



SEPTEMBER 2012

Q MAGAZINE

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## q comment: RED STITCH THEATRE

Red Stitch presents the Australian premiere of Tom Wells' hit new play *The Kitchen Sink*, a touching comedy about family life and pipe dreams.

For one family in the faded Yorkshire seaside resort of Withernsea, not all is going to plan. Pieces are falling off Martin's milk float as quickly as he is losing customers. Son Billy is pinning his hopes of a place at Art College on a portrait of Dolly Parton, while his sister Sophie's dreams of becoming a Jiu Jitsu teacher might just be disappearing down the plughole. Holding the family together is mum Kath, a dinner lady with the patience of a saint – except something's up with her sink.

As it follows its characters throughout a year, *The Kitchen Sink* explores people's capacity to change in small and unforeseen ways.

*The Kitchen Sink* will feature ensemble members Tim Potter as Billy and Tim Ross as Pete who star alongside guest actors Russell Fletcher as Martin, Christine Keogh as Kath and Kristina Brew as Sophie.

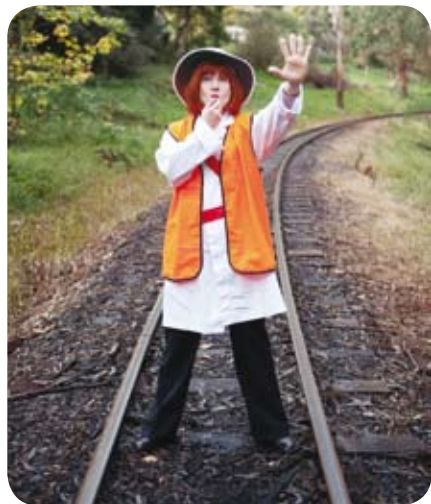
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# q feature: NINE'S MICHELE MAHONE

Through a chance conversation on FaceBook I made contact with Michele Mahone and asked if she would consider being my cover girl for this issue. She gladly agreed, gained agreement from the NINE Network and the result is below - including some great news at the end of the interview.



**NINE Network viewers would certainly be no stranger to your beautiful face and gorgeous southern accent. Can we start however by finding out a little about you? Where do you live? Where were you born? Do you have any brothers or sisters? Are you married / single / a mother?**

I've lived in Los Angeles for about eighteen years now, I've wanted to live here since I was a little kid, I absolutely love it!

I was pretty young when I was born so the day is a little fuzzy but they tell me it was Ashland, Kentucky. I have one brother, twelve years older. He along with almost all of my relatives live in that area.

I have been married twice, the first time I was 17, the second time, 39. My taste in men improved greatly with age. So have my shoes. I have a 21 year old son and a 13 year old step daughter.

**How did you get into this industry and was it your first job on television?**

I was a make-up artist in film and television for several years. I met a home shopping presenter one day on a set, he suggested I give it a try. That led to a four year run selling jewelry and gemstones for a couple of networks. My vast knowledge of stone chemical compositions makes me a big hit at parties.

**How did NINE find out about you?**

While I was a make-up artist I worked for them! I stayed in touch after my career change and when they had an opening for a weekend gossip reporter they had me come in and audition. I will never forget the phone call letting me know I got the job. I was over the moon!

**Without revealing your sources (of course) – how do you gather your information?**

This is a question I am asked a lot. My favorite color is green and I'm a big fan of the San Antonio Spurs basketball team. Next question.....

**Is there a glamorous side to the business e.g. dinner invitations, Hollywood parties OR is it simply all work?**

Being a gossip reporter, I'm not exactly on the Christmas card lists of celebrities. Shocking, I know. I am friends with a lot of industry people so I do get to attend red carpets, some award shows and various mixers. Between my reports for the Weekend Today Show and my weekday radio hits for KOFM in Newcastle, I work seven days a week.



**Where do you see yourself in five (5) years from now?**

Well, my dreams are pretty lofty. I would love to have my own chat show or any kind of comedy show (NINE Network execs, can you hear me)? I love the job I have now and plan to stay as long as they'll have me. In the U.S. I am getting into stand up comedy.

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

I've been asked by the fine folks at Q Magazine to cover bits and pieces of L.A. for you and am really looking forward to it!

In the meantime you can follow me on Twitter @Mmahone and on Facebook <https://www.facebook.com/michele.mahone> for the latest Hollywood updates and all my typical nonsense.

# q launch: SAY NO TO HOMOPHOBIA

Groundbreaking anti-homophobia campaign wins support of government, mental health advocates, police, sports administrators and community groups. In an Australian-first, a new public campaign will combine TV ads, social media, online support resources and moving personal stories from people who have experienced harassment to challenge every single member of the community to say no to homophobia, biphobia and transphobia.

**NO  
TO  
HOMOPHOBIA**  
[notohomophobia.com.au](http://notohomophobia.com.au)

The No to Homophobia Campaign was launched today by the Victorian Minister for Health David Davis with the Victorian Minister for Mental Health, Women's Affairs and Community Services Mary Wooldridge. The campaign's central message is that harassment causes real harm, is never acceptable and is often unlawful.

In another first, the campaign has won support from an unprecedented range of community leaders including the AFL's Andrew Demetriou; Victoria Police Chief Commissioner Ken Lay; VEOHRC Commissioner Karen Toohey; Hobson's Bay City

Council Mayor Tony Briffa; Olympic Flag Bearer and Opals Captain Lauren Jackson; InterPride Secretary & Q Magazine Publisher Brett Hayhoe; and Leo Burnett CEO Todd Sampson – among others.

Two television ads, to be broadcast nationally over the next year, depict the most common everyday situations where people face harassment – at school, in sports, at work and in public spaces like cafes and on the street. They show people experiencing harassment and witnesses taking action to put a stop to the offensive behaviour. TV ads focusing on homophobic harassment have never been shown in Australia.

An online resource at [www.notohomophobia.com.au](http://www.notohomophobia.com.au) helps people get informed, find support and take action by hosting all the relevant information, resources and contacts in one place. The website focuses on those experiencing harassment, witnesses and perpetrators – who may not realise the harm caused by their behaviour.

Spokesperson Anna Brown said *"Everyone agrees there is no place for racism or sexism in modern Australia. Homophobia, biphobia and transphobia are no different. Homophobic harassment is never acceptable and often unlawful. We need to stop harassment and the harm it causes to our friends, family members and neighbours."*

*"We now know there is a direct link between harassment and anxiety disorders, depression, self-harm and suicide. If you see it and say nothing you are giving perpetrators the green light to continue. Research shows that when low-level harassment is left unchallenged it often escalates into more serious abuse and violence."*

*"Our campaign is calling on every single member of our community to say no to homophobia at school, in sports, at work and in public. Whether you are the target of harassment or a witness to it – There is always something you can do. Visiting [www.notohomophobia.com.au](http://www.notohomophobia.com.au) is the first step in making all of our suburbs and towns places where everyone can feel safe to be themselves without fear of harassment, abuse or violence."*

The research behind it and the resulting campaign has been supported by the Victorian Department of Justice and Victorian Department of Health with more than \$600,000 in pro bono support by individuals, companies and media partners around Australia.

