



AUGUST 2021

Q MAGAZINE

LGBTI
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Community



featuring:
ZOË BADWI

melbourne's own dance-pop diva

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q comment:



**Cryptocurrency
comes to
Q Magazine**



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q feature: OUR OWN ZOË BADWI

It was late 2008 when the Melbourne-based dance-pop diva burst on to the scene with the huge club smash **Release Me** that was quickly dubbed "THE song of the summer". Produced by double ARIA-award winning outfit TV ROCK, it spent a massive 7 consecutive weeks in the #1 spot on the Australian ARIA Club Chart and scored both ARIA and APRA nominations.

The Track's appeal quickly spread beyond Australian Shores and it was subsequently released in 28 countries around the world and commanding the dance floor club charts. Throughout 2009, the magic continued as a further collaboration with TV ROCK

- **In The Moment** - blitzed the Top 10 of the ARIA Club Chart. Zoe embarked on an international run of live dates, lighting up dance floors all over the world, but in mid-2010, Zoe hit us with **Freefallin'** - proving to be her finest moment yet. **Freefallin'** is a dance-pop triumph. **Freefallin'** stormed its way into the top 10 ARIA singles chart in addition to topping the ARIA Australian Artist Chart, ARIA Club Chart and iTunes Dance Chart. The track immediately found support at key radio stations across the nation, becoming the #6 most played track in the country.

Freefallin' has since gone on to achieve quadruple platinum sales accreditation and well over 2 million views on YouTube. Following on from this, Zoe released the single **Carry Me Home** (collaboration with TV ROCK's Grant Smillie) along with her acclaimed self-titled debut album. Zoe then went on to record **Torches**, which she was asked to create as the Official Anthem of the 2014 Mardi Gras. Add link 'Torches' premiered as part of Mardi Gras' official season trailer video on YouTube and was used as the soundtrack for the Mardi Gras season events which were attended by hundreds of thousands of people from all corners of the globe. It is one of the largest festivals in the world and is one of Australia's biggest tourists draw cards.

In 2016 Zoe partnered with electro house sensations The Potbelleez to create the ultimate remake of the 1998 global hit **Horny**, written by Mousse T. The rendition, release by Ministry of Sound went straight to the top of the Dance Music Charts.

Zoe has continued to perform, write, feature on and release dance anthems always entering the top 10 on charts with her infectious vocals and melodies.

When the Covid pandemic began many international bookings were postponed as events were cancelled around the world. Between lengthy lock down periods in Melbourne, Zoe still hit the studio and has been working on new tracks - collaborating once more with TV Rocks Ivan Gough and also releasing multiple dance tracks for the US market.

Zoë has assured Q Magazine that she has been writing away in lockdown, and as the world emerges from the past year or two's restrictions, you can expect Zoë will be up there singing - it's what she does best! She is also very excited to join "all the familiar faces" at the upcoming "Market" 10 year reunion at Brown Ally in October this year.



For more information, please visit: www.zoebadwi.com.au

q memories: THE MARKET REUNION

The Market 10 Year Reunion Event WHERE LOVE LIVES is now happening on Friday 1st October 2021 at the Colonial Hotel also known as Brown Alley.

For directions, go to:

www.brownalley.com

Due to big demand they will now be opening three rooms across the entire venue. These spaces will include a Dance, Lounge, and Chill space as well as an outdoor area. So if you want to be part of the party and missed out on the original release of tickets, here's your last chance.

Tickets available from:

<https://www.eventbrite.com.au/e/themarket-10-year-reunion-party-where-love-lives-tickets-157181904307>

Here's a video for you to watch:

<https://www.youtube.com/watch?v=FatwPg8FZuU>

For more information please visit:

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theMARKET

q series: **with TINA TOWER**

Why I gave up a successful franchise in search of balance

I've been in business for as long as I can remember. When I was 20 I started my first educational toy store and tutoring centre. I followed the traditional business model of working hard and to build business hiring more staff to be able to deliver services to more people. This grew, and I started opening multiple tutoring centres, and then converted into a franchise, when I was 27. According to most business standards, my franchise system was incredibly successful and in under five years I opened 35 locations across Australia.

Although I'd spent a lot of my life doing personal development and trying to be an awesome business woman live and epic life that was less ordinary, I got myself into the situation where I woke up one day and realised I'd done everything that I had been told to do but it totally wasn't what I thought it would be. We've all been there at some point in our lives right?

I got married to a great man, I had children, I worked really hard, I ran a successful business... but what it left me with was complete burnout, and I was absolutely exhausted from working 12 hour days, and having the responsibility of staff sitting on my shoulders. So I made the decision in 2016 to sell my company and then I was faced with the big question "Who even am I?". I didn't know what to do with my life. I needed to completely reinvent who I am and started to question everything that I had been taught, up until that point.

What I wanted was to be able to have a life where I could have great relationships, good health, freedom and to do work that mattered.

