



JULY 2021

Q MAGAZINE

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featuring:
BOBBY NEWBERRY
dancing in a merry-go ride

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q comment:



Words of Wisdom from The Team at Pride 365



The steep and rapid trajectory of Radical Change ultimately renders it impotent and doomed to failure. Fear of altering the status quo prevents it from ever achieving broad acceptance in the general population, and the extremists leading the revolution are considered a negative force by the more centrist society. When fear is used to motivate, compliance is generally achieved, but only while the perceived threats are considered current. Even something as innocuous as the adoption of the telephone over the telegram, change was gradual, taking decades to come to fruition. Historical revolutions such as those of Napoleon or in Russia, initially witnessed violent change, but it was momentary and things swept back the other way. These corrections however often come with terrible consequences.

History has taught us that progress must be steady and considered if the changes are to endure. A lot of little amounts amount to a lot. Along with necessary attitudinal adjustments, a series of smaller changes will add up to greater ones over time. The combination of these result in mass reflection of "how far we have come" and to look forward to the changes that are still to be witnessed.

Change, whether temporary or permanent, without certainty of their necessity may have negative ramifications. Progress is not automatically a positive nor the status quo a negative. Sometimes, taking a pause is an important time to reflect and ensure that the course being steered is the best possible. The greater the reach, the greater the need for certainty, however, even with a considered approach, progress should be slow, to accommodate for any unforeseen bumps in the road.

As humans, we can never be fully cognisant of the effects of every decision we make. Even with the highest levels of consideration, deliberation, consultation and investigation, time may still judge us in ways we had not anticipated and unintended consequences may leave a lasting legacy. This need for thoughtfulness, however, should be cause to double down on considered actions rather than complete inaction. After all, responsibility should be a heavy crown.

Please visit www.pride365.world for more words of wisdom.

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q feature: **BOBBY NEWBERRY**

Bobby Newberry Dances in a Merry-Go “Ride”
By Ronald Jenkins

Bobby Newberry's “Ride” is a feel-good summer jam he wrote about taking chances and chasing after life's wildest dreams. “Sometimes it's not about the destination but the ride you take to get there,” he explains. It's especially true in love. “There's nothing better than crushing on someone, getting the butterflies, feeling the magic and imagining the possibilities.”

The excitement is echoed in the accompanying music video, co-directed by Newberry and Beno Anastacio. It showcases Newberry's dancing prowess in a high-energy clip that features him moving, twirling, bumping and grinding alongside an all-male cast of dancers. Newberry also appears in his first intimate acting scene in a music video.

“The making of ‘Ride’ was high speed, very zero to a hundred,” Bobby Newberry reflects from his Los Angeles home. “We wrote the song and worked it in the studio on the same day. After that first session, I knew I had to do a full music video.”

The video was shot in Echo Park, and two other locations in downtown Los Angeles. “It is one of my favorite videos I've done so far,” Newberry continues. “The dancing is so clean. Much of it was done on the grass and it looks so amazing on film. What you can't see, however, and what we didn't know, is that Echo Park is home to hundreds of geese and ducks! We were literally dancing in bird droppings.”

He says he was most nervous about the kissing scene in the video. The love interest is played by his friend Joey Gentile, and Newberry admits he needed two shots of tequila to loosen up for it. “It was my first time doing a scene like that! Luckily, it was the last scene we filmed that day.”

Bobby Newberry has always had a passion for performing. As a kid, he was obsessed with Madonna and Michael Jackson. At his third-grade talent show, he performed Jackson's “Remember the Time.” It included the choreography from the song's music video that Newberry taught himself.

Sadly, he recalls his childhood as turbulent. His mom was a 22 when she had him and divorced his father when he was two. Young Bobby lived with his grandmother while his mom battled frequent dealings with the law. At 14-years-old, he got a job at El Pollo Loco, a local fast food chicken restaurant, to pay for dance lessons.



His first major break in the music industry was as a choreographer for Eminem. He would go on to work with a string of the world's top artists including Nicki Minaj, The Pussycat dolls, Missy Elliot, and Lil' Wayne. His choreography work has been seen on TV in Dancing With The Stars and X-Factor and many other shows.

In 2014, Bobby Newberry released his first single and music video, "Dirty Up (featuring Jessie and The Toy Boys)." It was soon after followed by his debut EP, The Newberry Special.

"I look back at the beginning of my career and laugh at how I thought I was seasoned when I was so not," he explains. "As an artist, you grow, and I know so much more about everything that goes into the process of creating hit records. I am finally at an authentic place where my music represents who I am. My sound is pop, for sure, but it also very diverse, with many different vibes, just like me."



