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MARCH 2019

Issue 158







comment:

Pride Foundation Australia (PFA, formerly GALFA) / Sidney Myer Fund Grant round announcement



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The PFA Board of Directors and the Sidney Myer Fund are pleased to announce our next joint funding round, to the value of \$20,000.

This grant round will focus on improving the wellbeing of LGBTQIA+ people living with a disability.

They encourage projects that are collaborations between disability advocacy and LGBTQIA+ groups.

Applicants must submit an expression of interest by email to PFA using the appropriate form by 5pm Tuesday 12th March 2019.

Those short listed will be advised by 29th March and will be invited to submit a full application using the Sidney Myer Fund online application system by Friday 17th May 2019.

The successful applicant will be advised in June, with the project to start no earlier than 1st July 2019.

Details and expression of interest forms are on the PFA website at www.galfa.org.au



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

q feature: YANNI BURTON

Yanni Burton Is Ready to "Mess Around" The Out-Singer Releases Second Single About His Own Sexual Awakening

In "Mess Around," out singer-songwriter Yanni Burton is ready to reclaim his power after being cheated on in a relationship. The song follows "Awake," Burton's previous single that also dealt with break-up but while it was more about the pain caused from a tumultuous split, "Mess Around" focuses on the recovery and rebuild of his sexual, emotional, and physical identity. It is a more fun, sassy, "I'm-a do-me" track with a dash of 'f' you. "I wrote 'Mess Around' when I was completely done with all the bullshit and wanted to let a certain someone know that I was back, stronger than ever, and just as capable to mess around, which I did," Burton explains. Produced by Tiger Darrow and being distributed independently, "Mess Around" is available on iTunes, Spotify and all major digital platforms now.

"Playing the field and messing around is the best anecdote for heartbreak," Burton continues. "It helps a guy or girl to rediscover him or herself and learn what he likes and what he's no longer willing to tolerate. It's just important to play safe and be respectful of your body and soul, and others' too. As long as you are, you do you, honey!"

Burton acknowledges he wasn't always so confident in his sexual and physical identity. Growing up in Adelaide, Australia, he was overweight and paranoid about being gay. "It wasn't until college that I started taking fitness and health seriously and I waited until 22 for my first gay experience! It's taken a long time to get to the point where I am today: comfortable in my own skin and secure in who I am."



He was confident enough to strip down (literally and figuratively) for the campaign images that accompany "Mess Around." "It was my first nude shoot," he exclaims. "I loved it! As soon as I stripped down, I grew into this new sense of power and confidence, which is exactly what the song is about." Images were shot by celebrated gay New York photographer Dusty St. Amand.

The accompanying music video was shot by Danish director, Maria Bruun. The concept for the shoot was to feature snippets of minority communities found in New York underground culture and portray different ideas of power and identity. It features Beyonce dancers, muscle daddies, a drag queen, painted ladies, and a solid twenty-second make out scene between Burton and his handsome fiancé. Sorry people, Yanni is taken.

In addition to his burgeoning singing career, Yanni Burton holds a bachelor's and master's degree in orchestral performance from Manhattan's Juilliard School and is Producer and General Manager of the Salome Chamber Orchestra, where he has performed alongside artists like John Legend, Michelle Williams, Natasha Beddingfield and Rufus Wainwright.

He describes his life today as a "gay thirty-something in New York City" and is grateful so many people have chosen to go along with him on this sonic ride as his sound and style evolve. "Ultimately, I hope my music helps listeners to recognize and reclaim their own sense of power and independence," he says.

For more information, visit www.YanniBurton.com

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g travel: with BARRIE MAHONEY

'Twitters 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 those living and working in the sun.



Too Fat to Die

At last! We have finally reached the end of the celebratory season and we can get back to something that approaches normal! By normal, I mean eating the things that we should eat and not what we want to eat. The empty box of chocolates and crisp packets are finally confined to the bin, and it is time to be eating healthy meals once again; or is it?

Despite New Year Resolutions to do better, many of us find that our obsessive natures force us into eating more of what we should avoid, to drink more when we should abstain, and that our expensive financial commitment to the gym often results in a visit to the adjacent bar. At risk of depressing readers even more, how about being faced with the idea that if we are too obese, it may not be possible to be cremated when the time comes?

Authorities in Spain's Valencia region are considering a ban on the cremation of bodies that are too fat, simply because the burning process generates too many toxic emissions. Well, I guess it is a fair point, but was not something that I had previously considered. Many of us will be aware of trying

to reduce carbon emissions; for example, in the amount of flying that we may do when going on holiday or when using our cars, but have we seriously considered being too fat when we die?

According to experts in the cremation process, people who are too fat, or maybe I should be more politically correct and refer to the 'morbidly obese', generate a number of serious technical issues, which includes an excessive amount of toxic emissions. Forget fancy diets and Weight Watchers; surely that fact alone is a very persuasive reason to start losing weight?