I accidentally tripped and fell into the world of online courses. After the sale of my business, we decided to take a break from life in general and we travelled around the world for a year with my husband and two children, travelling to 28 different countries.

While I was travelling I was doing some business coaching for other service based business owners that wanted to build and sell their companies but what I found throughout that process was that so much of what I was saying was repeatable. And so instead of charging private coaching rates, and repeating myself again and again, I put some of that content into an online programme and that way I could leverage my time and my clients time, so much better.

I did my first ever course launch from a beautiful villa on a hilltop in Thailand, and in that one week of launch I made \$11,000.

While that's a small amount when we're talking about Million Dollar Micro Businesses, that was the moment that I knew that this was going to be a million dollar business.

Throughout my 14 years of business, I knew the work that it took to produce those results. Whilst under no circumstances is running online courses passive income, it is extremely leveraged and extremely scalable, and I knew that I could help people all across the world by helping them to package their expertise into online courses.

It's been three years since that moment, and I have helped hundreds of people be able to get their unique knowledge and life experience and what they are passionate about and what they're really good at, and package that into a product that they can then sell to people, to help pass on their knowledge and shortcut success for somebody else.

The online course world is incredibly accessible. You can access a global market so quickly and so simply by sharing what you know. Since the pandemic has hit the receptiveness of online courses has only gone up, and continues to thrive. Now I get to run a business that gives me so much freedom and flexibility and allows me to have both a life that I love, and a business that I love.

I get up every day and I am so grateful that I get to do such impactful work that makes such a difference in so many people's lives. That has a trickle effect, because then they are also making a difference in so many people's lives and that is something that I'm totally here for.

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 milliondollarmicrobusiness.com

million dollar micro business



How to turn your
expertise into a
digital online course

tina tower

WILEY

q libations: with BARTENDER HYLTON

When I was thinking about this month's issue, and what food I could cook and share, I decided to go in a different direction. What about what comes before (and sometimes after) dinner? While many of us may be happy with a glass of wine while cooking dinner (I know I often am), it's also nice to treat yourself once in a while, with a cheeky cocktail.

As with cooking, while the processes may be fairly straightforward, the selection of ingredients really can make a difference when creating a lovely cocktail, some of which I've included below.

Negroni

The negroni, the epitome of a pre-dinner drink, was named after Pascal Olivier Count de Negroni, who asked a Florentine bartender to strengthen his favourite cocktail, the Americano, by adding gin rather than soda water, and presto, the Negroni was born.

When it comes to the gin, any will do in a pinch, but there are some interesting options out there. Four Pillars, a Gin distillery in the eastern suburbs of Melbourne, make a Spiced Negroni gin, specifically designed, as the name suggests, to be used in a negroni.

The Applewood distillery in South Australia also make a wide range of gins, made with some less expected botanicals, such as Kakadu Plum, Lemon Myrtle or Bush Apple, to name just a few. While their focus is clearly gin, Applewood also make their own bitter liqueur, Økar. While Campari is usually the bitter liqueur of choice, I find that Økar, tends to add a little complexity to a negroni, and also has the benefit of being quintessentially Australian.

Ingredients

- 30mL gin
- 30mL bitter liqueur
- 30ml sweet red vermouth
- Orange rind, or slice.

Method

- Add ingredients, along with ice, to a rocks glass and stir
- Garnish with orange

Espresso Martini

While not technically a martini, as it lacks both gin and vermouth, the espresso martini has become a staple in pretty much every cocktail bar from here to Timbuktu. Its origin story varies, depending on who you ask, but it is widely believed that a young female patron asked a London bartender for a something that would "wake me up, then f*** me up."

When it comes to the main spirit, I typically use vodka, but there are those that prefer to use Patrón XO Café (a coffee infused tequila) or even spiced rum (which really packs a punch). There's a distillery in New Zealand called Jumping Goat, who make a coffee infused vodka that is absolutely delish, whether you drink it on its own (very easy to do), use it in an espresso martini, or cheekily add it your coffee on your day off.

When it comes to selecting a coffee liqueur, Tia Maria or Kahlua are the obvious choices, however there is a company, just north of Sydney, called Mr. Black, who makes a cold brew coffee liqueur that simply wins, hands down. They are also the sponsors of Espresso Martini festivals around Australia. If you get a chance to go, please do, you won't regret it, until perhaps the next morning. There is some contention when it comes to how much coffee to use. I find that using two shots helps to promote that creamy foam of any good espresso martini, and if served immediately after being poured, you can watch the foam slowly dissipate and settle at the top. If you don't have an espresso or pod machine, cold brew coffee can be bought in a bottle.



Sugar syrup can easily be made by dissolving sugar (1:1 ratio by volume) in boiling water, then cooled. If the resulting product isn't viscous enough, add more sugar.

