



AUGUST 2018

Q MAGAZINE

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World  
Lifestyle  
Community

featuring  
SOUTH AFRICA'S "THE FALL"  
powerful documentary political theatre

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## q comment:

Debut novel 'Antidote to a Curse'  
from author James Cristina,  
extract won the  
City of Melbourne Lord Mayor's  
Creative Writing Prize in 2013

Antidote of a Curse  
(Transit Lounge Publishing \$29.99)



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Brett Hayhoe t/a Q Magazine  
ABN 21 631 209 230

It's the 90s. Silvio Portelli returns to Melbourne after time spent teaching in England and rents a room from the charismatic octogenarian, Nancy Triganza.

Nancy is having an elaborate aviary constructed to indulge her passion for birds.

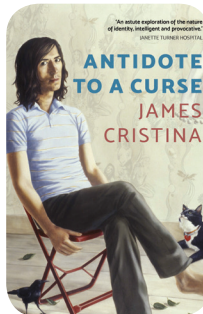
At a city sex shop, Silvio meets the mysterious Zlatko, a Bosnian immigrant and, in a previous life, a collector of rare birds. Silvio becomes obsessed with Zlatko, and his own journal and dreams begin to mirror Zlatko's past, and in time the reality of what happened in Bosnia.

Such revelations are counterpointed by Silvio's own tense wait to learn the results of his tests for HIV.

Bold in design, Antidote to a Curse is a story in which the hunter becomes the hunted, the writer the subject, and vice versa. Cristina lovingly captures Stalactites cafe where Zlatko and Silvio often meet, and a city enmeshed with Europe, both physically and in spirit.

Rich with images and allusions yet grounded in the everyday, Antidote to a Curse is a startling debut from Melbourne author James Cristina.

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# q feature: **THE FALL**

Arts Centre Melbourne presents the Baxter Theatre Centre at the University of Cape Town  
**THE FALL**

A powerful piece of documentary political theatre

Following a critically acclaimed season at the 2017 Edinburgh Festival Fringe, having received two top awards and multiple five-star reviews, South African theatre production *The Fall* will make its Australian debut in the Fairfax Theatre for six shows only as part of Arts Centre Melbourne's Big World, Up Close series. This stunning piece of documentary political theatre is led by a powerhouse young ensemble who connect to their audience through story-telling and song.

Rising from the #RhodesMustFall movement, this collaborative piece of theatre emerges from the heart of South Africa, written and performed by an ensemble of seven students who were involved in the uprising. Race, class, gender, sexism, colonialism and ideologies of patriarchy – core to global conversations and interventions today - are recounted in personal experiences and tackled head-on, seeking to unpack discrimination in all its forms.

In April 2015, a student revolution at the University of Cape Town rocked South Africa and made waves around the world. The movement successfully sought to bring down the statue of colonialist Cecil Rhodes, situated at the foot of the university's famous Jameson Steps, in protest of the white, Euro-centric cultural experience which dominated South African student life. The campaign for the statue's removal led to a wider movement to decolonise education across South Africa, garnering global attention.

When the statue of Cecil John Rhodes was dismantled, seven postgraduate students wrote *The Fall*. It took South Africa by storm during the #RhodesMustFall, #FeesMustFall and subsequent student movements' demonstrations in 2015. Seeking to unpack discrimination in all its forms, the play does not offer solutions to the questions raised by the movements which inspired it, but hopes to create and nurture dialogue. *The Fall* adds its voice to the national and worldwide debate and youth-led revolutions against injustices, inequality in education, cultural representation and many other contemporary conflicts.

*The Fall* explores decolonization, institutional racism, privilege, systemic oppression, identity, gender and the power of protest.

*The Fall* is part of Big World, Up Close - a powerhouse performance series showcasing the most compelling new works from across the globe. Tapping into urgent energies from Africa to the Middle East and Australia's own shores, each piece in the series reveals profound and personal stories told by vital voices in music and theatre. Launched in 2017, Arts Centre Melbourne's contemporary winter performance series features works that are created by artists from diverse backgrounds that promote conversations around pressing cultural and political issues. In addition to *The Fall*, the Big World, Up Close program features TAHA, the award-winning lyrical story of the life of Palestinian poet Taha Muhammad Ali and *Native Tongue* by Mojo Juju, a musician of Indigenous Australian and Filipino heritage.



Arts Centre Melbourne presents The Baxter Theatre Centre at the University of Cape Town **The Fall**  
Arts Centre Melbourne, Fairfax Theatre