The regional health authority in Valencia has suggested the new measures as part of new rules that are aimed at reducing air pollution from cremation, and particularly the cremation of large bodies. Other measures include a ban on cremating the bodies of people who had received treatment for cancer that used radioactive needles in the process.

In addition, a ban on cremating coffins that contain resins, plastics or other elements that could create highly toxic substances is being considered. So, if your preference is for a coffin that contains lead or zinc, or if you

would like to be cremated with your best jewellery or indeed your mobile phone, just forget it. I find this rule quite depressing, since I do not intend leaving my new phone behind for any reason.

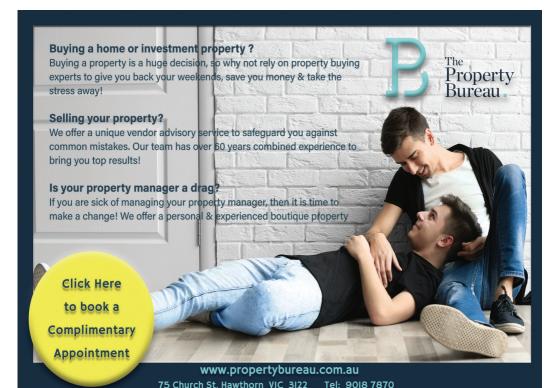
Readers will be relieved to know that the draft regulations insist that new crematoria have to be built at least 200 metres from homes, health centres, schools, parks and sports facilities. This is a very sensible idea, since the pungent aroma of a permanent barbecue would almost certainly reduce house prices.

Well, that is my contribution to healthy living for the New Year, which I am sure will help us all to follow sensible dietary guidance for the year ahead. If we really do feel unable to 'fight the flab' I guess the alternative is always burial at sea, but that has its own issues and is a story for another time.

If you enjoyed this article, take a look at his websites: http://barriemahoney.com and http://thecanaryislander.com or read his latest book, 'Letters from the Canary Islands' and Spain' (ISBN: 9780995602731). Available in paperback from Amazon, Waterstones and all good bookshops, as well as Kindle editions.

LETTERS FROM
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Managhan Managhan

q opinion: PRIDE IS FOR ALL

by Liberal Pride

"You're not welcome here."

These are words no individual wants to hear. They are words which have an especially deep and hurtful resonance when said to a gay, lesbian, or transgender individual. Yet they are words which LGBT members of the Liberal Party hear all too often at Pride events, and a sentiment which was sadly echoed in the pages of The Age by Alice Clark last week. (Pride spreads glitter in unexpected places, but it is still a protest $-2\ {\rm Feb}\ 2019)$

Many of those who attend Pride events, including the Midsumma Festival and Pride March in Melbourne over the last fortnight, advocate toleration and acceptance. They passionately believe in freedom of the individual, and freedom of expression.



It is therefore disappointing, and comically ironic, that this acceptance and welcoming attitude is not extended universally, with individuals judged for their political views, or their occupations.

Ultimately these attitudes are self-defeating for the LGBT community as a whole.

Whilst there have been great strides taken in the acceptance of gay men, lesbian women, and transsexual individuals within Australian society over the last generations, most would agree there is still much to be achieved, especially for younger LGBT people where experiences with bullying and self-harm are up to eight times more common than for heterosexual youth.

But the only way to have true mainstream acceptance of LGBT individuals and issues is to engage with all parts of the mainstream. All political parties. All occupations. Every civil rights issue in western history has been best advanced when barriers were brought down, and free debate was had in an open and engaging manner.

If people in the LGBT community do not feel supported by the Liberal Party, or the Police, or "big business", they will not win that support by locking those groups out of the conversation. On the contrary, having the Chief Commissioner of VICPOL, or senior members of the Liberal Party at Midsumma - including new Victorian leader Michael O'Brien — is the best way to encourage better understanding between everyone in our community.

As Liberals we can understand that not every person will agree with every view expressed by every Liberal MP, and we embrace free debate of those issues. However, those criticising the Liberal Party for attending Pride events should also be fair and acknowledge that it was the Hamer Liberal Government which first decriminalised homosexuality in Victoria, it was Liberal Governments Federally and in Victoria which first provided equal recognition for same-sex couples in the public service, it was the Napthine Liberal Government which expunged previous homosexual convictions, and it was a Liberal Prime Minister who put his leadership on the line to make same-sex marriage the law of the land via the only mechanism available to him.

In addition, in an age when discussion about quotas is fashionable, without quotas the Liberal Party can still claim the first three openly gay members of the House of Representatives, and has more openly LGBT members of Parliament in Canberra than the other parties combined, and has run many other openly oay candidates at State and Federal elections.