Homophobia, transphobia and biphobia mean negative attitudes, emotions, prejudices or structures against people who are gay, lesbian, bisexual, transgender, intersex, queer or questioning.



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# q lifestyle: with PETE DILLON

To paraphrase Julie Andrews from the Sound of Music – ‘Somewhere where God closes a restaurant, he opens another one’ or something along those lines.

It seems we have been more than blessed with openings of late in Melbourne town – and we have proved our supremacy over our northern sister Sydney and others by dominating recent awards for producers, chefs and now sommeliers.

With this in mind, there are three venues that have caught my eye of late – one is a re do of an older space at Crown on the corner of Spencer Street where the Chinese venue sat tall for many years. It has been converted into a venue called the Merrywell. Think Las Vegas smashed into one of our stylish gastro pubs, add a chef with a great pedigree across the US, add a splash of fancy and you have this two story venue that is serving up some great American style bar food.

Loving anything that has been via the deep fryer (and that is evident to most), some mac cheese and bacon balls (or squares as the case may be) that have been crumbed and deep fried are a winner. Also of note is the lobster roll, very much something that one would find on the north east coast of the US. Informed that it is one of the cheapest lobster rolls available, it is still a tad on the pricey side for a snack... but maybe you will want to spend up big after a win on the roulette table.

The Merrywell is a great space to meet and drink, eat and gather with friends and is well worth a visit.

Next is a new venue just up from the VAC building at 15A Claremont Street, called Claremont Tonic. This is the third venue for young restaurant entrepreneur, Davis Yu, whose company took over the Millswyn and gave it a great renovation, and like many has also delved into the ever growing demand for Mexican food with a Mexican venue as well.

Claremont Tonic is a tongue in cheek experience that has some naughty words on its menu... or at least its cocktail list but certainly walks the walk that it talks. The kitchen is in the hands of Welsh chef Dylan Roberts who is known to many in Melbourne from kitchens he has graced previously. His deft touch and willingness to step outside the square will make sure that Claremont Tonic will provide another dining choice in that end of South Yarra and is also a visit that you must pop in to your dining dance card. Check out the lotus root sandwich that has a spiced mince pork filling and is then crumbed and deep fried. This dish screams for some crisp Asahi or Kirin Ichiban beer.

Bar Pulpo is located in the international terminal of Tullamarine Airport and is a franchise of sorts for the Mo Vida Group (Mo Vida, Mo Vida Next Door, Mo Vida Acqi and the Mo Vida bakery which has the most wicked salted caramel donuts this side of ... anywhere). At first glance, we were not sure that the staff seemed all that interested in us being there or trained enough to manage our expectations for that matter. Once we spent a little time (and money) they did seem to turn around. Some of the wonderful dishes from the other venues pop up – most notable the calamari bocadillos (on bread that was a tad stale but otherwise fantastic). Potato bombas filled with a minced chorizo mix are excellent, especially with their romesco sauce, and croquetas of leek and manchego cheese (a hard sheep's milk cheese from Spain). This is a great spot to stop for a snack and a drink before you board a flight, and will keep you satisfied until your airline serves something of far less quality.

Check these venues out if you live in Melbourne or make sure they are on your list when you next visit.

For more food and beverage from Pete, listen in to Cravings on JOY 94.9 every Saturday from 1pm, or download podcasts at [www.joy.org.au/cravings](http://www.joy.org.au/cravings)



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# q money: with EVAN DAVIS

An anguished investment property salesman returns home from another unsuccessful appointment. With no prospects, no clients and most of all no commission he is almost ready to end it all. Right at that moment the devil appears and offers him a bargain.

*"For the price of your soul, your wife's soul and the souls of all your children I can make you the greatest and most influential salesman the world has ever seen!"*

The salesman stops and thinks hard for a moment before asking: *"So what's the catch then?"*

Despite tough times 'Project Marketers' are plying their trade aggressively. A project marketer is a real estate agent for properties that haven't been built yet, very often 'sold off the plan'. 'Off the Plan' properties are often apartments or house and land packages.

When selecting any potential investment you need to do your homework. I believe this is even truer for a newly completed property and particularly when buying 'off the plan'. New properties do have benefits as investments. There usually is lower maintenance when they are completed as they are new. They will be covered for longer by the builder's insurance for the same reason.

They tend also to be attractive to tenants who often will pay higher rents to secure new properties. Also from a tax point of view, new properties usually offer higher or longer depreciation benefits which can benefit an investor's cash flow. In many cases, purchasers will make a saving on stamp duty when buying. The stamp duty payable on the purchase is also often reduced because the property is not yet completed.

As they say, all ships float in a rising tide. However what happens when market conditions are less than favourable? As in the last 2 – 3 years? Properties bought before completion often require no money down though they do run the risk of being more expensive than a similar, already established property.

Property developers will always try to sell their stock for as much as possible. They need to recoup their costs associated with GST, building costs and naturally interest on the money they have borrowed to complete the development. This will all be reflected in the sale price the buyer pays.

Developers also pay large fees to project marketers who then market and sell these properties for the developers. Be warned of sharp selling. There are many investment 'clubs' and 'societies' targeting buyers that are no such thing. They are simply marketing companies that rebadged their own marketing material as 'research' for unwary and often inexperienced first time investors.

I believe that the greatest risk with these 'off the plan' properties is a reduced value when they are finished and come to settlement. If there are similar developments in the same area this means an investor could settle with a lower valuation than the original contract price and therefore have to stump up the gap!

Buying the right property as an investment can be a great way of creating wealth for your future. If you select the wrong investment however it can be very detrimental to your wealth.



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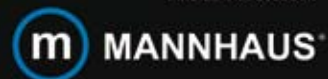
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# q law: with MATTHEW BAKER-JOHNSON

Principal, Avery Commercial Lawyers - [mbj@averylaw.com.au](mailto:mbj@averylaw.com.au)



## Apartment living in Melbourne

The desire to allow two or more people to own parts of land was the initial driver for subdivisions. Most land has come from large Crown grants which have been carved up to provide for smaller subdivisions. However, as the community has become more densely populated, there was a need to extend not only vertically (side to side) but also horizontally (up and down).

In Victoria, the first 'horizontal' schemes began to appear in the early 1950s and were de facto, rather than real, subdivisions. These were known as Company Share Schemes. The land was owned by one entity, a company, and the 'unit owners' each

owned shares which entitled them to reside on part of the land and use the common areas.

Unfortunately, the documentation associated with such schemes was voluminous, requiring company documents, such as the memorandum and articles of association, a lease for each unit and specific documents relating to the use and maintenance of common areas.

This form of ownership is less common today. However, you'll occasionally come across these arrangements in inner-city areas like Toorak and St Kilda. So they're not completely redundant. However, they've fallen out of favor as banks are often reluctant to lend money on them because freehold security cannot be provided (ie. because an owner only has an interest in the shares of the company that owns the land).

To address some of the perceived problems with this sort of arrangement, new schemes were introduced such as stratum titles (which allowed for the creation of a three dimensional interest in the land but still required a service company), and finally strata titles (which replaced the Service Company with a new legal entity called the body corporate).