Tuesday 28 August- Saturday 1 September, 7:30pm Sunday 2 September, 5pm

Bookings: <https://www.artscentremelbourne.com.au> and 1300 182 183



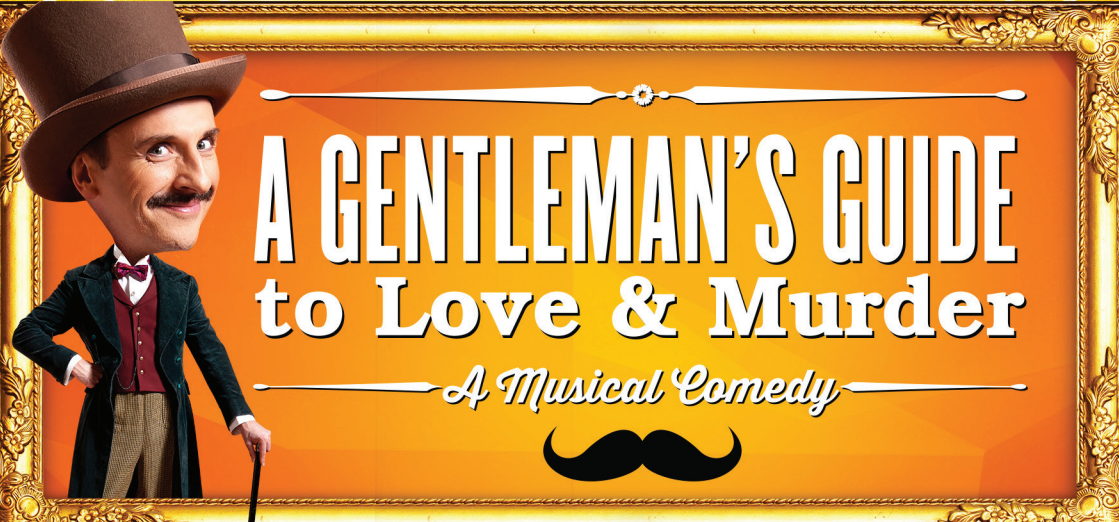
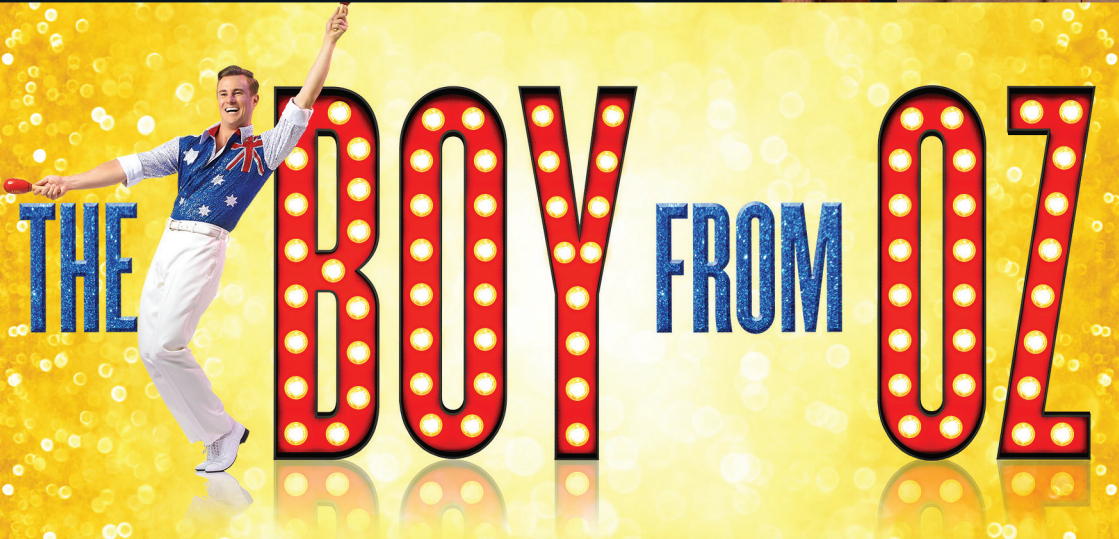
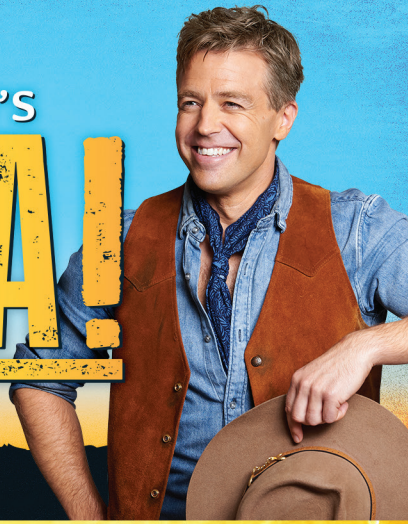


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## A GENTLEMAN'S GUIDE to Love & Murder

*A Musical Comedy*

# q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

*Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels and books for expats.*



## There's No Such Thing as a Free Lunch

I winced when I read an account of a recent Garden Party hosted by the British Ambassador to Spain at his residence in Madrid in honour of the Queen's birthday. The party was sponsored by a health insurer, an oil company, several banks, an accountancy firm and a communications company to name just a few. Products consumed at the party were supplied by a maker of pink gin, an ice cream manufacturer, a health insurer, an oil company, a restaurant chain, a producer of tonic water, fish from a Northern Ireland cooperative, a meat processor and a brewery. It made me wonder if the British Government (the taxpayer) had actually paid for anything; some will say that this is the point.

We are told that times are hard and the effects of the recession are still with us, but have you noticed that there always seems to be enough money around for those prestige projects? Then, of course, there is that "Brexit dividend" that we all keep hearing about; surely that would have easily have paid for a glass of cava and a cucumber sandwich without going 'cap in hand' to a range of British and Spanish businesses? Yes, I am fully aware of the argument that such events "showcase British drive and ingenuity" at a time when the UK needs to demonstrate to the world that, despite Brexit, it is still open for business, but is this really the way to do it?

I am concerned about the growing sponsorship deals by commercial companies intruding into what should be the business of the state. Surely, we all know that there is no such thing as a free lunch. Everything comes with a price tag and purpose, albeit often hidden. By accepting sponsorship of such events there is an assumption that the products and services provided by a company are endorsed and recommended by government and its agencies at the expense of others, which should not be the case.

Many years ago, I worked briefly as a civil servant, and it was always made very clear that any interaction between the government and the commercial sector should be at arm's length to avoid being seen as bias in favour of one company at the expense of another. Over the years, we have seen considerable erosion of such lofty principles, with blurring and, indeed, merging of commercial and government business.

A few days ago, the British Consulate asked if I could help to publicise an event for expats on the island. Ostensibly, it was to be about Brexit, which I am sure would be very helpful for those expats who have not yet left the island in a bid to escape the summer heat. It was only when I checked on Facebook, that I noticed that it was to be sponsored by a currency exchange company, albeit with a free drink and tapas. I realised that, once again, such sponsorship is potentially more about promoting the commercial activities of a business, rather than unbiased information for expats. I am aware of similar events for expats sponsored by a group of financial advisors; there is probably a chain of fish and chip restaurants and an online bookies already lined up to sponsor future events.

By allowing a private company to advertise and promote an event under the auspices of the British Consul, there is an implication that the UK Government endorses their services. The currency exchange company is probably staffed by perfectly splendid and honourable people with lofty company ideals, although I note that their exchange rates are nowhere near as advantageous as those that I currently get from two rival companies, who I guess were not asked to sponsor this event. As they say, there is no such thing as free tapas, which is probably the reason why their exchange rate is not as good as it could be.

No doubt my cynicism will be rewarded with a sharp exchange of views justifying commercial sponsorship of the event on the grounds of the shrinking size of Foreign Office coffers. Despite this, I know that I am not alone in being concerned about the blurring of commercial interests and the public good. I can only imagine what my superiors in the civil service department that I worked for would have to say about that.