At the 2018 State Conference of the Victorian Liberal Party, the Liberal Pride Branch was awarded as the fastest growing and most active branch in the Victorian Division. This is a trend which all members of the LBGT community should support, whatever their past reservations about the party. After all, it would send a profound but disappointing message if gay men were proven to be more welcome in the Liberal Party, than gay members of the Liberal Party were welcome in the gay community.

Ms Clark noted in her article that "what most people forget is that Pride March is supposed to be a protest". This is a very reactionary argument which wilfully ignores that society evolves and grows. Yes, Pride March was long a protest. But over the years the protest has evolved into the raising of issues, whilst the event itself has grown into a celebration of the LGBT community; a celebration which wonderfully is not limited only to LGBT individuals.

The narrative that Ms Clark seems to espouse is one of gays as victims, protesting against an unjust society. We are not victims. And we do not let our sexuality solely define us, or define how we engage with society. The progress of the last decades would be much degraded if we retreated into perpetual victimhood, rather than celebrating achievement

She also notes concerns that businesses see Pride as nothing more than a "branding opportunity", whilst ignoring the leading role many businesses have taken



in fighting for LGBT causes in recent years. It also fails to celebrate what it says about Victoria in 2019 that businesses believe being seen as pro-gay is best for their business. Most importantly, it genuinely ignores the support that the many LBGT employees of these businesses receive, which is why they march with pride with their employees.

Pride March should be about freedom, and it should be about free speech, and it should celebrate the right to protest. These are values all who marched share.

But most of all Pride should be a welcoming environment. If we truly want to advance LBGT individuals and causes, let's never again use the phrase "you're not welcome here".

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g health: **EXYRA EYEWEAR**

All artificial light, including LEDs, fluorescent bulbs and incandescent bulbs, can interrupt normal sleep patterns. The body's biological clock works in repetitions that are set by the amount of light and dark the body is exposed to. Referred to as one's circadian rhythm, this internal clock controls the timing of many physiological processes, including sleep and feeding patterns, brain activity, hormone production and cell regeneration.

Similar in appearance to ultraviolet light and visible on the light spectrum, blue light comprises of wavelengths that range from 400nm to 500nm. Found in an array of digital devices, the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing our exposure to blue wavelengths, especially after sundown.



According to a study published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism, the hypothalamus area of the brain is responsible for regulating sleep patterns and creating the sedative hormone, melatonin. When artificial blue light is received by the retina during times usually associated with rest, the body's natural circadian rhythm becomes confused and unable to distinguish between night and day. In conducted trials, the study found that exposure to blue light supressed melatonin production by almost 85% and instead boosted alpha brainwaves associated with alertness and concentration.

Unlike their competitors which use a lens coating to reflect harmful blue light, EXYRA's innovative lens technology is made using a photochromic dye that absorbs and blocks blue light from entering the retina (watch video here). Maintaining true colour perception, EXYRA's scratch-resistant lenses offer UV A/B protection while also reducing glare. Hypoallergenic and made from renewable materials, EXYRA frames are constructed using durable acetate allowing each style to feel lightweight and unobtrusive when worn. Each EXRYA style in the range is inspired by Australian culture and celebrates a person, place, film or language from the land down under.

Prolonged exposure to blue light is also shown to have an adverse effect on overall health, including eye strain, blurred vision, fatigue, neck pain, depression and headaches. In fact, an article by Harvard Medical School suggests that a shift in one's circadian rhythm can increase blood sugar levels while decreasing production of hunger hormone, leptin. As a result, a correlation between evening blue light exposure and some types of cancer, diabetes, heart disease, and obesity, is hypothesised.

Assembled in Brisbane and available globally in prescription (single vision lenses only) and non-prescription styles, EXRYA glasses retail from \$98 and can be purchased online at: www.exyra.com.au

g health: **HEALING MAGNESIUM**

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Sourced from pristine local salt lakes of Australia, Amazing Oils, a family run and operated Sunshine Coast company specialising in magnesium chloride health solutions, uses organically registered magnesium chloride to actively replenish magnesium levels in the body and assist in optimal cell, bone and tissue health.

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According to one magnesium study, patients using transdermal magnesium therapy saw a 25.2 percent increase in their cellular magnesium levels after 12 weeks of using magnesium sprays and soaks.

Spanning over 1 million unit sales since their launch in 2012, Amazing Oils is operated by family of four yoga teachers, Lee, Uma, Shalm and Grace Harold, and is stocked in over 3,000 retailers across the country. Personally nominated by Sunrise host and entrepreneur, David Koch, Amazing Oils was also 1 of 11 national finalists in Kochie's Business Builders' 2018 'Favourite Family Business' search.

