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Q MAGAZINE



featuring:

SIX THE MUSICAL

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SIX Australian 2021 Cast - Kala Gare, Chelsea Dawson, Kiana Daniele, Loren Hunter, Vidya Makan, Phoenix Jackson Mendoza, with the compliments of JAMES D. MORGAN-GETTY IMAGES

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ABN 21 631 209 230

q feature: SIX THE MUSICAL

The Australian producers of **SIX**, the Tony Award winning electrifying musical phenomenon by Toby Marlow and Lucy Moss, are thrilled to present the 2022 Australian tour. This new Australian production made a triumphant return to the Studio at Sydney Opera House in December 2021 where it completed a record breaking 15-week run, becoming the longest running show ever at the iconic venue! **SIX** has continued its reign in Australia with imperial seasons at Canberra Theatre Centre and Adelaide's Her Majesty's Theatre. **SIX** and has now arrived at Melbourne's Comedy Theatre playing until 21 August. A season in Brisbane at QPAC's Playhouse in 2023 is also confirmed.

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. Inspired by the canon of music divas Adele, Lily Allen and Ariana Grande, and with support from the **SIX** band Ladies in Waiting, the women transform from Tudor Queens to Pop Princesses as they tell their rebellious tales.

Playing the first wife of Henry VIII, the sassy Catherine of Aragon is Phoenix Jackson Mendoza. In recent years Phoenix has starred in Australian productions of Green Day's American Idiot and Charlie and the Chocolate Factory.

The rule-breaking second wife Anne Boleyn is played by Kala Gare, who graduated from the Victorian College of the Arts and starred in productions including Bright Star and Rent at Melbourne's Chapel off Chapel.

Loren Hunter takes on the role of the loyal third wife Jane Seymour adding to her unfaltering musical theatre career including roles in Strictly Ballroom the Musical and King Kong the Musical.

The independent Anna of Cleves is played by Kiana Daniele, having won the Sydney Theatre Award for Best Newcomer for this role. Kiana has previously performed in The Production Company's Boy from Oz and played Baby in Dirty Dancing presented by Immersive Cinema.

Newcomer Chelsea Dawson takes on the role of the playful fifth wife, Katherine Howard, having made her professional debut in the 2020 production of Shrek the Musical.

Musical maven Vidya Makan plays the empowering Catherine Parr, a graduate of Queensland Conservatorium of Music, Vidya's previous roles include the Australian tour of Green Day's American Idiot and Merrily We Roll Along at Hayes Theatre Co.



Joining the SIX Australian Queens are the extremely talented swings made up of Karis Oka and Shannen Alyce Quan, Dance Captain Chiara Assetta and Resident Choreographer/Alternate Swing Cristina D'Agostino. Also supported by the SIX band Ladies in Waiting including Music Director / Keys Claire Healey, Assistant Music Director / Keys Heidi Maguire, Kathryn Stammers on Drums, Debbie Yap on Guitar and Ann Metry on Bass.

Since its early days as a student production in a 100-seat room at Sweet Venue during the 2017 Edinburgh Fringe Festival, SIX has continued its reign and become a global phenomenon. Its Studio Album has achieved in excess of 450 million streams across all platforms worldwide, over 3 billion views on TikTok and has recently reached Gold status.

Recently SIX has victoriously recommenced on the West End, across the UK and on Broadway it has won 2 Tony Awards – to Toby Marlow and Lucy Moss for Best Original Score and to Gabriella Slade for Best Costume Design, 4 Drama Desk Awards and 3 Outer Critics Circle Awards including Outstanding New Musical. SIX was nominated for five Olivier Awards including Best New Musical and won the 2022 WhatsonStage Award for Best West End Show, voted for by the public. Most recently the London cast performed live in front of the Royal Family as part of Queen Elizabeth II's televised 'Party at the Palace' celebrations in honour of the Platinum Jubilee, watched by a UK audience of over 13 million. The original West End cast also performed live from Hampton Court Palace at three sold-out performances to a combined audience of over 9,000 fans.

