporary products from a range of design fields including furniture, lighting, textiles, glass, ceramics, metal, jewellery and personal accessories - from one-off pieces and limited edition objects to industrially manufactured items and prototypes. A co-production between Melbourne Museum and Object: Australian Centre for Craft and Design in Sydney, Freestyle also reveals the stories behind the designs, disclosing aspects of the personality, passion and process of individual designers while placing their work in a broader cultural context. Bombay Sapphire, a strong supporter of design globally, has come on board as principle sponsor of Freestyle.

The exhibition shows the character, vibrancy and increasing maturing of contemporary design in Australia and will be accompanied by a major publication, co-published by Museum Victoria and Object: Australian Centre for Craft and Design. Profiling the 40 Australian designers featured in the exhibition, the 320 page full colour book provides a critical overview of contemporary Australian design.



Freestyle is presented as part of designed to inspire, Museum Victoria's commitment to recognition and exposure of the work of emerging and practising Australian designers, setting their work in an international context. The exhibition is set to embark on a national tour, including: Melbourne Museum - Now to 4 February 2007; Object Gallery and Sydney Opera House Exhibition Hall - 10 March to 13 May 2007; QUT Art Museum - 1 June to 22 July 2007; Art Gallery of South Australia - 17 August to 14 October 2007.

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Q fitness: with CLINT McDONELL

Strength Training and Flexibility

Although I recently sold my club Genesis Fitness Centre in Chapel Street Prahran, I'm still sold on the concept of strength training on a regular basis, particularly in a health club environment.

Range of motion is a meaningful component of fitness, especially in older individuals where a deficiency of flexibility can restrict participation in some everyday gay male activities. Like touching your toes in the shower. A lack of flexibility may also contribute to the likelihood of falls, due to loss of balance and stability even amongst relatively active members of the community. This month in Q Fitness we're going to have a brief look at the limited scientific evidence that describes the independent and combined effects of strength training and aerobic exercise on flexibility development in males aged between 20 & 60 years of age.



Numerous studies demonstrate that resistance exercises alone, and when combined with cardiovascular training, independently improve flexibility in inactive older males. Specifically, this means an increase in flexibility in the majority of the joint ranges. It has been observed that cardiovascular training has a minimal effect upon joint flexibility, except hip flexion and hip adduction. This explains why distance runners are never going to be much fun in the back seat of your car (their skills are perhaps better deployed in the front seat). This type of thinking could possibly reflect a movement specific adaptation from the strength training exercises. In other words, as you get older, you get better at the things you do well and worse at the things you do poorly. It was interesting to see from the studies I checked that shoulder adduction showed virtually no change in range of motion. Same with wrists and ankles. If you were considering participating in activities that take you beyond your normal

range of movement e.g. rollerblading, bondage, wrestling or even wind surfing, you would be advised to start these things while you're relatively young (say early teens) or embrace a physical exercise program to get your body ready. The flexibility of a joint is maintained or improved when that joint is regularly taken through its range of motion. Thus, participating in physical activities that ensure your optimal joint range of motion is how you're going to lead a full and interesting physical life.

Bottom Line Application

For inactive older males, strength training can substantially increase flexibility in multiple joint motions, independent of flexibility exercises. Although research in this area is needed with older females, due to similar tissue and joint structures, analogous results would surely be hypothesized. Over time, and due to the fact that I've spent the last 30 years actively involved in sport and exercise, I've tended to agree with the theory that resistance exercise improves the tensile strength of the tendons and ligaments, as well as increases the contractility of the muscles, which, in time, increases a joint's range of motion. This opinion is not meant to negate the importance of flexibility exercises, nor suggest their omission from an individual's exercise program. However, I firmly believe that flexibility is an added benefit of strength training for older clients, besides the known improvements in muscular strength and endurance, body composition, glucose metabolism, coronary risk factors, bone mineral density, and psychological well being.

So keep up your yoga, do pilates, do the odd abs/stretch class at the gym. But to be a hit in the showers, make sure you do your weight training!