I have considerable admiration for the work of the Foreign Office, its embassies and consulates in its protection, advice and support for UK travellers, businesses and expats around the world. Much of its professionalism has been based upon impartiality, and an insistence upon being seen to do the right thing. Might I suggest a move away from freebies provided by commercial companies and instead to continue to focus with integrity upon providing unbiased advice and support to UK citizens and businesses during this disturbing period of Brexit fudge. The implied endorsement of a particular commercial activity is not the business of government and is certainly not the business of the Foreign Office and its consular services.

*If you enjoyed this article, take a look at my websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read my latest book, 'Living in Spain and the Canary Islands' (ISBN: 9780995602724). Available in paperback, as well as Kindle editions. Join me on Facebook: [www.facebook.com/barrie.mahoney](http://www.facebook.com/barrie.mahoney)*



# q cuisine: with ALESSANDRO RUSSO

## Tunafish Balls

The tuna meatloaf is a complete and fresh dish, perfect for the summer: discover how to make it fast and easy.

### INGREDIENTS

200 g tuna in oil grana padano 2 eggs apple vinegar olive oil salt pepper

Duration: 25 min Level: Easy Dose: 4 people



To make the tuna meatloaf, drain the tuna well, then place it in the electric chopper and quickly reduce it to a very fine puree. Mix 2 tablespoons of grated cheese and the two whole eggs.

Roll out the dough on a sheet of aluminum or baking paper, give it the shape of a salametto, close it and tie it with some kitchen twine so that the casing does not open during cooking. Put it to cook in a pot of boiling water for 15'; drain it and let it cool.

Emulsify 2 tablespoons of vinegar with 4 tablespoons of olive oil, pour dropwise. Add also a pinch of salt and a pepper mill.

Serve the cold meatloaf, sliced and placed on a bed of salads, accompanying it with the seasoning prepared.



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# q festival: DOGAPALOOZA

“Every so often there comes a festival so important, so completely and utterly genre defining that it changes the face of pop culture as we know it. Woodstock, Coachella, Glastonbury and last year Melbourne’s first Dogapalooza.”  
- (Tone Deaf)



After a sold out festival last year, Melbourne’s Coachella for dogs is back for 2018. Sunday 11th November 2018, Oscar’s Law & One Little Indian Enterprises present Dogapalooza!

Lay about with every friendly doggo in Melbourne whilst sampling Melbourne’s finest artists, food trucks, and beer purveyors Moon Dog Brewery. Featuring standout folk/down tempo beat smith, Hayden Calnin.

“His yearning vocals are very much in the Bon Iver mould amid the subtle meeting of folk and electronica. ....”  
Indie Shuffle  
PLUS DJ Lorde Florence Fleetwood

All proceeds directly benefit: Oscar’s Law, Puppy Tails, Melbourne Animal Rescue, Greyhound Rescue Victoria, Stafford Rescue, (along with Dogapalooza’s non-doggo beneficiaries - The Orangutan Project, ISCP, SFR, Wildwood Shelter, Andara Wildlife Sanctuary and Little Wild Sanctuary).



Sunday 11th November 2018  
11.00am - 5.00pm  
Burnley Park, Richmond  
Tickets on sale Aug 6, 2018  
Early Dog \$25.00 +bf Early VIP \$50.00 + bf 50 ONLY

For more information go to : [www.facebook.com/DogapaloozaMelbourne](http://www.facebook.com/DogapaloozaMelbourne)

# Corinna

one of the last wilderness frontiers on the planet

**Corinna is an historic and remote settlement on the banks of a primitive river, that unlocks the secrets of the pristine Tarkine rainforest and the wild west coast.**

A warm welcome, cosy wilderness retreats and great local food enhance the experience at one of the most inspiring places on earth.

**Corinna is home of the Pieman River Cruise on the Arcadia.**



## the wilderness experience

### Experience

An old gold mining town, Corinna has recently been transformed into a globally significant nature based visitor experience.

Nestled in pristine rainforest on the banks of the majestic Pieman River, this ancient setting shows a world beyond human memory. Corinna is an accessible starting point for visitors to connect with this remote wilderness, and experience nature in the raw.

Corinna's rich history spans the Tarkiner people, dating back 30,000 years, to the more recent pioneers and miners. A visit to Corinna allows guests to escape from the everyday, and to become immersed in a unique wilderness experience.

### Explore

Access to the pristine wilderness can be made by kayaks on the Pieman and its tributaries, by foot on one of the many remarkable walks, or by river cruise.

Options range from short board walks to more challenging walks through primary rainforest. The amazing Lover's Falls has recently been made accessible with a board walk and viewing platform.

The Corinna to Pieman Head river cruise on the legendary Arcadia II is often described as the best river cruise in Tasmania. It provides an intimate connection with the rainforest and it's mirrored reflections and an experience of the wild west coast.

Trip Advisor

### Enjoy

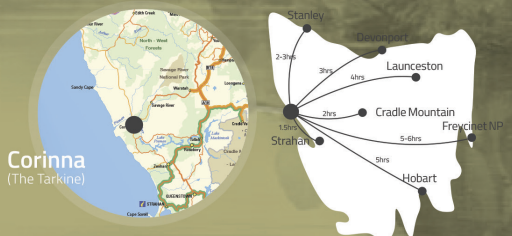
After exploring the wilderness, the Tarkine Hotel is the perfect place to unwind with a drink on the verandah, or by the fire.

The Tannin restaurant offers a range of delicious daily lunches and dinners using local Tasmanian produce. Guests can also cook in their retreats or on barbeques provided in the old produce store. Along with some provisions we also supply comprehensive barbeque and breakfast packs that are available on site.

### Retreat

Relax and unwind in cosy one or two bedroom eco-friendly retreats, original miners cottages, the old guest house or riverside campsites are available. Curl up by fireplaces in each room, sink into comfortable beds, cook up a storm or simply watch the local quolls and wallabies from your verandah.

Corinna lies north of Strahan and west of Cradle Mountain. It is accessible from the north via Waratah, or from the south via Zeehan or Roseberry, by crossing the Pieman on the unique 'Fatman' barge.



**Perfect venue for weddings - Bookings for eco-retreats and cruises can be made directly**

www.corinna.com.au P: 03 6446 1170 E: sales@corinna.com.au f @CorinnaWildernessExperience2018

# q life: with GABRIEL TABASCO

## Full Monty Wannabe

Soon after graduation I got a job in a consultancy firm, which involved a lot of travel. I enjoyed my job but I became bored during the long evenings in hotel rooms while travelling. All the men on Grindr started to sound the same. Not all places I went to had gay bars. After a long day at work I wanted an adrenaline kick.