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

Originally Produced by Kenny Wax, Wendy & Andy Barnes, and George Stiles

Produced in Australia by Louise Withers, Michael Coppel and Linda Bewick

[SIXTHEMUSICAL.COM.AU](https://sixthemusical.com.au)

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q concert: LEGENDS RETURN

MELBOURNE WILL AGAIN EXPERIENCE THE THRILL OF LEGENDS IN CONCERT
Acclaimed Las Vegas show returns to Crown Melbourne



Direct from Las Vegas, this internationally acclaimed production takes audiences on an electrifying journey through the songbooks of some of music's most legendary superstar singers with world-renowned tribute artists, a live band, talented singers and dancers, lavish multimedia theatrical sets and authentic costumes.

Legends in Concert made its Las Vegas debut in 1983 as an initial six-week engagement in the centre of the Las Vegas Strip. Continuously running since then, it is the longest-running live entertainment in Las Vegas' history with its flagship show currently at the Tropicana Las Vegas Hotel and Casino. Legends in Concert has entertained over 40 million fans during the past 39 years.

Legends in Concert has resumed engagements and is back on the road, since Covid restrictions have been scaled back, travelling around the world with performances in many different theatres and casino showrooms. In Melbourne, the tribute artists performing at The Palms at Crown showroom will cross a dynamic spectrum of music.

"Legends is thrilled to be returning to The Palms, one of the best concert venues anywhere and which also has had some of the most energetic and appreciative Legends fans the show has held performances for," said Mark Kogan, General Manager for Special Engagements of Legends in Concert. This will be our fifth seasonal engagement in Melbourne. This coming summer's show will feature a "magnificent seven" all-star line-up of the best of the best tribute artists in the world who have been fan favourites of our past four engagements at The Palms. And Elvis will be "back in the building" at The Palms, which will give fans of the King and the Baz Luhrmann's Elvis movie the ultimate feel-good experience."

The tribute artists perform using only their own natural voices and are backed by a live band that rocks the house with vivacious back-up singers and dancers. All were carefully selected to help ensure Legends in Concert's return to The Palms at Crown in Melbourne will once again be a spectacular and unforgettable experience.

Legends in Concert - The Palms at Crown Melbourne
January 12 to 29, 2023

Wednesdays through Sundays 7.30pm Saturday matinee performances at 2:00pm
The Palms at Crown, 8 Whiteman St, Southbank
www.ticketmaster.com.au or phone 136100.

Tickets from \$69.90 including the booking fee; there will also be a transaction fee
For more information: www.legendsinconcert.com

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q self care: MOVING THROUGH LOSS

5 self-care practices to help you move through loss

Over the course of our lives, experiencing a loss becomes inevitable. We will all go through the pain of losing someone or something we love and cherish. While the pain of some losses are easier to process others can feel overwhelming. Either way, self-care practices offer a safe environment where the loss can be explored on an emotional and spiritual level.

Experiencing a loss is heart-breaking and the grief which comes with it is often heavy. It may be difficult to process the various emotions you are feeling and the uphill road towards healing may seem hard. However, with the right tools finding healing, inner peace and having the strength to move forward after a loss is possible.

A self-care practice is the perfect tool when it comes to healing from deep sorrow. Such practice when performed with no judgement and self-compassion creates a cocoon around you where you can explore the loss without reliving the actual loss. This is because a self-care practice has a clear beginning and a clear ending making exploring emotions, feelings and needs within this setting safe. When you engage in a self-care practice you are saying a big yes to taking care of yourself and your needs. It creates space for you to gain the clarity you are seeking and the inner peace your heart is longing for. Let's take a look at 5 self-care practices to help you move through the healing process:



1. Take a walk in nature

It is a well-known fact that spending time in nature reduces stress, anxiety and uplifts emotional well-being. When you feel overwhelmed, take a break and seek a peaceful moment in nature. Take a companion with you if you feel more comfortable having someone with you. Before you start, set your intention. As you walk, allow yourself to connect with the tranquillity and the beauty which surround you. Dedicate this time to your healing.

2. Keep a loss journal

Keeping a loss journal provides a space for reflection and soul-searching without judgement. Choose a notebook and pens you want to use for your journal. It is helpful to set a specific day and time in the week or month for journaling. Choose a space where you feel comfortable and can spend some time writing without any distractions. If writing seems daunting, try doodling, using collage, stickers and photos to capture your thoughts and feelings.

