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

q feature: TEAMM8 COLLECTION

TEAMM8 Sportwear's Fall Collection Celebrates Unity in Community with Gender Neutral Gear

Sports brand TEAMM8 is taking the concepts of diversity and inclusion to the next level this fall with its first ever gender-neutral gear, TEAMM8 ONE. The new capsule leisure wear collection showcases three tones from its top-selling Skin underwear line - Amazing, Gorgeous and Stunning - redesigned as track pants, hoodies and track shorts. All pieces in

the collection can be worn by all genders, because whether one's pronouns are They, He or She, everyone demands to feel seen, heard and respected this season.

"TEAMM8 ONE is an extension of our Skin line," Michal Nicolas, the brand's founding director, confirms. "'Skin' reflects the beauty of all people from all races and emphasizes how differences should be embraced rather than challenged. The same message applies in our 'ONE' collection but its focus is on celebrating gender."

"Both collections are about finding the strength and determination to be comfortable in the skin we are in and to recognize that true community is found in coming together as one," he continues. "Today's generation is shunning antiquated beliefs on identity, sexuality and gender and we're playing this game of life by our own rules."

The TEAMM8 ONE campaign was shot in Sydney, Australia. TEAMM8 gathered models of different ethnicities, ages and genders and shot them in gear that matched their skin tones. They then allowed the models



to choose tones they wanted to try. "We learned there is power in embracing skin that is different from one's own," Nicolas says. "It opens minds."

Michal Nicolas launched TEAMM8 from his living room in 2008 with a simple website and two styles of men's underwear. In the beginning, he operated and managed every facet of the business on his own. That quickly changed as his designs acquired a large following, especially in the USA. Today, the line has grown to include a wide range of underwear styles, swimwear and athletic wear.

"The world is a very different place today than when we launched fourteen years ago," Nicolas reflects.

Being a boutique brand has allowed TEAMM8 the flexibility to adjust to his customers' changing needs and preferences. "We've always based are decisions on authenticity. Our core customer is the 'everyday champion,' not necessarily an athlete. They are champions in whatever fields they choose to play on."

In addition to its Skin and ONE lines, TEAMM8 recently introduced its first Bamboo Collection. The collection includes a bikini brief and a matching T-Shirt, as well as the brand's first ever boxer short. A boxer short and matching rib tank were also added to TEAMM8's classic underwear line.

For more risqué looks, TEAMM8 has released its AERIAL brief and jock, featuring see-through mesh in brooding dark hues and its SPARTACUS line of super bold and colorful sports brief, jock and thongs. The label is also re-releasing its best-selling SCORE collection (with its sheer peeka-boo design across the sides of the brief and jock) and the ICON sports brief, jock and thong, in exciting vibrant colours.

"Our customers don't follow trends, they drive them," Nicolas sums up. "They demand gear that allows them to stand out from the crowd."





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q life: with GABRIEL TABASCO

The Big Dick Competition: Part One

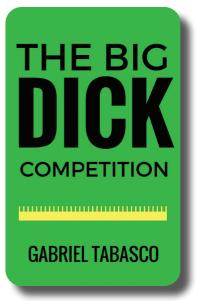
Prague

I was in Prague for a long weekend. My friends and I went to a (straight) nightclub. Like everyone else in the bar we danced to Euro-pop until five men came on stage and stood in a line.

'What's going on?' we asked each other. Someone told us that they were there to be measured. 'You mean their height? What for?' asked one of my friends. 'Not measure their height. Measure their dicks' said another of my friends.

We burst out laughing but were also excited to see what was about to happen.

The men were of various shapes and sizes and standing on stage already in their underwear. For the first few minutes they stood around or shuffled on the stage next to the dance floor. Some were a little nervous, some looked uncomfortable, but due to the drinks they had, they had some Dutch courage.



As they were about to begin the DJ increased the volume and

the host came on stage introducing the event. I understood nothing other than these men already in their underwear were about to have their penises measured in public. I was so excited. I could not wait to see how these men measured up.

The host was a middle-aged man, who was a cross between a TV personality and a club manager. He went up to the first man, who was stocky and wore white y-fronts, the kind a teenage boy would wear when his mother still shops for him. He lowered his pants to reveal a small, pudgy penis. Even without measuring him we could tell he was below the required standard to call him a stallion. The host announced his size, the guys on stage laughed also knowing full well they would be subject to the same treatment. The crowd cheered him on and some people sniggered.