Following on from my oil wrestling adventure in a Manchester gay club (see Q Magazine, July 2018) I found that I quite liked performing. I was comfortable being naked and I enjoyed interacting with people. If I was good at dealing with egotistical CEOs over business strategy, surely I could deal with anyone. Right? Well...

I was in Hong Kong for work. After what was the world's dreariest meeting, I returned to my hotel room and bored I uploaded some photos and posted an advert as a stripper online. I never expected any interests but after some back and forth with indecisive men, I had a couple of bookings. I made an appointment for the next day with Ron, an IT consultant from Delhi, and his friend Harry from Guangzhou.

The following evening, with my heart racing, I stood outside Ron's apartment. Since becoming a stripper was an impromptu decision, I did not have a stripper costume to undress out of so I wore my work suit and marketed myself as a 'sexy businessman'.

Like me, Ron and Harry, were also wearing their suits as both were returning from work. Ron carried a six-pack of beer. 'To enjoy during the spectacle' Ron said with a smile and led me into his apartment.

'Do you want to chat or... maybe...' I began, more for my benefit than theirs.

'No. It's fine. You can begin' said Ron as he and Harry sat down on the couch and popped open their beers. I freshened up in the bathroom, went into the living room, pressed play and began my half-improvised routine.

I was unsure how long a strip show should last. I estimated 20 minutes and put together a playlist, beginning with a high-energy song like LMFAO's 'Face Down, Ass Up' before moving onto a pop song, where I could thrust and gyrate, then ending with a mellow song like Jill Scott's 'Getting in the Way'.

Since I never stripped before I was not as confident as I wanted to be and kicked myself for not having a shot of whiskey to relax. But as I peeled off my suit, my confidence along with my erection grew. I danced passably and twerked badly. When I was down to my briefs, I told the boys to rub baby oil all over me.

They quickly finished their first beer and were onto the second by the time I was down to a neon-green thong, that I had bought as a sex shop that morning. Through my legs, as I was bending over, I spotted Harry's reaction. With a smile, he nudged Ron's who winked and smiled at his friend before toasting with their beer bottles. Dancing practically naked was an oddly empowering feeling. I led Harry off the sofa, sat him on the floor and did press-ups over him. I followed the same routine with Ron, allowing him to remove my thong with his teeth. By the time Jill Scott's mellow voice came on I asked them to rub more baby oil over me. They rubbed me everywhere the right way and just before the 20 minutes were up, the show ended with a bang. Mine.

I kept in touch with Ron and when I travelled to Delhi I called him for recommendations. He informed me I could stay in a gay-only boutique hotel. Dev, the hotel owner, having been told I stripped for Ron, agreed to offer me a lower rate if I put on a show one night. Being of the mindset 'make it until you fake it' I agreed.





I spent the day exploring Delhi before I returned to the hotel for the show. As the hotel had six rooms I assumed there would be only a handful of guests so I was shocked to see there were at least a dozen people there. At that moment I would have paid Dev double my rate not to perform! But not only had Dev charged the party-goers some of them had travelled to Delhi for this. ('I'm really not that special', I wanted to say.) But the show must go on... even a semi-choreographed strip show by a Full Monty Wannabe. (And no. That's not my stripper name.)

Before my set began I did a shot of vodka. Then another. I went into the guest area where I was greeted by smiles and cheers. I kicked off the act with Usher's 'Bad Girl'. But man, were they an impatient audience! Some of them kept chanting 'off! Off! Off!'

Different members of the audience behaved differently. Some were more forthcoming while others wanted to enjoy it from afar. I quickly got to discern who was more comfortable to be included in the more interactive elements of the show, such as rubbing lotion on me.

Not sure of what type of demographic the audience would be, Dev was not explicit on whether the crowd wanted nudity or not, but he certainly did not want a big bang at the end of the act. ('The floors are carpeted, you see' he explained.)

And so for my final act, I chose a cute man named Sahel to sit on a chair as I slowly moved around him in my neon-green thongs. He rubbed some lotion on me (careful! The carpets!) before he slowly slipping the thongs off me. With my back to the audience I let him have a look and a quick feel of my cock. Dev shouldn't have been concerned; most of the audience was peering towards me hoping to get a better look. So I indulged them for a while. Once it was over I took a bow and put on some shorts where I remained chatting to the guests.

The following day my friend Andrea called and I told him what I was up to.

'So... you worked in a gay bar, did nude oil wrestling, then you became a stripper? All the while working as a business consultant.

You've done it all!' he said incredulously.

'Yeah... but so what? Other than my real job, it's not like I can put it on my LinkedIn profile, is it?'



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T H E M U S I C A L

International critics have hailed it as 'a story that touches our hearts' 'MAGNIFICENT', 'BREATHTAKING' and 'FASCINATING'.

The powerful and uplifting Madiba the Musical is a soul-stirring celebration of the visionary leader Nelson Mandela.

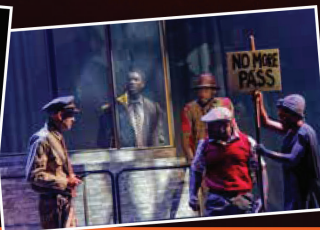
The epic show pays tribute to the charismatic icon and activist whilst exploring the struggles, racial conflicts and divisions behind his unyielding crusade for reconciliation in South Africa.

The show about destiny and desire springs to life with vigour and heart, and looks to forgiveness beyond the hate.

It is a story of forbearance, passion and hope in the fight for a brand new world of modernity and freedom.

