

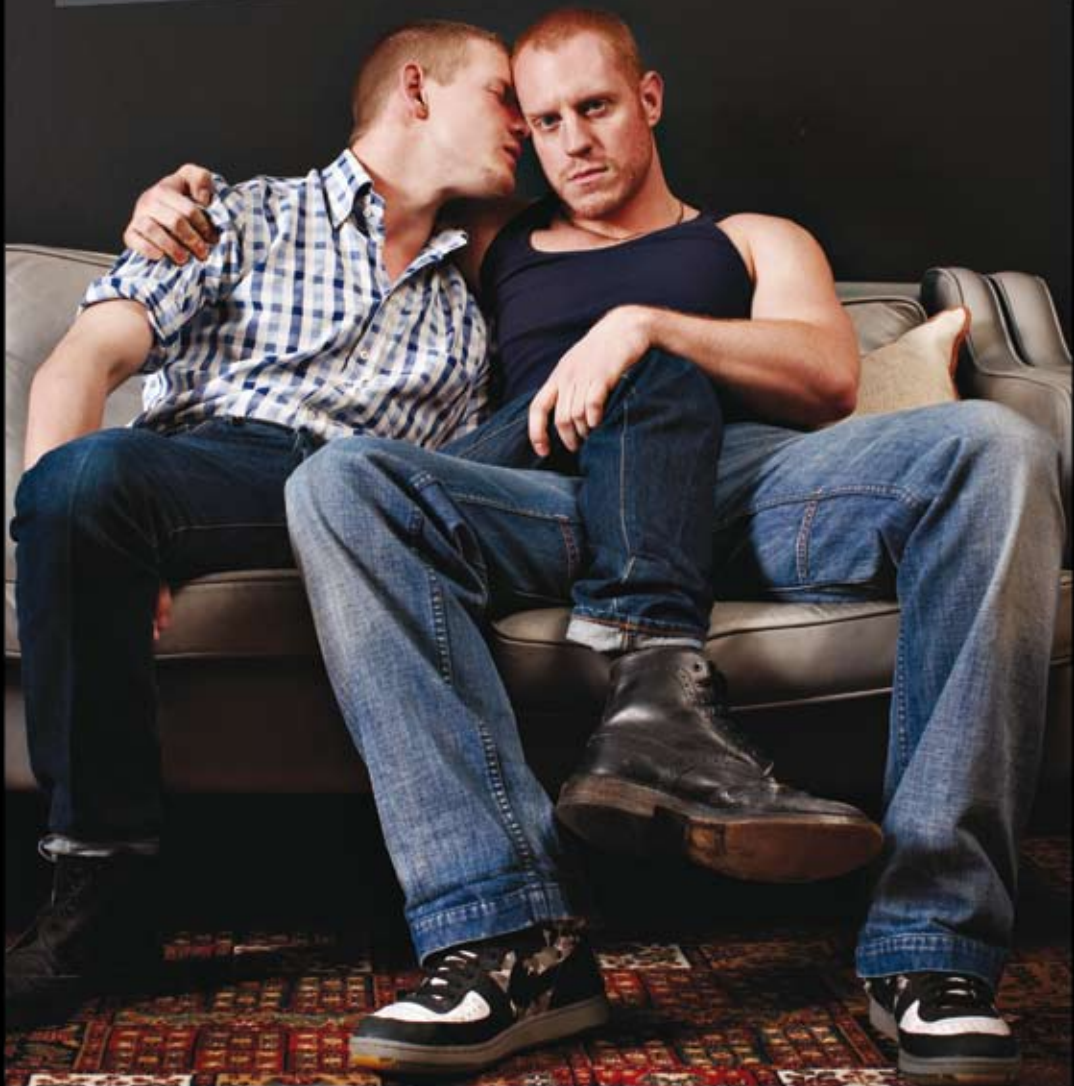
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MARCH 2010

Q MAGAZINE

featuring
BEAUTIFUL
THAILAND

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q comment: **MQFF 2010**

This year the Melbourne Queer Film Festival (MQFF), one of the largest queer film festivals in the world, is celebrating its 20th Birthday.

In true style it'll be all streamers, glitter and balloons, not to mention a stand-out program of queer and gay themed films from the international festival circuit as well as some gems from our home-grown filmmakers.

Screening at several venues across Melbourne including Australia's premiere screen culture venue, the Australian Centre for the Moving Image from 18 - 29 March, MQFF will screen over 140 films over twelve days and includes a \$11,000 cash prize pool.