3. Relaxation

Plan time for relaxation during your day. Create a cosy space at home where you can fully relax. Try this simple 5-minute relaxation: While seated comfortably, gently close your eyes and take a few breaths. When you are ready, place both hands on your heart space and continue to breathe gently. Connect with your breath, the here and now and allow your body to soften with each breath. As your body relaxes so does your mind. After the 5 minute, you should feel energized as well as calm.

4. Dance

When the sorrow you feel is too heavy and you feel stuck, dance. Dancing is an effective way to allow the grief to move through your body. Put your favourite music on and follow the beat. Dance until you feel your mood has lifted and you feel more relaxed.

5. End the day with a grateful heart

Days often feel endless and are hard to get through following a loss. Before you go to sleep at night, find one thing you are grateful for. It can be the little things which often go unnoticed. By practising gratefulness you build resilience which in turn helps you move forward.

Self-care, an aspect which is often overlooked, is a key element during the grieving and healing process. As you become accustomed to self-care practices, you may be drawn to create your very own practices. The key is to listen to your intuition.

Corinne Laan is the author of *The Art of Grieving: Gentle self-care practices to heal a broken heart* (Rockpool Publishing, \$29.95). Now available where all good books are sold and online at www.rockpoolpublishing.co



The Art of GRIEVING

GENTLE SELF-CARE PRACTICES TO HEAL A BROKEN HEART

CORINNE LAAN

q musical: DOLLY DOES IT AGAIN

Dolly Parton's smash-hit West End musical, 9 TO 5 THE MUSICAL, is wowing audiences and critics alike during its Australian premiere. The Australian tour is now playing at the State Theatre, Arts Centre Melbourne until 18 September, and then transfers to the Festival Theatre, Adelaide from 8 October. Internationally acclaimed and loved by audiences and critics alike, 9 TO 5 is pure gold carat fun! www.9to5themusical.com.au

The producers have assembled a top line cast to inhabit these iconic and much loved roles. Marina Prior plays Violet Newstead, a smart, sassy and efficient woman who has worked all her life at Consolidated Industries. She has all it takes to run the company but there is one small issue ... her boss! Marina gained prominence as Cosette in the Australian premiere of Les Misérables and Christine Daae in The Phantom of the Opera, and has grown to become one of Australia's most accomplished leading ladies, playing lead roles in The Sound of Music, Mary Poppins, The Secret Garden and countless other productions.

Casey Donovan is Judy Bernly, a newly separated, never worked before young woman who finds more than just a job at Consolidated Industries. Casey shot to stardom after winning Australian Idol as a 16 year old in 2004, and has since become an audience favourite in concert and in musical theatre. Most recently she played Matron Mama Morton in the smash hit musical Chicago, and has performed in The Flower Children, The Sapphires, Rent and We Will Rock You.

Erin Clare plays Doralee Rhodes, a 'don't mess with me' well-brought-up, bright and beautiful country gal. She may look like a push over but is anything but! Following her first starring role as Scaramouche in The Gordon Frost Organisation's national tour of We Will Rock You, she has featured in Heathers the Musical, American Psycho, High Fidelity, American Idiot and Merrily We Roll Along.

Caroline O'Connor plays busy-body Roz Keith, the administration assistant who is fiercely - and unrequitedly - in love with her boss Franklin Hart Jr. Most recently seen in Melbourne Theatre Company's Kiss of the Spiderwoman, Caroline has played lead roles on Broadway, in the West End, France and across Australia, including Chicago, Anything Goes, West Side Story, On The Town, Man of La Mancha, Bombshells, A Christmas Story and Anastasia to name just a few. Caroline also created the role of tango dancing Nini Legs in the Air in Baz Luhrmann's Academy Award winning film Moulin Rouge.

Eddie Perfect is the controlling boss Franklin Hart Jr. One of Australia's most respected and prolific writers and performers, Eddie is perhaps best known as all-round nice guy Mick Holland on Channel 10's hit series Offspring, and has been seen in Kath and Kim, Spicks And Specks and numerous comedy shows including ABC TV's Stand Up, The Melbourne Comedy Festival Gala and Good News Week. On stage Eddie performed in Keating! The Musical, Misanthropology, The Threepenny Opera and Shane Warne The Musical, which he wrote himself. In 2019, Eddie wrote the music and lyrics for the Broadway premiere of Beetlejuice, for which he was nominated for Best Original Score at the 2019 Tony Awards.



