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OCTOBER 2021

Q MAGAZINE



featuring:
CHARISMA BELLE
a blessing in disguise

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q comment:



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ISSN 1449-499X
Q MAGAZINE
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q feature: CHARISMA BELLE

When Covid hit, the live drag scene was plummeted into the unknown. Drag queens around Australia were all of a sudden unemployed. The colour, the shows, the laughter taken away overnight, but as many industries had to pivot and try new things so too did the Queens of Australia. We speak with Charisma Belle, about life after Covid and what goes into making a queen so fabulous.

Charisma is as beautiful on the inside as she appears in life. Charisma is an exceptional talent; a multi-award-winning show producer, trained dancer, makeup artist, choreographer, actress, host and business owner. She says it's not unusual for drag queens to be multi-talented in different areas. *"That's just what it takes to build a career in the industry. It's rare for a one trick pony to last as long as I have".*

Covid hit hard for this star. Although she woke up one morning to find all her work was cancelled, like most queens, she got to work doing live shows from her dining room, now studio. *"It was fun trying new things, working to an empty room with just you and a camera. It was strange at first but I got used to it. It's made me want to try and do more TV work".*

Cutting a long story short, Charisma says it was hard but, in many ways, it was a blessing in disguise. *"I've had a dream for many years to create a sit down drag dinner theatre show. I wanted to create shows that were different to club performances. Drag is an incredible art form, and it doesn't always get the credit it deserves. I've always wanted to showcase what drag queens can do. So, with the support of Universal, Sydney Drag Royalty and Gaymentertainment in Sydney, Premiere was born".*



A two hour drag spectacular, with beautiful food, drinks and most importantly a safe space for people to reconnect. *"It really is a dream come true, being back on the stage in such a great environment".* The production isn't just about drag queens getting back to work, it employs a family of lighting crew, service staff, managers, photographers and the list goes on. *"That makes me feel so special, so many wonderful people benefit from this production".* Each Premiere season gets a theme, and it just keeps getting bigger with each new season. *"I'm very excited to get back to work, and relaunch our Enchantment show, for anyone who didn't get a chance to see it. Right now, I'm super excited because I am working on our new Christmas extravaganza. I just can't wait to welcome every back".* The best part about Premiere is that it is true drag magic, and its bringing people from all over Sydney and, hopefully one day soon, from all over Australia and the world to Oxford Street. It's showcasing Drag at its best and our audiences are so mixed. People are seeing drag for the first time. Gay boys are bringing their families in, and straight men are watching and loving what they see.

Being the beautiful queen she is, Charisma also gives back to her community. *"I have received so much love and support from my community, it's important to return that love when I can".* She's been lucky enough to co-host Bingay for many years with the fabulous Naomi Palmer. It's a monthly ACON fundraiser that over its 20+ years has raised much needed funds for the organisation. *"I just love the people who come to Bingay. They are not the usual club kids, so I get to know more people on a deeper level through hearing their amazing stories. The Bingay family is like no other. We are all there for a common goal, but it's done with laughter and positivity".*

This year Charisma is an ambassador for giveOUT Australia. *"I have worked for many charities over the years but hadn't really heard about giveOUT Australia. When I found out the amazing work they do, how could I not do whatever I can to help". giveOUT is a national day of giving to LGBTIQ+ projects and not for profits. Anything I can do to share the love I will".*

I'm so excited for the future, I have missed my community and being up on the stage doing what I do best. I simply can't wait to welcome everyone back with open arms. My Instagram is www.instagram.com/Charismabelle For booking and inquiries please contact info@sydneydragroyalty.com.au

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q seminar: SHOOT, TEST, FREEZE, SHIP

Shoot, Test, Freeze, Ship – Making Babies At Distance

In the lead up to Growing Families Sydney and Melbourne seminars on 13/14 November, Sam Everingham explains his most recent specialisation – sperm shipping.

New dads Dan & Ryne Lee with baby Marcus



Assisting gay guys with sperm testing, freezing and shipping was something I never imagined a decade ago. Yet forced to slow down and contemplate life trajectories, as discretionary savings built up in bank accounts, many seemed to decide lockdown might be more fun with kids. Enquiries about reputable providers of IVF, donor and surrogacy services have skyrocketed.

The problem is, women prepared to carry a baby for a single or couple who are not family members are few and far between. It means most gay intended dads work with surrogates at a distance - whether interstate or overseas.