As well as showcasing the best in Queer cinema, MQFF also supports emerging Australian filmmakers with a jury award for the City of Melbourne Best Australian Short Queer Film, presented annually with a \$2,000 cash prize, an Audience Choice award for Best Australian Short Film with a \$1,000 cash prize and a Selectors Choice Jury Award for Best Australian Short Queer Film with a \$500 cash prize.

MQFF will run from Wednesday the 17th to Sunday the 28th of March. Opening Night will be (as always) at the Astor Theatre in St. Kilda with all other films screening at ACMI, Federation Sq, Greater Union, Russell Street and Loop Bar and cinema.

For tickets and bookings either go to ACMI or visit the website at www.mqff.com.au



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



q feature: BEAUTIFUL THAILAND

When I was invited to visit Thailand - a country I had always wanted to see - I jumped at the opportunity without a minutes hesitation. I am now so pleased I did. After a couple of fabulous nights in Bangkok (once considered the Venice of Asia due to its series of canals) it was time to board Thai International Airways for the one hour flight to Chiang Mai.

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Although quite a drive from the airport the destination is well worth the journey and the resort offers transfers. Once there, you are transported into a completely different world - one of absolute serenity.

The resort - situated in the hills behind Chiang Mai - is a series of villas in a setting of rolling hills, trees and sculptured gardens. From the time you arrive the staff treat you the way you would expect from a resort of this calibre and, of course, the way you are always treated from the beautiful professional Thai people.

The rooms are extremely spacious and very well appointed. I stayed in a "spa villa" featuring a massive spa bath in the already huge ensuite. Throughout the whole villa the decor is welcoming, the furnishings plush and comfortable and all air-conditioned - although I have to say the weather and temperature in Chiang Mai was a lot less oppressive than the humidity and heat of Bangkok. The property features a restaurant (and breakfast on the balcony is stunning), the Kasorn Spa and a gorgeous pool - enough to keep you occupied or simply relax your days and nights away. I am not however one to stay in my room, so it wasn't long before I was out to explore Chiang Mai and all it had to offer.

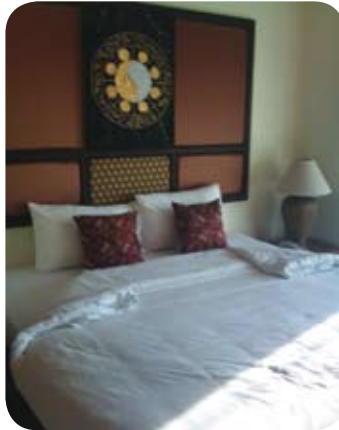
Within very close proximity is three amazing attractions to this area:

King Cobra Chaing Mai Show is one of the best snake shows I have ever seen. Three incredibly talented men (including Tipp, the owner) and one very entertaining lady (the compere) take you through snake charm after charm, playing with snakes such as carpet snakes, water snakes and of course a couple of beautiful King Cobras. Show happen almost around the clock.

The **Maesa Elephant Camp** is something to behold. My visit started by watching these amazingly majestic animals bathe in the stream that runs through the property to a show of brilliant tricks and humour. No words could ever express how totally thrilling this was and how talented the elephants are - including a hand full of them actually using paint brushes in the trunks and creating art (which is also for sale along with the usual elephant carved memorabilia).

Tiger Kingdom offers four different choices for the adventurous visitor. I chose the "Big Cat" option and boy was I glad I did. To be up close and personal with these massive cats was a once in a lifetime experience and something I recommend to everyone visiting this area.

The next leg of the journey involved an airport taxi and then ferry across from Surat Thani (or you can fly direct to Koh Samui).





X2 Samui

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Koh Samui District, Suratthani 84310, Thailand
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www.x2resorts.com

Location Location Location! This total beach front property is something to behold. From the moment you arrive the staff are extremely welcoming and totally professional. The resort prides itself on giving each guest the privacy they deserve - including the absence of signage like "do not disturb" with the staff only servicing your villa once they know you have left the resort or when you ask.

The design is stunning: clean lines; architecturally simplistic and modern while keeping a particularly accurate Thai feel about it; and very easy access to

reception, the beach, the massive ocean-side pool and the amazing dining room with uninterrupted views out to the ocean and neighbouring islands. Each villa has its own swimming pool, an open plan design with all the amenities you would imagine from such a standard of resort. No expense has been spared. I can't stress enough that your privacy is assured and respected - perfect for singles or couples alike.

Although a wee drive from the city centre, the property has courtesy cars and very courteous drivers to take you anywhere you wish OR you can hire a motorbike or car. The only regret for me is that I only spent one night.