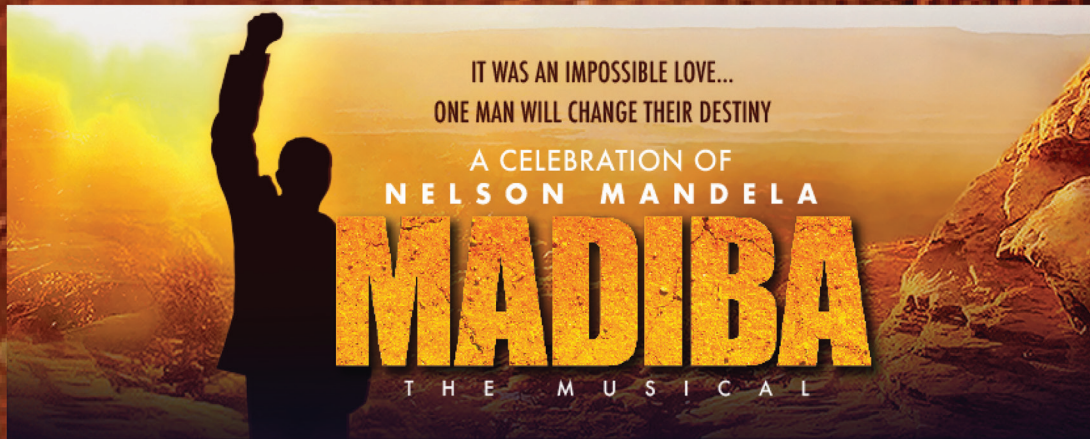
With its pulsating African dance, strident and haunting drama, stunning visuals and inspiring songs, Madiba the Musical is a unique theatrical experience to lift our spirits.

**"THE BEST SHOW ABOUT MY GRANDFATHER"** – Ndaba Mandela, Paris Match (Nelson Mandela's Grandson)



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MADIBAMUSICAL.COM.AU





## Performance Schedule

### **Melbourne | Comedy Theatre**

Thursday 4 October (Opening Night)  
to Sunday 28 October 2018

### **Sydney | State Theatre**

Thursday 1 November (Opening Night)  
to Sunday 18 November 2018

### **Canberra | Canberra Theatre**

Thursday 22 November (Opening Night)  
to Sunday 25 November 2018

### **Perth | Crown Theatre**

Wednesday 2 January (Opening Night)  
to Sunday 13 January 2019

### **Adelaide | AEC Theatre**

Thursday 17 January (Opening Night)  
to Sunday 20 January 2019

### **Auckland | Bruce Mason Theatre**

Thursday 24 January (Opening Night)  
to Sunday 3 February 2019

### **Wellington | Opera House**

Thursday 7 February (Opening Night)  
to Sunday 10 February 2019

### **Christchurch | Isaac Theatre Royal**

Thursday 14 February (Opening Night)  
to Sunday 17 February 2019



# q wealth: THE RIGHT MINDSET

**Why having the right mindset is critical to your success.**

**When we start to talk about the mindset of success and the psychology of achievement some people will get super excited and others will zone out and want to run a million miles.**

**Let me explain why.**

Before I do, I'm going to put my hand up here and say I was one of those rare eggs who actually enjoyed mathematics at school. I know not everyone did, and while I wasn't a maths nerd, it just made sense to me. I liked the fact that you were usually given the formula upfront and then only needed to input a number of variables into an equation to get the answer spat out at the back end. Even better was the fact that if you didn't get exactly the right answer you would still often get marks for at least trying to follow the formula and come up with the right answer.

So, what does mathematics have to do with the mindset of success? One of the things I learned fairly early on in my education was that there is a certain formula that will lead to success (or failure) in any field of endeavour, and it is this:

$T > B > A = R$

That is, your THOUGHTS (T) will blend with your life experiences to create your BELIEFS (B). Your BELIEFS will then propel you to take ACTION (A) (or no action), which will ultimately lead to your RESULTS (R) in life.

**Let me illustrate this formula with an example.**

Imagine for a moment you think you are pretty funny (T)? Throughout your early life people laugh with (or at) you. At school, you become known as the class clown capable of making everyone else roll on the floor with laughter. When people talk about you, they say things like "he/she is a funny fella/lady". Over time you start to believe (B) that you are in fact hilarious. So, this belief will determine what sort of actions you might take in life. For example, if you truly believe you are the next Jerry Seinfeld, Joan Rivers or Chris Rock you might start out doing a few open mic nights at a local comedy club, or audition for a role on TV.

If this goes well, and your belief strengthens, you might even think about becoming a comedian full time (A). Who knows? And if you are actually good at it, practise hard and persevere through all the challenges on the journey to becoming a famous and well-paid comedian you may just end up making a great life for yourself (R)".

Now clearly, if you don't believe you are funny the thought of getting up in front of an audience at an open mic night is something that will probably scare the heck out of you and the chances of you ever taking that action is next to zero!

Depending on whether you can accept the logic of this formula for life ( $T > B > A = R$ ) will determine your mindset and how you will go investing or in any other endeavour. Some people will look at the formula and say OK if I want to change one or more areas of my life what I need to do is work on my thoughts and beliefs. Others will look at the formula and freak out because in order to change their results they need to focus on their thoughts and beliefs and be prepared to take different actions in life.

Just as one person jumping out of a plane might view that as exciting and fun, another will view it as scary and dangerous. Either way, the actions you take (or don't take) and the results you achieve (or don't achieve) are directly proportional to the thoughts and beliefs that you hold about yourself.

However, we also want to make it super clear that unlike what they might try and teach you in certain self-help books, just wishing for something alone will rarely make it happen. The right mindset needs to be combined with the right actions to get the best results.

Luke Harris and Matthew Bateman are co-founders of The Property Mentors, a Melbourne-based business comprising an elite team of property professionals who educate, motivate and facilitate clients from all around Australia. Their new book, Let's Get Real (Major Street Publishing \$29.95) is now available.



For more information visit [www.letsgetrealbook.com.au/giveaway](http://www.letsgetrealbook.com.au/giveaway)

# q sport: **POLOCROSS WORLD CUP**

## Bringing It Home – Adina Polocrosse World Cup 2019

**Any sport prides itself on its tournaments and achievements, and there is no better way to do this than by bringing the very best from around the world together to compete. We see this in just about any sport and most recently with the soccer world cup, which captivated the world.**

When it comes to equine sport, there is one sport that has not only got its roots in Australia, and has seen the coveted world title being won twice by the Aussie team, but is set to have its upcoming global tournament hosted Down Under – Polocrosse.

Born right here in Australia in 1939, Polocrosse has earned growing global interest ever since, seeing it now being played in dozens of countries across Europe, Asia, the Pacific, Africa, the USA and, of course, across Australia.

Moreover, Polocrosse has captured the equine community, with players of all ages entering the sport. For the unbeknownst, Polocrosse is a ball game, somewhat a blend of Polo, Quidditch and AFL – played on horseback with netted sticks. The aim of the game is to score field goals by throwing and catching the ball between team players and eventually between the goal posts.