Today, all subdivisions are controlled by the Subdivision Act. When a developer lodges a plan which creates separate lots, and this contains common areas, an "owners corporation" is automatically created. The common property is held by the owners as tenants in common and typically includes gardens, walkways, foyers, storage areas, elevators, stairs, driveways, meeting rooms and air space.

An owners corporation is a statutory body that can sue and be sued. Its main functions include repairing and maintaining common property, financial management and administration, creating and enforcing rules for the common property, maintaining insurance, recovering debts, holding meetings, and producing owner's corporation certificates.

Before buying a unit, you should make sure you get a copy of the owner's corporation certificate which must be included in the vendor's statement. This certificate contains important information about the total fees charged by the owner's corporation, the allocation of lot liability and lot entitlement, copies of rules, and previous minutes.

The details contained in the plan of subdivision will show the boundaries on each lot on the plan, the location of easements, and whether the allocation of lot entitlements and liabilities is proportionate. As always, get good advice from the outset to ensure you know what you are buying.

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Q MAGAZINE





# q youth: with **TASMAN ANDERSON**

This month I went back and forth in my mind over whether or not I really wanted to discuss this topic. Every time I decided that it was a good idea, I would instantly shut it down out of fear of being exposed. I must have written and rewritten this column over a dozen times before deciding that no matter what I write, it's still going to be difficult. However, after noticing that self-injury is a big problem in both the GBLT and straight community, I thought it was time to be courageous and speak up about the issue for the first time in my life.



For over seven years, I battled with self-harm. It seems almost cliché that the quiet nerdy kid had a toxic friendship with the knife, but that was my life. The only thing that made my story different from the self-harmers portrayed on television was the fact that my addiction didn't start because of emotional trauma. I was never abused nor was I particularly unhappy. I didn't get bullied and I had a large network of supportive friends and family who encouraged me to achieve my dreams. In reality, my habit began when I watched the film, *Thirteen*.

I was twelve-years-old when I first started cutting. I was so young that I didn't see it as a bad thing, only a thing that older kids did. I had no idea how to be a teenager and I was terrified to enter high school as a child. I wasn't serious about it at that stage and most of the time, I rarely broke skin. However, the habit soon formed and I was using it every time something bad happened and as many of you can remember about puberty, everything seemed bad.

I don't expect all of you to understand the power self-harm makes you think you have and sometimes I can't even understand it, but by the time I turned seventeen it gave me everything I needed. During a time when assignments were piling up, QCS was around the corner and you were under pressure to figure out where you wanted to go in life, I felt like I had no control over anything. I wanted nothing more but for everything to slow down and give me a chance to breathe. When that didn't come, I would cut because that was something I did have control over. I decided when and where I was going to do it and I had something that only I knew about. It was almost seductive in a way. It allowed me to focus more on my journalism and course work rather than the stress and mindset that I wasn't going to get it all done. I became good at hiding it, remembering to harm only the places no one would see. I never had emotional outbursts and even after all those years; I still saw nothing wrong with it.

It wasn't until early last year that I acknowledged my habit as an addiction. I'm still not sure what it is that made me want to stop but whatever it was, I'm so grateful. I confided in my best friend who stood by me and helped me look into alternative methods. I'm not going to lie to you; it was the worst thing I ever had to do. It was like giving up an old friend who was there for me whenever I needed them. There were relapses and so many tears that I could have started a flood. I refused to tell my parents and even to this day I haven't spoken to anyone other than my best friend about it.

A lot of people don't understand what self-harm is all about and I can't blame them because who in their right mind would want to intentionally hurt themselves? Cutting is addictive. It lets you think that every emotion you have can flow out of you through those cuts. I think the most important thing to remember is that cutting is not a sign that a person wants to kill themselves. It's a sign that they can't express their emotions or can't deal with what is going on.

It's pointless for me to preach about how cutting is bad and that you should get help if you are suffering from it because those who do it already know that, even if they don't want to. All I can say is that there are so many people like you out there and it really can be better but only if you want it to be.

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For details and bookings go to [www.bangkokfasttrack.com/rainbow.html](http://www.bangkokfasttrack.com/rainbow.html)

# q cuisine: with NATHAN MILLER

A rare sunny afternoon whilst running around the ever changing neighborhood of St Kilda, and I found myself drawn into this amazing attractive glass house styled entrance of Fitzrovia. The smell of freshly ground coffee, the smiles of the staff and the ambiance was definitely a great start to an awesome lunch.

It has been a few days since I have had the opportunity to sit and people watch, whilst admiring a great transformation of what was once of run down shop front. Fitzrovia has four sections that each brings a unique experience. Outside on the path you can enjoy the sun, people watch and drift into another world. The entrance is elegant with the glass surrounds, then the first level you find yourself admiring all of the beauty of the astonishing building and decor. Then if you want something a little more intimate, there is the section towards the completely open kitchen, which has an old world charm.

Deciding what to have for a Friday lunch is always my hardest decision, especially when the choices are so varied and very descriptive. Using free-range and organic ingredients for their dishes always compels me to order wisely and sustainably. Until I have been to a restaurant a couple of times, I always struggle to decide as first impressions are everything in this industry.

The fish cakes were described well and this just what I was aching for. They arrived soon after ordering and I was astonished with the presentation. They were delicate, flavour-some and with the salad to accompany, they were just delicious.



The Cape Otway Pulled Pork Ploughman's was a great treat, the quail scotch egg was well balanced with spice. The pork shoulder was just brilliantly prepared and the pickled vegetables sat perfectly on my palate

all with the sweet onion chutney that took this dish to another level.



I was very impressed with the staff, the knowledge of the menu, even though it was the first day of this very varied but mouth-watering menu.

Chin Chin to the boys and girls at Fitzrovia. Once again Paul & Marco have set the bar for what is truly a great place for everything.

For more reviews and great places to eat here in Melbourne, visit [www.ramblingrelish.wordpress.com](http://www.ramblingrelish.wordpress.com).

# q web: GAYD8ONLINE - BACK & NEW

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# q world: SALZBURG with BRIAND



With less than two hours flying time from London, Salzburg, Austria's fourth largest city has got so much more to offer than the Mozart Kügel and the Salzburger Festspiele. Salzburg lies at the base of the 1.900m (6200 feet) high Untersberg mountains and on the river Salzach. From the city centre excellent ski slopes are only a 20 minute car ride away. From here a popular annual gay ski week heads off to the slopes. The Gay Ski Week attracts a group of up to 70 gay men each year in March.

Salzburg's entire old town centre was listed as a UNESCO world Heritage site in 1997. The Fortress Hohensalzburg, one of the largest fortresses in Europe, perched up on the top of the Festungsberg, dominates the city landscape. Take

a ride with the Funicular and enjoy the panoramic view over the city. At night the lights are truly amazing.

Salzburg is also famous for its beer. One of the best local beers comes from the "Weisse" brewery. This gay-friendly brewery, with an attractive beer garden, also organises a crazy party known as the Almrausch, which takes place four times a year. A bus from the brewery in the Bayerhamerstraße takes party goers to an open air location in the Gaisberg mountains, where the party goes on until the early hours of the morning. The bus then returns the guests to the city centre. The next Almrausch takes place on the 22nd of September.