Le Bayburi The Sea Samui

31757 Maenam, Koh Samui,
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www.lebayburi.com

My final stop was yet another beautiful part of Koh Samui and an equally beautiful hotel. From reception through to the ocean side pool and bar, The Sea is luxury from beginning to end. Entering my pool suit (yes another room with a private pool and balcony area) down the wooden staircase awaiting me was a room that has to be seen to be believed: linen fit for a Queen; a bathroom area featuring a huge bath tub; separate shower; and space for a party of five. Again, the overwhelming theme is privacy.



Adjacent to the property (which also has off street parking, free Wi-Fi internet in all the rooms and a restaurant) is the Vaura Spa offering a range of beauty and relaxation treatments to make your stay at The Sea that little bit more special.

Koh Samui is quite spread out, so I would recommend hiring a car for easy access to the entertainment centre (with drag shows and a the endlessly entertaining Go Go Boy Bars), or taxis are in abundant numbers and can be reasonably priced - but like most places in the world, the drivers do change the rules if you're not sure of the going rate. It is probably best to ask the hotel to arrange one for you and get a quote up front. At one stage (mainly for the experience) I also hired a motorbike to take in the scenery and do a bit of retail therapy at the local shopping area.

In conclusion, I highly recommend Thailand. The people are friendly and extremely professional and being Gay is certainly no issue. I am now looking forward to returning for another tour of properties - one in Koh Samui and two in Phuket - the sooner the better.



q lifestyle: with PETE DILLON

'Tis the season to be a fatty. Stand by biggest loser - my application is on the way. Why? Because the Melbourne Food and Wine Festival is on my doorstep, beckoning me and my fellow Melburnians to worship in false idolatry at the temple of indulgence.

I think the MFWF is the best festival for food in the world. I am biased, without question. I love every year the variety of chefs that journey from the other side of the world to grace our shores, lend us their talent and marvel at our amazing industry. This year is no exception and the explosion of guests from the Americas has me excited. The most exciting is David Chang, known as the enfant terrible from New York's Momofuku. He is a Korean American and has the world excited by his prodigious talent. Also back for another visit is Andoni Andruiz from Spain's Mugartiz. The restaurant was recently damaged by fire and yet Andoni knows the value of the festival and his visit, and will be here regardless. Jamie Oliver's arrival on our shores has many people incredibly excited

It's not all glamour chefs though and there are many events across regional Victoria, and around Melbourne that you can attend for free. One of the best events to my mind is the World's Longest Lunch in bushfire ravaged Marysville. This is sure to be an emotional event.

The Edible Garden, Very Special Lunches and Dinners and Casual Bites are all programs that have options to suit every taste and budget. Tours and crawls will allow you to test your tastebuds in a variety of cuisines, so you can experience something new and different. Laneways and Rooftops will allow you to experience those things that are so very Melbourne. We are known for our laneways and the rooftop events will allow you a very different view of this fair city. For coffee lovers like me, there is roasters week, allowing you to discover all of the new fangled coffee making techniques that exist, including the new third wave of coffee.

Finally, the wine program is exceptional. Under the guidance of Creative Director, Wine Ben Edwards and his bromance, Dan Sims at the Wine Guide and Sommeliers Australia, the wine program covers everything that you could want, including How Not To Drink Wine Like A Wanker. This is a terrific event that teaches you to enjoy wine without all of the flossy nonsense that one can be subjected to when dealing with wine. For more information, of course go to www.melbournefoodandwine.com.au

I was recently in Perth and managed to check out some of the hot dining spots in that fair city. For the Western Australian readers, I think there are some exceptional dining spots in Perth of which you should partake. Savini in Mt Lawley is a great option for pizzas at good prices, great service and a relaxed atmosphere. The pick of the bunch is Must Winebar in Highgate - this vinous establishment is the hot place to see and be seen in Perth. The Pony Club is a great little tapas place, also in Mt Lawley. Eclectic, fun, unique - choose the adjectives but fun probably sums it up best. Things to try: atún, yellow fin tuna tartare, crostini & citrus foam and rellenos, chicken, apple flambe, mahon, sage pesto, jamon with white bean puree - all exceptional.

Perth is becoming another food mecca in Australia and is well worth the visit for wineries at Margaret River and Geographe. Drop into for a great cellar door experience at Capel Vale in Capel and check out their cellar door only offerings that you can only buy there - a wooded viognier is spectacular and their sangiovese is also superb. Stop for a great meal while you are there. Capel Vale wines are available everywhere, but these gems can only be found at the Cellar Door.

For more food and wine news, join me on CRAVINGS, Saturdays on JOY 94.9 from 1pm in Melbourne or listen live at www.joy.org.au/listenlive, email Pete at pete.dillon@kooki.com.au or phone 0409142365

An advertisement for Eagle Leather. It features a person wearing a black leather mask and a harness, in a suggestive pose. The text is overlaid on the image.