MELBOURNE SEASON

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Season to 18 September

Wed -Thurs 7pm, Fri-Sat 7.30pm, Wed 1pm, Sat 2pm, Sun 1pm & 6pm

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Groups 8+ call 1300 889 278

ADELAIDE SEASON

Festival Theatre From 8 October - Wed 6:30pm, Thurs-Sat 7.30pm, Wed 1pm, Sat 2pm, Sun 1pm & 6pm - From \$69.00 (Transaction fees apply) - Book at either www.9to5themusical.com.au or phone

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q advice: BOUNCING BACK

5 tips to get back into physical activity after a time out

So, you're keen to get 'back into it'? You've been livin' busy for a while now and you're moving less than you'd like. You know physical activity is important but those healthy movement patterns of your youth seem like a lifetime ago. This is the paradox of exercise: we know physical activity and exercise is good for us, but we don't do as much as we should. We fail to act in our own best interests.

Twenty years of teaching, researching, and facilitating behaviour change has convinced me people do best with health goals the more ownership they feel over them or, to put it differently, the less pressured and freely chosen they seem. Goals that are taken on because they line up with a person's core values and/or developing interests. Consider these 5 tips for owning your physical activity goals...

Tip #1 - Choose something you're going to enjoy

What better way of motivating a physical pursuit than choosing something that interests or excites you? Whilst that might be the gym, it might not be! Perhaps the gym just seems most convenient and doable for you?

Given we've a life to live, that's not nothing. But is it the option that'll help keep you moving? How much does it excite you? Is there something else that might excite you more? Try brainstorming this with others and look around. Our communities are jam packed with interesting physical activity options. You might discover dragon boating, or fencing, or something else you'd never ever considered before. Then you just need to be brave and give something a go.



Tip #2 - Help someone else 'own' their goals

It's a truism to say that in helping others, we often help ourselves. As an educator, I'm constantly delighted by how much I learn from my students. It's never a one-way street. So, if you know someone who's looking to become more active, and you feel you could help, reach out! Maybe you paddle for a Dragon Boat club and you think a workmate might enjoy it too. Tell them about it...but remember that your passion might not be their passion. So, provide some information and encouragement, but don't push too hard. If they make their own decision, they'll own it more. And you might gain too. In helping you'll have reminded yourself why you love your physical pursuit and what it means to you.

Tip #3 – Attach what you do to something bigger than the activity itself

People often come unstuck with physical activity goals because they quickly get bored. Let me be clear...running around the park, going to the gym, or doing laps at the pool DO NOT have to be connected to bigger things - it can just help if they are. And by 'bigger things' I mean something like a running festival if you like to run, a 30km charity walk if you enjoy regular walks with your bestie, or an ocean swim if doing laps at the local pool is your thing. Obviously, this tip is about goal setting and sharpening your focus. Things that add a pinch of spice to what you're doing, a sprinkle of interest, and a dollop of social connection if you're doing it with others.

Tip #4 – Create rituals that enhance interest and fun

Being creative can really dial up the ownership factor. Take parkrun for instance. There are over 400 parkrun events across Australia and every Saturday morning – for free – thousands of parkrunners walk, jog or run a set 5km course. Some like to dress up, run with dogs, or be volunteers, and many (if not most) then gather for coffee and a debrief afterwards. These are all rituals that enhance interest and fun. So are the actions of the 7,700+ active 'parkrun tourists' who visit as many parkrun events as they can or try to do an A-to-Z of parkrun events. Their rituals involve travelling, parkrunning, and staying for the weekend to explore the local area. All good examples of creativity creating interest.

Tip #5 – Know why you're doing it

The other key to sustaining physical activity is knowing WHY you want to do it. Sure, you can lower your risk factors and improve the quality of your life, but so what? If you're going to age in a healthier way – and I hope you do – what makes that important? How would you make the most of it? What would it allow you to do that seems important? Also, who in your life would benefit from your healthy ageing? These are important questions. Our health status is never just about us, it also affects others. Being clear about that helps to build commitment, and can also help us share our plans with others who might want to encourage and support us.

'Owning' your return to physical activity is all about self-motivation. If you can put some or all of these 5 tips into action, you'll be well on your way to making physical activity and exercise seems less like hard work and drudgery, and more like something worth investing your valuable time in.