Nowadays thanks to organisations like Growing Families, there is a lot more support available in both selecting providers and organising logistics. While Covid has slowed processes, a surprising number of singles and couples have found ways to move ahead. Unable to meet face-to-face with egg donors, surrogates and the professionals needed to help, many chose to meet over Zoom calls; then make, freeze and ship sperm to an IVF clinic close to their donor.

So asking guys to abstain for a few days prior to shooting a load has become part of my every day. Did you know that masturbating 2-3 times the week before you go to a clinic can help with sperm quality?

And then there's this rule I recently discovered – no lubricant or saliva for your final load (it can damage the sperm). As a concession, you can do the business at home as long as you get it into the clinic within three hours.

For the minority whose test results show a low sperm count, loading up on blackberries and blueberries is good. Quitting smoking and giving up those bottle-of-wine nights in front of Netflix can also help. If this is all too hard, your IVF clinic can cheat and use a technique called ICSI – it injects average sperm right into the egg.

Then it's all about flying that sperm at -190 below freezing to the receiving lab (where your egg donor awaits). It might be just an hour to Brisbane, but more commonly it's a 24 hour journey to Canada, the US or further still. In the last 18 months I can count over 125 Australian singles and couples which Growing Families has assisted in this way.

** After two years of webinars Growing Families is returning to its face-to-face seminar format in Sydney and Melbourne this November for those fully vaccinated. Gay dads will provide insights into their own journeys, the hurdles, how they overcame them, costs and managing expectations. As well, expert speakers provide updates on options in Australia, Canada, the USA and other destinations. You can find out more here: <https://www.growingfamilies.org/all-events>*

Growing Families is an information and referral hub for singles and couples hoping to build their family with the help of donor IVF and/or surrogacy.

FAMILY BUILDING OPTIONS FOR GAY DADS



**2021 MELBOURNE SURROGACY AND
EGG DONATION SEMINAR**

13 NOVEMBER

A chance for intended parents, parents, egg donors, surrogates, and experts to network, share stories and learn from each other. Learn what the IVF, donor and surrogacy process really looks like.

BOOK NOW

www.growingfamilies.org

 **GROWING
FAMILIES**

q cuisine: with HOME COOK HYLTON

Leftovers are a marvellous thing. Not only do they remove the rigmarole of cooking every day for those of us who are time-poor, they also provide us with "fresh" ingredients for a whole new dish. Roast meats are a perfect example. While corned beef makes for a scrumptious toasted sandwich, leftovers from a roasted leg of lamb is the perfect excuse to make the all-time favourite, Shepherd's pie.

While some of the ingredients may sound a touch odd, trust me, they work. My recipe is a culmination of memories of my mother making Shepherd's pie, cooking tips from others, as well as a bit of trial and error.

When it comes to picking a cider, while the rise in the popularity of craft ciders has resulted in some marvellous flavours (I'm quite partial to a good passionfruit cider on a sunny afternoon), it's best to use a crisp, dry cider when cooking. While a good British/Irish cider like Bulmers or Magners works fine, I like to support local industry and use Pure Blonde apple cider, and yes, like the beer, it's less carbs and less sugar, so you can enjoy it without feeling quite so guilty.

If you don't have a hand mincer, either get a camper boyfriend, or, in all seriousness, use fresh lamb mince, you'll just have to cook it in the progress (the lamb, not the boyfriend). I do, however, feel that leftover is better, and plus, who doesn't like a Sunday roast?

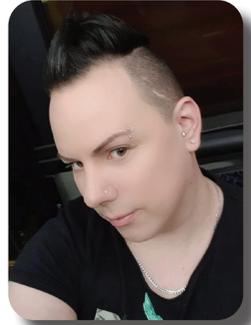
Shepherd's Pie

Ingredients:

- 500g cooked lamb
- 8–10 medium potatoes
- 1 onion, finely diced
- 2-3 sticks of celery, finely diced
- 2 carrots, finely diced
- 2 tsp plain flour
- 2 tsp mustard powder
- 3/4 cup chicken stock
- 1 tbsp soy sauce
- 1/4 cup Worcestershire sauce
- 1/2 tsp mace
- zest of 1 lemon
- 3/4 cup apple cider
- 2 bay leaves
- 1/2 bunch flat-leaf parsley, chopped
- 1-2 tbsp butter, plus extra for glazing
- milk
- 1 egg, lightly beaten
- grated cheddar and or parmesan (optional)

Method:

1. If using leftover lamb, set up a hand mincer on an overhanging bench and mince lamb onto a plate
2. Peel and chop potatoes, place in a saucepan, cover with water and boil until soft.
3. Preheat oven to 180°C
4. Meanwhile, heat some oil in a large frying pan or wok
5. Sauté vegetables until soft
6. Add minced lamb and stir to combine.
7. Add flour, mustard powder, mace and lemon zest, then the liquids: stock, cider, Worcestershire and soy sauce.
8. Add chopped parsley and bay leaves to the mixture.
9. Stir well to combine and tip mixture into a buttered baking dish, ensuring its evenly spread all over.
10. Once they are soft (you can test with a wooden skewer, drain potatoes and return to saucepan, over low heat, add butter, and



mash. Add milk to form a soft, fluffy texture.

