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Q MAGAZINE

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ABN 21 631 209 230



q feature: NASTY PIG'S SPRING LINE

Nasty Pig Elevates Kinkwear
The Original Sex Positive Queer Sportswear Brand Unveils Spring Collection
By Dominic Garcia

Nasty Pig is once again pushing boundaries and breaking rules when it comes to fashion. Their Spring 2023 collection, "Elevate", features a range of sexually charged designs that will appeal to confident people who want to make a bold statement with their style. Their latest gym line, "Jolt" features a new Wind Runner Jacket, Jock Strap, and Rugby Short. Their lounge line, "Chill Out," offers Union Suit Cut Offs and a new robe. All of the items in "Elevate" feature Nasty Pig's timeless styles, subtle branding, and killer fit. They are pieces that will never go out of style and that customers will grow attached to over the years as they rack up experiences wearing the gear, feeling sexy and empowered.

"As we near our thirtieth year, we're elevating our game to bring our customers the best version of Nasty Pig in our history," says David Lauterstein. He and his husband, Frederick Kearney, launched Nasty Pig together in 1994 as a clothing line that fearlessly celebrated queer sexual positivity. They are a defiant brand; proud to never have sold out to mainstream pressures.

In that spirit, Nasty Pig is elevating the gym experience this spring season with "Jolt," it's line of athleticwear that is perfect for guys pumping iron, breaking a sweat on the treadmill, or cruising the locker room. All items are made of high-quality performance poly/spandex, ensuring that men feel sexy, comfortable, and well supported during their toughest workouts. The bold grey and orange color scheme will also guarantee that nasty pigs stand out on the gym floor.

To help elevate a man's game in the bedroom this spring, Nasty Pig is releasing their "Chill Out" line.

All items are made from ultra-soft and comfortable French terry and cotton in a luxe grey color. A particular highlight in the collection is the Union Suit Cutoff, derived from their best-selling Union Suit. The Union Suit Cutoff is a warm weather take on the original, designed to be worn under a pair of shorts or even on its own as a onesie that will turn plenty of heads.

The "Elevate" collection is available now at www.nastypig.com





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q life: with GABRIEL TABASCO

Gay Saunas: Chicago

I was with my friend Mitch, and it was my first time in a gay sauna in Chicago's Boys' Town. I was feeling horny. We paid the \$15 entrance to the cashier who sat behind a screen as if it were a cinema and entered.

The sauna smelt of condoms, lubricant, and bleach.

'At least it's clean' I thought to myself.

It was painted blue which was fitting since the theme of the sauna was water.

Mitch and I walked over to the changing rooms where we undressed until we were completely naked. I noticed that Mitch, though a big man, was quite muscular. He had natural strength. Mitch had shaved off his chest hair as well as his pubic hair but left untouched the sparse hair on his legs.

Mitch noticed that I had a slender and lean body without much fat. I was skinny but did not resemble the teenager that I was when Mitch had first met me. And as this was the first time Mitch saw me naked. Mitch eyed my dick and balls. My ball sack was large and low and swung gently as I walked.

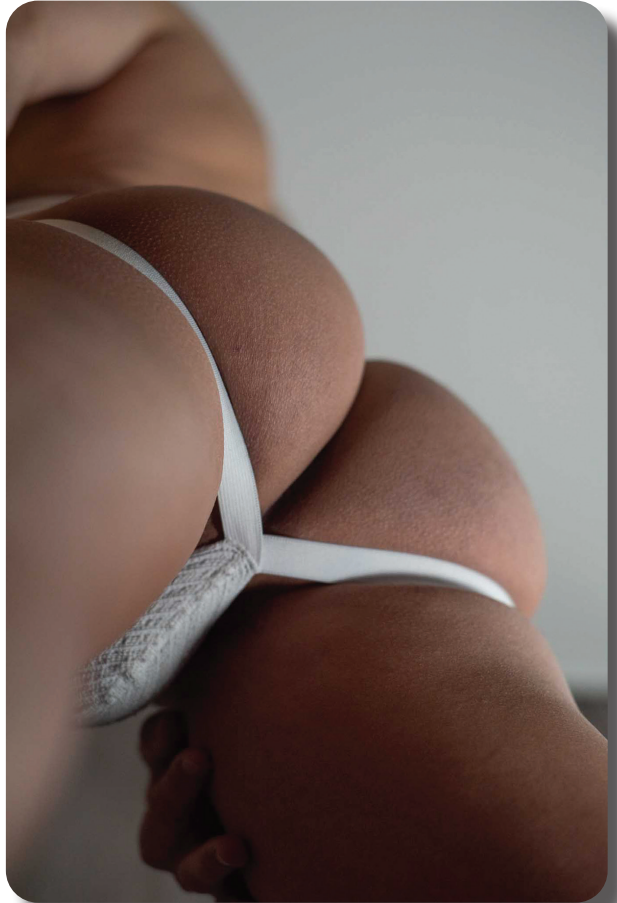
This was I's first time in a sauna, so I allowed Mitch to take the lead. We made our way over to the steam room first. We rested there for a quarter of an hour. Mitch noticed that I got hard. And stayed hard. I saw that Mitch was staring and smirked.