Q joke of the month

A gay couple is driving along one afternoon, and while stopped at a stop sign, they are rear ended by a big semi.

Furious, the guy in the passenger seat throws his purse on the seat, gets out of the car, goes back to the truck and starts banging on the door.

The truck driver opens the door and the gay guy, standing there with his hands on his hips, says, "I'm gonna sue your ass, Buddy!" The truck driver, being a truck driver, laughs and says, "Suck my d**k!" The gay guy stands there for a second, then his eyes get real big and his face just lights up.

He runs back to the car, and says excitedly to his lover, "You won't believe it, he wants to settle out of court!"

q scene: OUT & ABOUT

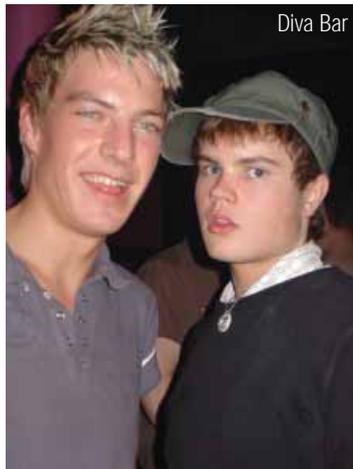
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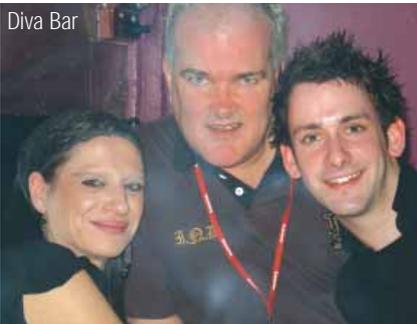
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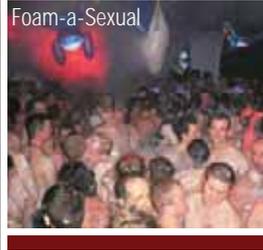
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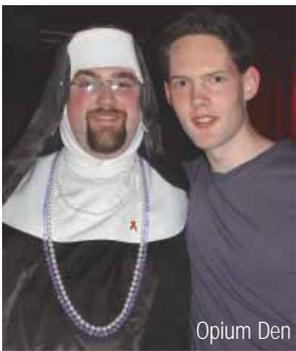
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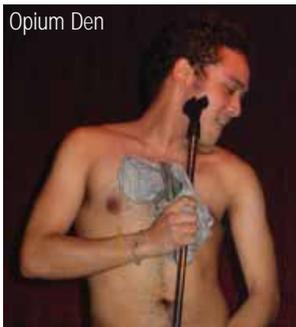
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Mother hungover at Waves



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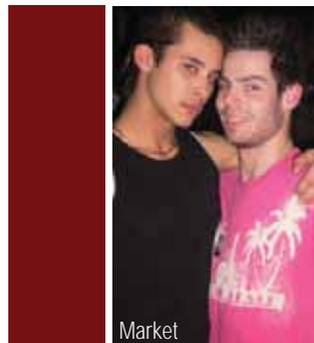
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Loops

q scene: OUT & ABOUT

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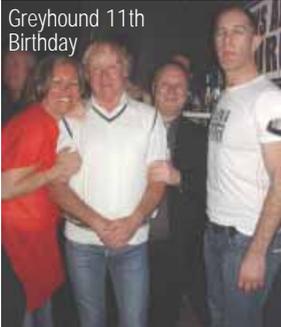
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q celebrity: with DAVID FROM BB

Since coming out of the Big Brother house, David has been bagged by some of the lesser-quality Gay and Lesbian street press. I caught up with him at Heaven @ 151 for a coffee and a chat – to find out how HE felt his experience was and why he did it in the first place.

Tell me briefly about your experience in the house... is it something you would do again?

No! I achieved what I wanted to achieve... and I believe that Australia has changed massively... for example some tradesmen today were so impressed to meet me and about mine and Sheriff's relationship [that wouldn't have happened six months ago] – the next that needs to happen [like any prejudice] is a change in people's perception of Gay people. The time in the house had it's ups but also massive downs but who knows, I may do something similar again but I don't think I would ever do BB again.