Most exciting is, of course, the fifth world tournament, the Adina

Polocrosse World Cup held in April 2019, which will bring the best of the best of Polocrosse for one week to the Queensland town of Warwick.

Adina Watches General Manager, Grant Menzies, says, *“Polocrosse is an exciting skills-based sport for both horse and rider, but it is also Australia’s own. This made it an obvious choice to take on the naming rights for the event and to support not only the world cup but to help grow the sport itself.”*

As an all-Australian watch manufacturer who has earned its place on the global stage for their unique and innovative designs, and ethos of quality, craftsmanship and durability, the parallel to the sport could not be more obvious. ‘It was a no-brainer’ Grant Menzies expressed.

*“The sport is more about skill, finesse and technique than about pure speed or luck, making it a great sport to watch. And, in bringing the World Cup Down Under, 80 years after the sport was developed here is a great way to celebrate Australian ingenuity,”* Menzies says.

While Australia won two consecutive titles, the 2003 and 2007 World Cup, it is South Africa who is entering next year’s tournament as twice reigning champion. With Australia coming third at the 2011 and 2015 Polocrosse World Cup, there is good reason and hope that it is not only the competition that is coming home to Australia, but perhaps the trophy as well.

For more information on the Adina Polocrosse World Cup, go to [www.polocrosseworldcup.com.au](http://www.polocrosseworldcup.com.au)

# q sweets: **EDIBLE COOKIE DOUGH**

As the cooler weather concludes as does 'cuffing season', many Aussies consider spring the time for new beginnings. According to a comprehensive online study of over 10,000 Facebook statuses, British journalist and author of *The Visual Miscellaneum*, David McCandless, found two major spikes on the love calendar for breakups. The first was after Valentine's Day; and the second, was in the weeks leading up to spring - on a Monday, no doubt. Moreover, a 2017 study by dating site eHarmony, also recorded an increase in love slides with 29% of breakups happening straight after the winter months.

In light of the looming spring clean, Cookie Doh Co. have released a limited edition - and extra sweet - Heartberry & White Chocolate edible cookie dough based on recent findings by science journal, *Appetite*, on the effects of taste during negative emotional states. According to food science researchers from Cornell University, pleasurable events enhance the sweetness of food, while negative experiences enhance sour taste profiles. As such, the study highlights a greater preference for sweet, palatable, and high energy-dense foods in order to compensate for the temporary change in taste association.

Founded by Melbourne-based siblings turned entrepreneurs; Chris, Alex and Jessica Reece, Cookie Doh Co. pays homage to simpler times and celebrates the beauty of family, friends and childhood memories. Discovering the concept of edible cookie dough while abroad in America in 2015, the siblings reimagined this fun foodservice offering for the Australian market by incorporating fan-favourite flavours, gluten free options, and limited edition runs. Shipping Australia-wide, Cookie Doh Co. is a delicious treat as part of a healthy diet and is a sustainable FMCG brand by opting for recyclable and biodegradable packaging.

## Heartberry & White Choc

**Bursts of sweet and tart raspberries are combined with velvety Belgian white chocolate and edible candy heart pieces to comfort and mend the broken heart. It's love at first taste (and for a limited time only). Free from eggs and pasteurised substitutes, Cookie Doh Co. is safe to eat raw, anytime-anywhere.**



Cookie Doh Co. can sit unrefrigerated in ambient temperatures for up to 2 weeks, and if refrigerated upon receipt, up to 6 months in temperatures less than 4 degrees Celsius. Fun to eat on its own or as part of a cheeky kitchen creation, Cookie Doh Co. can be squished, smashed, slurped and sprinkled in many indulgent non-baked treats, including decadent sundaes, dreamy cookie sandwiches and delicious milk shake beverages.

RRP \$8.99 for the 250g tub.

Available Australia-wide at [www.cookie dough.co](http://www.cookie dough.co)





# THE MOTORING & MOTORSPORT SCENE IN AUSTRALIA HAS NEVER LOOKED SO GOOD!

In recent years it has grown larger and more diverse than ever before, but with thousands of events being held all over the country each year, it's previously been impossible to keep track of what's coming up.

## INTRODUCING

# MOTORCAL

Developed by a pit crew mechanic from Melbourne, MotorCal is Australia's first comprehensive guide to upcoming motoring and motorsport events. Users can browse thousands of events by category, search by keyword, or discover events around Australia by entering a location and Km radius.

"The whole team at MotorCal is really proud to provide this resource for the Aussie motoring and motorsport scene. App users now have access to such a diverse range of events, right in the palm of their hand. Plus we're supporting the efforts of the event organisers, helping them to succeed, so it's really a win-win."

-MotorCal Director, Glen Dollman

# MOTORCAL

 | **MOTORING +  
MOTORSPORT  
CALENDAR**

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# q comedy: THE DATE RETURNS

Following a Sold Out Season earlier in the year, The Date returns to The Butterfly Club!  
The Butterfly Club presents Dean Robinson's breakout Comedy: The Date,  
As part of Melbourne Fringe 2018.

This show follows Justin as he grooms and groans for a first date, he's nervous and very out of practice so what else can he do but call his best friend for advice. He begins to ponder past relationships and dates, and how they have shaped him to who he is today. With a range of songs from theatre to pop, Justin sings his way through dating in the modern age and finding closure over relationships. But after all this, can he still follow through with the date?

The Date explores Love, Lust and Loss featuring the vivacious vocals of Megan Scolyer-Gray and Daniele Buatti on keys.

The Date is an honest LGBT story of the modern age, which finds a way to connect to all audience members whether they're part of that community or not. A feeling of Love and the pain of loss is true for anyone, and at any age, but for the young gay men out there, trying to find love in a sex driven community, this one is definitely for them.

Dean Robinson is an up and coming LGBT performer, a graduate of Showfit. He is an accomplished choreographer and has performed in The Helendale Nude Footy Calendar and DRAGGED both as part of The Midsumma Festival 2017 and 2018 respectively. He was also featured in CLOC Music Theatre's A Chorus Line. In January this year Dean entered the Comedy/ Cabaret world performing The Date to sold out audiences.

Megan is also a graduate of Showfit, she originated the role 'Abigail' in In Like Flynn, a new Australian Musical, she's also been a regular solo artist at the Exford Hotel.