11. Take pan off heat, stir in egg and spread mash over top of your lamb mixture, again spreading evenly and smoothing the top.

12. Brush potato with extra melted butter and sprinkle with cheese, if desired.

13. Bake in oven for 20 mins, then grill for 5 min or so until golden and crispy on top.

14. Serve and enjoy.



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q coming out: with ANTHONY T EATON

COME (OUT) AS YOU ARE: CONNECTING THROUGH OUR STORIES?

Our stories connect, unite, and let us know we are not alone in our journey, whatever that may be; this is especially true for those who are considering coming out, are in the process of coming out, or have come out.

According to a 2013 pew research, the median age across all LGB adults is 12, although some differences exist across groups. Gay men report, on average, thinking around age ten that they might not be straight. For both lesbians and bisexuals, the median age is 13.

Today, we can instantly connect with others in our community around the world share our stories and journey of coming out, but it was not always that way. And although there is greater acceptance and representation than ever before, coming out can still have risks and be one of the most challenging life experiences. Leveraging that ability to connect instantly, Katlyn and Robyn have created an online place for members of the LGBTQ+ community worldwide to share coming out stories, understand the experience, and what it means on an individual level being LGBTQ+ with through Come (Out) as You Are.



I had the privilege of asking them some questions, and Katlyn shared that the idea for Come (Out) as You Are came to her as she completed her college career at University in fall 2020. Wanting to apply the skills she had acquired and use them for something she was passionate about – person-of-interest journalism, storytelling, and reporting she launched Come (Out) as You Are.

With more than two thousand followers since its launch in less than a year, Katlyn and Robyn said that the community response has been great from the beginning, and they have made connections they would never have. When I asked about what the goal is for Come (Out) as You Are, Kaitlyn said: *"It's part of my goal to instill confidence and strength in those who may not have been ready to come out."* and Robyn added that *"No matter the interaction, positive or negative, I strive to interact with love and compassion."*

Not only does Come (Out) as You Are provide a place for individuals to share their story, but it also provides essential information related to understanding pronouns, things not to say to those who are trans, amongst other topics. Robyn shared that they decided to write pieces on different genders and sexualities to educate ourselves and our community to be more inclusive and knowledgeable.

Robyn goes on to share that not every story is easy or full of acceptance from parents or peers, so some have to or choose to stay in the closet for a little longer than they'd like to for safety reasons. The objective is that reading someone's coming-out story will help those who can't come out or are too scared to gain the courage to do so without sacrificing safety or security.

The decision to come out or not, when and how, is a very personal one, and I asked them both if there is any advice they would offer to someone considering it? Katlyn shared what some others have said, amongst them the first person who shared their story.

"I think the most important thing is making sure that you live for yourself first. And if that means you have to distance yourself from your family, then do it. If that means you need to make new friends, then do it." – Cory, January 5, 2021

Robyn added to make sure you're in a safe environment to do so. Make sure you have a great support network, and never look back. Get yourself to a place where you can be you without issue and be your best self and if you need support, reach out and get that support. There is no shame in getting the help you need.

Regardless of where we are in the world, as members of the LGBTQ+ community, we share the unique experience of "coming out," whatever that means to us. Knowing that we are not the only ones, having the greater support of our community and sharing our stories can make that journey easier. If you want to share your coming out story, read others, or are looking for information, visit the website, and you can also connect via social media:

<https://comeoutasyouare.com>

<https://twitter.com/comeoutasyouare>

<https://www.instagram.com/comeoutasyouare>

<https://www.linkedin.com/company/comeoutasyouare>

<https://www.facebook.com/comeoutasyouare/posts>

q arts centre melbourne: **TOGETHER**

Arts Centre Melbourne has launched a powerful new storytelling campaign showcasing the importance of the performing arts to Victorians as it looks towards a future reopening.

Together Experiences, an emotive series of short films created pre-COVID by Melbourne-based agency, Brands to life® shines a light on the unique and positive impact of the performing arts on the state's diverse community.

The first three films focus on three individuals whose lives have been significantly impacted by the performing arts and Arts Centre Melbourne.