'Your penis, once it's up, it stays up,' Mitch joked.
'Yeah. It needs to be pumped to deflate,' I said.
'I can help...' suggested Mitch.

'Not now,' I said, 'instead why don't we get out of here and cool off? Where else can we go in this sauna?'

'Follow me,' said Mitch. We took our towels and made our way up two flights of stairs, passing a row of rooms that must have been sex rooms we entered a large gym.

'There is a gym in here?' said I surprised. Mitch nodded. We were the only ones in there so had the



place to ourselves. Still naked and hard, I began a mock work out. I went on the weight machines for a bit as if to pump up my chest, and then posed in front of a mirror for a moment before running a little on the treadmill; my erection bouncing up and down. As I was horny my balls were slightly tighter. They filled up with come and tightened up they did not swing as much. Mitch sat down on a bench, covered up, and observed me, and at my small plump ass and bouncing boner.

'Come on, let's go back downstairs,' said Mitch. I complied. A few minutes later we were in a warm pool. It had dark tiles. There was one more man in the pool with us, a burly man in his 50s who was strong and well-built.

Mitch sat in a corner of the pool, and I sat on Mitch, allowing Mitch's cock to touch my ass. Mitch held me in his strong arms. While the burly man watched, I tried to get into different positions, letting Mitch be the one in charge while I was the one being tended to. I floated in the water on my stomach allowing Mitch a perfect view of my ass and tight, waxed hole. Mitch gently fingered me, his fingers running over the creases of my hole as he stretched it open lightly. He touched my balls, squeezing them gentle and fondled my cock.

'Don't' said I.

'You don't want to come?' asked Mitch.

'Yes... but... not now,' I replied.

I then floated on my back allowing Mitch a clear view of my erect cock and perineum. I lifted my legs up in the air to give Mitch a clear view of my smooth, waxed asshole. The man in the pool with us raised his eyebrows and smiled at Mitch. Mitch smiled back.

'Come on. Let's get out,' I said. We made our way to the steam room. There was a red light somewhere for ambience giving the room a neon pink glow. We walked through the steam, and past the men there. Finding a free space Mitch sat down and I sat on his lap.

'Now you can jerk me off,' I said taking full control of the situation.

Mitch put his hands on my dick and began to slowly massage it.

'Your dick had been hard since we got here. You're going to come very soon if I jerk you off,' said Mitch.

'So jerk me off slowly then,' I said.

Eventually the act caught the attention of other men in the steam room. One by one they began walking over to where Mitch and I sat. One began caressing my hairless torso. Another reached under to feel my ass. Two men joined Mitch's act of jerking me off. My cock got lost between three pairs of hands. And then, my breathing grew faster and faster.

'He's going to come man,' said one man to his friend.

'Yeah. Do it,' said another, as if he needed any encouragement.

And then the come shot up through my cock. The warm, sticky liquid ran down on my dick and on the hands of the men who jerked me off. I sat on Mitch's big things, panting. The other men smiled said something along the lines of 'horny stuff' and 'that was great' and then made their way to find men to have sex with.

I got up and walked to the showers. Mitch lathered me up and washed me off. Both of us then went into the changing rooms and got into our clothes and left. We walked out into the warm Chicago streets.

'You were crazy in there, walking around naked, jerking off, letting other guys touch you,' said Mitch. 'Usually guys just go in and have sex and leave.'