The dancers in the "Ride" music video are Derrell Bullock, Daniel Dory, Amari Smith, Mackenzie Green, Adam Vesperman, Lockheart Brownlie, Michael Metuakore, and Cameron Lee. Contributing choreographers are Haley Messick, Derrell Bullock, Daniel Dory, and Nicole Kirkland.

"I hope listeners will take a go on this ride with me," says Bobby Newberry. "It's a very honest track that I hope breaks down barriers. But most of all, I hope it makes people want to dance."

Bobby Newberry's "Ride" is available on Apple Music, Spotify, and all digital platforms. The "Ride" video is available on YouTube. Follow Bobby Newberry at www.instagram.com/bobbynewberry



q series: with TINA TOWER

5 Steps to package your expertise into a digital online course

You're sitting in the grind 9 - 5 and you have a dream. You know that you were meant for more. If you're ambitious and feel unfulfilled at work and find your mind wandering off to dreams of what could be, it may be time to give those dreams a go.

Online courses are having a BIG moment thanks to the pandemic and our increased ability and desire to learn online. The industry's revenue is expected to hit \$240 billion this year. If there's one thing that the pandemic has shown us, it's that a lot can be done online. The online education market has exploded as people are looking to learn new things. You can create an online course by packaging what you know, to help other people. Thriving online courses can be anything as traditional as business marketing, the obscure like how to be a clown that specialises in juggling. Professionals and hobbyists alike are using the internet to help teach their skills to learners across the globe.

You have so much expertise locked away in your own head. The knowledge that you've gained through your life can help to shortcut someone's success and learn from your experience. Packaging what you know into a digital online course product allows you to create an income stream from what you know, while helping other people. Whether you're looking to ditch your job for good or to make some money on the side, an online course is a simple way to make a saleable product from what you know. These five steps have been used with thousands of people to package what you know into a saleable product.

1. Define your idea

The simplest way to begin is to start with something simple like a 30 day or 6 week course that there may be people asking you for already. So, you're a florist who can make those gorgeous flower arches that everyone wants to know how to create - start there. It doesn't have to be complicated, start with something simple and clear.

2. Define your audience

Before you actually start creating your course, you want to be crystal clear on who it's for and who it's not for. Being a generalist doesn't generally work (see what I did there ;)) Being a specialist and an expert will win every time. Instead of being ok for everyone, be perfect for your perfect customer. Always focus on your customer and make service a priority. The way you're successful is by making others successful.

3. Create the course

I'm a big fan of starting simply. You can begin with a full blown professional website and recorded course, but unless you have bucket loads of start up cash then there are easier ways. That phone you have in your pocket has everything you need to film your first course. Then, when you get more cash coming in, you can continually improve the quality. Online education is very different to what we're used to from our classroom experience. There's zero room for waffle. Teach what you've promised and get your customer the result in the quickest and easiest way.

4. Start your marketing

There's no use being the world's best kept secret. Once you've created your first course, you then have to talk about it, to everyone! Spread the word and do some valuable content marketing to show people that you know what you're talking about.

5. Launch it into the world

If you really want to take online courses seriously, invest in yourself and get expert support. You'll need a basic website to get started (I recommend something user friendly like Kajabi), a sales page, a way to take payments and somewhere for people to view your courses.

The thing that often holds people back the most is that they feel like they need more confidence or to be more qualified. If you've read this far, I know you have that desire within you and I know that you have enough knowledge to share with the world. We only have one life, go do it.

Tina Tower, author of Million Dollar Micro Business (Wiley (\$29.95), is an award-winning serial entrepreneur who has founded, grown, and sold several businesses and franchises. Tina has helped hundreds of people package their expertise into an online course and launch it to the world. Through her program, Her Empire Builder, she is on a mission to help 100 women build a \$1 million a year business by 2025 and her new book shows show you how to package your expertise into an online course. Find out more at www.milliondollarmicrobusiness.com

million dollar micro business



How to turn your
expertise into a
digital online course

tina tower

WILEY

q cuisine: with HOME COOK HYLTON

Louisiana Creole cuisine is a style of cooking originating in Louisiana, United States, which, like the people, is a blend of the various cultures of New Orleans including West African, French, Spanish, Caribbean, and Native American foods, as well as influences from the general cuisine of the Southern United States.