And so on with each of the men. They would drop their underwear, reveal their penises, the host would place the ruler next to their penis and taking a close enough look, would announce their size. Too bad I did not speak Czech, but still, one look was all it took.

Also on stage, behind the contestants, was a well-built man, in black y-fronts, who was in fits and kept laughing at all the men who got their penis measured. I wanted to see him have his penis measured as well but he never did. He just pranced around, and moved from side to side, laughing and pointing.

None of the men who were having their penis measured had an erection. Perhaps that was against the rules, although there was nothing forbidding it. I assume the event was not one that would arouse these men. Perhaps they men just found it entertaining. I found it hot.

First, I could not believe this happened in a straight bar which made the whole event more appealing, especially since they were measured by a man. And second, I could not believe how turned on I was. The only thing that upset me was that it was not me on stage with them having my penis measured. And so when the chance came up, I jumped at it.

Key West

Matt, Gary and I went on trip to New York. After a few days we went to Key West in Florida for a couple of days as we wanted to experience the gay scene there. On the first evening in Key West,

we went out to a bar called Roar on the main entertainment strip in town. Roar was a semiunderground, semi-bear venue. Sparkling fairies were warned to stay away and stick to the relative safety of the bright colours of dance and pop clubs in Key West. That same Saturday night the bar was hosting a penis-measuring contest. I was horny just thinking of the event.

I did not think I would participate. Nor did I think I had the guts to do it. But all I could think of at the previous penis-measuring contest I saw in Prague and when all I could think of was 'why am I not up there on the stage?'

In life you regret what you do not do. And so, inhaling deeply I went up to the drag queen and I signed up. I purposely did not tell Gary or Matt what I was doing. They would only realise when I was on stage. I knew Gary enjoyed such things but Matt, being a little more conservative, felt that sexual experiences, no matter how daring, should be kept private.

The rules were simple: the men would get up on stage and the drag queen would measure each contestant's erect penis. The biggest erection won. Simple and horny. Like the best things in life. The event of course, would be taking place before a filled dance floor of around 100 gay men at Roar.

It was around midnight that we heard the drag queen, Bountiful Sublime, shout into the microphone.

'All contestants for the Cock Contest please report backstage. You are about to be fluffed. Just joking,' she giggled, 'I mean measured.'

Nine men from different parts of the club made their way backstage. Telling Gary and Matt I was going to get a drink I made my way backstage, disappearing behind the red velvet curtains that were so thick they could have been a carpet.

'Ok' said one man that might as well have been a fluffier. 'Take off your clothes. Hang them here. Here is some porno for you guys to get hard and in about a half hour we'll like call you to get on stage,' he said spewing out the directions. 'And if anyone needs a hand, please feel free to let me know' he said.

We weren't sure if he was serious or not. He looked the type who would do that so we took his work at it. But no one asked for help. We all slowly undressed and stripped down to our underwear. Some of us were already horny. It felt like the longest half hour we experience. I was sure of all the men there also felt that way. Some of the men felt nervous and they put their clothes on and left. The



only one who was comfortable and confident was a tall, hunky Brazilian man who plugged his penis into a penis pump and like a flat tire started inflating it until it was the size of his arm. Could the contest be won already?

'You came prepared,' said the would be-fluffer to the hunky Brazilian. 'Good job inflating your dick,' he said flatly. The Brazilian man didn't know what he meant and so continued. We all stared at him. 'Ok guys. Please begin making your way to the stage' said the effeminate man now turning his attention to us.

Tune in next month for Part Two.

q beauty: INTRODUCING KINETIN

With biotechnology pioneering a new, more controlled era in lab-born beauty, I wanted to get in touch and introduce you to an emerging skincare ingredient called Kinetin (6-Furfuryladenine) and its benefits as a 'super-antioxidant'.

Most potent in berries such as the humble grape, Kinetin is a naturally occurring plant hormone responsible for healthy cell division in botanical life forms. Inhibiting the creation of 8-oxo-dG, an oxidative marker for genetic damage, it protects protein and nucleic structures from oxidative stress by signalling the production of regenerative enzymes.