'You mean people don't parade around naked and act like a porn star?'

'Not like you did. But it was great,' said Mitch.

q advice: WORK / LIFE BALANCE

5 ways to reclaim your work-life balance

One of the most common struggles many people face is maintaining work-life balance, especially in the hybrid-working model we have adopted over the last few years. The line between work and home has become increasingly blurred, with many of us spending long hours in front of our computers and taking work home with us or working late into the night.

Many people struggle to create clear boundaries in their personal and work lives resulting in increased stress levels, burnout, feelings of overwhelm and a decline in overall well-being. But it doesn't have to be this way, with a little effort and some simple strategies you can reclaim your work-life balance and start enjoying the best of both worlds.

Let's look at 5 key ways you can reclaim better balance:

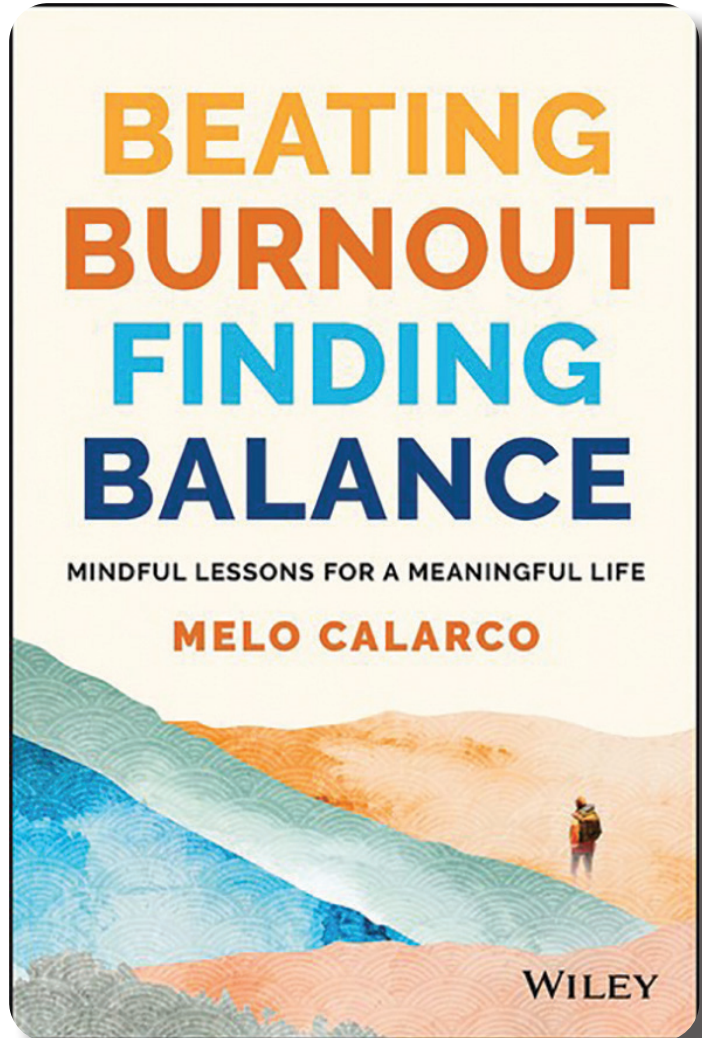
Tip 1. Set Crystal Clear Boundaries

One of the biggest challenges of balancing work and life is the lack of clear boundaries. It can be difficult to know when to switch off from work and start focusing on personal time.

To overcome this, it's important to set crystal clear boundaries, stick to them as best you can and resist the temptation to open the laptop after dinner.

When working from home it could be useful to change into your work clothes in the morning and then at the end of your workday change into your homey clothes, this gives you a clear distinction between working and not working.

Turn off notifications from work-related apps and emails outside of work hours and set aside specific times for personal activities such as exercise, hobbies, or spending time with family and friends.



Tip 2. Practice Self-Care

Self-care is essential for maintaining a healthy work-life balance. Taking care of your physical and mental well-being is crucial for avoiding burnout and staying productive. It is important to make time for activities that bring you joy and help you relax, such as exercise, reading, or meditating. It's also important to get enough sleep and eat a nutritious diet to ensure that you have the energy to meet the demands of your job and personal life.

This is something I constantly remind my clients of everyday, make your self-care a priority and make sure you do something for yourself that makes you feel good to 'fill up your cup'.