In Italian cooking, such as a classic Bolognese, we use a collection of finely diced collection of vegetables: onion, celery and carrot, commonly referred to as a mirepoix. In creole cooking, the mirepoix substitutes carrot for capsicum, known in the US as bell pepper.

While one can make their own Cajun spice using such ingredients as paprika, coriander seeds, cayenne pepper and the like, I often find it easier to buy a premade mix than to rummage around in a cupboard to find my rarely used mortar and pestle every time I decide to cook a curry or jambalaya. The Spice People make a "New Orleans Cajun Spice" for the express purpose of Creole cooking, and is available at many fresh fruit vendors or select IGA stores. You can find your nearest stockist at www.thespicepeople.com.au

Chorizo and Prawn Jambalaya

Ingredients:

- 1 onion, finely diced
- 3 sticks celery, finely diced
- 1 green or red bell pepper, finely diced
- 2 cloves garlic, crushed
- 2 chorizo sausages, halves lengthways and roughly sliced *
- 2 tbsp creole seasoning
- 1 cup long grain rice
- 400g canned diced tomatoes
- 350mL chicken stock
- 300g prawn cutlets, or more if desired
- ½ cup continental parsley, chopped

*Andouille sausage is usually used in the south. If you can find any, cook this beforehand, roughly chop, and add back in step 4, instead of chorizo.

Method:

1. Preheat oven to 150°C *
2. Heat some oil in a large frying pan.
3. Add mirepoixed vegetables and garlic and cook until soft and fragrant.
4. Add chorizo and sauté until cooked through.
5. Add creole seasoning, rice, tomatoes and stock and stir to combine.
6. Cover frypan with lid, place in oven* and cook until rice has absorbed liquid, approximately 15-20 mins.
7. Remove frypan from heat and return to cooktop.
8. Stir through parsley and prawns and heat until prawns are cooked through.

*You can continue to cook this dish on the stove, but I find that cooking in the oven helps to distribute heat more evenly, and prevents too much sticking to the bottom of your pan



Stuffed Green Bell Peppers

Ingredients:

- 8 green bell peppers, tops removed, seeded (reserve and finely dice tops)
- 1 onion, finely diced
- 3 sticks celery, finely diced
- 1kg beef mince, or chicken if preferred
- 1 ½ cups diced tomatoes
- ½ cup tomato paste
- 2 cloves garlic, crushed
- 2 tbsp creole seasoning
- ½ cup fresh basil, chopped
- 1 egg, whisked
- 2 tsp Worcestershire sauce
- 2 cups cooked long grain rice
- 1 cup grated cheese
- ½ cup continental parsley, chopped

Method:

1. Preheat oven to 180°C*
2. Place bell peppers into a large saucepan and cover with salted water
3. Bring water to boil and boil for 1 minute.
4. Reduce heat and simmer for 7 minutes.
5. Remove from heat, drain, rinse peppers with cold water and arrange in a shallow baking dish.
6. While peppers are cooking, add some oil and melt some butter in a large frying pan.
7. Add mirepoixed vegetables and cook until soft.
8. Add beef (or chicken) and sauté until cooked.
9. Add tomato paste, tomatoes and garlic and cook until fragrant (a minute or two)
10. Add creole seasoning and basil.
11. Stir, reduce heat and simmer for 10 minutes.
12. In a large bowl, combine egg and Worcestershire sauce and season with salt and pepper.
13. Add rice and meat mixture from saucepan
14. Mix thoroughly and divide mixture between bell peppers
15. Add peppers to oven and bake for one hour.
16. Top with grated cheese and place under grill for 5 minutes or until cheese has melted

*You can make this meal ahead of time. Make peppers up to step 14, cover and keep in fridge until ready to cook.



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q dining: BANGKOK GANG

From the first Hello - (to a male) - "sa wat dee krub" - (to a female) - "sa wat dee ka" to the final Thank you - (to a female) - "khob khun ka" - (to a male) - "khob khun krub", everything at Bangkok Gang was near on perfect. I was honoured to have been asked to come and experience their hospitality and cuisine, and as a long-term lover of everything that comes out of Thailand, I could not possibly refuse. Joining me on the night was local resident and my good friend, Minx. So the night began, the wine flowed, the cuisine tantalised the tastebuds and the service delighted.



When the gang (Pike, Golf and Goog) met in Melbourne, things heated up pretty quickly in the kitchen, as these chefs and Thai cuisine specialists with over three decades of combined experiences and skills cooked up a 'traffic lights' assortment of red, yellow and green "gæng" - Thai curries.