Choreographer Stephanie Lake discusses the creation of her large-scale work Colossus, an Arts Centre Melbourne commission and a lifelong dream to create a work exploring the complex unison and wild individuality of humans.

"There's no question we're in troubling times. There's incredible division. A single leaf is interesting, but thousands of leaves moving in the wind is breathtaking," says Lake.

Lauren Hayes, who was born blind, explains how audio description makes her theatre experience complete while Thomas Smith talks about Arts Centre Melbourne's Tech Connect Regional Training Program which allowed him to pursue his dream of working in theatre from his home in Swan Hill.

The Together Experiences film series will be shared over nine weeks and lead into the time when Arts Centre Melbourne can begin welcoming artists back to its stages and audiences to its venues. The films will be shown through a digital media campaign as well as on Arts Centre Melbourne's website and venue's digital screens.

"Since we closed our doors last year, COVID-19 has separated us: artists and arts workers from stages, audiences from venues," says Arts Centre Melbourne CEO Claire Spencer AM. *"These films speak directly to our role as Victoria's arts centre – a gathering place connecting all Victorians with the art that inspires them, and artists, makers and presenters with the stages where they belong."*

For more information visit www.artscentremelbourne.com.au



q memories: THE MARKET REUNION

The Market 10 Year Reunion Event WHERE LOVE LIVES is now happening on **Friday 3rd of December 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:

www.wherelovelives.com.au

FRIDAY OCT 1 **9PM TILL 7AM**

THE MARKET 10 YEAR REUNION PARTY WHERE LOVE LIVES 21

DJ'S RACHEL LISTER (9-11) TONY SVEHLA (11-3) CARMINE ROMANO (3-7)

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

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q awards: 7NEWS YOUNG ACHIEVERS

DO YOU KNOW AN INSPIRATIONAL YOUNG ACHIEVER?

Nominations for the 7NEWS Young Achiever Awards are now open and the search has begun for incredible young people under 29 from Victoria.

Everybody knows an inspiring young individual:

- Who we all wonder where they find the time to help others
- Paving the way for our future through innovative thinking
- Who is a leader and role model for their peers

We need to give thanks, and now you can by nominating them into one of these categories:

- Saward Dawson Community Service and Social Impact Award
- The Victorian Government Group Achievement in the Community Award
- First National Real Estate Leadership Award
- Kangan Institute Inspirational TAFE Student Award
- The Bridge Create Change Award
- IKON Services Environmental Sustainability Award
- Luminary Tech Visionary Award
- Generation Us Career Achievement Award
- Yarn Strong Sista Indigenous Achievement Award
- National Protective Services Safety and Wellbeing in the Workplace Award
- Qoin Small Business Achiever Award
- Danmark Online Achievement Award
- Hydration Movement Healthy Living Award

Category winners will each receive \$500 cash, \$500 in Qoin and a complimentary 6 month membership to The Impact Collective valued at \$2,090, along with a trophy.

One of the thirteen winners will be chosen as the 2022 Victorian Young Achiever of the Year and will receive an additional complimentary 6 month membership to The Impact Collective, with the 12 month membership valued at a total of \$4,060 along with a state trophy.

To submit a nomination, simply go online to www.youngachieverawards.com select 'VIC' and then click the gold 'Nominate Now'. Alternatively, make the process that much easier by calling us on 9720 1638 and passing on their details and we will take it from there.

Nominations close Tuesday 14th December 2021. For assistance, please feel free to call the Awards Office or email vicyaa@awardsaustralia.com

WHO WILL YOU *Nominate?*

The Awards recognise, encourage and reward the positive achievements and community contributions of young Victorians aged 29 or under as of 31 December 2021.

Category winners will each receive some great prizes, along with a magnificent trophy.



For more information call 03 9720 1638
or email vicyaa@awardsaustralia.com

NOMINATIONS CLOSE 14 DECEMBER 2021.

WE'RE LOOKING FOR OUR NEXT *Young Achievers* IN THESE CATEGORIES:



Leadership Award



Create Change Award

GENERATION US

Career Achievement Award



Group Achievement in the Community Award



Environmental Sustainability Award



Indigenous Achievement Award



Community Service and Social Impact Award



Tech Visionary Award



Small Business Achiever Award



Inspirational TAFE Student Award



Safety and Wellbeing in the Workplace Award



Online Achievement Award



Healthy Living Award

Don't wait! Nominate *today* at youngachieverawards.com



/VICAYAA



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vicyaa@awardsaustralia.com



#VICYAA

q community: **GIVE OUT DAY**

GiveOUT Day returns this year on Friday the 15th of October for a massive day of supporting the rainbow community!