Dr Gordon Spence, author of Get Moving. Keep Moving, is a highly sought-after speaker, coach, educator and author who helps clients to live well and perform well. A psychologist and exercise scientist, Gordon's areas of expertise are sustainable performance and healthy ageing, with a particular interest in people returning to exercise in mid-life. For more information visit www.healthyyageingproject.com

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Dr Gordon Spence

q ballet: UKRAINIAN BALLET'S SWAN LAKE

A RARE OPPORTUNITY TO WITNESS THIS EXTRAORDINARY
UKRAINIAN DANCE COMPANY
IN THE WORLD'S MOST LOVED BALLET



The United Ukrainian Ballet will arrive in Australia this October to perform the world's most loved ballet, SWAN LAKE. The company will perform seasons in Melbourne, Sydney and Adelaide.

The United Ukrainian Ballet brings together award-winning dancers from Ukraine's finest ballet houses including The National Opera of Ukraine, Kharkiv Opera Theatre and Odessa Opera and Ballet Theatre. Each member of the Company has their own story of how they escaped the devastating war in their homeland to reach safety and join the Company. Under the artistic direction of Igone de Jonge, former prima ballerina of the Dutch National Ballet, the Company have been living and rehearsing together since fleeing Ukraine.

From the first immortal bars of Tchaikovsky's score, SWAN LAKE beckons the audience to another world in this classic tale of good triumphing over evil. Be captivated by Prince Siegfried's love for the Swan Queen Odette, the unforgettable corps de ballet moving in magical unison, glimmering swans and spectacular ballroom scenes. This glorious tale, performed by such a remarkable company, inspires awe and wonder.

The United Ukrainian Ballet formed after Ukrainian dancers fled their homeland and is based in The Hague, Netherlands, at the former Royal Conservatoire building which was given to the Company to live and work in through the generous support of local business and the Netherlands government.

Ahead of their Australian tour of SWAN LAKE, the Company of over 50 are preparing for other ballet seasons to be performed at the Royal Theatre Carré in Amsterdam and the prestigious London Coliseum.

The United Ukrainian Ballet's production of SWAN LAKE is a unique opportunity to see a powerful and moving interpretation of one of the greatest romantic ballets of all time with a company of world-class artists united by the tragedy of war and hope for the future. This majestic production of SWAN LAKE promises to be the most emotional dance production of the year.

Of Russian and Ukrainian descent, Pyotr Illyich Tchaikovsky composed SWAN LAKE in 1875-76. During the Soviet era, the ballet's televising was often associated with political instability and upheaval. In more recent times its symbolism has become inextricably defined as a protest work by many Russians ardently opposed to the unlawful occupation of Ukraine.

This tour has been made possible through the generous support of a number of benefactors including the Royal Conservatoire in The Hague, Amare Cultural Precinct and SENF Partners. To support Ukrainian artists and aid in the future rebuilding of Ukraine's cultural heritage, a portion of each ticket sold on the Australian tour will be donated to The United Ukrainian Ballet Foundation.

THE UNITED UKRAINIAN BALLET - SWAN LAKE

Tickets on sale Monday 18th July 2022 at 10am

Ticket prices \$79 to \$199
Website: www.swanlake.com.au





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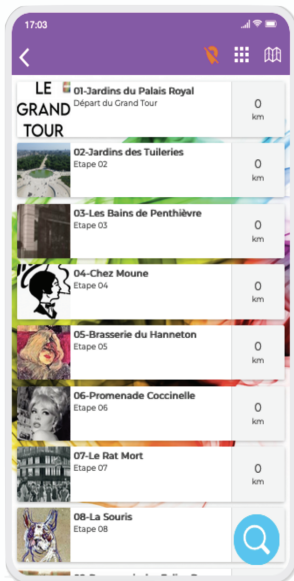
Friday 28th to Sunday 30th October 2022
Bookings: Ticketek

ADELAIDE - ADELAIDE FESTIVAL THEATRE

Thursday 10th to Sunday 13th November 2022
Bookings: Ticketek



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q festival: QUEENSLAND'S RANGEBOW