Locally sourced and manufactured, Amazing Oils is suitable for athletes, pain sufferers, children, expecting mothers, and the aged community; and is available nationwide at www.amazingoils.com.au

q book: POLITICALLY INCORRECT

Politically Incorrect New Book Pokes Fun at Self Worth and Anxiety

Providing a cynical look at success and achievement in the modern age, Richard Edward Hargreaves' new book "The 2019 Black Sheep Planner" has been released across Australia to coincide with people's New Year's plans and resolutions.

Author Richard Hargreaves is a former Mr Australia (1984) and Personal Trainer and is suitably qualified to present sage advice that challenges conventional motivation and goal achievement ideas.

The planner comprises of 183 pages of monthly calendars and daily planner pages for organizing schedules and making notes. It spans 16 months (January 2019 - April 2020).

Low self-esteem and selfworth are at epidemic levels, likely caused by the overly ambitious attitude in today's fast paced society. To counter this, the B.S. Planner views success and achievement in a flippant and humorous way.

Whereas the Black Dog is associated with depression, the Black Sheep is about having a laugh at life and the unrealistic expectations people place upon themselves.

The B.S. Planner pokes fun at traditional motivational quotes designed to pump and bolster.

"Ra-ra-ra has been replaced with bah-bah-bah, so to speak. There's one uninspirational and unmotivational quote and

GM\otivationae 16-MΩNTH RICHARD FDWARD HARGREAVES

image to dwell upon for each month of the year. Meditate on all that will never be!" says Richard.

Readers will find this a valuable time management tool for home, school, office, or any time when they are under pressure and need to schedule.

Large A4 pages provide plenty of room to write anything from social engagements to business meetings. As an added benefit, the book allows them to plan for a laugh.

Available online now with two choices of cover from https://blacksheepplanner.com

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q wealth: **RENTVESTING**

Rentvesting – Why do people do this and is it right for you?

Like anything you do in the investing space knowing which strategy to apply and when to apply it are powerful wealth creation tools. Rentvesting is becoming ever more popular strategy as more and more people have been priced out of their preferred markets over recent years. In essence the strategy of Rentvesting is investing into an investment property first (in either areas you can afford or where the investment fundamentals are better) whilst continuing to rent in the area you want (or can afford) to live in for lifestyle purposes.

And a 2017 poll by non-bank lender State Custodians Home Loans, which surveyed over 1000 people across the country – found that almost 3 in 4 people (74%) think Rentvesting is a good strategy for those struggling to enter the property market. Rentvestors make up about 8% of property buyers according to research prepared by Ipsos. Rentvesting is one that is particularly being adopted by Millennial's (those born between 1981-1996 making them between 22-37 years old in 2018). A Westpac study found that Rentvestors are typically young males, most likely single, with a bachelor degree level of education. They are earning relatively high incomes and they don't feel the same way the previous generation did about owning their own home. Besides often being proceed out of their preferred markets they also often see property as an investment and a way to accumulate wealth, rather than a place to settle down a raise a family. So, how do you determine if rentvesting is right for you? Here's 5 things to consider:



1. Do You Have A Property Plan?

Obviously, whether you choose to use the strategy of Rentvesting, or any other property related strategy out there should come down to the question "Does it fit my plan?". Unfortunately, many investors fail to plan exactly how and when they are going to achieve their financial goals and as such may make decisions based around what sound good now without adequate consideration as to the long term plans they have for themselves.

2. What Size Deposit Do You Have?

Now depending on the suburb you want to ideally live in, the size of your deposit will be a determining factor in whether you can afford to buy or have to rent in that area? As a general rule multiply the size of your deposit by 4 to determine what you can afford to purchase. This assumes you are using a 20% deposit and a 5% allowance for other upfront costs such as stamp duty, legal fees, and other closing costs. Can you actually afford to buy in the area you want to live in? If not, you might like to consider Rentvesting as it may allow you to get into the property market sooner.

3. What Is Your Maximum Borrowing Capacity (M.B.C)?

Even if you have saved a big enough deposit does your income allow you to borrow the balance of funds required to purchase in your preferred lifestyle area? Because your own home or Principal Place of Residence (PPR) does not generally provide you with any income from the property you may actually be able to borrow less for a PPR than you would if the property is going to be rented out as an investment property. These days the banks will often use 80% of the rental income when calculating what sort of debt you can afford to take on. Given the recent tightening in the lending space working with a great investment focused mortgage broker is a big help working out mathematically what all the options are here.

4. Do You Know Where You Will Be in 1 Year, 5 Years, and even 20 Years from now?

Let's face it, when we are younger we may not know exactly where the future will take us or where we will ultimately want to call home. Rentvesting for example, may give you greater flexibility to decide where you will live in the future as rental leases are typically shorter and easier to move away from than relocating from a PPR typically is. You may have the opportunity to move interstate, or overseas, for work (or even for love) and not being tied to a mortgage may give you greater life freedom.