Although the people in Salzburg are gay-friendly, there are only a few truly gay venues in this fairy-tale city rich in tradition. The most popular venue is the MEXXX Gaybar. This men-only bar has drinks specials on Wednesdays and Fridays as well as happy hour from 10pm to midnight every weekend.

Should you prefer a young and mixed crowd, then the Princess Bar is the place for you. The name describes many of the punters who come here!

In contrast there are numerous gastronomic jewels to be discovered throughout the city. One of the most spectacular is Hangar 7 at the airport with its unique exhibition of aircraft and concept of health cuisine or the Restaurant M32 on the Mönchsberg, with an excellent view over the entire city. At night this restaurant is particularly alluring.

Salzburg is not known for its gay scene, but it is a fantastic city for ski fans and nature lovers. In summer the surrounding mountains offer excellent hiking routes and in winter the gay Ski Week is very popular among local and international ski fans alike with great après ski activities and comfortable mountain lodges.

The list of accommodation possibilities in Salzburg is endless. One particular hotel with an attractive roof-top sauna area and probably the best breakfast in Salzburg is the Hotel & Villa Auersperg. This family-run hotel is within walking distance from the city centre and round the corner from the LGBT non-profit information centre and café HOSI Salzburg.

An international highlight which made this city famous is of course the Festspiele which take place from the 20th July until the 2nd September. Some tickets are available for as little as €0. A tip: contact Tourism Salzburg ([www.salzburg.info](http://www.salzburg.info)) for assistance. With the Salzburg Card you not only have use of all public transport services but in addition discount entrance to cultural and tourist venues.



Salzburg: a magical city with a mountain panorama, superb restaurants and numerous tourist attractions. Bring lots of time with you and discover enchanting Salzburg.

Linz, the third largest city in Austria, is said to be the country's gayest city. I went there to find out if this is true and discover what this city, which was the Cultural Capital of Europe in 2009, has to offer. An institution in Linz where you will find attractive, local gay men is the Café Julius. This popular meeting point with a large outdoor seating area has a great menu and extremely friendly staff. The evening (or late afternoon) should start here, even though the gay scene in Linz only awakes after midnight. The next stop is most popular and longest running bar - the Stonewall or alternatively the Blue Heaven with a darkroom! Beer is of course the most popular beverage, although Austria produces some very respectable wines.

Linz is a city full of young students, making the gay scene young and lively. The gay students enjoy the numerous festivals which take place in Linz - one of the most popular events being the Crossing Europe Film Festival in April. A good selection of LGBT films in English are shown here. The festival party after the premier film is an excellent event, attracting many gay men.

For those looking for something very different, a visit to the Ars Electronica Center on the north bank of the Danube is a must. Here you can become part of the future. Try out the experiments and visit the 3-D Deep Spaces. Cross over the river and visit the so-called "Kulturmeile" ("culture mile") which is an attractive park on the south bank of the Danube river, where many young people come to relax and meet in the afternoon or during the long, warm summer evenings. The party atmosphere is inimitable and laid back.

Linz not only has the largest cathedral in Austria but also the most unusual accommodation possibilities. Live like a hermit in the church tower 68m above the city. In the cathedral you can see the layout of the sparse lodgings. There is even a small kitchen but sadly only a single bed, so no chance to enjoy this solitude as a couple.

A further totally unique form of accommodation in Linz is offered by the company Pixel Hotel with five different properties throughout the city with rooms which are not in everyday style: a hotel room in a former kitchen or on a boat - definitely not a conventional hotel.

In the evening you can enjoy the best view over the city in the Sky Garden with its roof garden and although beer is the most popular refreshment in Linz the Cape Town Winery is a great place to enjoy South African wines in a gay-friendly ambience. Another magnet at night is the Lentos, which is a modern art gallery, situated on the south banks of the river Danube. The building is illuminated at night from the inside with blue, pink, red, and violet lights.

For those looking for some open air action, the Volksgarten in the middle of the city is an insider tip for those who are still out and about in the early hours of the morning and enjoy open air encounters.

Only one hour by train from Salzburg the city of Linz is easy to reach with the recently privatized company WESTbahn. The small airport offers flight from London Heathrow with a flight time of five hours.

For more information contact Linz Tourismus at [www.linz-tourismus.info](http://www.linz-tourismus.info)

*This text was written by Briand Bedford - the Editor in Chief of the Spartacus International Gay Guide ([www.spartacusworld.com](http://www.spartacusworld.com)). He visited Salzburg and Linz in May 2011 to discover the gay highlights of each city.*



[www.rushpoppershop.com.au](http://www.rushpoppershop.com.au)

# q festivals: **ADELAIDES FEAST**

Celebrating its 16th birthday in 2012, FEAST, Adelaide's Queer Cultural Festival brings the city alive over 16 delectable days and nights from 10 – 25 November. In anticipation of this year's jam-packed program launch on 21 September, which includes a vibrant array of cabaret, theatre, dance, comedy and film; plus annual favourites like Picnic in the Park and some exciting new initiatives, Festival Creative Producer Kerry Ireland has just released details of 2 Festival highlights.

Ireland said, *'I am delighted to announce the following talented artists have been confirmed for Feast 2012. It's a coup to be featuring Boylesque who wowed audiences of all ages showcasing their high-energy outrageous boy burlesque on primetime television. They team up with seasoned showgirl Paris, to present a brand new spectacular performance which will see it's world premiere at Feast 2012.'*

*'After a 6 year break, FRUIT will reunite for 2 shows only to pay homage to their dedicated Adelaide and Australian fans who supported them for over 12 years. This show will sell out so book now to ensure you don't miss the final performance of this much loved homegrown favourite!'* she concluded.

Born at Melbourne's Greyhound Hotel, a sell-out everywhere, Boylesque are fast becoming Australia's most sought after dance troop. As seen on Channel 10's dance show Everybody Dance Now, they are 10 of Melbourne's most talented male dances, including Adelaide's own Todd Patrick and Rhys Bobridge (recent runner up on So You Think You Can Dance and cast member of Adelaide produced The Fairies). They join showgirl icon Paris, who for some twenty plus years has been entertaining straight and gay audiences alike and was awarded the 2005 Rainbow Life Time Achievement award in recognition of her service to the gay community and to stage entertainment in general. Together they star in a larger than life extravaganza of dance, acrobatics, aerial expertise and cabaret - exclusive to Feast Festival.



**14-15 Nov. 9pm, 16-17 Nov 9.30pm,  
Feast Hub Precinct - The Ballroom - Light Square, Adelaide  
\$35 / \$32 Conc**

Adelaide band FRUIT boast an international career spanning more than a decade. Originally formed in 1995 by a chance meeting following a request for two groups of three to perform together at a local show in Adelaide, the six performers, who had all known each other from various bands they had been art of, decided to combine their talents into one band, which became known as Fruit.

Over the next 12 years, they worked to become one of Australia's hardest working independent bands (and one of Adelaide's real success stories), releasing 8 critically acclaimed albums, including Fruit 'Live at the Basement' which won the 2003 Best Live Album Award at the Australian Live Music Awards. After 12 years together and an astonishing 24 music accolades, FRUIT took a hiatus at the end of 2006, with a final sold out performance in Seattle – they never got to say thank you, in musical terms, to their hometown crowd in Adelaide...this will be rectified at FEAST 2012.