Touted as skincare's next big ingredient, research shows that topical applications of this natural growth factor can improve human skin cell function by strengthening the epidermal barrier, stimulating the production of keratinocytes, improving skin hydration, lifting pigmentation, and reducing the appearance of fine lines and wrinkles.

Formulated with lab-engineered grape stem cells, a source rich in anti-ageing polyphenols, phenolic acids, triterpenes, flavonoids, carotenoids, fatty acids, sugars, and peptides, the Vitis Vinifera range by luxury skincare brand, Enbacci, is the first of its kind in the Australian market to cultivate the benefits of Kinetin using the science of stem cell extraction.

The 3-step system, which includes an antioxidant-rich gel cleanser, facial mist and moisturising crème, is designed to protect skin from free radical damage and reverse the signs of premature ageing by extending epidermal cell activity and encouraging the proliferation of new cell development.

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q advice: LIFE CHANGING BOOSTERS

6 confidence boosters to change your life

I'm a presentation skills trainer and in that capacity thousands of people each year tell me they'd like to be more confident. We know that confidence is something we all need to have a good life. And for a variety of reasons it doesn't come that easily to most of people. Let's take a look at six key things on how you can improve your overall confidence. If you try to do these things everyday of your life, you'll find your confidence will grow steadily and you'll start seeing positive changes.

1. Body Language

We stand and walk a certain way when we're confident and another way when we're nervous. Most people can tell in seconds if we're apprehensive or outgoing, relaxed or aggressive. So avoid your hands in your pockets, don't cross your arms, stand tall, lift your head up, walk in long strides,

breathe from your diaphragm and shake people's hand firmly. You'll love the way you feel when you do all this in combination.

2. Good grooming

You want your hair, face and even your smell to work for you, not against you. Pay attention to the details. Always shower, use fragrance that works for your body chemistry. Style your hair to flatter your face and dress for your shape. And remember there's nothing worse than a forest of hair in your nose and ears to make you look unkempt and unprofessional. Being well-groomed says you've got a degree of self-respect, are disciplined and pay attention to detail. These are all qualities that are admired by employers and loved ones alike.

3. Smile

Have you ever tried to think negatively or act sad while smiling? You can't. It is impossible! Smiling affects our



emotions because of a brain-body connection. It triggers scientifically measurable activity in the left frontal cortex—the area of the brain where happiness is registered. Phyllis Diller the American comedian said, "A smile is a curve that sets everything straight." So, smile often. You will feel more confident and you will look better too.

4. Direct, connected eye contact

Confident people make eye contact and engage with others. The eye is the window to the soul. Your eye contact reflects your level of interest in the person or audience. When you make eye contact you connect to others deeply. So don't dart your eyes around, hold your gaze just long enough to connect with the other person.

5. Be grateful

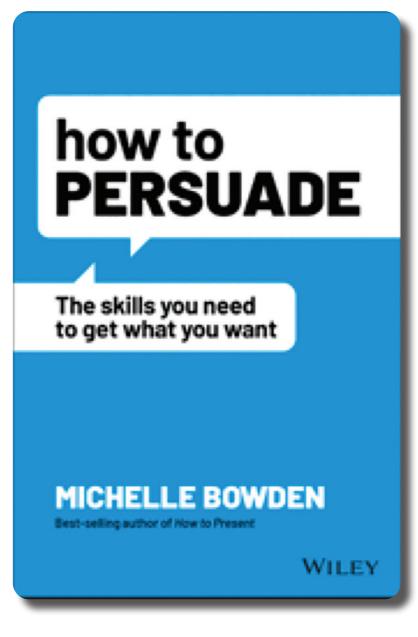
Heartfelt gratitude is a deep feeling. Unlike forced gratitude (where you make yourself think of the positive even though you feel dreadful), heartfelt gratitude is a feeling of appreciation and connection with life and makes you feel fantastic. Put things into perspective and take some action in your life to contribute in some way to a cause greater than you. Volunteer for something and

you'll find your outlook and start to recognise the good in your life. Some people even keep a gratitude journal where you write what you feel grateful for each day – this may work for you too.