"Delicious Asian food cooked and served by sexy Thai boys! This is how the West will be won" ...

World renowned connoisseur of Asian food and men, Minx, says of his experience.

They take it one step further to slow-cook their beef brisket in-house with their secret recipe, creating a distinctive taste you can find nowhere else. Be sure to try it in their curries and stir fries. For those who are more adventurous, they will throw in a dash more spice and heat.

Pushing the boundaries of authenticity and utilising only the freshest herbs and ingredients, the Gang will entice you with flavours as deep as their Bangkok roots, infused with a slight modern twist.

The Bangkok Gang has one commitment – to share their passion for food with the Kingsville and Yarraville community, whilst having fun doing it. Whether you're dining in, ordering takeaway, or holding that special private function, the Gang will be sure to dazzle you with a true Thai dining experience.



q mens health: **STEADY FREDDY**

GOOD THINGS CUM TO THOSE WHO WAIT

Fact: One in three guys cum a lot quicker than they would like to during sex.

It can place pressure on a relationship or put a real damper on a Grindr hook-up (every pun intended).

Premature ejaculation has a sliding scale. Some guys cum before their Calvins have even hit the floor while others drop their load after just a few pumps. Then there are guys who don't necessarily fall into the PE category, but would like to delay the urge to blow for as long as possible to get the most of the occasion. No matter what the reason, longer lasting sex is a win win for everyone.

Steady Freddy is a scientifically developed 'ejaculation delay spray' that is a game-changer in a market that has seen its fair share of 'snake oil' products that don't always deliver. Created by Dr David Reiner, Steady Freddy contains safe and effective desensitising ingredients that simply take the edge off the urge to ejaculate too quickly - without numbing your dick into oblivion.

'Premature ejaculation – or simply the urge to climax too quickly – is an issue that many men endure in silence,' says Dr David Reiner. 'It's not something guys talk about much, but hopefully Steady Freddy will open up the discussion more freely.'

Like all good things in life, Steady Freddy is pocket-sized and comes as a spray bottle that is applied directly to the penis prior to sex. The desensitising elements go to work within seconds without any risk of transference to Tom, Dick or Harry's mouth or butt thanks to unique evaporative technology.

'It basically takes the edge of the urge to ejaculate during the initial stages of sex without taking away any of the enjoyable feeling for the guy using it,' says Dr Reiner.

'Six years in the making, Steady Freddy is TGA approved and has hit the market with an overwhelmingly positive response. 'We want to normalise the issue as much as possible, so we came up with a fun name and a great marketing campaign that creates a dialogue that chips away at the unnecessary stigma,' says Dr Reiner.

Available to purchase discreetly online, Steady Freddy is the breakthrough product countless guys have been hoping for. It also makes a great gift for the Mr Right in your life who likes to finish the race before you've even warmed up.

Steady Freddy is available online at www.steadyfreddy.com





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q music: DANIEL LOWE'S THE SIGNS

Sydney-based singer/songwriter Daniel Lowe is certainly one to watch. With an emphasis on 'music that makes you feel something', Daniel fuses the raw emotion of artists such as Adele and John Legend with the wild funk of Shawn Mendes and Bruno Mars.

As a child, Daniel took piano and singing lessons. In 2016, he began uploading cover songs on YouTube, but always had dreams to perform his own work.

In 2018, Daniel burst into the world of original music with his singles 'Take My Hand' and 'In Our Lullaby'. Despite being self-produced and 'rough around the edges', the tracks tugged on the heartstrings of notable figures in the music industry. The singles received radio airplay and garnered interest from award-winning producers in the Australian music scene. Daniel has amassed over 10,000 followers on social media, with close to 300,000 views on his YouTube videos.

On July 23, Daniel Lowe releases his new single "The Signs". In this pensive, yet bouncy R&B-inspired pop track, Daniel feels it is too late to pursue a friend who once had feelings for him.

"I had a friend that gave all the typical signs of romantic interest in me. Yet, I never took the opportunity to tell him how I felt. I wrote 'The Signs' when I lost this person to someone else, and it became too late to charm them again. I'm sure that's a feeling we can all relate to somehow."

— Daniel Lowe

With entrancing electric guitar solo provided by younger brother Nick Lowe (lead singer of Sydney rock band, Noon Shift) and engineer Tom Frampton (director of Mastering The Mix) responsible for the final master, "The Signs" is bound to have listeners contemplating the verses in anticipation for an explosive hook.