*'It will be a powerhouse. There will be a lot of raw emotion. Voices will soar, horns will blare and we won't finish until the power is pulled.'* Susie Keynes, FRUIT



FRUIT's infectious appeal lies in its dynamic live performance and exquisite use of seamless harmony. Sam Lohs, Susie Keynes and Mel Watson wield acoustic and electric guitars along with an arsenal of horns, backed up in style by the snap-lock brotherly groove of Yanya Boston on drums and Brian Ruiz on bass. Two shows only and you are invited.

**Sat 17 Nov. 3pm, Sun. 18 Nov. 7pm  
Feast Hub Precinct - The Ballroom - Light Square, Adelaide  
\$28 / \$25 Conc  
Tickets: FEASTIX Online: [www.feast.org.au](http://www.feast.org.au)  
Phone: +61 8 8463 0684  
In Person: Feast Office, Lion Arts Centre Courtyard,  
cnr Morphett Street & North Tce Email: [boxoffice@feast.org.au](mailto:boxoffice@feast.org.au)**



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# q accomm: PUNTHILL SOUTH YARRA GRAND - MELBOURNE

I was very fortunate on my 46th Birthday this year to have been invited by Arun at Punthill South Yarra Grand Apartment Hotel (at 7 Yarra Street, South Yarra) to celebrate it with an overnight stay. From the time of booking through to checking out the next day, the whole experience was superb.

Nestled (right next to South Yarra Train Station) in the recently developed area of Yarra Street and Clarendon Street, South Yarra, it is the perfect central location for visitors and locals needing a break alike. It offers convenient access to Richmond, St. Kilda Road, Chapel Street and the beautiful area of South Yarra. Even the city is only seven (7) minutes by train away.

Features of the property include twenty-four (24) hour reception, a Cafe, Gym, Spa, secure on-site parking and conference facilities. This, along with the beautifully decorated and modern, comfortable and clean rooms, my stay was flawless. Hidden in the bathroom is a washer/dryer for longer stays. The lounge area features both a table indoors and on the balcony, a kitchenette with cutlery, crockery, glassware, coffee facilities and refrigeration along with a television, computer and (of course) seating ample for all who may be staying in the room.

As you can see from the pictures, the rooms are truly spacious and luxurious with stunning views over the city and through to Port Phillip Bay. Even with those rooms facing the train station, the doors have been designed to block out all superfluous noise when closed.

With key-only access to the accommodation floors you are also guaranteed of privacy at all times.

The area also boasts a range of eateries, shops and restaurants.

Punthill Apartment Hotels operate various properties in both Melbourne and Sydney and go out of their way to make your stay pleasant in every way. In fact (at the time of writing this) they had an impressive portfolio of no less than eleven (11) properties in the Melbourne area alone.

For the LGBTI traveller or local, the staff are very friendly and non-judgemental. I HIGHLY recommend a stay - and often. You really will not be disappointed in any way shape or form.

For further information and bookings call 1300 731 299 or online at [www.punthill.com.au](http://www.punthill.com.au)



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# q drag: A CLASSIC DRAG BIRTHDAY

Drag has always been an integral part of St Kilda night life, be it Les Girls in the 70s or Pokeys in the 80s. Now the GH has taken over as its drag hub. For years people took the Greyhound for granted. It was that pub on the corner across the road from the St Kilda Town Hall, with loud bands most nights and drag shows on a Saturday.

Alan Mayberry looks at the evolution of the GH as it approaches its 17th birthday with its multi-million dollar facelift, and found its winning formula of the past 2 decades continues – great dance music, drinking and most notably a diverse and stunning array of drag performances.

A decade ago, Laurie Dunstan was the Greyhound's Saturday promoter. Laurie had spent years in the armed services and was a former Trade Union official. But entertaining drag shows was his love. He admits, 'When I took over, the Greyhound was at a low. We started at the bottom but gradually built it up. Our stage was 2 pellets with a piece of ply on top and our spotlight was a garden flood light. Pretty soon we were attracting 100s every Saturday.'

Laurie proudly boasts 'I always looked after the girls and the crowd loved them. I was responsible for bringing the Showbags to the stage, then Kerrie Le Gore's *All Stars* and finally Paris and the Classics.'

But in the early days it was the veteran Tootsie who stole the show. Making her debut at 61, she kept performing there for many years. Tootsie hosted *Social Identity* and went on to become a St Kilda icon with performers like Emerald Stone, Jamie Lee Skye and Tina Sparkles. For a few years around 1999, Jamie Lee staged *Dream Girls* with Linda Lamont, Anita Mann, Lois Mantis and Divanna Lorette, bringing big costumes and huge head dresses to the Greyhound stage.

Laurie is proud of the atmosphere and character the venue provided, different to any other, and filling the void left by Pokeys which had closed in the early 90s. He is chuffed at what he achieved. 'I'd created something that people liked and kept coming back to. The punters rewarded us by returning by the drove week after week. Looking after people was the key to our success. I loved the way people would sit cross legged on the beer-soaked carpet to watch the show in the early days. It had real character.'

Amanda Monroe, Jessica James and Linda Lamont were the original Showbags in 2001. Amanda Monroe, who was the marketing genius recalls, 'Crowd's went from 70 when we started to about double. Then we put the Showbags on and went to 400 a week over the next 2-3 months. Three shows later we went to a record crowd of 900. Linda was with us for 3 shows and then left to go travelling. Her replacement was Vivien St James. We were also staging shows like the *Red Curtain Trilogy* on a Wednesday night featuring Kitten Kaboodle.

When the Showbags finished their record-breaking 3-year run, they had risen the performance stakes dramatically. The Showbags had proved a triumph and moved to Pink in Inkerman Street. To fill the gap Kerrie Le Gore did a 14-week *All Stars* season that bought the cream of the drag world to the Greyhound stage. Week after week there were headliners like Debra Le Gae and Doreen Manganinini as guests, with Vivien St James staying behind as Le Gore's glamorous side kick.

The Classics, were formed in August 2003 to replace *Le Gore's All Stars*. Compere was Paris, with Vivien St James and Laura Gravity and later came Rita, Nova and finally Millie. Then the male dancers were added, first led by Simon Voules and Craig Fook, and later Mateo Snooks, Julian Ardley and Trent Harlow, with Paris binding it all together.

The Classics' strength is their focus on burlesque and theatrics – not just doing drag numbers. And *Boylesque* extends that even further. As Paris says, 'Audiences are much harder to please now, with arms folded, cynical looks, mobile phones and text messaging at the ready, all glaring at the stage:



"All right, entertain us – or else!" You'll never see us in a metre of disco sequin with shoestring straps and the same wig for the whole show. We owe our audience more, and they do appreciate the effort. We are theatrical drags and not female impersonators; theatre and not a dance troupe. If you know the way I dance, you'll understand!"

The GH has shown the cross over between legitimate theatre and the drag stage is just a whisker apart. And I don't mean the whiskers on Millie's back. Performers Like Ryan Stuart, Laura Gravity (Rod Waterworth), Julian Ardley, Danny Golding and Mike Snell are but a few who are seen in mainstream stage shows and TV.