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q music: ADAM LAMBERT

ADAM LAMBERT'S DEBUT ALBUM 'FOR YOUR ENTERTAINMENT' ON SALE NOW IN ALL GOOD RECORD STORES THROUGH SONY MUSIC

With his out-of-this-world vocal range and unique musical style, Adam Lambert is the ultra-glam, rock superstar that has America hooked. On Friday, March 5th, Adam unleashed one of the most highly anticipated debut albums, "For Your Entertainment," in Australia. The record garnered contributions from such innovative artists as Lady Gaga, P!nk, Muse, Justin Hawkins formerly of The Darkness and Rivers Cuomo of Weezer.

Millions of fans watched Lambert's stunning performances on the eighth season of "American Idol" and now those millions of fans have now got their hands on the album and Adam's first single, "Whataya Want From Me", which was co-written by P!nk. The video for "Whataya Want From Me" is also playing on all good tv stations.

"I feel so lucky to have been granted true opportunity to work with some of the top producers and writers in popular music," Says Adam. "This album is a reflection of their genius and the collaborative energy that they were gracious enough to share with me."

The credits on Lambert's first album read like a list of the hottest artists in the music business. Lady Gaga, long cited as a major influence on Adam, c-wrote the track "Fever" with producer Jeff Bhasker. P!nk is a co-writer on "Whataya Want From Me," along with Sweden's Max Martin and Johan Shellback. Matthew Bellamy, of the British prog rock/electronica band Muse, one of Adam's favourite groups, wrote "Soaked."



Justin Hawkins, who was lead singer of the acclaimed British quartet the Darkness, wrote the lead track on the album, "Music Again." Rivers Cuomo, co-founder, lead singer and principal songwriter for Weezer, is one of the writers on "Pick U Up," along with Lambert and Greg Wells ("I Do Not Hook Up," Kelly Clarkson).

There are other stellar names featured in the credits on Adam's debut release. Rock goddess Linda Perry, responsible for hits like "Beautiful" by Christina Aguilera and "Get The Party Started" by P!nk, is the writer and producer of "A Loaded Smile." Ryan Tedder of OneRepublic, whose credits include "Bleeding Love" for Leona Lewis and "Halo" for Beyoncé, wrote and produced "Sleepwalker."

Adam co-wrote four of the songs on his album. In addition to "Pick U Up," Adam penned "Strut" with Greg Wells and "American Idol" judge Kara DioGuardi; "Aftermath" with Alisan Porter, Ferras and Ely Rise; and "Broken Open" with Wells and Evan Bogart (whose credits include "S.O.S." by Rihanna and "Jai Ho! (You Are My Destiny)" from "Slumdog Millionaire").

Four of the tracks on "For Your Entertainment" are produced by Rob Cavallo, the A-list producer who has worked with Green Day, My Chemical Romance, David Cook, Alanis Morissette, Chris Isaak, Paramore, Jewel, Shinedown and Dave Matthews Band. Cavallo produced "Music Again," "Soaked," "Sure Fire Winners" and the bonus track, "Time For Miracles," from the soundtrack to the new motion picture, "2012." For information go to: <http://www.adamofficial.com>

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q money: with EVAN DAVIS

My partner's birthday, Christmas and our anniversary are all events I should have mastered by now. I always scramble at the eleventh hour to find the right gift, then simply panic and buy another overpriced Versace trinket. Watches, wallets and plates have all been bought. Amazingly, the smaller the box the larger the Medusa shaped dent in my VISA card.

I'd pay cash to minimise the pain though it isn't allowed at Versace. It's considered the 'poor man's credit card'.

Donatella Versace famously said 'far better to cry in a Rolls Royce than laugh on a bicycle'.

My credit card statement makes me cry, though not in a Rolls. Donatella obviously never had to think about my partner, the next gift or even retirement! As long as I don't live longer than about ten days I have all the cash I could possibly need. Just in case I go on living I decided to speak to a Financial Planner...

Financial planning is all about developing strategies to achieve financial security and control. A financial planner can help with investments, superannuation, budgeting, taxation, risk insurance, debt management and obviously retirement planning. It is never too early or too late to start thinking about your money. A financial planner will be able to give you insights at all stages of your working life so that one day you won't have to work. Money at work is better than you at work. A good financial planner will discuss many options with you. First they get to know you, then build your plan around your needs. Focussing on what you want to achieve now and moving forward. Choosing a good financial planner is crucial. You will be working with them for a long period of time so you have to feel comfortable with them. See if anyone you know is dealing with someone who they like and trust. Asking friends for a referral to their planner is a great place to start. If in doubt email me as I know several excellent planners.