Tip 3. Prioritize Your Tasks

Another challenge of balancing work and life is trying to do too much in too little time. To avoid feeling overwhelmed, it's important to prioritize your tasks and set clear objectives for your day. Make a to-do list and prioritize the most important tasks and make sure you don't get hijacked by other things.

Be realistic about what you can achieve in a day and set yourself the 3 big things you want to get done and set yourself the time to do these. This will help you focus on what needs to be done and avoid wasting time on non-essential activities.

When working on big tasks which require your mental focus and attention, turn off all distractions that will pull you away from that task like pop-up notifications, mobile phone and any other alerts.

Tip 4. Have regular renewal breaks (or downtime)

We are not machines, we can not keep going 24/7 without any consequences (burnout). It is best to have periods of work punctuated by moments of rest, for example, after you have been concentrating and working hard for around two hours, take a few minutes rest to renew your mind and body.

It could be a short meditation practice or a few minutes of downtime, make yourself a cup of tea, go for a quick walk, have a chat with a colleague or anything that gives you a little break from the cognitive overload.

This short renewal break will refresh your mind and reset your focus so you work clearly on the next task at hand.

Tip 5. Make Time for What Matters

Finally, it's important to make time for what matters to you. Whether it's spending time with family and friends, pursuing hobbies, or traveling, make sure that you prioritize activities that bring you joy and fulfillment. These activities will help you maintain a healthy work-life balance and keep you motivated and productive in both your personal and professional life. Think of the things that you value the most in life and dedicate more quality time for this.

Balancing work and life can be a challenge, but it is possible. By setting clear boundaries, practicing self-care, prioritizing tasks, having regular renewal breaks, and making time for what matters, you can reclaim your work-life balance and start enjoying life more fully.

Remember that work-life balance is about finding a balance that works for you, so don't be afraid to make changes and try new things. With the right strategies in place, you can achieve a healthy and meaningful life both inside and outside of the office.

Melo Calarco, author of Beating Burnout, Finding Balance, (Wiley \$29.95) is a mindfulness and high-performance coach, keynote speaker and corporate programs facilitator. His work has helped many CEO's, leaders, corporate executives, medical professionals, elite athletes and other high performers to build resilience and perform at their absolute best, without burning out.

Find out more at www.melocalarco.com

q work: IT'S TIME TO QUIT

5 signs it's time to quit your job (+ how to do it gracefully when the time comes)

Working is a part of life and offers benefits beyond the regular paycheck. Research shows the positive impacts on people's health and well-being and can provide an increased sense of purpose and accomplishment and more social connections.

Employment can also have its downsides, particularly if you work in an environment that isn't bringing out your best. However, quitting your job to do something else can feel like a luxury.

There's the reality of paying the mortgage, school fees and bills. How do you know when it's time to quit? There are five warning signs which alert you to the fact that it is likely time to move on to a new job:

1. Performance is dropping - The work environment no longer brings out the best in you. Your motivation is falling, so you only do the tasks you must do. This 'bare minimum' approach impacts your performance, the outcomes you deliver and your reputation.

2. There's a value disconnect - Your values and those of the organisation are out of alignment such that you feel like you have to change who you are at work. For example, you may feel uncomfortable voicing your opinion or choices and feel you have to support ideas that go against your beliefs and ideals.

3. Cynic is your middle name - You spend much of the working day complaining about what's happening at work. You don't trust your work colleagues and no longer offer ideas on improving things at work. Instead, you only complain about them.

4. Afflicted by burnout - You feel burnt out, and the physical signs of stress show in your behaviour at home with your friends and family. You always feel exhausted, and the thought of going to work makes you feel anxious or highly emotional.

5. You've stopped learning - To stay relevant in today's working world, you need to continue to grow and be challenged. If you've stopped learning at work and there is no more room to grow or expand your horizons, it is usually time to step outside.

If you've decided it is time to go, you want to make your exit graceful and not burn bridges as you leave the workplace. Remain professional at all times, and don't be pessimistic about the organisation or your colleagues.

You don't have to tell your employer where you are going. However, not telling them can harm your relationship with them. There will be times when you won't want to divulge this at the point of exit but consider your circumstances and relationships as you make the decision.