Now we are into a new era under the watchful eye of Will and Karina. The sensational facilities provided with the building upgrade mean the sky is the limit. Fridays saw the birth of the *Friday Night Project* almost 3 years ago with Tabitha and Pussy drawing large crowds early in the night. Then came *Boylesque*, the brainchild of Paris and Todd Patrick, proving to be an overnight sensation with dancing skills equivalent to any seen at the Folies Bergère or the Lido in Paris.

The years have not been without sadness. Two of the GH's greatest stars are no longer with us. The loss of both a crushing blow to Paris, 'Vivien and Pussy were everything to me. We'd been working together long enough to qualify for an old-age pension. Life backstage will never be the same without their style and caustic wit. I've lost two soul mates who kept me up to scratch!"

Hopefully the Saturday night Classics will always be the Classics even though the cast is changing, as long as they keep churning out classics like *Macarthur Park* and *Raining Men!* **Long may they reign.**



## q orchestra: **COUNT BASIE**

The living embodiment of '30s and '40s swing, one of the most exuberant and irresistible sounds that ever shook the western world, the legendary Count Basie Orchestra will perform a strictly limited run of concert hall performances in October.

From Billie Holiday to Bing Crosby, Frank Sinatra to Nat King Cole, Sarah Vaughan to Ella Fitzgerald, the Count Basie Orchestra has provided the supremely distinctive sound and swing behind some of the greatest singers of the modern age. Current members include a solid core of musicians hired by Basie, including saxophonist John Williams, trombonist Clarence Banks and bassist James Leary, as well as former members of Glenn Miller, Benny Goodman and Lionel Hampton's ensembles. Special guest vocalist is the remarkable Carmen Bradford, who has performed with artists including Tony Bennett, James Brown, Wynton Marsalis, Frank Sinatra and George Benson. Count Basie heard Bradford sing in the early eighties and immediately hired her as vocalist for his Orchestra, a role she has continued to this day.



The tradition of excellence has continued beyond the Count's passing in 1984 to make the Orchestra a permanent fixture in Down Beat and Jazz Times polls throughout the '80s and '90s. The latest of a total 17 Grammy Awards was bestowed as recently as their Count Plays Duke album of '99. Simply put, the Count Basie Orchestra is the real deal, a who's who of swing spanning generations to maintain the flame of one of the world's best-loved sounds. For Australian audiences, this is a once-in-a-lifetime event, a truly elite jazz ensemble staged in some of our most prestigious venues. Don't miss these historic concerts.

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# q circus: NICA MADE TO FIT

National Institute of Circus Arts (NICA) presents *Made to Fit*

A new circus work featuring NICA's second-year artists

Opening on 12 September 2012, *Made to Fit* features NICA's exuberant second year artists in a theatrical contemporary circus performance that holds a mirror up to our expectations and desires to fit in.



*Made to Fit* features a cast of 27 second-year students mid way through their Bachelor of Circus Arts degree. The talented young artists go to great lengths to explore the boundaries of social norms while pushing their own physical boundaries in this new show. Their energetic flying, dancing, balancing, acrobatics and contortion will inspire audiences.

*Made to Fit* will be co-directed by Megan Jones and Meredith Kitchen. Jones is NICA's Head of Performance Studies as well as a renowned actor, teacher and director. Kitchen is NICA's dance teacher. As well as working as a teacher and choreographer Kitchen has performed with the Australian Dance Theatre, Dance North and more recently with the innovative French Compagnie Philippe Genty for twelve years.

Jones and Kitchen are collaborating as directors for the first time on *Made to Fit*. Jones says "audiences can expect to see a diverse range of individual circus skills and choice of apparatus as well as dynamic group acts by Australia's best physical performers-in-the-making."

*Made to Fit* is spectacular high-octane circus and is suitable for all ages. NICA is one of eight national arts training institutes and offers Australia's only Bachelor of Circus Arts. The course is accredited by Swinburne University of Technology and the institute is located at its Prahran campus. NICA graduates are employed in major circuses across Australia and internationally.

*Tickets are now on sale at [www.nica.com.au](http://www.nica.com.au)*

National Institute of Circus Arts (NICA) presents:  
**MADE TO FIT**

Directed by Megan Jones and Meredith Kitchen

12 - 22 September 2012  
NICA National Circus Centre  
41 Green Street, Prahran

Evenings: 12-15, 18-22 September, 7.30pm

Matinees: Thursday 20 September and Saturday 22 September, 1.30pm

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# q fitness: with CHRIS GREGORIOU

Are you an in the closet - eater?

Well, do any of the following statements describe you?

- You prefer to eat in private, where no-one else can see you.
- You eat healthy in front of others but then eat naughty things in private.
- You follow a healthy diet during the day, but do bad things to your body when the lights go down.
- You sneak delicious things secretly away and devour them away from others.

So, if you said yes to any of the above statements, we may well have a problem. You very much might be gay. Hmm, this "secret eating life" of yours could well be sabotaging any fitness goals too.

I would like to help you to get out of the (eating) closet.

Before we dive into this serious topic, it's important to look at yourself from a place of love and respect. Regardless of your sexual preference, let's keep this simple and focus on what you are putting into your mouth - in relation to food.

I suggest you use the following 4 steps to help manage your closet eating:

### Step #1: Learn Your Triggers

Take note about your feelings before, during and after an episode of closet eating. What caused you to closet eat? Was it stress, depression, boredom?

### Step #2: Become Aware Of Your Calorie Intake

Do you seriously believe that because no one sees you eat food, it doesn't count? When we don't really know how many calories we are consuming, it's way too easy to blow out. Obtaining a simple total of your daily calorie intake is very easy thing to do.

Check out 'My Fitness Pal' for or another online/smartphone calorie counter to get a handle on what you really get up when you misbehave.

### Step #3: Keep Healthy Snacks Nearby

It's all about convenience. So when you're not near your dark closet and you have the urge to do something naughty, having healthy snacks at arms reach is sensible. This is one way to ensure you behave yourself when you feel the naughties.

Snacking often to keep you from feeling hungry to avoid miss behaving is a great habit to get into.

### Step #4: Exercise At Least Twice A Week

How can exercising keep you out of the closet? Well there are several reasons. When you are actively working towards a goal and are supported, you'll be less likely to misbehave and your focus can shift from a dark closet sized lifestyle to a bright light filled sky's the limit one. Not to mention a shift of endorphins, often referred to as happy emotions that can help you feel better and more energised.

*So don't be a closet eater all your life. Get out of the closet for spring and in time for summer. Contact me if you require any support on this at [www.metrobodyfitness.com.au](http://www.metrobodyfitness.com.au)*



Got a question  
about HIV or  
sexual health?

# q comedy: **LISA SKYE**

Direct from a critically acclaimed 2012 Comedy Festival season, Lisa-Skye is back, with her metronome, some hilarious stories and disturbing ideas...Songs My Parents Taught Me is no departure from Lisa-Skye's unique storytelling and her ability to engage, shock, arouse and delight remains ever-present.

Songs My Parents Taught Me is a story of sex, drugs, and Roxy Music.