Dean is excited to tell a story that both amuses and moves audiences.

*"I've always found relationships in hindsight so much more interesting than relationships in the present day, and finding humour and closure with these relationships can be an important stage in letting go of the past. I hope this show brings joy to audiences and surprises them with true vulnerability of love."* - Dean Robinson

**The Date**  
**24th, 25th, 26th, 27th, 28th, 29th and 30th of September 2018**  
**5:30pm 60 mins**  
**The Butterfly Club - 5 Carson Place (off Lt Collins St)**  
**From \$25- \$34**



# q film: ONE STRIDE: CHOSEN FAMILY

**Barefoot Wine & Bubbly Premieres Its First-Ever Short Documentary “One Stride: Chosen Family” at Outfest Featuring “Pose” star Mj Rodriguez and LGBTQ civil rights trailblazer Richard Leitsch, the documentary amplifies diverse stories of the LGBTQ community and speaks to the importance of finding chosen family**

Barefoot, whose mission is to bring people together and celebrate community through wine, premiered its short documentary, “One Stride: Chosen Family,” this weekend at Outfest, the preeminent LGBTQ film festival in the world. Directed by Outfest alumnus Stephen Winter, produced by Winter and Ned Stresen-Reuter and presented by Barefoot, the documentary celebrates the stories of three sets of LGBTQ friends and families to shine a light on how the community supports each other through a “chosen family.”

*Watch the full documentary short now at: <http://bit.ly/OneStrideChosenFamily>*

Told through the lens of best friends who, through their special bond, become each other’s families, Winter and Barefoot invite audiences into the lives of a late 82-year-old LGBTQ activist, two transgender artists and two wives, all sharing their unique stories and speaking to the importance of finding and celebrating families. Each story shows examples of friendship, love and support between people of all ages, genders and backgrounds.

The documentary features actress and singer Mj Rodriguez, who has appeared in a number of projects including the Off-Broadway revival of “Rent” and the current hit drama series “Pose,” which features the most inclusive transgender cast in television history. It also features late LGBTQ rights activist Richard “Dick” Leitsch, who led the historic 1966 “Sip-In” at a bar in Manhattan’s West Village to secure the right of gay patrons to be served in bars. Mr. Leitsch passed away on June 22, 2018, just a few weeks after filming the project.

“Barefoot has stood for the same values since its inception: inclusiveness, authenticity, and celebrating community,” said Anna Bell, Senior Director of Marketing at Barefoot. “Through ‘One Stride: Chosen Family’ and the pairs featured in the documentary, we bring the screen a way to honor those values forged through friendship. Sadly, we lost Dick Leitsch on June 22, and we are proud to dedicate this film to Dick and the legacy he left behind.”

Barefoot has been a longstanding ally to the LGBTQ community, making its first donation to an LGBTQ charity in 1988. The brand sponsors over 200 LGBTQ events around the world each year. Earlier this year, in celebration of Pride Month, Barefoot launched its Barefoot Bestie Label program benefiting Outfest to continue building community by connecting diverse populations to discover, discuss, and celebrate stories of LGBTQ lives. The Barefoot Bestie Label program allows wine lovers everywhere to customize Barefoot wine labels for them and their best friends to enjoy. Through September 8, anyone looking to celebrate their best friend or “sole mate” can choose from three varietals – Pinot Noir, Rosé, or Pinot Grigio – to customize their own special rainbow labels through the “Barefoot Bestie Labels” website found at [barefootbestielabel.com](http://barefootbestielabel.com).

*Watch the film now at: <http://bit.ly/OneStrideChosenFamily>*





# q innovation: **WHEELED DUFFEL**

## They see me rollin' Introducing the NEW Transporter Wheeled Duffel

When you're fully loaded and exploring the most exotic destinations, travelling can take its toll on your luggage, and your body. Even on those bigger trips, the thought of packing up and lugging a overloaded pack to the next location, shouldn't be something to dread. Designed for when the load gets too heavy to shoulder, Osprey's new ultra-rugged Transporter Wheeled Duffel is the only way you should roll on your next adventure.

Made from 800D TPU-coated nylon for incredible abrasion and water resistance, long-lasting #10 YKK zippers with overlapping flaps to protect your gear from wet weather, the Transporter Wheeled Duffel will take anything you throw at it. Let's not forget the all important HighRoad™ chassis's oversized wheels that allow you to roll smoothly over the rough surfaces encountered well outside of the airport terminal.

The Transporter makes packing less daunting with a large U-zip opening, internal mesh pockets to help you stay organised and dual internal compression straps to keep contents in place. Multiple padded grab handles make it easy to manoeuvre and lashing points help you secure the pack to cargo racks. All that's left is for you to grab the handle and roll.

The Transporter Wheeled Duffel comes in 3 different sized volumes, so you can find the perfect fit for your next adventure. For the bigger trips and heavier gear, you can't go past the 120L or 90L. For weekend getaways and interstate travel, the 40L fits most carry-on requirements for Australian domestic and international flights, perfect as a standalone or complement to larger duffels. Image removed by sender.

Wherever you're heading on your next trip, you can count on the Transporter Wheeled Duffel.

Transporter Wheeled 120 RRP \$349.95

Transporter Wheeled 90 RRP \$319.95

Transporter Wheeled 40 RRP \$279.95

Available from September 1

For further information about Osprey or to find your nearest stockist, visit [www.ospreypacks.com](http://www.ospreypacks.com)



# Q win: **STYLE NEVER DATES**

## Analog Watches Making a Comeback

With Smartwatches disrupting the watch market, it is hard to imagine any real demand or desire for traditional analog watches. Yet, with the overload of technology being forced on consumers, many style gurus, fashionistas and collectors are actually begging for more traditional-style and unique clothing and accessories in order to stand out in a cluttered world.

Following the rise of reality television shows and books like *Girl Boss*, *America Pickers* and *Storage Wars*, there has been a new peak in interest of vintage items and watches - and clocks are no exception. Many have caught on to the craze by buying older and more antique style analog watches and selling or wearing them for a 'high-profile' look with a price to match.

For Adina, Australia's longest-running and last remaining bespoke analog watchmaker, the shift in focus has been something they anticipated, adding tailor-made and bespoke timepieces to their collection in recent years. Ranging from high-profile red-carpet looks through to industry-specific models suited to activities such as mining, deep-diving and high-altitude mountain climbing - all the while, keeping in tune with the elegance and sophistication of a traditional analog watch.