What were the reasons you went in to the house?

Mainly because I had seen too many of my mates and other young men commit suicide because they were Gay – because living in the country, they couldn't identify with anyone. Although they saw Gay people portrayed on television, the reality to them is so different. The expectation is strongly about getting married, having children etc. It was always my plan to come out on the show – but firstly to go in there and be myself, not announcing my sexuality [after all, others don't have to announce that they are straight] – it was all about destroying people's prejudices.

Do you think Governments will ever realise and recognise that a great proportion of youth suicide is sexuality based?

I had two mates who shot themselves, the rest died in car accidents – and they are not considered statistically as suicide. Eight guys in total I know killed themselves, but only two were recognised as suicide because they used a gun.

One of the most defining moments for me was when you explained the plight of the Gay community [including the issue of marriage] around the dining table and the response was so positive from the other house mates - certainly a significant moment for equal [gay] rights - in my mind. You're out of the house... what happens now?

Several months of appearances, promotions, nite clubs, and then there's daily interviews – then when this dies down I can decide what I want to do – I am doing the Wedge – and I have been speaking with Fox about what I could do with them. Plus I have to continually go back to my farm to make sure everything is ok.

Since leaving the house, what has been the reaction from the Gay community?

To my face and everyone I have spoken to, it's been absolutely phenomenal – particularly from country people. I went into the house with a platform to speak on but I didn't realise it would change those guys as much as it has. Two nights ago in Moorabbin, a lesbian couple came up to me, crying, they didn't want a picture, they just wanted to say thank you because now their families accept their relationship – they let them stay over, as opposed to before when they didn't accept them at all. Even the National Party [both Queensland and Federally] is now supporting Civil Unions. Even where my farm is, everyone is so supportive of me and my family that Dad [who didn't know I was Gay until I came out in the house] now fully accepts it – and that would not have happened otherwise.

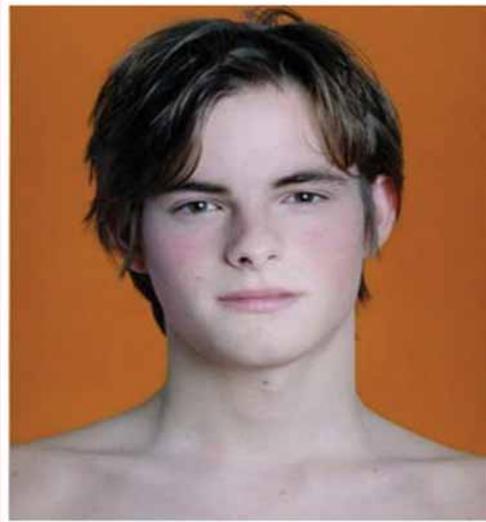
And of course you have a bunch of holidays to take [which you won] – when will that fit in?

Probably over the Christmas period, Sheriff and I will get away... once he has finished his Masters degree.

Anything you want to say David, in conclusion?

The biggest thing for us was being criticised by gay people – we have been totally embraced by straight people – it's sort of a real kick from behind when your own community criticises you in forums, letters to the editor, and some gay papers. They are so blinded by what happens on Commercial Road or Oxford Street that they can't see there are other parts of the country that are not so lucky. Even our relationship has come under scrutiny [because of the length of it] but I can tell you, in my opinion, Gay marriage is around the corner [from my conversations with politicians and the public] because they saw the love we have for each other – which stood the test of being apart for three months. The other criticism that I got was "making gay people out to be victims" to which I say, that if you have never been a victim then don't look at me to be an advocate for you





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q bands: GIRL BAND

I caught up with these singing dancing dynamos for a brief chat just after they began their Australian tour with the Rogue Traders.

For the uninitiated, tell me about Girl Band – how you were formed and what's it all about?

Well basically SonyBMG wanted to form a girl band, so there was quite a long audition process and that's how we were formed.

So the four of you didn't know each other before hand?