Following the success of last year, GiveOUT Day 2021 will see 80 LGBTIQ+ organisations and projects from around the country come together to participate in the special occasion.

GiveOUT Day is a national day of giving to LGBTIQ+ projects, community groups and not-for-profit organisations. Any donations made to LGBTIQ+ organisations on GiveOUT Day (15th of October) are doubled by GiveOUT and their partners.

GiveOUT Day helps build awareness of LGBTIQ+ causes, raise funds for vital services and expand networks for a variety of community focused LGBTIQ+ organisations. Some of the organisations participating this year include Minus18, JOY, Archer Magazine, Pride Cup, Thorne Harbour Health, Equality Tasmania, Melbourne Queer Film Festival, Transcend, Beyond Bricks & Bars and many more.

LGBTIQ+ communities have access to less than 50 cents in every 100 dollars of available resources from philanthropy and government. LGBTIQ+ organisations already do a lot with a little – but with significant financial support, many will be able to better advocate for LGBTIQ+ causes and robustly build the on-going delivery of necessary services.

LGBTIQ+ organisations are the first responders for the community, working tirelessly to increase access to services, promote equal rights and provide much needed relief and resources. Spread the word to support the LGBTIQ+ community on GiveOUT Day this October!

Get involved October 15th by:

- Checking out the amazing organisations and their projects at www.giveout.org.au/projects
- Join us online at 5pm for a jam-packed 90-minute extravaganza, hosted by drag legends Aysha Buffet and Charisma Belle. Bring your friends along to join in a round of drag trivia and celebrate LGBTIQ+ causes and community groups across the country.
- Letting your mates know about GiveOUT Day!



q health: YOUTH INITIATIVE

Ground-breaking new investment empowers Victoria's young people to create a healthier future
Survey reveals what young people need for good health

Health promotion foundation VicHealth has unveiled a first-of-its-kind initiative focused on creating a healthier future for Victoria's young people. As coronavirus continues to affect the health and wellbeing of young people, Future Healthy will invest \$45million in new programs over 3 years to support people aged 0-25 to begin to build back better: reconnect socially and safely, get active, and access and enjoy good food.

This month, VicHealth will work with thousands of young people in developing this healthier vision together. The projects delivered through Future Healthy will then be created in direct response to the ideas and needs that young people share.

The announcement comes as a new VicHealth survey^[1] reveals 2 in 3 (68%) of Victoria's young people aged 18-25 believe they have a role to play in helping plan and create healthier local communities.

The survey also highlighted what Victoria's young people and kids need for good physical and mental wellbeing, during and after the pandemic.

Young people aged 18-25 key findings:

- 9 in 10 (90%) young people believe that every young person deserves to enjoy good health as they grow up
 - For 7 in 10 (71%) young people, staying socially connected with others has become one of the most important issues during the pandemic
 - 3 in 4 (76%) young people said having access to healthy food near home is one of the most important things to them.
 - Almost 7 in 10 (69%) young people said having nowhere near home to do the sports or activities they enjoy has an impact on their physical activity.
- Victoria's parents and carers of kids aged 6-17 years key findings:
- 9 in 10 (90%) parents believe that social connection is important for their child's mental wellbeing
 - Almost 9 in 10 (89%) parents feel that being able to feed their kids healthy food is one of the most important things for their family
 - And almost 7 in 10 (68%) parents said having a limited number of physical activity spaces (eg playgrounds, parks and bike paths) near home has an impact on their kids' physical activity.

Future Healthy Community Champions:

As part of Future Healthy, VicHealth is working with 14 Community Champions – a diverse group of young people and parents from right across the state who are passionate about creating healthier communities. Through their work with Future Healthy, the champions will empower more young people and parents to have their say and help shape the solutions needed for people to lead healthier, happier lives. The Community Champions' stories can be found at: www.futurehealthy.vichealth.vic.gov.au/CommunityChampions

Get involved in Future Healthy: If you're a young person in Victoria aged 18-25, or a parent or carer in Victoria with kids aged 0-17, share your experiences, challenges and ideas about what a healthy future means to you and your community at www.futurehealthy.vichealth.vic.gov.au

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TRANSPHOBIA & BIPHOBIA. ALWAYS.**



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q beauty: REINVENT THE WAY YOU CLEANSE

Dermaenergy is a vibrant and affordable new skincare line, committed to delivering a fresh, healthy, and clear complexion by energizing skin at the source. At Dermaenergy, every product is formulated to enhance the life and look of your skin, not just today, but in the long-term. When skin is not given the tools to thrive, it can become dry, sensitive, tired, depleted and breakout prone. We are an Australian company, and therefore super-aware of the challenges to skin that results from living in a harsh climate, not to mention the negative effects of screen pollution and yes, the current day to day stress of languishing in lockdown.