Melbourne 1976: Bunny & Mad-dog meet at a disco – he is a mechanic with an army of followers and she a beautiful girl from the underbelly.

Melbourne 2012: Lisa-Skye ruins dinner parties with terrifying anecdotes she mistakenly thinks are 'charming'. But are 2012's pleasures different from 1976's? Is anything?

This is a story of love, drugs and 70s counterculture. It is a journey through lust and adventures from an age past to a fascinating glimpse into the iconic era that was the 90s, delivered in Lisa's very 2012 way. She blows the whistle on what babyboomers really got up to, but doesn't spare her fellow Gen X and Yers from the same scrutiny...

Lisa-Skye is excited to have on board Technical Manager and Head Lisa Wrangler, Chris Goodes (Winner ASSG Award for Best Achievement in Sound for Film Sound Design, 'House of Flying Daggers', Golden Reel Award for Best Sound Editing 'The Flowers of War')

*70s drug culture, 90s childhood, contemporary indulgences,  
told by 'a striking, original voice in comedy' - Australian Stage*

This is a must-see show for Melbourne Fringe 2012. If you haven't seen Lisa-Skye yet, she has to be on your list, even if it's the only show you see this year.

**Wednesday - Sunday 26/9 to 13/10  
7.30pm (55 minutes)**

**Gertrude's Brown Couch, 30 Gertrude Street Fitzroy  
\$14-\$21, from the Fringe Box office/website**

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# q people: with MARC J PORTER



Anthony Romero began appearing in porn a couple of years ago. Being in a relationship with fellow porn star Austin Wilde gained him more attention. Anthony kindly agreed to chat to Q Magazine.

**Did you wake up one day and decide to try porn or was it a slow progression, and if so, tell us how it happened?**

I don't believe anyone wakes up one day and decides to do porn; also, you don't really know what you're getting into when you decide to do porn - sometimes it's a one-time thing, and sometimes you're a hit, and everyone wants to work with you. That was what happened to me. I was recruited by my now boyfriend in January 2011. He and I connected and began chatting a bit a few months before that. He brought up the idea of me doing porn, and I turned him down. I didn't want to do porn at all. I eventually gave

into the idea a few months later (after weighing the pros and cons), and here I am now. I figured my pros list outweighed the cons.

**Currently which studios are you working for and what new scenes are coming up?**

I am working for CockyBoys, and while I'm an exclusive for them I'm working on a new studio - GuysInSweatpants.com - with my boyfriend, Austin Wilde. We recently had a scene release with Pierre Fitch; I have a new scene with Gabriel Clark coming out. Austin and I also have a mini-documentary-of-sorts coming out, complete with a passionate, fantastic sex scene and some behind-the-scenes shenanigans.

**Do you think it takes a certain type of person to appear in porn?**

I believe anyone can do porn. That being said, not everyone *should* do porn. I know there's a market for everyone, so when it comes to looks no, it doesn't take a certain type of person. However, when it comes to handling and managing your career within this industry, you have to be patient, thick-skinned, tenacious, attractive, hard working, etc. Anyone and everyone *could* do porn, but to last more than a year you have to be more than just anyone.

**Are you presently involved with anyone special? If so, tell us about them?**

I'm currently courting Austin Wilde. He and I have been "going steady" for over a year-and-a-half.

**Have you been recognised out and about as yet?**

Yes, I have. It doesn't happen every day or anything, but it happens a lot during gay events - pride, club events, etc.

**Where do you want porn to take you?**

I have no clue. I don't have a Five Year Plan or anything. I just want to do what makes me happy for the rest of my life - no point in doing anything that makes me miserable.

**How does it feel knowing people all the way over in Australia get off to your work?**

I hope it feels as good for them as it feels for me.

**Are there any down sides to porn you have seen so far?**

The fact that you're completely naked, thumping on camera for anyone to see means you are just an object to some people. It doesn't matter if you have a university degree, a good job, or a great personality; you're "just a porn star," and people use that pejoratively. People also think they can be particularly vicious and say whatever they want about you, but that might just be a product of being an anonymous internet troll. Also: bad performers. When you watch a scene you don't really understand or know what happened when the camera wasn't rolling, but quite often I get an awful or inexperienced scene partner and I have to try and pretend I'm enjoying the sex.

**Have you ever visited Australia? If not, why don't you come do some appearances?**

I haven't visited Australia before, but I would LOVE to come. Get one of your clubs to fly me out for an appearance or event!

I'm sure I'd love the Aussie boys, and I'm sure they'd love me.



# q win: WELCOME TO SPRING



## Paco Rabanne

Paco Rabanne introduces 1 MILLION King Size Shower Gel: intense 1 MILLION luxury for him.

The new 1 MILLION King size 600ml shower gel is an invitation to plunge into the perfumed world of 1 MILLION without holding back.

An excessive object of desire in true MILLION style, the giant gold ingot embellishes this oversized treasure for a million-dollar, luxurious feel in the shower.

Addiction is inevitable, the sensual gel texture gives way to a foam perfumed with the fresh, spicy and leathery scents of the 1 MILLION fragrance. The pump dispenser offers a simple and practical application step in the shower or bath.

1 MILLION King Size Shower Gel 600 ml RRP \$98.00

We have one (1) bottle of Paco Rabanne 1 Million King Size Shower Gel to give away this month. Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **Paco Rabanne** in the subject line to see if you are the winner.

## Dreamtupbeds

Dreamt Up - a place where dreams and reality cross over. At Dreamt Up, they strongly believe that there is a furniture designer in all of us.

They don't like to tell their clients what they want – sure, they'll guide you and help with the design and production in any way they can, but ultimately? They GET that you know what you want.

With Dreamtupbeds, YOU are the production and design manager. You

know the space the piece of furniture will live in – you probably designed the room, and YOU therefore, through them, can create anything you want. There are virtually no limits. No matter how out there an idea might seem, or how left of centre – they genuinely want to hear about it – and odds are, they'll be just as enthusiastic about it all as you are.

It's all possible in 4 easy steps...

Step 1 - You have an idea... A picture in your mind of what you want...

Step 2 - Call 'Dreamt Up' on 0409 358 123 and tell them all about it.

Step 3 - Liaise with them on the design and specifics of your piece.

Step 4 - Wait for their personal design to be created and wait for it to be delivered.

For more go to [www.dreamtupbeds.com.au](http://www.dreamtupbeds.com.au)

## THIS IS THE BIGGEST GIVEAWAY WE HAVE EVER DONE IN Q MAGAZINE.

We have one Dreamtupbed to give away - valued at approximately \$3000. What you need to do is send your design idea to [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **Dreamtupbeds Competition** in the subject line OR even just fax a hand-drawn idea through to Q Magazine (03 95271669) and Paul from Dreamtupbeds will judge the best design. This competition will run from now through to the end of October - with your personally designed bed being delivered in time for Christmas.

Winner's name published in November 2012 edition of Q Magazine. This competition is open to Australian residents only.