Ingredients

- 30mL vodka
- 30mL coffee liqueur
- 60mL espresso
- 15mL sugar syrup

Method

- Add ingredients, along with ice, to a cocktail shaker
- Shake vigorously for 20-30 seconds
- Double strain into a chilled martini or coupe glass
- Garnish with coffee beans

Fruit Salad Sour

This cocktail of my own design came about after dinner at home with friends. I wanted to make cocktails, but only had a spattering of odd spirits and liqueurs, so I just threw a few things in a cocktail shaker and gave it a try. If you're feeling adventurous, try different combinations and you may be surprised with what you come up with.

When making sours, the main draw card in terms of appearance, is the foam on the top. This is usually achieved by the use of egg white, but with people that may be vegan or have allergies, alternatives have been discovered. Aquafaba, literally "bean water," is the strained liquid from a can of beans, generally chickpeas, which fills the same role as egg whites in not only cocktails, but cooking as well (try an aquafaba meringue someday). Finally, a great product, often used in cocktail bars, is Wonderfoam, which comes in a small jar with a pipette. Two or three drops (not squirts) of Wonderfoam creates a foam equal to that of egg white or aquafaba. Wonderfoam is available through large specialist liquor stores.



Ingredients

- 30 mL Captain Morgan Tropical spiced rum
- 30mL elderflower liqueur
- 30mL grapefruit liqueur
- 30mL lemon juice
- 15mL sugar syrup
- 15mL egg white/aquafaba, or 2-3 drops of Wonderfoam.

Method

- Add ingredients to a cocktail shaker and shake for 10 seconds
- Add ice to contents and shake vigorously for 30 seconds
- Double strain into a chilled glass of your choice
- Garnish with an edible flower or lemon slice

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q life: with GABRIEL TABASCO

The Locker Room Erection

I was 18, in my first year of university and my hormones were raging. It was a few weeks before the end of the semester, just before the end of the term and the start of European summer, where, after sports class we congregated in the changing rooms to change out of our shorts and t-shirts and into our regular clothes. From there we would go to the pub for a drink.

Usually, in the changing rooms we would leave our t-shirts on as we changed out of our shorts and slip in our trousers and then take off our t-shirts and put on our shirt.

That day, feeling daring and a little horny, I decided to undress completely out of my gym clothes, remaining only in my little white starched y-fronts before getting into my jeans. I did so feeling trepidation and a little horniness at being so daring.

'Look at Gabriel,' someone said pointing at me.

Some of the guys scoffed. Others saw my little buttocks and it reminded them of the little asses they saw in porn films of female porn stars' that contrasted to the big burly, hairy buttocks they saw on male porn actors. Those were bodies even those guys had not yet achieved, no matter how many sports they participated in.

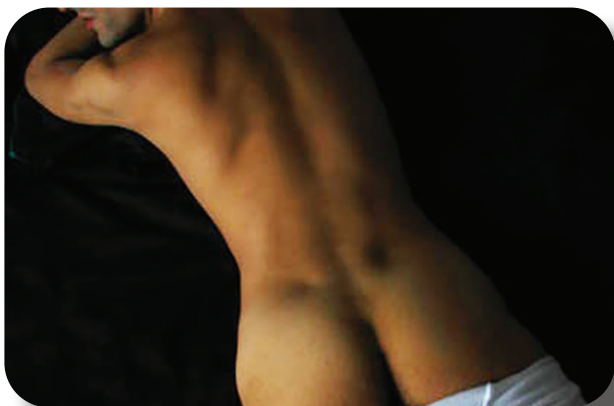
But I, as a first-time exhibitionist, was not quick enough to get into my jeans. Being 18 I had not yet having mastered to control my exploding hormones. My cock stood to attention in the few seconds out of my shorts.

One of the boys looked over at me and all of a sudden laughed loudly. Sensing something scandalous another boy, half-undressed asked a little too enthusiastically: 'what? What is it?' I knew it was about me and I guessed (quite correctly) that I was about to be turned into a figure of ridicule by the bigger boys. Trying to talk through his sniggers after spotting my erection, the guy that spotted me said: 'I just saw his dick go up'.

All the guys then looked towards me with some of them even peering down to look at my pulsating boner. I turned red and was unused to all the excess attention my hairless body was receiving. I became even more aroused than moments ago. My penis was rock hard and throbbed. I quickly put on my y-fronts but even with those on I was still exposed for all to see. The other guys had a good look at me, some with more curiosity than others while others wrote off the incident as something funny to tell the girls, who like the boys were changing in the rooms next door.

The bi-curious guys masturbated to the incident that night, some liking my slim body, others liking the attention I was getting, even if it was from other boys. The other guys laughing told some of their female friends and their girlfriends about my bobbing boner.

Some of them found it intriguing while some of the other ladies laughed with their boyfriends and wished they could have seen the event, wondering how long and thick my penis was. Some even asked their boyfriends about it and the boys pretended they did not remember. But I could not forget the incident. Even years later it aroused me.