We see an at-home opportunity for achieving better skin fast! Combining proven active ingredients with ATP, our products deliver both fast results and prolonged stimulation without irritation. ATP, or Adenosine Triphosphate, is at the heart of every Dermaenergy product and for good reason. We discovered that by energising the skin at the source, rather than just working on the surface, we can create clear, radiant skin that lasts a lifetime. The journey starts with a first step-we're on a mission to up the cleansing game!

For those new to the Dermaenergy difference, we recommend beginning with our superior cleansers and what we like to think is the world's best deep cleansing brush, DermaBrush. Cleansing is definitely the most important step and the basis of any good skin care regime, creating a healthy, glowing canvas, and preparing the skin for nourishing next steps.

Three brilliant perfect cleansers to choose from:

1) Cream Clean Cleanse

Creamy and dreamy, this nourishing energy-enhancing cream cleanser suits all skins, most especially lipid dry skins. It provides a gentle clean for compromised skin post treatment, and can be used to remove eye makeup.

ACTIVES

• Ginger and Licorice to help soothe • Almond, Argan & Avocado Oils to nourish • Adenosine Triphosphate (ATP)

2) Clean With Envy

An energy-enhancing foaming cleanser which invigorates and refreshes for all skin types. Gives a gentle clean without stripping moisture and is also safe to remove makeup.

ACTIVES

• Pineapple enzymes to gently exfoliate • Adenosine Triphosphate (ATP)

3) A Mean Clean

An energy-enhancing AHA + BHA blend cleanser, ideal for ageing skin, oily skin types and acne prone or problematic skin. It increases cell turnover and provides a deep, strong clean, while dissolving oil and removing dirt.

ACTIVES

• Glycolic + Lactic AHA Acids (9%) • Salicylic Acid (1%) • Adenosine Triphosphate (ATP)

Each of our cleansers are designed to be used with our nifty DermaBrush, a soft brush with silicone rubber teeth which adds air to the cleansing process to help deep clean pores and stimulate healthy skin. All of our products are lightweight and free of congesting ingredients such as sulfates, so you can rest assured that our products are here to only correct, never contribute, to your concerns. Start the Dermaenergy cleansing program cleansing today. Your skin has a lot to look forward to.

ABOUT DERMAENERGY

Dermaenergy is proudly Australian made and owned, it was started by Cosmetic Chemist, Beauty Therapist and Beauty Editor, Sean Abel. Dermaenergy believes in a holistic approach that targets the skin as a whole rather than applying a single ingredient stimulator that targets just the fibroblast, but rather encompasses and powers up the skin as a whole.

For more information, please goto www.dermaenergy.com.au



q sport: **LIFESAVERS WITH PRIDE**

Lifesavers with Pride launch Proud Beaches Scholarships for 2020/21 summer

Lifesavers with Pride (LWP) is excited to kick off its Proud Beaches Scholarship for summer 2021/22, promoting Surf Life Saving as a welcome, safe and valued place for LGBTIQ people. The scholarship helps members of the LGBTIQ community become qualified lifesavers and join their local surf club by financially supporting recipients of the Proud Beaches Scholarships.



**LIFESAVERS
WITH PRIDE**

Over the last 2 seasons eight scholarships were awarded, across NSW, WA and Qld, and our goal is to increase the scope of scholarships this year. Scholarship applications are welcome from anyone from across the country.

The scholarships are for the Surf Rescue Certificate (13-15yo), or the Bronze Medallion (over 15+yo), regardless of gender, culture, or physical ability, and anyone who meet their club's award prerequisites (able to swim 400m).

Applicants will need to demonstrate in their application why they should receive the scholarship. Our straight allies are also welcome to apply, identifying how their candidacy will increase LGBTIQ involvement in lifesaving

The patrolling season operates from October to April in the south, and May to September in the northern tropics, so intake for new lifesavers varies by location. Applicants should contact their local surf club to find out their course dates and details.

Scholarship applications can also be submitted by surf clubs on behalf of their members. Assessment of applications will be reviewed 30 Sep, 31 Oct, 30 Nov, 31 Dec and 30 Apr.