It will help if you give your employer as much notice as possible that you are leaving. That way, they will have time to make arrangements to fill your role or adjust workloads. Where you can, help with the transition, ensure you finish tasks and projects, and tie up loose ends before leaving.

Lastly, appropriately celebrate your time with the colleagues and team you worked with. It's a relatively small working world, and your paths will likely cross again. Focus on connecting with them positively, so their last impression of you is a positive one.

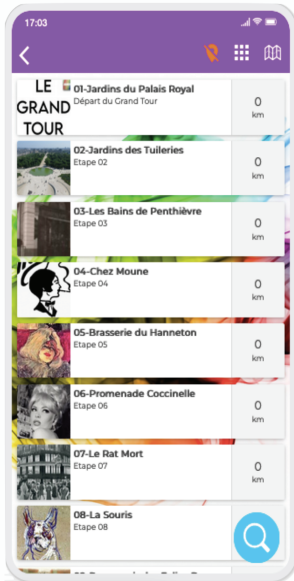
Michelle Gibbings is a workplace expert and the award-winning author of three books. Her latest book is 'Bad Boss: What to do if you work for one, manage one or are one'.



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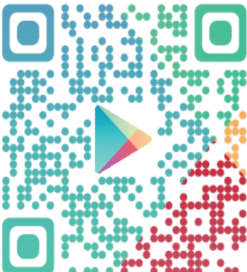
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q cabaret: CABARET DE PARIS

CABARET DE PARIS - A BURLESQUE EXTRAVAGANZA
Starring Australia's Leading Lady - RHONDA BURCHMORE



Be transported by the atmosphere and excitement of a Parisian-themed revue with a parade of first-class entertainers and the daring beauty of exquisitely bejewelled dancers as stage Spectacular Cabaret De Paris performs in Melbourne on 19 & 20 May at Palms at Crown.

Cabaret De Paris celebrates old-fashioned showgirl glamour combined with the skill of adagio dancers, aerial pole artistry, comedy circus performers, quick change acts, illusionists, and of course the famous French Cancan Dancers!

Joining the Cabaret De Paris troupe will be Australia's leading lady, legendary showgirl singer, Rhonda Burchmore, who has performed across the world from London's West End to New York's Broadway, from Sydney Opera House to the Sydney Myer Music Bowl.

Producer and performer Michael Boyd said, "I am absolutely thrilled to bring back Cabaret de Paris. The last tour played to sell-out crowds and rave reviews. Our leading lady Rhonda Burchmore proved she really is the queen of Cabaret; her stage presence and polished performance brings a new twist to the show with her larger-than-life personality, Rhonda proves she is forever a Showgirl.

You will see Rhonda wearing gorgeous frocks, singing French cabaret songs and even a burlesque strip number, oohh la la. In this tour we are going bigger than ever with some brand-new numbers, elaborate costumes, feathers, jewels and sequins that barely cover. Cabaret de Paris delivers just that and more - pure indulgence entertainment at its best."

Rhonda will be joined by the absolute crème de la crème of Australia's leading showgirls, who have graced the stages of Moulin Rouge, the Lido and other French cabaret revues in this spectacular 90-minute production. The show also includes acclaimed illusionist and Australia's Got Talent finalist Michael Boyd who will perform some of his greatest illusions, mind-boggling disappearances and incredible magic that will keep the entire audience entranced.

Cabaret de Paris is choreographed by Todd Patrick, one of Australia's dance leaders who began his formidable career with Disney, before working for Versace, Dior, Issey Miyaki, Gucci and Chanel, across Europe and Asia, along with some exciting new acts by acclaimed choreographer Matt Browning.

This is pure Paris spectacle that you will never forget - a show that pays tribute to the most famous cabarets in France all rolled in to one dazzling revue!