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q pride centre: **GALLERY LAUNCH**

The Victorian Pride Centre launches Pride Gallery with identity, adornment, transformation

The Victorian Pride Centre is thrilled to stage identity, adornment, transformation as the inaugural exhibition for the Pride Gallery, the only the gallery space in Australia celebrating LGBTIQ+ culture and artists.

The Victorian Pride Centre is Australia's first purpose-built LGBTIQ+ Centre. Located at 79 - 81 Fitzroy Street, St Kilda, the Pride Centre will house major LGBTIQ+ organisations and provide a social and cultural venue for the LGBTIQ+ and wider communities.

Curator Mish Eisen brings Indigenous LGBTIQ+ artists Jenna Lee, Clint Lingard, Paul McCann, Dylan Mooney and Peter Waples-Crowe together to create identity, adornment, transformation. The exhibition explores notions around discovery of identity, resonance of adornment and bearings of transformation from a LGBTIQ+ Indigenous contemporary lens.

The Victorian Pride Centre was launched on Sunday 11 July and opened its doors to limited capacity on Wednesday 28 July. The exhibition can be viewed until September 9 2021.



About the Victorian Pride Centre

The Victorian Pride Centre is a unique initiative that celebrates, bolsters and protects equality, diversity and inclusion. It is set to forge a new chapter in the narrative of Australian Pride by bringing the LGBTIQ community together in a single and powerful space. It will be home to practical and supportive services as well as being an international tourist destination. The Victorian Pride Centre Ltd is a not-for-profit organisation structured as a company limited by guarantee.

For more information, please visit www.pridecentre.org.au www.facebook.com/vicpridecentre



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Sundays with my girlfriend”
- Ashley**

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q charity: STEVEN NEEDS HELP

Hi my name is Steven and I am fundraising for a new Insulin Pump and Continuous Blood Glucose Monitoring (CGM), and to assist with living expenses, like rent and bills, while I spend at least 12 weeks recovering in Sydney away from my home and my furbaby.

A very darling friend of mine is trying to raise much needed funds to keep breathing! He's a gorgeous guy and seriously needs assistance. I really believe in this guy and know that he genuinely needs the help.

I have included over this two-page spread Steven's own words, as included on his GoFundMe page (with very little editing from me, as I believe you need to read HIS words, understand HIS situation, and know that what is happening to him is part of HIS story that I'm sure the majority of us would never want to go through.

Yours sincerely,
Brett Hayhoe

The GoFundMe page is
<https://www.gofundme.com/f/hope4steven>
Please donate as much as you're able. No donation is too small.

I am 39 and have type 1 Diabetes and end stage Kidney Failure. I have been on an Insulin pump for a couple of years and the pump has now malfunctioned and is outside of its warranty period so the company is not able to help me with a replacement and i am not in a great financial position to purchase a replacement.

I have just started PD Dialysis for my end stage Kidney Failure and am doing this 4 times per day. My kidney disease has been a bit of a journey since being diagnosed with it 5 years ago. Over the past 5 years this has been managed by a cocktail of medications.

I am currently waiting for a double transplant of both a Kidney and a Pancreas which will be the most magical and life changing gift i could receive.

Earlier this year on the 31st January i got the call at 12am from Westmead Hospital in Sydney that a compatible donor was matched with me and the following morning 5am my partner and i were on a Jetstar flight to Sydney.

Unfortunately the transplant did not end up going ahead. While doing my pre -surgery work up they did a CT scan and found a large cluster of Lymph nodes in my lower stomach and abdomen. They were not prepared to operate without further investigation as they thought it could be Cancer and the risks were too high.

We were sent back to the Gold Coast the following day. As you can imagine feeling pretty devastated to say the least.



I have since gone through further tests at the Gold Coast Hospital including a PET scan and a Biopsy. They have ruled out Cancer (Thank Goodness) but are yet to find the cause of the Lymph Nodes. I have only just been given the all clear to be reactivated on the Transplant List.

I am very concerned about the current COVID outbreak in Sydney as this is causing more red tape for a transplant to go ahead should a donor match arise.

May 31st this year, my kidneys which had been functioning at 12% decided to take a sudden decline to 5% and i became very ill. Loss of appetite, nausea, sudden weight loss, anemic and generally feeling unwell just to name a few of the changes I was going through.

My Specialist decided it was time for me to start Dialysis. I am currently doing PD Dialysis 4x a day everyday. While i wait for the Transplant call to happen again.

With all the changes in my body, i have started having complications with my eyes and have had to start having monthly injections in both eyes to prevent me losing my eyesight. The damage is from my Diabetes and the change in blood sugars effecting the blood vessels in my eyes.

On top of all of this my Insulin pump has now malfunctioned and is outside of warranty, and as the Dialysis solution contains sugar, this is playing havoc with my blood glucose levels with highs and lows.