6. Use an icon

Many excellent public speakers use a presenter icon to help them get 'in the zone! I often imagine the warm rays of the sun shining all over me and through me to my audience. A client always wears her bright red lipstick to board meetings. A boss I worked with used to play a certain song to pump himself up before training for the day. And Lou Heckler the amazing American Speaker imagines he's talking with his wife when he presents. You should see the love in his eyes when he's on stage - powerful stuff. Before you go into a sales meeting, give a presentation, speak to your board or find yourself in a challenging situation find your icon.

Make sure you write what you are going to do on paper and even better, put it in your on-line calendar so it pops up as an alert and reminds you about your plan.



Edited extract from How to Persuade: The skills you need to get what you want (Wiley \$29.95,) by Michelle Bowden. Michelle Bowden is an authority on presentation & persuasion in business. She is a CSP (the highest designation for speakers in the world), creator of the Persuasion Smart Profile® (a world-first psychological assessment that reports on your persuasiveness at work).

Visit https://michellebowden.com.au

q handy hints: AGEING HACKS

The top 5 hacks to slow down the ageing process

The truth is you no longer have to age the way your parents or grandparents did. You can age on your own terms, starting now. In our crazy, busy world, the struggle to look after yourself is real, let alone decipher what you really can do that will actually make a difference to the way you age.

As women, the expectations are high and we are constantly bombarded with messages that we need to be all things to all people, including ourselves. We need to raise children that are healthy, well educated, kept off computer games and social media but entertained with wholesome play. Add to that maintaining a home, keeping on top the bills and activities, maintaining friendships and family relationships. Plus we need to look great, exercise, sleep well and possibly even manifest our dreams and create incredible careers. PHEW. it is a lot!

So how do you become more vibrant and youthful without adding complicated routines into your already busy day? It's about knowing what simple things you can do and understanding the importance of consistency.

Small, seemingly insignificant steps taken over time will create a radical difference. You don't have to be the smartest, fastest or the strongest – you have to be the most consistent. Let's take a look at 5 anti-ageing hacks:

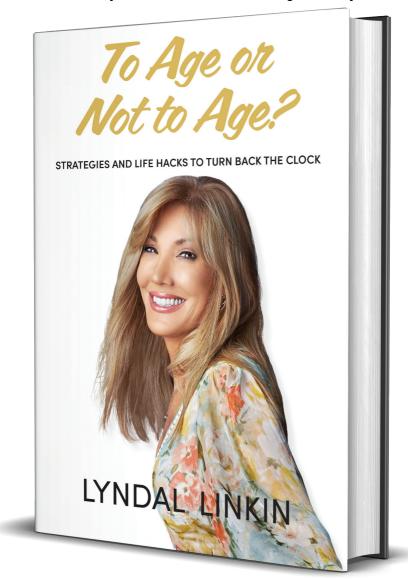
- 1) Happiness: Understanding happiness is one of the most significant measures for longevity and it is very empowering to know that we can work on our own happiness. It has now become a scientific field of research, with evidence indicating that happy people are healthier, have a better immune function and have less heart disease. Further, happier people have great mental health and can live up to 10 years longer. We have a certain baseline of happiness and we can raise this with long term strategies rather than the instant gratifications we usually look for. Learning these tools is highly important when slowing the aging process. These include, not comparing ourselves to others, learning that we can only be happy in the present, letting go of resentment, practicing kindness, being grateful and avoiding perfectionism.
- 2) Fasting: Giving your body a rest from having to process what you are putting in to it has extraordinary results. You can choose to fast for a day, or to restrict the time that you are eat in any one day. For example you may choose to eat only between 11am and 7pm. Going into a fasting state not only helps you lose weight but can propel the genes to function better in repairing the body, it can increase levels of Human Growth Hormone and delay aging. Practicing this a couple of times a week consistently will have amazing results over time.
- 3) Meditation: Our mind is our most precious and valuable resource and we use it to experience every single moment of our life. We depend on our mind to be focused and perform at our very best and this is the way to take care of it. This can be done in a as little as 15 mins a day. Once again consistency is key and this will reduce blood pressure, stress and anxiety, improve sleep, your immune system is boosted and the aging process is slowed. This is an extremely powerful antiaging hack.
- **4) Strength training:** This is the biggest physical anti-aging hack you can make and you don't have to spend long hard hours in the gym 30 minutes twice a week will do it. Not only does this make you look great it reverses the aging process at a cellular level, increases the production of collagen and the anti-aging hormones oxytocin and progesterone.
- 5) Sunscreen and the ingredients in your skincare: There is no question that maintaining a consistent skincare routine promotes smooth radiant skin. You just need to be aware of the active ingredients in the products you are using. The most important are Vitamins A B and C. Peptides are also important to support collagen production. Do you know which active ingredients are in

the cream you are using? Prevention using sunscreen on the face daily is a major hack in the war against aging.