Run by father and son duo, Bob and Grant Menzies, Adina have steadily been able to grow capacity to a team of 20 workers, producing over 40,000 hand assembled watches a year, despite the increase in sales and the growing competition from the digital realm.



*"Watchmaking has always been a competitive industry. When my father started the business back in the early 70's he was producing watches on his own. The passion and the ability to continually reinvent ourselves (Adina) is one of the many reasons that have enabled us to grow the business into the success it is today and keep it thriving through any disruption over the decades,"* says Grant Menzies, General Manager for Adina. *"We have had to be forward-thinking to ensure our timepieces reflect the needs of collectors and buyers – no matter the era or trend,"* he adds.

And with the expectation that the sleek, and contemporary style watches will be joining the "modern-vintage" trend in a few short years, the focus has been split; tailoring contemporary watches flavored to today's market, while also keeping in tune with the "vintage" style that seems to consistently creep back in into circulation.

Whether you are looking to spice up your look or join the latest trends, it really is a case of out with the new and in with the old when it comes to making a statement on your wrist.

For more information, or to view Adina's latest releases or traditional timepieces, visit [www.adinawatches.com.au](http://www.adinawatches.com.au)

For more information about the incredible watch to win, go to: <https://www.adinawatches.com.au/product/adina-oceaneer-vintage-sports-watch-rw10-t1fb/>

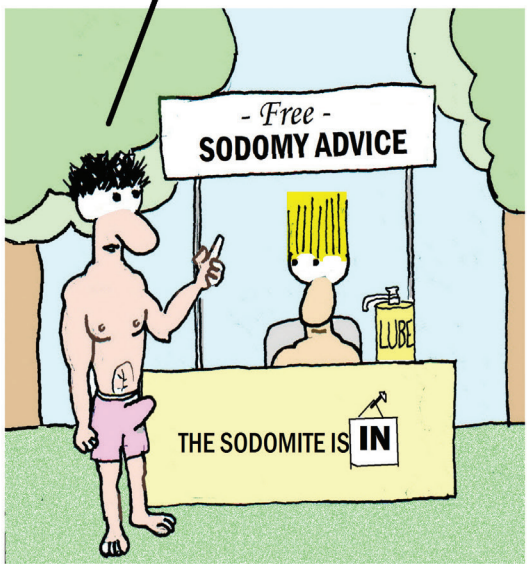
To try and win this amazing watch, email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **ADINA** in the subject line to win.

\* 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. 1, 13 Rae Street, Chadstone VIC 3184. 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.

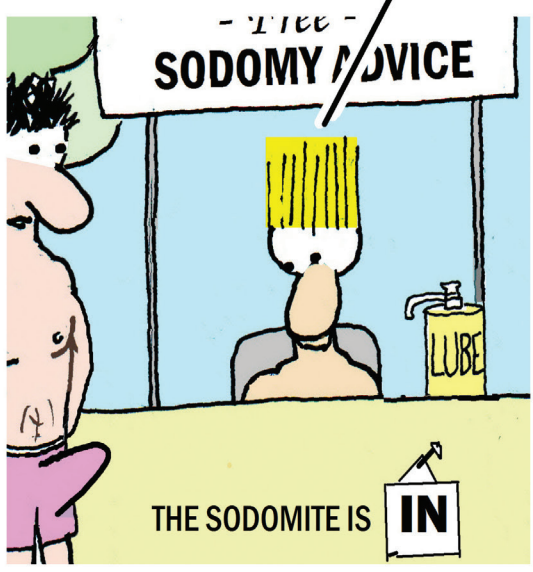
# Gaylord Blade

@ToonsByKichi

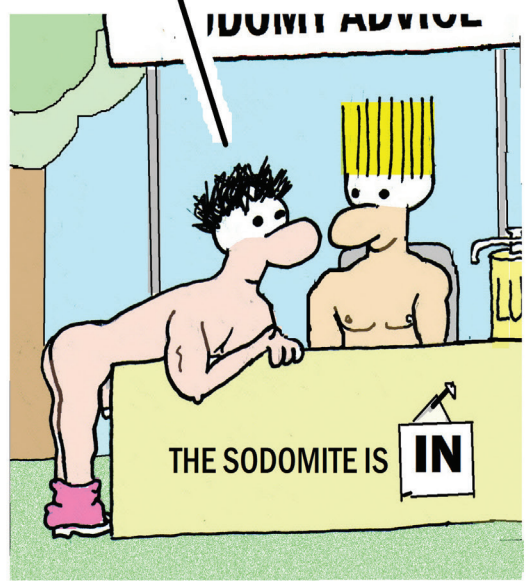
As an evangelical Christian, I take umbrage with your sign!



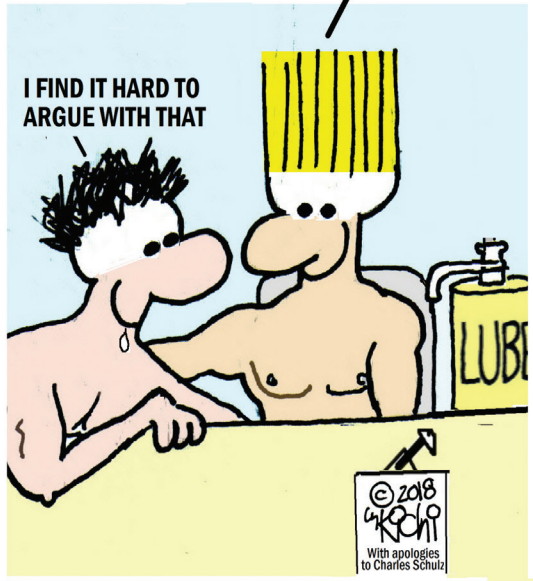
Your kind usually does, at first! Drop your pants and we'll talk.



The Bible says that sodomy is a sin and an abomination!

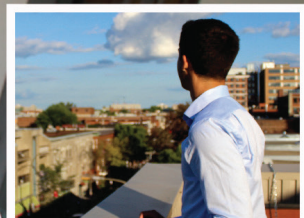


After I'm done advising you, you'll never read the Bible the same way!



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With apologies to Charles Schulz





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IGLTA Platinum Partners:



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A GAY AND LESBIAN WEBSITE

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