To replace the pump is \$9000 and to continue with the CGM this is \$200 per month.

The CGM will help give me better control of my sugars and will help with my overall health and managing both my Diabetes and Kidney Failure and help improve my eyesight.

Adding to the stress the property we are currently renting has just been sold and we have been given notice to vacate. Currently the property market is crazy with a shortage of rental properties and outrages rent price due to COVID

We need to move by the 9th September.

The stress of all of this while trying to manage my health and my mental wellbeing as we go into another lockdown is becoming very overwhelming.

I believe in paying it forward and know although i am going through a rough time at the moment things will improve and we will get back on our feet. i just need a little help.

I will continue to update this page regularly with how my journey is going.

Stay Safe
Love to you all
Steven



q support: **STILL SIX LIVES**

**Gemma and Yen on losing their long-awaited, precious baby:
“We worried that life might continue as though the best part of us had never existed.”**

After several rounds of IVF, Gemma and her partner, Yen, were grateful to finally fall pregnant with their precious baby, Jin. But despite Gemma's smooth pregnancy, at 27 weeks the Canberra-based couple received the devastating news that Jin had no heartbeat.

Gemma said: “As a same sex couple, we always knew I would carry our baby. I was older than Yen, and I was ready to grow my body around our child, to change and mould myself to motherhood. At the beginning of our IVF journey, we decided to use an Asian donor so our baby would look more like their non-birth parent and feel a deep sense of belonging to our extended family. For the same reason, it was important to give our baby a Chinese name. Our first round of IVF had resulted in two miscarriages. The next round gave us no good eggs, and no good reason why. In the doctor's office, he pointed to a picture of my insides – the very minimal endometriosis sitting in my gut – and shrugged. We still didn't know what was happening, but we agreed to try one more time. I was determined, even with a blood clotting disorder that meant my pregnancy, whenever it happened, would be risky and full of specialists.”

Given the challenges of their journey to become parents so far, Gemma and Yen were overjoyed to fall pregnant.

“The pregnancy was smooth. I held my breath at every scan, but Jin's heart was always beating, his tiny body twisting around within me. We were sitting in a waiting room when we chose Jin's name. We were waiting, for what felt like the millionth time, to see our fertility specialist. We passed the time by pondering over the ever-growing list of names we could give the baby we would one day meet. As soon as I heard Yen's suggestion of Jin, the rest of the list melted away. It was perfect.”

Gemma is sharing her story in support of Still Six Lives, a national initiative to educate Australians on the prevalence of stillbirth across the nation and to empower communities with knowledge that could help save an unborn life.

“On one Saturday morning in November, I woke up and Jin felt heavy and still. We went to the hospital and found out that Jin, probably some time the night before, had passed away. Jin lived within me for 27 weeks. For 174 days, I felt him in my body, growing, changing, becoming.”

Every day in Australia, six babies are stillborn; over 2,000 families are touched by this tragedy every single year.

“I had always imagined that announcing my baby's name to the world would be a joyous affair, a celebration of life to come. Instead, we announced our baby's passing in the same breath.”

The rate of stillbirth in Australia has remained unchanged for 20 years and is one of the worst in the developed world. Still Six Lives has been developed to help reduce the risk of stillbirths through education by encouraging the adoption of three simple behaviours.

“We kept Jin's name a secret. Even between the two of us, we called him ‘the bean’. For months, we had been too scared to give him his name, in case we jinxed the pregnancy. “Sometimes, when I was alone in the shower, I used to sing to Jin and whisper the name into the rush of the water.”



While not every stillbirth is preventable, there are ways to reduce the risk that are not widely known to Australians. Expectant mothers should quit smoking and avoid second-hand smoke. Family members and loved ones can support the pregnancy journey by also quitting smoking.

All throughout pregnancy, it's vital pregnant women monitor their baby's regular pattern of movement. If any changes are noticed, a maternity care professional should be contacted immediately. Lastly, pregnant women should sleep on their side after 28 weeks of pregnancy.

"In death, we worried that Jin had changed from a baby to a problem, a thing to be removed and fixed. We worried that life might continue as though our precious secret, the best part of us, had never existed. As we handed over his name, first to the midwives, then to our friends and family, we felt his personhood return. Jin was real and he was so deeply loved. While I laboured and brought our beautiful Jin into the world, his grandmother gifted us with Chinese characters and a meaning for his name.

" 'It means,' she told us, 'The place where the mountains meet the water.' "

Funded by the Federal Government, Still Six Lives is delivered by a consortium of established Australian organisations. Each focused on supporting families through pregnancy and pregnancy loss, the group includes Red Nose, including SANDS (Stillbirth and Newborn Death Support), Stillbirth Foundation Australia and Stillbirth Centre of Research Excellence.