Daniel Lowe is a Sydney-based independent singer/songwriter with a deep passion for inspiring emotion through his music. Daniel's 2020 singles, "Silence" and "Stop" were streamed over 10,000 times, with radio airplay received across Australia. When it comes to "The Signs", the sky really is the limit for Daniel.

The track will be available on all platforms from 12AM on Friday July 23rd 2021. To keep up to date, go to <https://danielloweofficial.com>.



**“My reason to live is
Sundays with my girlfriend”
- Ashley**

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q community: COS PRIDE

COS continue to support LGBTQIA+ charities who raise awareness of human rights issues through the release of two limited-edition products.

COS 2022 PRIDE
LIMITED EDITION T-SHIRTS
WITH
COCO CAPITÁN

In collaboration with London-based artist, Coco Capitán, COS have created a capsule T-shirt collection. Coco Capitán whose poems, scrawled in her trademark uppercase handwriting, have graced some of Fashion's most renowned labels and seen on giant walls in New York and Milan, also shooting for the likes of British Vogue, Dazed & Confused, Self Service and Document Journal.

Three exclusive, unisex designs are embroidered with Coco's signature writing on heavy weight organic cotton. "ALWAYS LOVE BECAUSE LOVE IS ALWAYS LOVE" is inspired by inclusivity and freedom to love anyone you want. The other two designs, "A BOYFRIEND CALLED MY GIRLFRIEND" and "WOULD YOU BE MY BOYFRIEND GIRL QUEER FRIEND?" are inspired by gender orientation and Coco's personal relationships.

***"ALWAYS LOVE BECAUSE
LOVE IS ALWAYS LOVE"***

***"A BOYFRIEND CALLED
MY GIRLFRIEND"***

***"WOULD YOU BE MY BOYFRIEND
GIRLFRIEND QUEER?"***

Alongside, COS are re-issuing their Pride limited-edition, repurposed cotton tote. In recognition of Global Pride 2021 and to celebrate the diversity of the community, the bag features the COS logo in the colours of the LGBTQIA+ rainbow flag.

The collection will be available in selected Australia COS stores in late July, with COS x Coco Capitán embroidered T-shirt at AUD \$79; and Pride limited tote at each donation of AUD \$30 and above.

Funds raised from this campaign including all proceeds from the purchases of the T-shirts and all profits from the sales of the tote bags will be donated to support local organisation "Black Rainbow", a national Aboriginal and Torres Strait Islander non-profit organisation that focuses on the positive health and wellbeing of the LGBTQIASB community.



q pride: CHAMPIONS

In celebration of Pride month, cult streetwear brand Champion officially launched their Australian and New Zealand first Pride range, Champions of Pride, and its partnership with the Queer Sporting Alliance.



Championing a cause, celebrating community, and aiming to create real change, the capsule collection is proudly inspired by the colours of Pride in a selection of signature Champion tees, iconic reverse weave hoodies, bucket hats, caps and socks.

The bold offering is brought to life by five artists, from Australia and New Zealand's booming creative industries, who represent inclusivity, solidarity, identity and advocacy within the LGBTQIA+ community.

Australian musician Jesswar, artist Frances Cannon, DJ and producer Sullivan, artist Joseph and New Zealand dancer Elvis Lopeti are the unified faces that give this progressive range a heartbeat. Throughout the campaign, each talent champions a bold colour of Pride and shines light on a chosen word that reflects their individual journey. The words of the collective include – infinite, carefree, self-love, proud and dream.

"A never-ending expanse of self-expression is how I define Queer community, this idea of the infinite, undefinable I find really powerful," said Sullivan.

"When you love yourself, and trust yourself, nothing else really matters, you know? Cause you got you and it's a beautiful thing. That's what I'm all about, that self-love right now," said Jesswar.

The launch of the range marks a union between Champion and the Queer Sporting Alliance (QSA), Australia's & NZ's largest LGBTQIA+ community sporting club. The organisation aims to ensure that sport is a safe place for everyone, and Champion will support the QSA through uniform and fund donations throughout the partnership.

"In all of our rainbow dreams, QSA couldn't have dreamt up a more aligned partnership. It is very clear to us that Champion is fully committed to learning more about how to best support LGBTQIA+ folk and their allies access community sport. We are here and Queer for it," QSA President & Founder Stella Lesic said of the partnership.

With the Champion brand roots deeply entrenched within the sporting sphere, helping support and create an inclusive space for the LGBTQIA+ community to play sport was deeply important to the brand.