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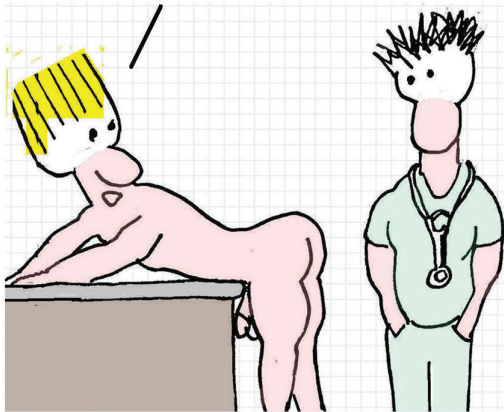


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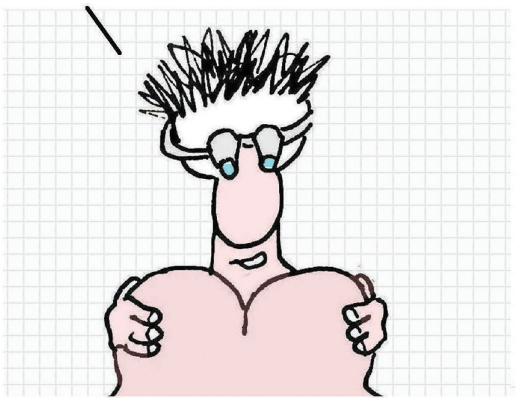
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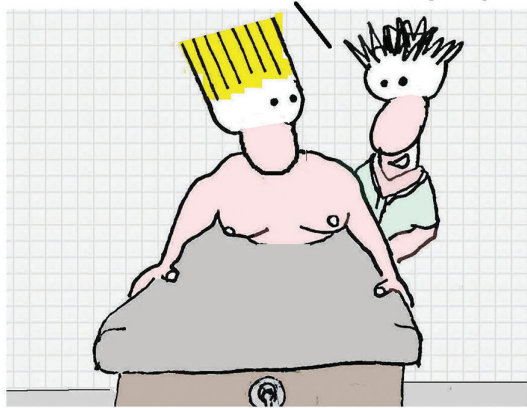
Doc, I've got a lumpy anus!



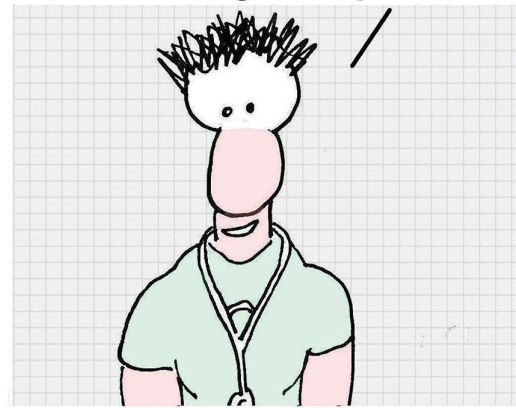
They're hemorrhoids, swollen veins that, when healthy, are important ...



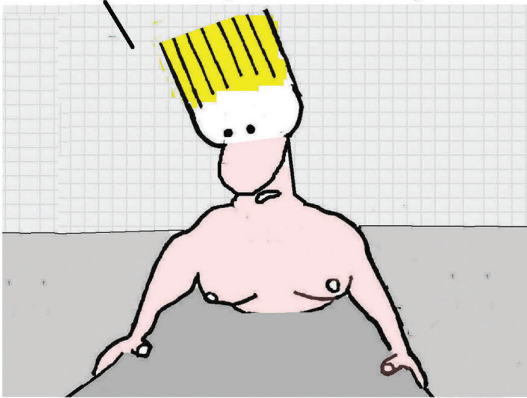
they contain nerves that help us know if we're about to fart or poop ...



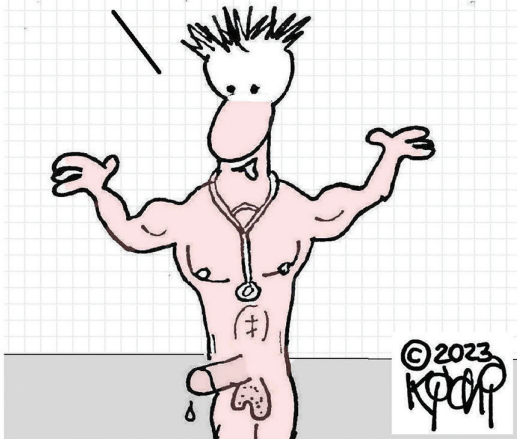
when they're swollen they might not be working at 100 percent



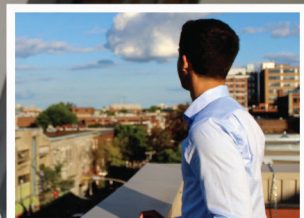
So, I may not be able to differentiate between a fart, a turd and a penis?



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