5. How Much Tax Do You Want To Pay (and when do you want to pay it)?

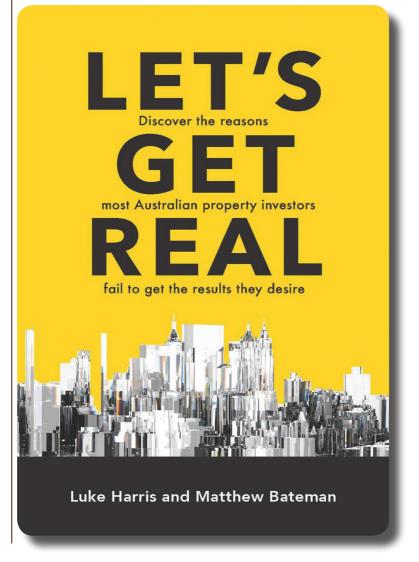
They say in life there is nothing as certain as death and taxes. However, the taxation treatment of a PPR and an investment property (IP) are very different. On the one hand your PPR is considered a non-tax deductible form of debt. That means that you will not be able to take advantage of any of the depreciation or tax-benefits that may be able to be applied to an IP. For example, if you are on a good income and your IP (after all of your cash, and non-cash deductions are factored in) might be negatively geared meaning you may be able to legally reduce the amount of tax you need to pay each year under current tax laws.

On the other hand, if you are likely to be trading properties regularly you might find it more cost effective to buy a PPR as a PPR does not attract any Capital Gains Tax (CGT). Or at least not until the financial year of sale if we are talking about the CGT calculated on the sale of an IP if held for greater than 12 months.

At the end of the day there is usually 2 different decisions that need to be made when assessing whether Rentvesting will be right for you. The first are financial decisions based around your property plan and involving often complex mathematical calculations taking into account things like the size of your savings, income levels, maximum borrowing capacity, and taxation benefits.

The other decisions are more emotional decisions and lifestyle driven such as where you want to live. This may include the type of access to schools, hospitals, work and transport that are important to you and whether you can handle the uncertainty of living in rental accommodation vs the convenience of living in your own home and being able to paint the walls or add on an extension onto the back of the house for example as your family grows.

Matthew Bateman and Luke Harris 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



q life: with GABRIEL TABASCO

Wankster - Part Two: Public Cam Shows

In last month's column I wrote about performing on camera for friends. This month I write about taking it public, on websites where performers perform publicly, where viewers can remain anonymous if they wish.

On public performance sites, with the click of a button an array of men, of different body types, with cocks of different shapes and sizes could appear on screen for viewing pleasure. On view were men in different sexual positions: bent over showing their hole, sitting with their erection in hand, legs spread open ready to place a dildo in their ass, lying on their bed or reclining on their sofa. Another click and you could pay money for a private show.

People actually made money from that. Not much but it was something. One young smooth, plump 22-year old Venezuelan man was dressed up as a bunny-boy, wearing a golden thong. He was on camera shaking his bubble-butt trying to make some cash. Viewers asked him to remove his thong and bend over to reveal his butthole but he never did. One trashy, over-the-hill, London banker, broadcast, what looked like the beginning of a sex party. He was surrounded by four or five rent-boys, who swayed from side to side. 'Boring' typed in one viewer, to which the London banker (read: wanker) gave him a talking to online. No sex but at least it was entertaining.

'Are you a personal trainer?' asked a number of viewers when an extremely good-looking man lay on his bed naked wanking off. He never answered but instead continued.



'If you want to see our sex show,' said one Portuguese man 'click on private show.' Someone asked him why he could not fuck his boyfriend on camera. 'Because I don't want the whole to see me come on my boyfriend's face' he responded.

There was a man from Berlin whose elevated camera gave viewers a full shot of his body as he lay naked on his sofa in his living room wearing only trainers. On one of his most popular shows he had one man give him a blowjob and finger his hole as viewers sent in tips. He made a fair bit of cash that night.

One well-built Romanian man was lying on his bed with his legs open as he played with his penis for the world to see. On one occasion, he was performing (if jerking off online can be called a performance) for seven hours. On that seven-hour wank-athon, the Romanian man made US\$17. He wrote in the comment box: '\$17 for 7 hours? Come on guys, tip me!'. One man wrote: 'no cash, so give it up dude.' He remained popular, with men streaming in to watch him, even though he made hardly any cash after being online for so long. When he put his legs up to do a spread-eagle position he seemed to gain 30 new viewers; none of which tipped a penny. By the eighth hour he logged off having made US\$20. He was back online two days later with a three-hour show that earned him US\$42, most likely by using some of his popular spread-eagle moves.