For more information and support, visit <https://preventstillbirth.org.au>



q festival: **BRISBANE COMES ALIVE**

SEPTEMBER IS BRISBANE FESTIVAL AS QUEENSLAND'S MOST ANTICIPATED EVENT RETURNS WITH A BRIGHTLY BRISBANE PROGRAM



Step into Brisbane Festival, a Brightly Brisbane program of events and experiences in 2021, inviting the city to re-emerge, connect, celebrate and shine brightly under Brisbane's expansive skies this September.

The uniquely Brisbane program celebrates the city with an awe-inspiring line-up of premiere productions, cutting edge collaborations, commissioned new work, award-winning performances, surprising venues and a brand-new Festival hub.

Minister for the Arts Leeanne Enoch said Queenslanders will brightly embrace the Brisbane Festival as it brings the community together through the joy of rich arts experiences that celebrate positivity, resilience, and hope.

"The 2021 program has a real focus on connecting Brisbane, bringing life to the city's streets, suburbs and cultural venues with diverse and unique performances," Minister Enoch said. "Showcasing 63 Queensland companies and employing more than 1000 local artists, this year's Brisbane Festival program will also feature 168 First Nations artists engaged across the 23-day Festival, the largest in the Festival's history. Prior to the COVID-19 pandemic, Brisbane Festival 2019 contributed \$46 million to Queensland's economy. The arts are key to delivering our plan for economic recovery, each year contributing \$8.5 billion into the state's economy and supporting more than 92,000 jobs for Queenslanders and events like Brisbane Festival are an important part of that," Ms Enoch said.

Lord Mayor Adrian Schrinner said visitors came from near and far to experience the incredibly successful Brisbane Festival, with the event always guaranteeing a program centred around showcasing Brisbane's home grown talent and renowned venues.

"With Sunsuper Riverfire returning, Street Serenades bringing music back to our suburbs and another jam-packed program, Brisbane Festival will bring our city to life in September and provide a significant boost for our businesses and much-loved creative industries," he said.

Launching her second program, Brisbane Festival Artistic Director Louise Bezzina said the core themes of community and celebration lay at the heart of the 2021 Festival.

"There is a renewed ambition to this year's Festival, a joyous and uplifting celebration of our River City, with large new creations, such as the premiere of Brisbane's Art Boat along with a spectacular line up of world class talent," Ms Bezzina said. "This year's program builds upon 2020's Boldly Brisbane vision and beckons locals and visitors alike to step into the spring light, reconnect, celebrate and enjoy this Brightly Brisbane Festival," Ms Bezzina said, adding that more than half of the events are free.

Over 23 days in September, Brisbane Festival will commission 18 new works, stage 15 world premieres, deliver 139 productions – and present events in a staggering 223 locations across the city.

Brisbane Festival Indigenous Advisory Group chair Michelle Tuahine said this year's Festival would spotlight unique and untold stories.

"This year, 168 First Nations artisans, performers and creatives share their intensely personal narratives through ceremony, smoke, songline and performance," Ms Tuahine said. "We look forward to sharing our world with you."

The Festival commences with a Jumoo, a smoking ceremony at South Bank on 3 September. Led by Yuggera and Turrbal man Shannon Ruska, Jumoo connects Brisbane Festival and its visitors to Country and cleanses the pathway for a peaceful journey into September.

Northshore, Hamilton will be one of two ports of call for the Festival highlight, Brisbane's Art Boat, a new floating art experience

cruising between South Bank and Northshore, Hamilton immersing audiences in a glowing world and bathing the Brisbane River in a new light.

Airship Orchestra, a multisensory inflatable installation up to six metres high sets sail on Brisbane's Art Boat from 3 – 12 September with Sky Castle, an interactive dreamscape of inflatable, luminous arches and ethereal symphonies taking to the water from 16 – 25 September.

Created by art and technology studio ENESS each installation will alternate between its home at Northshore, Hamilton while the other floats down the river hosting live performances and a pop-up bar on Brisbane's Art Boat. A major Australian contemporary performance work is also playing at the industrial riverside precinct of Northshore, Hamilton.

From 8 – 12 September, RED is a contemporary dance piece from Townsville-based Dancenorth Australia that is both epic and intimate. In a breathtaking statement on survival, two dancers perform inside a transparent bubble as the air they breathe slowly runs out.

Brisbane Festival unveils BOQ Festival Garden, a wondrous world of food, wine, entertainment and discovery, popping up in South Bank. Free and open to all, the brand-new Festival hub features live entertainment, roving performers, school holiday fun, food, bars and a mysterious interactive adventure.

The Festival opens with two stellar events led by the keenly anticipated world premiere season of Trent Dalton's Boy Swallows Universe, adapted for the stage by Tim McGarry and presented by Brisbane Festival, Queensland Theatre and QPAC.

This world premiere season will run for an extended fifth-week from 30 August to 3 October to meet insatiable audience demand.