The majority of the above hacks don't require you to find more time in your day, they are just a change in how you do things. A mindset change. If you were to make these 5 changes to your life right now, you will be a different person in 12 months time. Whatever you do make sure you tell yourself every day that you matter and that you are worth it and start with one simple step.

Lyndal Linkin, author of To Age or Not to Age, is a 56-year-old anti-aging expert who's spent her lifetime learning about anti-aging solutions. A successful entrepreneur, corporate leader and mother, she uses her years of research and personal experience to explain the most effective methods so you can look and feel younger.

Find out more at www.lyndallinkin.com.au or www.instagram.com/lyndallinkin



q community: NATIONAL QUIZ NIGHT

Australia is set to break a world record... and end hepatitis C in the process!



This historic public health goal is being amplified through Australia's Biggest Quiz, a world-record breaking trivia event, designed to bring communities together, disseminate positive information, reduce stigma and get people talking about hepatitis C and its CURE.

The landmark event forms part of the Ending Hepatitis C campaign being delivered by Hepatitis Australia and funded by the Australian Government Department of Health and Aged Care.

Australia's Biggest Quiz will take place on Wednesday, 26 October 2022 nationwide, with 16 live events plus a virtual event online, all free to attend and open to everyone.

Hepatitis Australia has put the call out for community groups and organisations to champion the event, with the community partnership program awarding \$1000 grants to local community groups, in exchange for raising awareness about hepatitis C elimination, as well as promoting and participating in the trivia events.

Active clubs, groups, associations and organisations based in any of the 16 live event locations that share the campaign ethos of connection and community are encouraged to apply today.

For further information, please go to https://www.australiasbiggestquiz.org

Find out all about Hepatitis Australia here: https://www.hepatitisaustralia.com

Become a community partner here: https://www.australiasbiggestquiz.org/community-partners



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q theatre: MOUSETRAP

The cast for the 70th Anniversary Australian production of Agatha Christie's The Mousetrap has been revealed by producer John Frost for Crossroads Live Australia. Additional seasons for this acclaimed production have also been announced to follow the Premiere at Theatre Royal Sydney - in Brisbane at the Playhouse, QPAC from 3 November and at the Comedy Theatre, Melbourne from 17 February 2023.

Waitlist now at www.themousetrap.com.au to be first in line to buy tickets.



International theatre star Anna O'Byrne (My Fair Lady, Love Never Dies) will play Mollie Ralston, the young owner of Monkswell Manor, a Victorian era estate that has recently been converted into a guest house. Helpmann Award winner Alex Rathgeber (Anything Goes, The Phantom of the Opera) will play Giles Ralston, Mollie's husband of one year. Laurence Boxhall (As You Like It, Jumpy) will be Christopher Wren, a flighty and neurotic young guest at Monkswell Manor. As the seriously unpleasant retired magistrate Mrs Boyle, Geraldine Turner (Present Laughter, Don's Party) returns to the stage, alongside Adam Murphy (Shakespeare in Love, Aladdin) as retired British military officer Major Metcalf. In her professional stage debut, Charlotte Friels will play Miss Casewell, who remains mysteriously aloof from the other guests. As Mr Paravicini, an unexpected guest at Monkswell Manor, will be the legendary Gerry Connolly (Cyrano de Bergerac, The Resistible Rise of Arturo Ui) while Belvoir favourite Tom Conroy (Jasper Jones, My Brilliant Career) will play Detective Sergeant Trotter.

Jack Bannister (Romeo and Juliet, Lysa and The Freeborn Dames), Elisa Colla (My Fair Lady, Wicked) and Chris Parker (Daylight Savings, The Club) complete the cast as standbys. The Mousetrap will be directed by Australian theatre icon Robyn Nevin. Costume design and associate set design is by Isabel Hudson, and lighting design by Trudy Dalgleish.