Champion's bespoke customisation offering includes three Pride patches that will provide 100% of profits directly to the Queer Sporting Alliance. Customers are also invited to make a donation to the QSA online or in-store at purchase.

The brand worked directly with members of the LGBTQIA+ community throughout every aspect of the campaign, including queer screen culture not-for-profit Sissy Screens. Show your true colours and be a Champion of Pride today.

"Be you. Be free. Be who you wanna be"
- Elvis Lopeti.

For more information, go to
www.champion.com.au



q festival: 2021 MQFF

MQFF Announces Festival for November



The 31st Melbourne Queer Film Festival (MQFF), Australia's largest celebration of queer film, will be held in Melbourne from Thursday 18 November to Monday 29 November 2021.

This is the first time that MQFF has moved its festival to November and follows the success of its smaller festival MQFF Together in March 2021. The festival will screen in ACMI in Federation Square, Cinema Nova in Carlton and Village Cinemas Jam Factory in South Yarra.

MQFF Chief Executive Officer Maxwell Gratton says the move to November will create new opportunities to showcase the breadth and depth of content for the LGBTQ+ communities.

"MQFF is committed to bringing to the screen stories that cover all parts of the LGBTQ+ communities from Australia and across the world," says Maxwell. "The move to the later part of the year gives MQFF the opportunity to capture content coming out of the northern hemisphere festival circuit – and before they are taken up by streaming services, which have started increasing their queer content."

MQFF Co-President Molly Whelan says the move of the festival will also give MQFF the opportunity to kick off Melbourne's queer festival season.

"We know the start of the year is a busy time for festivals on the queer calendar and in Victoria more generally," says Molly. "Whilst we will still have a smaller festival in March, our move to November will mean that our community will have great films to look forward to coming out of the Melbourne winter."

MQFF Co-President David Micallef says he is looking forward to the change in the festival calendar.

"We know that by the end of the year we are all ready to sit back and wind down with a drink and your chosen family. What could be better than doing this with some great queer content," says David. "All of us at MQFF are looking forward to making this time of the year a celebration of the queer community through film."

Tickets for the 31st Melbourne Queer Film Festival will go on sale in October 2021 at www.mqff.com.au, following the program announcement.

MQFF31 SUBMISSIONS NOW OPEN

MQFF31 will be here in no time, screening from November 18-29 at ACMI, Cinema Nova, and Village Cinemas Jam Factory.

Each year MQFF screens more than 140 features, shorts, and documentaries from Australia and around the world - filmmakers, it's now your chance to be involved in our next festival - submissions are now open.

Submission is free for Australian entrants - please email program@mqff.com.au for a waiver code. Submissions close Friday 10th September.

q musical: **DIVORCED.BEHEADED.LIVE**

LOUISE WITHERS, MICHAEL COPPEL & LINDA BEWICK PRESENT
BY ARRANGEMENT WITH KENNY WAX, WENDY & ANDY BARNES AND GEORGE STILES



The Australian producers of SIX, the electrifying musical phenomenon by Toby Marlow and Lucy Moss, are thrilled to announce its tour will resume in Australia in November 2021. Following a sold-out season at the Sydney Opera House in 2020, this new Australian production will premiere in Brisbane at QPAC's Playhouse Theatre in November and make a triumphant return to the Studio at Sydney Opera House from December. The tour will then continue to the Canberra Theatre Centre, Her Majesty's Theatre in Adelaide, and Melbourne's Comedy Theatre in 2022.

A witty, pop-fueled musical packed full of sass, SIX remixes the history of the six wives of Henry VIII - Britain's notorious Tudor King - as they take to the microphone to re-tell their stories and reclaim their HERstories, once and for all. Catherine of Aragon, Anne Boleyn, Jane Seymour, Anna of Cleves, Katherine Howard and Catherine Parr.

The original UK producers of SIX said, "We are humbled that SIX in Australia has plans to reopen later in the year and we couldn't be more indebted to Louise Withers and her team for their perseverance in the face of adversity. We can't wait to see the Queens display their incredible talent on stages Down Under and have no doubt that the show will provide joy and empowerment to audiences across Australia as it had done prior to lockdown."

"We are incredibly thrilled to be re-starting our Australasian tour. SIX has become a phenomenon around the world and we are re-set to continue the sensation in Australia with these incredibly powerful and dynamic performers. We are excited to bring Australia's next generation of leading ladies to the stage and we are sure to see them empower and inspire audiences around the country the way only these Queens know how!" said Louise Withers on behalf of the Australian producers.