The party everyone can join - no labels required

The fires, floods, plagues, pandemic and monkey-pox blighted the country on top of the parent of all turn-backs with a federal election and result that left everyone looking to join the party everyone really wanted to go to: The Rangebow Festival www.therangebowfestival.org welcomes every individual, no labels, no acronyms, because everyone belongs in a healthy vibrant community. Festival Director, Wayne Parcell said, *"This festival celebrates diversity, inclusion, sustainability and reconciliation - without acronyms and without labels. It's time to celebrate each other for who we are as individuals, together."*



The Rangebow Festival



Just when you thought it was time to ask Hugh to run away with you to the circus singing "This is me" at the top of your voice, the people living on Jinibara country in the sunny coast Hinterland released tickets for The Pageant of Pineapple Queens and Bunya Kings. You can finally shine on that runway after the Drag Run-a-way Workshops of creative personal empowerment or simply join the fun with the audience in Maleny. Or, if you want to step out in a different way, take a Walk on the Wild Side for experiences of land and nature that might have you face to bill with a platypus.

No party of course would be complete without the Sunshine Coast Symphony Orchestra and a Moonlight Symphony performing popular classics and also original compositions with The Rangebow Children's Orchestra. You could even stay on for a rollicking night of Cabaret performances until late - Montville has never known anything like it.

If you're looking for a more traditional sanctuary, but with a different lens, the Anglican churches of St Mary's Montville and St George's Maleny may be just the ticket for Celluloids from the closet featuring five films that explore the four festival themes including Faithfully me about coming out as transgender in a Christian environment and Regenerating Australia offering hope for the future of our environment.

If you're looking for a First Nations gourmet experience, award-winning indigenous chef Aunty Dale Chapman will deliver a food and culture experience at Flaxton Gardens that will take you far, far away with Forage Fire Feast.

With fresh air now around you, this is the time to wake up to your dreams with the help of Joan Hanger who was Princess Diana's Dream Analyst. In The Enchanted Garden Joan will take you on a

journey through the life of your dreams. Stay on for conversations and entertainment for the whole afternoon. For a truly captivating experience of the world's oldest culture, join Jinibara Culture Man BJ Murphy who will bring to life the Dreamtime stories of the Glasshouse Mountains, with the ancient lands in sight.

Although you might prefer a trip to the Teatro alla Scala in Milan, why not instead join an intimate audience in Montville to be carried away on the wings of arias at The Chapel of Love by Queensland Opera performers. At last, you can spoil yourself and your friends, with that tantalising tiara and turquoise evening gown, paired with that gorgeous silk pashmina. Tuxedos are the more conventional choice for some but don't be afraid to slip into that red velvet jacket with black stripes for your hinterland escape.

Perhaps just getting away from the mundane with a session of Barefoot Bowling Bingay will add some outdoor and indoor hilarity to your day in Mapleton. Or, if you are sportier, some Tennis with balls and strings might give you something to giggle about in Montville.

If you just want to take the weight off your feet, take a comfy seat at the Majestic Cinema Theatre in Nambour and relive those Golden Days of crooners and foot tapping numbers, surprisingly with a mirror ball! You could even take a tour and let someone else do the planning and the driving on one of many tours on offer, like the Sniff, Lick and Nibble Tour.

If a full escape just isn't an option, then put the kids and grandparents in the car and enjoy the Bunya Bears Brunch and let the festive atmosphere of the Sustainability Fair and Parade around the Main Drag take you away from the drudge for a few hours.

At the end of it all, we can be thankful together for a fabulous festival with a service of thanks and breakfast, This is Us, on The Village Green led by Reverend Deborah Bird of St Mary's Anglican Church, Montville.

Maybe you don't need to run away after all. After everything of the last couple of years, all you really needed was The Rangebow Festival. Join the party everyone wants to go to, celebrating diversity, inclusiveness, sustainability and reconciliation across The Range communities 10 – 13 August 2022.