Another opening night scene stealer, transforming the South Bank Piazza into a haven of hip, is award-winning singer and all-round entertainer David Campbell bringing his Back in the Swing big band show to Brisbane for one night only.

South Bank Piazza is also home to a remarkable design performance event First Nations Fashion: Walking in Two Worlds, cabaret delivered on a grand scale in Skyfall, Casus Circus's heart-warming and celebratory Auntie's Fiafia Night and many more artists and acts infusing the new precinct with appealing shows to suit a broad range of audiences, including late night revelers who love to party, Festival style.

Enter Silver City, an immersive world of wonder and delight at BOQ Festival Garden's Rainforest Green throughout the Festival.

The daring new collaboration between Brisbane-based Circa and UK architects AL_A takes place inside an eye-popping structure comprising a constellation of chrome bubbles, where acrobats tumble and leap as the performance unfolds. Vibrant inflatable installations also take root in West Village with Lost, an enchanting garden of extinct and endangered floral illuminations created by Australian artist Amanda Parer.

The free outdoor exhibition runs the duration of the Festival and is accompanied by a weekend and school holiday program of art activities.

Brisbane Festival returns to fill the city with art, music and joy from 3 – 25 September 2021.

**All programmed events are on sale and tickets can be purchased at
www.brisbanefestival.com.au**

For updates and announcements, follow Brisbane Festival on Facebook, Instagram and Twitter.

Brisbane Festival is proudly supported by Brisbane City Council and the Queensland Government, through Arts Queensland and Tourism and Events Queensland, and features on the It's Live! in Queensland events calendar.

All Brisbane Festival events comply with Queensland Health's COVID Safe Events framework and health authority directions.

q book: **INSIDE YOUR DREAMS**

Edited extract from Inside Your Dreams: An Advanced Guide to Your Night Visions by Rose Inerra (Rockpool Publishing \$29.99), available where good books are sold and online at www.rockpoolpublishing.co

6 TIPS FOR HAVING BETTER DREAMS

During any time of restricted social activity when your physical body may be confined to your home your dream body and mind are still free to wander in whatever places they wish to go. You can practise this through waking visualisations, meditations, daydreams and night-time dreaming.

1. Be inventive and imagine what you would rather dream about. As you're drifting off to sleep, tell yourself what imagery you want to dream about and begin to imagine what it would look, feel, sound, taste and smell like. Are you at the beach, the forest, a lake or mountain? Who are you with? This imagery will seep into your dreaming mind. It's called dream incubation, where you set the intention to dream whatever you wish.

2. Remove excess fear and notice beauty around you, because when you are over-fearful you create more fear in the world. Everyone vibrates differently when they are in fear mode, and one way to release fear is to calm your senses. Do whatever works for you: walking where and when you can, being in nature, bringing nature to you with lots of plants, watching a nature program or burning candles or oils that are plant based. Listen to a favourite uplifting book as an audio or music.

3. Create a possible future. Just as you can incubate dreams and influence what you dream about, the same applies to dream scenarios. (A dream scenario is a dream that has a full scene, usually with a loose beginning, middle and end. Most of the time dreams come in fragments without beginnings or endings.) You can do this in your normal waking state, ideally when you are relaxed and have time set aside to do it.

4. Create desirable future scenarios out of your anxiety or dream state. Your subconscious is open to suggestive prompts: the more you feed it suggestions the more it will take them seriously and store them for a time when it's possible to realise or manifest these future scenarios. What does your dream home, partner or job look like? Where do you want to travel to that you haven't already visited? Focus on a past holiday you enjoyed.

5. There are ways to change dream endings if you are willing to persevere with the practice of conscious dreaming. You don't need to go to sleep in order to dream; your most powerful dreaming may unfold in the twilight zone between asleep and awake.

6. Keep a dream journal, which is essential if you are at all interested in dreams. We forget most of our dreams on waking even though we think at the time we will remember them. Date each entry and give it a title, as this is going to become the most important book on dreams you will ever read. It is going to be an oracle book of your personal symbols that will enable you to create a data log of your dream history. It is an intimate sharing of lessons from your inner self.

INSIDE YOUR DREAMS

An Advanced Guide to Your Night Visions

Have you ever woken from a dream and felt that there was meaning to it? We often brush these thoughts aside and waste an opportunity to dig deeper, but learning to decipher what our dreams really mean is a skill that you can learn.

In the new book, *Inside Your Dreams: An Advanced Guide to Your Night Visions* (Rockpool Publishing, 7 July, \$29.99), best-selling author of *Dreams*, Rose Inerra, has written a practical, advanced guide into all aspects of dreaming.