Some of the men online were as stunning as models while others were average as Joe. The model-like men, which included porn stars, wanting to make some extra cash, were always a turn-on and drew in the viewers. But it was the average Joes that were big hits. People wanted to see normal-looking men perform.

Audiences were captivated with a dark, incredibly hairy, Swiss-Arab man with glasses, who sat on his bed stroking his dick. Or by a plump, smooth Danish man, who chatted as her wanked on the bed. There was also a geeky-looking man with wavy hair who could self-suck. That night he was number one in viewer numbers. But then again anyone who would self-suck would be the main attraction.

Since I enjoyed performing for friends it was only a matter of time before I became a camera performer, more for fun, than for money. I was basically a voluntary porn star. In order to be as popular as possible I would change the setting, performing on the bed amid white pillows, in the garage for a more butch vibe or in the garden when it was sunny.

Part of the fun was that the shows were interactive. Viewers, comprised of some women but mostly men, wrote in their questions that included: 'Are you cut or uncut?' 'Are you top or bottom?' 'How many inches?' Rather than answer directly I engaged them prompting the conversation with 'what do you think?' and watched as their comments came in.

Viewers wrote in their requests, some of which I complied with like 'go faster,' 'show us your hole' and 'place your phone against your cock so we can see the length'. Some comments certainly were encouraging. I can have a whole separate article of comments but here's a sample:

ViewerX: I want to suck your dick right down until your balls. Suck it like an ice cream until it melts.

ViewerY: If if melts what will be left for us? To lick his balls only?

ViewerX: The guy is good looking. And he is wearing glasses too... I love that...

ViewerY: He's wearing it for protection in case the cum sprays his face.

ViewerX: Look how well he shaved his asshole. See how he is opening his legs. Like he is doing ballet. Open for all to see, like an advert.

ViewerY: Do you think he plays basketball or football?

ViewerX: Basketball, He looks tall.

ViewerY: He can bounce other kinds of balls on the basketball court.

Other comments were funny. 'He is jerking off so much so he loses weight' and 'I'd love to have those big balls slapping against my nose' and 'your balls are so big. Squeeze them please'.

Public camera shows draw in people from all over the world can also include rude and negative comments. On seeing I had a Greek origin, during Europe's financial crisis, one German man typed in: 'he's jerking off for German money'. Such comments were hurtful but they were also insightful into what people thought of others, in stereotypes people believed and their tastes. It was also the result of today's' online culture.

Other comments were funny in how shocking they were. One friend who was watching wrote in the chat box: 'how big do you think he is?' The responses rolled in and depending on people's perspectives either inflated or deflated my ego. Some comments were written in a foreign language. Spanish: Gracias lindo por ese espectaculo. Romanian: Pula subtire dar misto.

Occasionally, towards the end of my performance I sometimes asked one viewer to type in the countdown from 10 to 0 with the intention of ejaculating when it got to 0. One by one the numbers appear on screen: 10, 9, 8, 7. The viewer count increased: 6, 5, 4. I could feel the moment approaching: 3, 2, 1. I tugged back harder and when the viewer hit 0 I let it all fly out. As the cum hit my chest, or chin, I watched as the comments roll in.

As with everything on the internet there are dangers. Some performers concealed their identity, afraid of being recorded by the website or strangers. When I googled my performer name was I came across screenshots of me on third-party websites. So it was true: nothing was secret anymore. I should hardly have been surprised. I took the risk and performed showing everything, thinking the chance of being recognised was minimal.

Once one man recognised me and explained how he knew me: we briefly dated. He was a friend and I could trust him so I was not too concerned. However I was a little spooked when another man recognised me even after my face was not fully visible. That man chose not to reveal his identity and I became concerned he could cause me harm if he wanted to. Otherwise I had mostly friendly experiences.

On one occasion one man recognised me from a social media post of a mutual friend. He sent me a photo of him with his PC screen in the background as I performed. We became good friends. Shortly after that, I after chatting with another man as I performed online, we exchanged phone numbers and met up for coffee soon afterwards. I felt odd only having seen his face while he had not only seen my cock, balls and hole but had also seen me come online for an audience but it definitely meant fewer barriers over coffee and a good conversation.

Early in 2018 one Australian gay magazine published an insightful article of a Sydney-based man who performed online. He not only made a substantial amount of money from his performances but he seemed to have no fear of any consequences if discovered by his workplace even saying that he was a VP of a large multinational company. I assume he had job protection or belonged to a union. I liked his attitude.

He had Big Dick Energy. And balls. Both literally and figuratively.

q cuisine: with HOBBY CHEF CHAPMAN

It's all about passion when he cooks and with this dedication Mark Frederick Chapman will from now on create a recipe for Q Magazine readers every month.