As the pandemic struck, SIX was playing to sold out houses in London's West End, across the UK and Australia, and had its opening night in New York on Thursday March 12 cancelled when the New York Governor shut down Broadway three hours before the show was due to open. SIX was nominated for five Olivier Awards including Best New Musical and won the BBC Radio 2 Audience Award for Best Musical at the Whatsonstage Awards. It is currently back on stage in the West End, has embarked on a UK tour and will reopen on Broadway on 17 September 2021.

The SIX powerful women are transformed from Tudor Queens to Pop Princesses as they take the mic to reclaim their identities out of the shadow of their infamous spouse, twisting the narrative from five hundred years of historical heartbreak into a celebration of 21st century girl power. The cast is backed by their incredible band, the Ladies in Waiting.

SIX The Musical has book, lyrics and music by Toby Marlow and Lucy Moss. It is directed by Lucy Moss and Jamie Armitage and choreographed by Carrie-Anne Ingrouille. Set Design is by Emma Bailey, Costume Design is by Gabriella Slade, Lighting Design is by Tim Deiling and Sound Design is by Paul Gatehouse. The Orchestrator is Tom Curran and Musical Supervisor is Joe Beighton

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q advice: OUTSMART OVERWHELM

5 Techniques to Outsmart Feelings of Overwhelm

Our daily tasks, chores and 'to-dos' can often get the better of us. We're dealing with the impacts of COVID-19, plus we have to work from the dining table, home-school in the kitchen and then try to put on a bright face and clean clothes for a meeting.

The feeling that things are too much to handle can be a common one. A response of overwhelm is a normal human reaction. It's when we feel like we're drowning in it all, overloaded with information and responsibilities and full to the brim of the emotions of the world we're in. But we need to be alert to overwhelm and its effects and not 'soldier on' or 'push through'. If we let overwhelm go on and on, unchecked, how we live, burn-out and other health challenges are waiting for us.

When the World Health Organization (WHO) reclassified burn-out not as a medical condition but as an occupational phenomenon, they were sending us a loud and clear message: we need to manage the chronic stress that pervades our lives. A 2018 study from the Mental Health Foundation in the UK found that in the previous year, 74% of people had 'felt so stressed they have been overwhelmed or unable to cope'.

That's a lot of us feeling stressed!

Overwhelm is a complex response and it can be more than just our mind buzzing during the night with all of things we should have said, or a to-do list as long as our arm! Three things that can combine to create overwhelm are: emotions, workload and information. When they pile up on top of the other, they cause a flood of feelings like you want to run from the room shouting 'Argh! Enough! Get me out of here!'

Here are five techniques to help you stay alert to overwhelming situations – whether they're emotional experiences, work or task related or when drowning under a huge amount of information.

- 1. Don't delete it.** We need overwhelm. It's part of being human and serves as a warning signal to us that something could be out of balance. Accept there are times when we will experience overwhelm.
- 2. Go easier.** Be easy on yourself when you next experience an overwhelming situation. Notice it and get to know it. What brought it on? Was it a familiar situation that was overwhelming? Did it build and rise gradually like rising flood waters, or did it appear out of nowhere like a flash flood?
- 3. Look at your load.** Are you doing too much at once or juggling an impossible and invisible number of tasks? Even the best jugglers know when to stop throwing things up in the air! Get all the things you're trying to do out of your head and onto a page, into an app or on a list.
- 4. Prioritise three or four.** Set your sights on just three or four things you'll aim to do each day. When they're done, embark on the next task. Overwhelm doesn't stand a chance when you work like this.
- 5. Stop fast switching.** Every time we switch tasks, when we're stressed or in a bit of a panic, it takes energy and attention. Neither of these are in endless supply. Take care of your energy reserves by working with something a little longer rather than jumping to something else out of panic.

Bonus tip:

- 6. Practice focus.** The 'stop starting start finishing' mantra of clever software developers who produce plenty of great work is wise advice. We are easily distractable, so maintaining focus is something we get better at once we notice we've been distracted. Oh look, a kitten!

Seriously though, untamed and unending overwhelm can lead to longer term issues like burn-out and a host of physical complaints from diabetes and high cholesterol to the unsettling effects of sleeplessness and anxiety.

We have a clever brain on top of our shoulders. Rather than suffering under the weight of endless information, work and worry, we can do a number of things to outsmart overwhelm. With these tips, overwhelm might still come to visit, but it won't stay as long, or be as overbearing as it might have been in the past. Phew!