Rose's unique dream interpretation techniques offer awareness about your inner self and healing through actioning your dream images in your waking life. She shows how to unlock the mysteries of your dreams and the messages they hold for greater insight into your conscious waking life, your subconscious and the collective unconscious. Readers discover:

- common dreams & how to interpret them
- how COVID has impacted the way we dream
- the different stages of sleep and dreaming
- how to avoid sleep paralysis and deal with nightmares
- how to recall your dreams and understand them
- guided meditations and step-by-step exercises on how to remember your dreams
- a list of Children's most prevalent dreams & night terrors
- a mini dictionary of universal dreams
- + chapters covering Lucid and Shamanic dreams

Inside Your Dreams is a comprehensive guide to help you climb inside your dreams, connect more deeply with yourself and become an awakened dreamer.

About the Author

Rose Inerra is the author of the recent book *Dreams* by Rockpool Publishing. Drawing on her experience as an author and researcher, she has written over 60 children's books and her books are published and marketed internationally. Rose is a member of the International Association for the Study of Dreams and appears regularly as a columnist in print media and as a guest speaker on radio.



ROSE
INSERRA

INSIDE

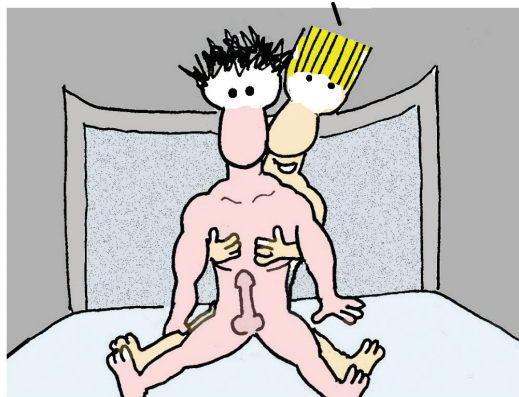
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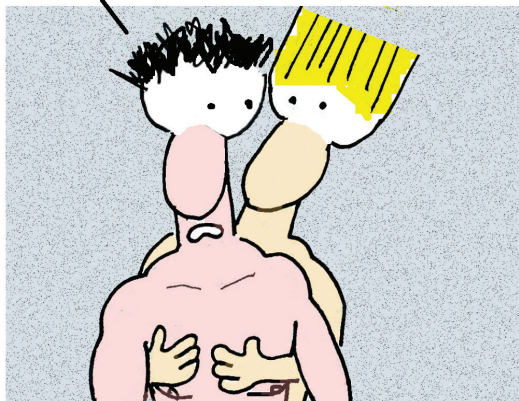
An Advanced Guide To
Your Night Visions

GAYLORD BLADE

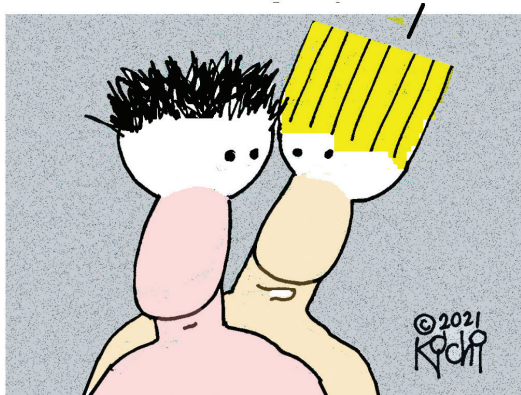
Whew! That was an other-worldly root ... now, sit on my face!



Rimmin' ain't my thing, mate!



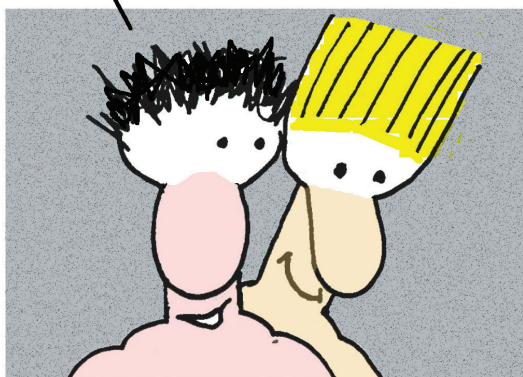
Relax, no quid pro quo required. I won't need to sit on YOUR face



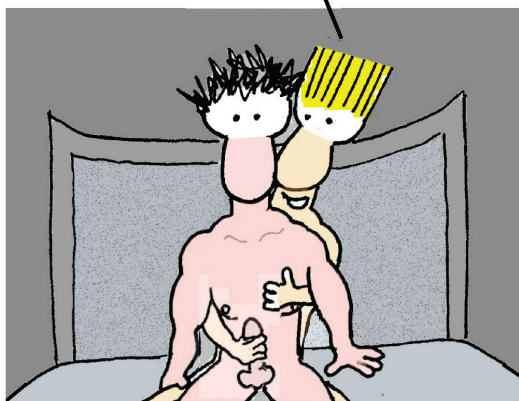
I just wanna suck my juice out of your pink, pulsating anus



But it'll be mixed with the kiwi and strawberry flavored lube I used!



I love fruit salad!





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