"Food," says Chapman, "has always been more than nourishment to me. My grandmothers were excellent cooks and my mother as well — I learned a lot from them. Some of the dishes I cook and bake are based on recipes they have passed on me. I was born in London and I am grew up in Zurich. Both countries — Switzerland and the UK — have shaped me with their gastronomic tradition, and besides, my many trips around the globe have made me culinary inspired."

MARKS COOKING CREDO | "I'm not a trained chef. I learned my skills as I watched others cook, read books, watch cooking programs, and asked many questions. I've always been eager to try cooking and experimenting with food.»

PLEASING THE EYE I "Working as a graphic designer, the food does not just have to taste great for me, it also has to pleases the eye. I try to make my dishes beautiful and I love colors and textures on my plate."

SEASONAL AND REGIONAL | "The use of mostly seasonal and regional ingredients is essential for me. I also prefer organic vegetables and fruits. I'm not a vegetarian, but I make sure that the meat and seafood I use comes from sources that treat animals with respect."

NO FOOD SNOB! I "Of course, I also use ingredients that are practical, such as ground herbs and spices or frozen peas. You can simmer your own beef stock or make ketchup yourself if you want to take the time - I'm not a food snob."

AGAINST FOOD WASTE I "In a world where a large number of people are still hungry, food waste is unacceptable to me. An apple does not have to look perfect if you want to make a compote out of it. I appreciate producers who grow old tasty vegetables and fruit varieties again. Many dishes I cook are based on the reuse of leftover food — some foods taste even better when reheated."

QUEER COMMITMENT | Mark Frederik Chapman works as a graphic designer in Zurich and he is also a dedicated LGBTIQ activist. Here is an excerpt from the portfolio of his activities: Among other things, Chapman was a board member of the CSD Zurich, coorganizer of the InterPride World Conference 2007 in Zurich and board member of EuroPride 09 Zurich.

Tangueray No Ten Gin Chicken

PREPARATION

Cut the chicken breast into fillets about one centimeter thick and season the pieces on both sides. Keep the pieces of a breast together - it looks nicer later when serving.

Finely chop onion and garlic and sauté in a pan. When the onions are translucent, deglaze with the white wine and add the juniper berries. Simmer gently until the liquid is almost reduced. Then sieve the reduction and pour it back into the pan. Set aside the sieved juniper berries for decoration.

Sauté the chicken breast fillets in a little rapeseed oil for a short while, then cook at low heat until they are cooked.

Add a butter flake to the sauce reduction and stir until the butter has melted, then add the cream, the plucked tarragon leaves and the Tanqueray No Ten Gin and bring to a boil again. Season the sauce to taste with salt and white pepper and a little more gin.

Serving: Spoon some sauce on preheated plates, arrange the fillets of a chicken breast on the sauce. Add some sauce over the meat, and decorate with some of the set side juniper berries, fresh tarragon leaves as well as a quarter of lime. Serve it with white rice or linquine.

INGREDIENTS

4 chicken breasts | Seasoning mixture for poultry | 1 onion | 1 clove of garlic | 15 juniper berries | 2 dl white wine | 2 dl sauce cream | fresh tarragon | salt | ground white pepper | 4 cl Tanqueray No Ten Gin | 1 lime | Butter and rapeseed oil

For 4 people | Preparation time: 20 minutes | Cooking time: 10 minutes

TANQUERAY NO TEN GIN

is an award-winning premium gin. Distilled in small batches with fresh citrus fruits, camomile flowers and other hand selected botanicals.





q show: FLOWER AND GARDEN 2019

The Melbourne International Flower & Garden Show Presented by Lawn Solutions Australia returns in 2019 and brings a multitude of exclusive and immersive experiences to the city solely for the five-day event.



2019 marks the 24th year of the internationally recognised event, which unites the country's most forward thinking and respected horticultural and floral designers, in addition to a host interactive DIY workshops, retailers and one-off installations.

Show standouts include a Charlie and the Chocolate Factory inspired indoor plant feature, an installation of a mystical palace fallen into disrepair and overgrown with plants, wellbeing inspired gardens thanks to new charity sponsor Beyond Blue, and a one-night only Friday party in the grounds.

Visitors to 2019's floral spectacular can expect Landscape Design Show Gardens from the biggest names in Australia as well as an impressive international component, to be assessed by a revered panel of judges. Confirmed designers include Brent Reid and Lawn Solutions' Jason Hodges (constructed by Semken Landscaping), TRACT, New Zealand designer and Auckland Flower Show Best in Show winner Bayley LuuTomes, Inge Jabara, Christian Jenkins, Rob Waddell, Ben Hutchinson, Matt Ferris, and Sydney Ryan McMahon of Musa Landscapes in partnership with Beyond Blue.

Cycas Landscape Designs' Mark Browning will unveil his custom-designed 2019 Welcome Garden: an interactive space where visitors can centre themselves and plan their

Show day, as well as hear exclusive interviews and seminars from some of the Festival's most prestigious headlining talent.