*Free events and ticket details
at www.therangebowfestival.org*

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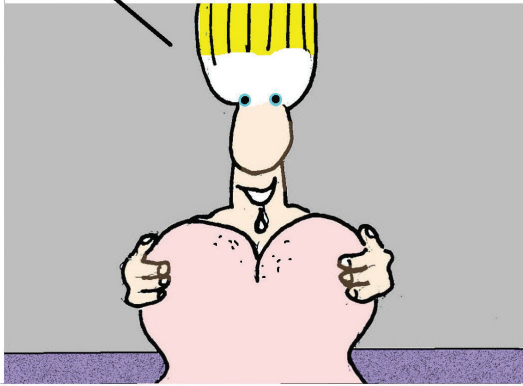


Relationships Australia.
SOUTH AUSTRALIA

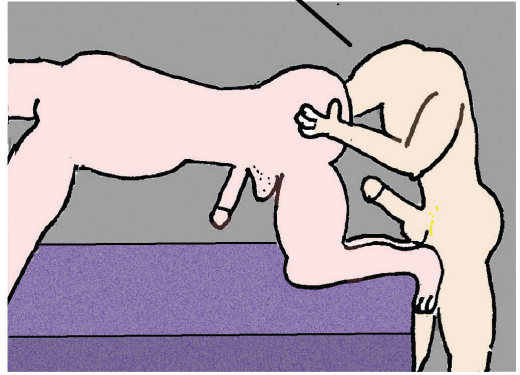
The Government of South Australia contributes funds to this program

GAYLORD BLADE

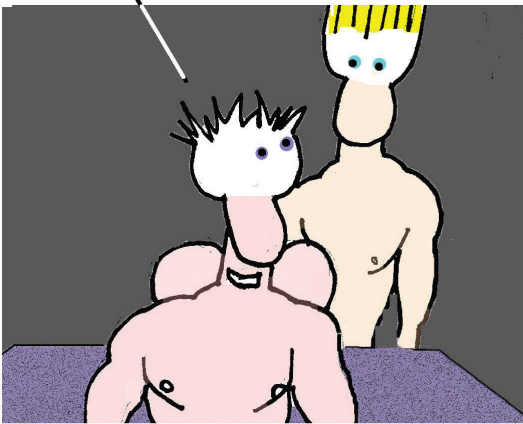
Holy soap suds, this is the most pristine buttock I've ever seen...



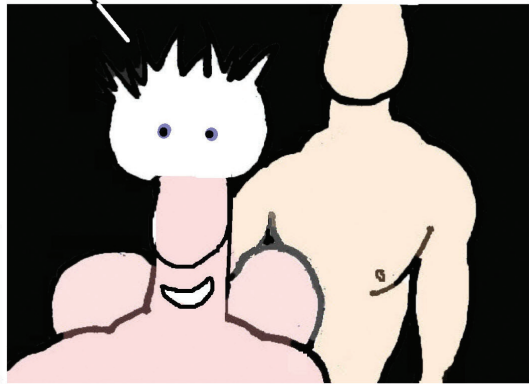
... it's almost as if it's never been used before, for anything!



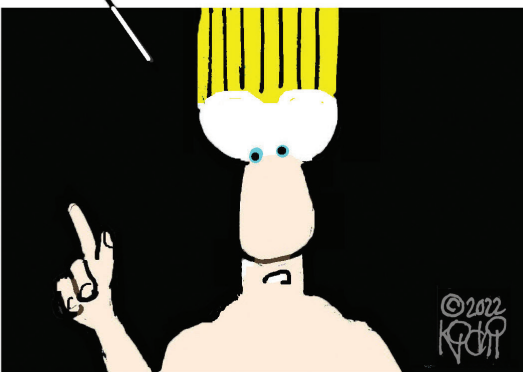
Cleanliness is next to godliness..



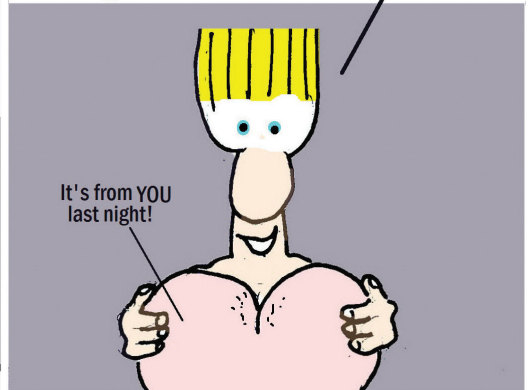
.... I use a fire hose and an industrial strength vacuum!

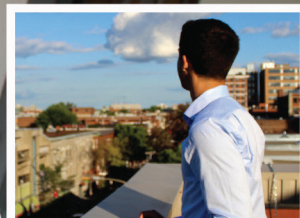


Hold on, there is one flaw, I spot a flake of dried ejaculate...



... but I guess you're entitled to cling to a few fond memories!





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