Lynne Cazaly is speaker and award-winning author on new ways of working. She helps individuals and organisations think and work in ways that a more productive, collaborative, creative and effective. She is the author of 'Argh! Too much information, not enough brain: A Practical Guide to Outsmarting Overwhelm' (\$29.95). Find out more at www.lynnecazaly.com

A practical guide to
outsmarting overwhelm

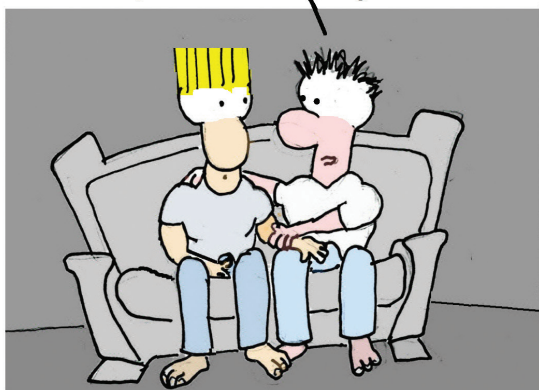
Argh!

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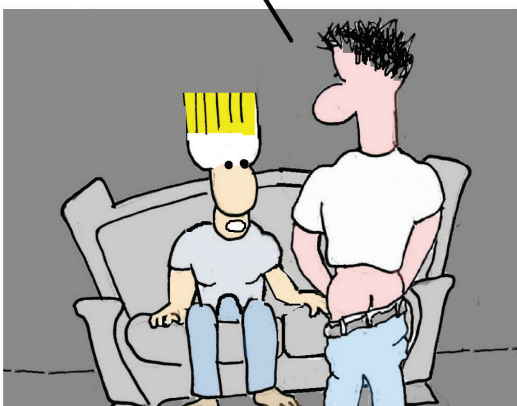
Lynne Cazaly

GAYLORD BLADE

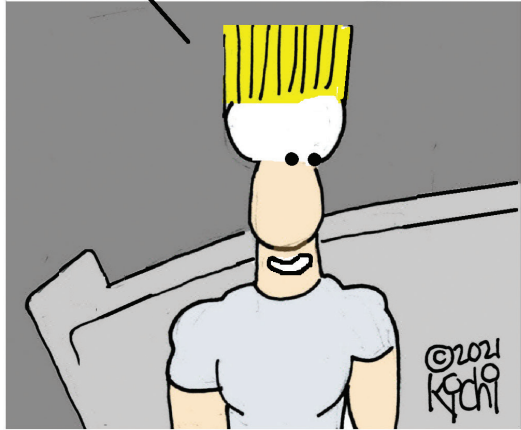
Before we fornicate for the first time, I need to warn you



... my penis is on the small side



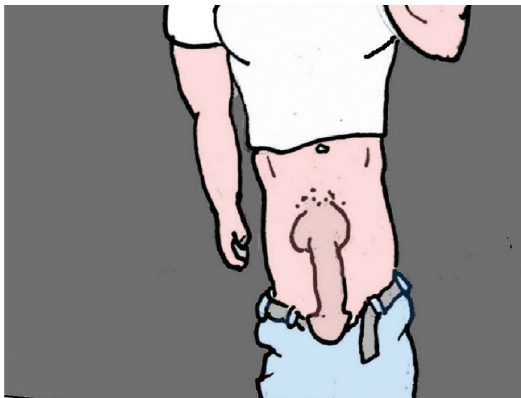
I am NOT a size queen, but



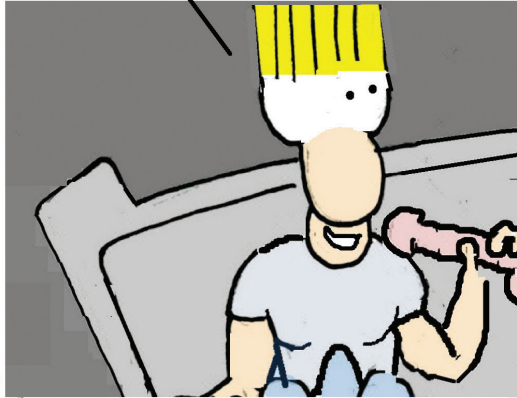
Small dicks were naturally selected over centuries of bloody combat ...

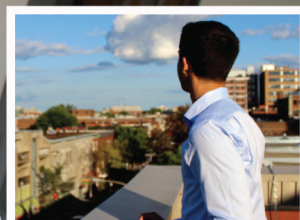


they didn't dangle out of the armor and were less likely to be sliced off



You haven't seen the penis of any other man, have you?





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