Renee A and myself [Renee B] were friends and had worked together quite a lot, we had also done a performing arts course together – it's a fairly small industry so we weren't complete strangers. Patrice was doing musical theatre, Renee was doing singing and dancing work, Jess was doing a bit of acting work and I was doing singing, acting and modelling and stuff.

So what's it like to be thrown into the deep end like you have been?

It's really a dream come true – we are all so grateful to have the opportunity because we know how difficult it is to get into the industry – it's a lot harder than any of us imagined but it's amazing and I think all the hard work will pay off.

Tell me about touring with Rogue Traders.

It was fantastic [at the time of the interview, they had just done the Brisbane concert], we had a great crowd, very daunting and scary before we went on stage, but we were just so excited to get up on stage and perform.

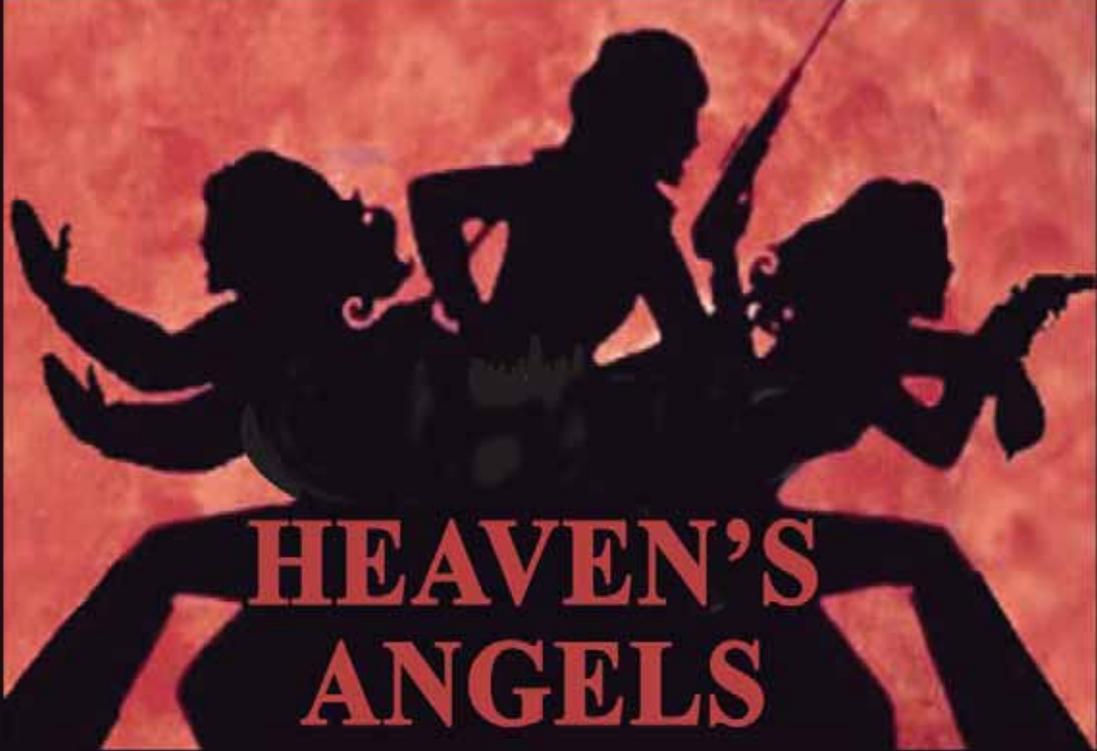
Where would you like to be in say another twelve months?

Hopefully we will get the support from Australia that we want [that they like our music and our album] and if we do well here, hopefully we can get overseas – doing an international tour would be awesome – but that would be quite some way down the track.

And a tour here [on your own]?

Definitely – hopefully that will be sometime next year. It's all a learning experience right now – we have a lot to learn – and because we are dancing and singing at the same time [it's quite hard and something not done very often] it's something we have to build on. At the moment we're doing five numbers and that's pretty exhausting – physically and emotionally – so to build up to a whole show, that's something different, so it will take us some time to build up the stamina.





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