"The Surf Life Saving community has made great progress in terms of LGBTIQ inclusion and participation in lifesaving, with SLSA joining Pride in Sport, and the states supporting our participation at each of the capital city LGBTIQ Fair Days last summer. Surf Clubs are welcoming, safe and inclusive, and we really encourage our LGBTIQ friends to visit their local surf club and try out lifesaving," said LWP Chair, Gary Driscoll.

"Completing the Bronze Medallion course is the first step towards patrolling the beach and competing in surf sports, and we are keen to ensure cost isn't a barrier to becoming qualified lifesavers, and active surf competitors" said Gary.

Lifesavers with Pride encourages clubs to share this scholarship opportunity in their community, and we'd love to know what your club does to make members feel safe, welcome and included.

We welcome messages of support via email or messages on social media, especially with our hashtags #lifesaverswithpride, #lwpscholarships and #proudbeaches.

Application are available here: <https://www.lifesaverswithpride.com.au/scholarship>

You can learn about Lifesavers with Pride on their website: www.lifesaverswithpride.com.au



q series: INNIES + OUTIES PODCASTS

ABC podcast series tells LGBTQIA+ stories of coming out – and staying in



Everyone comes out in their own way, in their own time. ABC Podcast Innies + Outies brings you fascinating stories from diverse LGBTQIA+ Australians about coming out or staying in.

Hosted by Walkley Award-winning journalist Mon Schafter, the ABC is proud to launch this new podcast on National Coming Out Day, Monday 11 October 2021.

"As a proud queer Australian, I'm so excited to share these incredible rich human stories and to provide a platform for LGBTQIA+ voices," says Mon. *"Even though we live in a country that has marriage equality, coming out can still be the hardest or scariest experience of your life."*

Each episode of Innies + Outies is packed with life lessons for queer Australians and the people who love them.

Exploring a range of topics like coming out in high school, queer comedians who turn their trauma into jokes, and LGBTQIA+ folks who choose not to come out, Innies + Outies shares first person stories, as well as the perspectives of parents, partners, friends, colleagues and teammates who've been on these journeys too.

"Some of the chats I've had with folks while recording this podcast have left me in tears, while others have cracked me up," Mon shares. *"Particularly some of the surprising things that parents have said. They're often more clued in than you think."*

Guests include multi-award-winning comedian Rhys Nicholson, the first openly gay Indigenous parliamentarian Chansey Paech, and everyday Australians with incredible stories.

You'll meet a teacher who helped launch the first student pride group in a region that voted overwhelmingly against marriage equality, a trans doctor working on the frontline of COVID, and a sawmill worker from regional Australia who affirmed her true gender after more than two decades at the same company.

"Innies + Outies is a first for the ABC and I think it has something for everyone. Even if you're not part of the rainbow community yourself, we're all connected in some way through family and friends – and these stories capture what everyone goes through," says Mon.



Download the [ABC listen app](#) for your smartphone or tablet device at the Apple App Store and Google Play store.

q advice: HEALING CRYSTALS

5 Healing Crystals to Help Stress & Anxiety

We all know that feeling of being overworked or totally, mind-numbingly overwhelmed. The racing heart and shallow breath that comes from being frozen in fear or paralysed by panic. The throbbing head pain that comes courtesy of a house full of screaming kids and the sleepless nights spent worrying about money; or health; or the current Covid lockdowns.

Stress is stressful! - As a crystal healing practitioner for over 14 years and mother to two wildlings, I am personally and professionally familiar with the challenges that living with anxiety can bring. Fortunately, I have had a lot of success using crystal healing to help reduce the feelings of stress and anxiety in my own life and the lives of my clients.

If you are feeling overwhelmed or are struggling with feelings of anxiety, know that it does get better. Next time you are craving some calm and clarity in your day, pour a cup of tea, light a relaxing candle and grab a crystal. Hold it against your forehead and focus on taking slow, deep breaths as you channel your stress into the crystal. Do this until you begin feeling more centred and relaxed. You may also like to hold a crystal against your heart, or in your hand. Don't forget to cleanse your crystal afterwards by placing it in sunlight for a few minutes!



Not sure which crystal to use? Here are my top 5 crystals for helping stress and anxiety:

1. Sodalite - Like most stones in the 'blue' family, the energy of sodalite is very cooling and calming. Place a piece of Sodalite over your 3rd Eye Chakra (in between your eyebrows) or Crown Chakra (at the top and centre of your forehead) and feel instantly calmed by its relaxing energy. Not only is this gorgeous stone able to calm the most anxious mind, sodalite is also excellent for bringing clarity and perspective to an otherwise overwhelming situation!