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



# q scene: OUT & ABOUT



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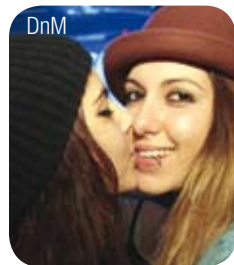
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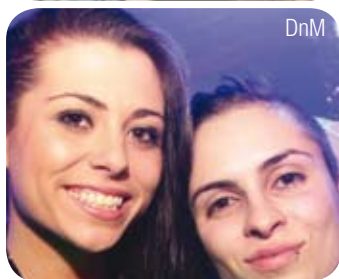
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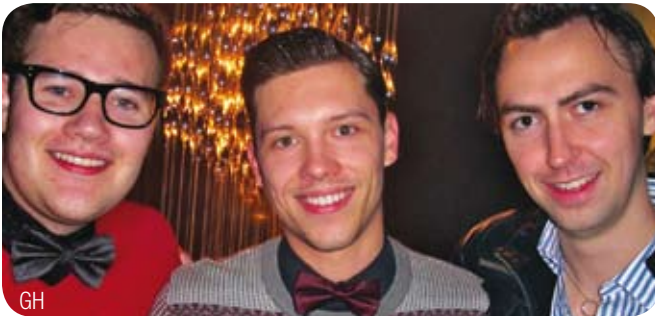


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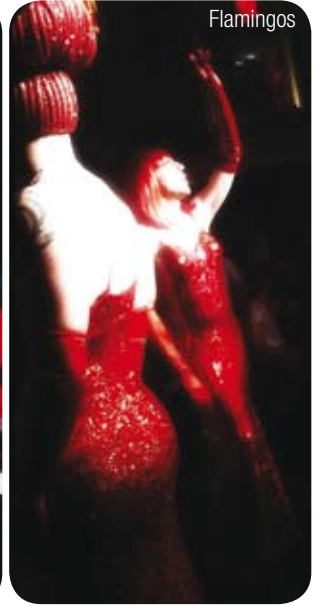


Scenes from a Gay marriage

### John Kichi

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# q scene: OUT & ABOUT



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Look for our logo to discover businesses that truly welcome us with open arms in all four corners of the globe.

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A welcoming world awaits at  
[www.lgbt.travel](http://www.lgbt.travel)



# q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



**Don't do as I do, do as I say**

**"Three rashers, three sausages, two eggs, black pudding twice, fried bread twice and no tomatoes," boomed the voice in front of me in the queue. "Oh, and two rounds of toast and a large mug of coffee."**

"Beans?" responded the unsmiling automaton in the white overall, a woman with no facial expression whatsoever. "Goodness no, I'll have wind all day if I do," came the reply.

Wind is the least of your worries, I thought, as I watched the layers of cholesterol being piled onto a very large plate. I like a cooked breakfast as much as the next person (albeit the vegetarian variety) when I am on holiday, but I know enough about healthy eating to ensure that for most of the year, fresh fruit and muesli is the healthiest way to start my day at home.

"Yes?" snapped the automaton, looking vaguely in my direction. "Do you have any fresh fruit, apples or bananas maybe?" I enquired hopefully. "Bananas, no, but you may find some apples in the basket by the till. They may be a bit old though, there's not a lot of call for them in here. I may have got some tinned fruit in the back."

I turned and looked at the two forlorn apples in the basket by the till and decided to give them a miss.

"No, I'll leave that. Just two slices of toast please."

"Do you want them spreading?"

After having seen the thick layer of butter spread upon the previous customer's toast, I declined.

"Do you have some vegetable margarine?"

"Over by the till, but that costs extra."

"Just the toast then, please. No butter."



Whilst I was waiting for the toast, I attempted some conversation. I was curious to know the reasoning behind the massively unhealthy diet being served in the hospital's canteen for visitors. As with so many hospital facilities in the UK nowadays, the hospital restaurant had been privatised, and I was amused to see it being run by the same company that is involved in school inspections, as well as refuse collections in the UK.

The hospital restaurant was in one of the UK's large city hospitals and I had been visiting an elderly relative in its care. As is often the case with sick, elderly patients, they can only cope with short visits and so I decided to take a short coffee break before returning to the ward.

"Don't you think it is a little strange that you are serving such unhealthy food in a hospital restaurant?"

"I just does what I'm told. They decides what's to be served," was the snapped response, although now, at least, the face showed some expression and feeling, which was an encouraging development. "Yes, I can see that, and I'm not blaming you," I protested, "but you are killing your customers. Maybe your previous customer could have been offered a healthier alternative? Surely it's a good opportunity to encourage visitors to consider healthy eating when they visit patients. Maybe some fruit? With a diet like that he'll soon be in here as a patient."

The woman snorted. "He's no visitor," she laughed. "He has that for breakfast most days, and he's a doctor here!"

I ate my toast slowly, with a mixture of disbelief, anger and amusement, but wondering if my elderly relative was receiving the most enlightened care in that hospital after all.

*If you enjoyed this article, take a look at Barrie's websites: [www.bariimahoney.com](http://www.bariimahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his latest book, 'Threads and Threats' (ISBN: 9781843866466)*

# Gaylord Blade

Young, Gay & Hot-to-trot

Hey mate, didn't I just explain I do NOT date older blokes!



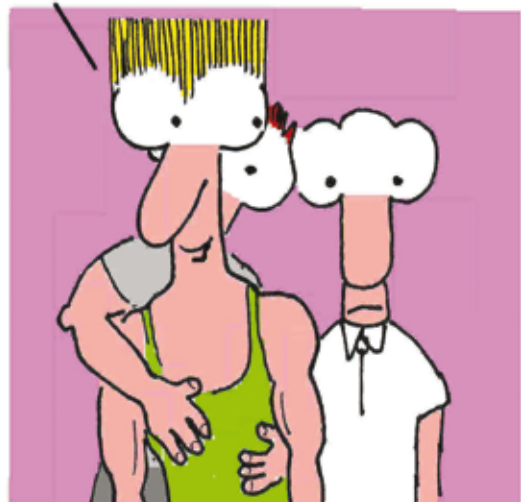
No? Even if my bank account exceeds my age by more than 30 million Aussies ?



*If I ever could be bought, THAT would be the price! I'd better set some ground rules right off for any future negotiations ....*



okay, spot me 50 dollars to buy drinks for the hunk-o-spunk on my back and we'll talk .... soon





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## So You Think You Can Drag Tasmania

Friday 7th Sept, Friday 14th Sept & Friday 21st Sept  
Hosted by Justin Cider, Special Guests, DANNY MORGANO (2011 Winner),  
FLAME DQ, Lady Midnight & Bebe Sparkle.  
DJs HAYDO & MISTAL

## Friday 21st September

So You Think You Can Drag Tasmania Grand Finale Spectacular  
Featuring Special Guest Hostess DESTINY FORBIDDEN (DnM bar&nightclub)  
The Winner & Finalists of Destiny's Drag Race: ART SIMONE, GLITZY MINGE, JESSE DEAN & STORM ECLIPSE

## Saturday 29th September

GAGALICIOUS!  
Lady Gaga inspired costume party!  
Featuring Polly Filla (Melb) and the FLAMINGOS DANCERS  
DJ Haydo & Mistal  
Prizes for Best Dressed, Drink Specials & More!

**!\*UNCLUT FRIDAYS\*!**

Shows | Drink Specials & More | Free Entry before 11pm



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