The new major charity partnership with Beyond Blue marks a new chapter for the Show, and is set to bring a renewed focus on the impact gardens, plants and outdoor spaces have on mental health and wellbeing.

"Gardening, getting outdoors and being close to nature can provide significant benefits to our mental health, especially in times of stress and anxiety," said Beyond Blue's Leader Clinical Adviser, Dr Grant Blashki. "Tending a garden is a fantastic form of mindfulness and creativity for people of all ages and socio-economic backgrounds; it can help take people's minds off the stresses in their life and provides an enormous sense of pride and satisfaction. We are very pleased to be part of one of Melbourne's most loved events and look forward to seeing the work of Australia's best garden designers in the 2019 event".

The Royal Exhibition Building's reinvigorated Gallery Precinct will be an hub of activity where visitors can meet local growers and purchase home-grown blooms and various other gifts, all while admiring the diverse art exhibition alongside the market.

Tickets are now on sale to the Melbourne International Flower & Garden Show via www.melbflowershow.com.au

Wednesday 27 – Sunday 31 March 2019 Open 9am – 5pm daily Gardens by Twilight – Friday March 29 until 9pm Royal Exhibition Building and Carlton Gardens, Carlton

q festival: OUT & LOUD 2019

Bringing together LGBTIQ+ choirs from all over Australia and New Zealand, the Out & Loud Choral Festival is a celebration of shared values, inclusion and song. Out & Loud happens every three years and is the only Australasian gathering of LGBTIQ+ choirs. The festival will be held from 24 to 28 October, welcoming visitors from across the continent to make some fabulous music, to celebrate our voices and our diversity.



Canberra Gay and Lesbian Qwire is excited to host the festival and is gearing up for a spectacular celebration of choral music and queer culture. Canberra local Stephen Leek - one of Australia's foremost choral musicians - will conduct a massed choral performance featuring over 500 voices. A highlight of their performance will be a piece commissioned for this festival from ARIA Award-winning composer Sally Whitwell. Complementing the high calibre of musical expertise of Leek and Whitwell will be choral experts from Canberra and beyond who will lead a series of exciting workshops for Out & Loud delegates.

"We extend an invitation to LGBTIQ choirs and individuals from around Australia to join the celebration" says Dave Worner, the Canberra Qwire Convenor "and we encourage you to register your interest via our website outandloudcbr.org.au"

Choirs from Auckland, Brisbane, Melbourne, Perth, Sydney and Wellington will join the Canberra Gay and Lesbian Qwire for performances in some of Canberra's cultural institutions such as the National Gallery of Australia, National Portrait Gallery and Old Parliament House, all free to the Canberra public.

The festival will culminate with a Gala Concert - open to the public - at Llewellyn Hall on the 27 October.

Out & Loud 2019 is proudly hosted by Canberra Gay and Lesbian Qwire: enquiries@canberraqwire.org.au www.facebook.com/outloudCBR | www.outandloudcbr.org.au | www.instagram.com/outloudCBR



q win: HAVE YOU GOT A SPARKLEBUTT

Inspired by the 1970s disco scene Sparklebutt specialises in sequins for outrageous party people. Their Sparklenuts mens collection is a staple on the London Festival and LGBTQI Party scene. All products are made from dazzling twoway sequin colours used across the collection including leggings, flares and shorts as well as fun accessories of ear head bands and earrings.

Sparklebutt is so excited to be bringing the sparkle to the Sydney Gay & Lesbian Mardi Gras this year - you can catch them popping up at iconic drag venue The Imperial and The quirky Foresters Hotel. While they're here, Sparklebutt is also offering next day delivery throughout Australia!

So if you like standing out from the crowd, being the centre of attention and a little bit of cheeky on the side - you will LOVE Sparklebutt! It's time to brush of your roller skates, slide into your Sparklebutt's and show off your best moves - they're having a party and everyone is invited!

To try and win a pair of fabulous shorts and matching bunny ears we have to give away this month, email getfree@qmagazine.com.au with **Sparklebutt** in the subject line.

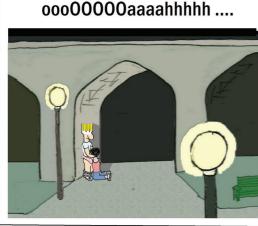


For more information please go to: www.Sparklebutt.co.uk www.instagram.com/sparklebuttlondon or

www.facebook.com/sparklebuttlondon

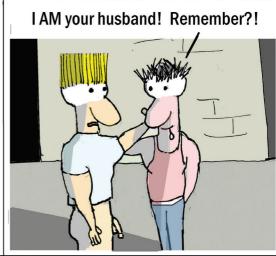


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