"I'm thrilled with the stellar cast that director Robyn Nevin has assembled for this new production of an enduring and much-loved murder mystery," said John Frost. "I'm also delighted with the overwhelmingly positive response to the news that The Mousetrap will be playing in Sydney, so I'm extremely glad to bring the show to Brisbane and Melbourne as well, celebrating its 70th anniversary. Will you solve the mystery and pick the murderer?"

The Mousetrap had its world premiere on 6 October 1952 at the Theatre Royal, Nottingham. After a brief tour, it opened in London's West End on 25 November 1952 at the Ambassadors Theatre, where it ran until 23 March 1974. It immediately transferred to the larger St Martin's Theatre next door, where it continues to this day.

The longest-running West End show, it has by far the longest run of any play anywhere in the world, with over 28,500 performances so far. The play has a twist ending, which the audience are traditionally asked not to reveal after leaving the theatre.

Agatha Christie originally wrote the story as a short radio play entitled Three Blind Mice, which was broadcast in 1947 as a birthday present for Queen Mary. She eventually adapted the work into a short story before again rewriting it for the stage as The Mousetrap. Ironically, Christie did not expect the play to run for more than a few months and stipulated that no film of The Mousetrap be made until at least six months after the West End Production closed. 70 years on, as the show continues its historic London run, a film adaptation looks unlikely at this stage.

After a local woman is murdered, the guests and staff at Monkswell Manor find themselves stranded during a snowstorm. It soon becomes clear that the killer is among them, and the seven strangers grow increasingly suspicious of one another. A police detective, arriving on skis, interrogates the suspects: the newlyweds running the house; a spinster with a curious background; an architect who seems better equipped to be a chef; a retired Army major; a strange little man who claims his car has overturned in a drift; and a jurist who makes life miserable for everyone. When a second murder takes place, tensions and fears escalate. This record-breaking murder mystery features a brilliant surprise finish from the foremost mystery writer of all time.

For 70 years, Agatha Christie's The Mousetrap has kept millions of people from every corner of the globe on the edge of their seats. It is the genre-defining murder mystery from the best-selling novelist of all time ... case closed! Can you solve this world-famous mystery for yourself?

The Mousetrap is proudly supported by the NSW Government through its tourism and major events agency, Destination NSW.

THE MOUSETRAP

Theatre Royal Sydney, King Street, Sydney
From 8 October 2022
Wednesday & Thursday 7:00pm, Friday & Saturday 7:30pm, Wednesday & Thursday 1pm, Saturday
2pm, Sunday 1pm, Sunday 9 October 6pm
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www.theatreroyalsydney.com or 1300 163 808 Groups 8+ enquire at theatreroyalsydney.com/contact-us or 1300 163 808

> Playhouse, QPAC, Brisbane From 3 November 2022

Waitlist now at themousetrap.com.au - tickets on sale 24 August (presale)/ 26 August (GP sale)

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Waitlist now at www.themousetrap.com.au –
tickets on sale 7 September (presale)/ 9 September (GP sale)







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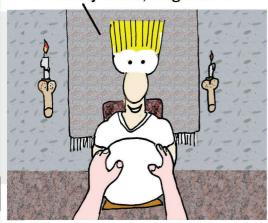
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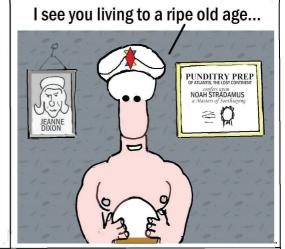


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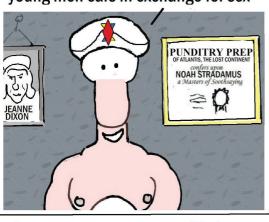
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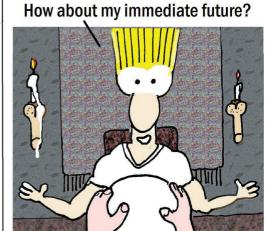
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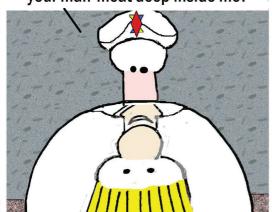


and you'll be posh enough to buy young men cars in exchange for sex

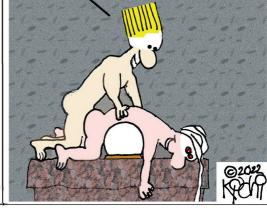




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