2. Rose Quartz - If a crystal could bake your favourite brownies and give you the best grandma cuddles, it would be rose quartz! This pale pink beauty resonates with the Heart Chakra and is a superstar when it comes to settling big emotions. Place it at the centre of your chest to help sooth panic-induced heart palpitations, or simply hold it in your hand to benefit from all the juicy love and support it radiates. Best of all, rose quartz reminds us to be gentle and forgiving towards ourselves, at times when we need it most. Soak in a rose quartz infused bath for the ultimate relaxation and support experience.

3. Hematite - Hematite is not usually a contender when it comes to well-known crystals for supporting anxiety - but you would be surprised how effective it is! Because of its natural gravitational and magnetic energies, it is probably the most powerful grounding stone in the mineral kingdom. Placed between the feet or held in the lap while seated, it will help you remain anchored when your thoughts or feelings get carried away. Hematite is also used to bring focus and strength to the mind - and anyone who has overcome anxiety, will tell you that strength of mind is essential!

4. Amethyst - Being a deeply spiritual stone for the 3rd Eye and Crown Chakra, amethyst will help you to connect to your higher-self with more awareness. It is very calming and works on the mind to bring a sense of peace, serenity and almost a meditative state of mental relaxation. Hold amethyst gently against your forehead and breathe deeply and rhythmically the next time you begin to feel anxious. You will be amazed at how quickly you begin to feel calmer.

5. Amazonite - As a natural balancer and cleanser, amazonite is most effective when used at the Solar Plexus Chakra (at the centre of your diaphragm) and Heart Chakra (at your heart). It energetically protects against negative and stressful environments and is used in crystal healing for stabilising emotional imbalance, releasing emotional trauma and calming overwhelming feelings. Hold amazonite close to your body and visualise yourself being surrounded by its colour, which is washing away any irrational thoughts or panicky feelings.

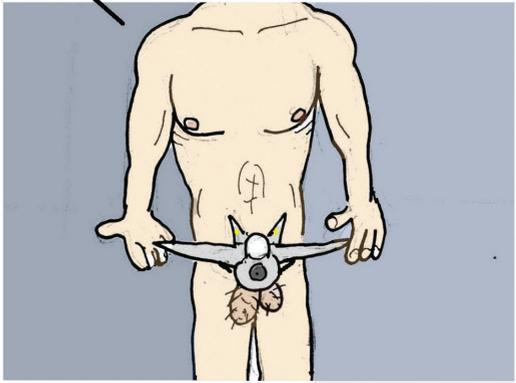
Kate Mantello, author of Rock On: The Crystal Healing Book for Rebels (Rockpool Publishing \$29.99) is a Master Energy Healing Practitioner and founder of Evolve Healing Institute - a world class online training platform for professional crystal healing practitioners. Rock On is now available where all good books are sold and online at www.rockpoolpublishing.com.au

GAYLORD BLADE

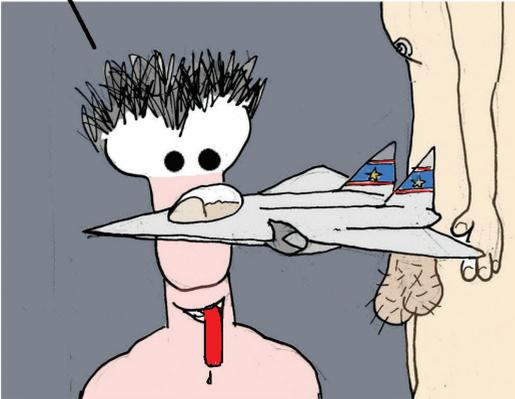
I'm glad you could come to my Halloweiner Sex Fest, Gaylord!



Do ya like my Top Gun costume? I've festooned my doodle as a navy jet.



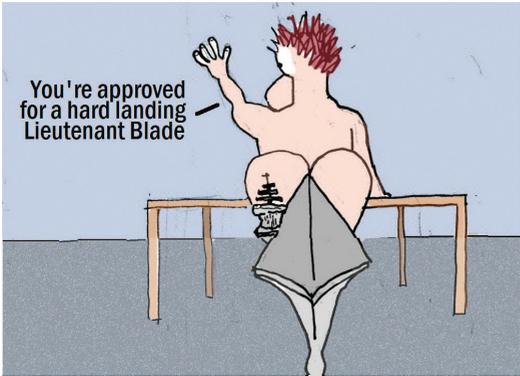
Yes, I like your bird, very much!



I've costumed my anus as an oil rig so you can't land there ...



but Malcolm is decked-out as a semen-worthy aircraft carrier!



That's fortuitous 'cause I only do HARD landings!





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