Always when finding the right Financial Planner make sure you do your home work. Find out who they work for and how they get paid. Historically, financial planning was driven by the commissions on funds and products sold. There is now a trend toward fees for service so find out what they are and what the full cost is to you. Check the credentials of any planner you deal with before engaging them. They should be a member of a 'best practices' body and be able to provide documented plans and product disclosure statements for everything they discuss. This is particularly true of the products they recommend.

Make sure you ask as many questions as you need. With money, and your long term fiscal wellbeing, there are no silly questions. Make informed decisions with all the answers and don't be pressured into snap decisions.

For the longest time I thought the easiest way to become a millionaire was to start with \$900,000 with a little guidance and planning perhaps it will not be so hard.



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 **MANNHAUS®**

q youth: with TASMAN ANDERSON

We've all seen the cheesy films about long lasting friendship and we've all heard the songs that speak of a dark life without friends but do we ever really listen? Do we ever treat our friends with the respect they deserve? Because without them, we just might not survive.

No matter what age you are, everyone needs a friend to unload their problems onto over a container of cookie dough ice cream and a romantic comedy as well as to help them grow into a happy person that's full of life. But sometimes the friend you care about the most can become someone you wish you had never met. Sometimes, friends can't seem to agree on anything and end up fighting over the silliest of things. Fighting with friends can be emotionally damaging and at times can lead to all sorts of problems.



"My friend, Kirsty and I were the best of friends for two years." Said Sydney resident, Natalie Sands. "But one day we had a big fight over her boyfriend and we haven't talked since. For the first few weeks I felt all these raw emotions."

Fighting with friends is never easy and it can usually make you feel angry, depressed and a mixture of other feelings like betrayal, regret and denial. Some things that are usually common in friendship fights is hurtful name calling, teasing, physical assault and harassment, which makes it hard to remember why you two became friends in the first place.

Friendship fights aren't like a game; there should never be a winner and a loser. When you start a fight with someone important to you, you'd usually want to win and wait for the other person to apologize first. Instead both you and the other person are going to lose if the fight ruins your friendship.

"Fighting is a really hard thing to deal with." Said Brisbane Resident, Kylie Lynn. "I remember when I was in high school and the fights became so horrendous that I had to leave the school. It's hard to imagine that we were friends to begin with but even now I still feel sad over what happened with us."

Although, fighting can be physically and emotionally draining and may leave you to believe that it's over forever, there are a few fundamental things that could be done to repair a friendship after a fight.

A common step would be to try and apologise the day after the argument. Sometimes, something as simple as 'I feel really bad about what happened and I'm terribly sorry that it happened' or 'I know you have felt bad and I am sorry for making you feeling that way' shows the other person that you know what you did wrong and are willing to make a change.

After you two have apologised and forgiven each other, it would be a good idea to discuss what had happened in a calm and peaceful manner and give reasons of why you still want to be friends. This helps to fix the problem between you two that was causing the constant fighting and also allows the other person to see that you value their friendship and want to make amends.

Getting in fights with friends and even boyfriends is a natural part of growing up. It helps teenagers to understand that there will also be someone out there that thinks differently to them and that they need to accept people's differences. Not everyone in the world is the same and different social, cultural and spiritual beliefs will split people apart, but if you're able to learn to deal with them, then getting along with others will become easy for everyone.

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q epicure: with PAUL PANAYI

Hutong Dumpling Bar, 162 Commercial Road, Prahran, (03) 9098 1188 - Chinese. Situated under the new and glitzy art-house hotel "The Cullen", is a new dumpling bar. The interior attempts to reproduce the charm of an antique Chinese garden with a contemporary twist. There are traditional carved antique wood screens, billowing silk curtains and red lanterns. But most impressive is the glass-fronted kitchen which opens to display master dumpling makers at work in starched white outfits and tall chef's hats. Also on display is a \$300,000 oven that can cook a duck in 15 minutes.



In typical Prahran style, the service is friendly, good humoured and fun. However, and with the exception of our head waiter, most of the front of house staff lacked competence – whereby we received wrong dishes, got the wrong bottle of wine and were charged for an item we did not order. But the deliciousness of the food meant that we took this all in good humour.

A small army of dumpling makers create hand made favourites to order. The freshness of these can be tasted in the Xutong Xiao-long-bao pork dumplings and Hutong Peking Roast Duck pancakes. As sister restaurant to Hutong Dumpling Bar in Market Lane, Hutong at The Cullen has become the home to a Roast Duck Chef from Quanjude China, the famous duck restaurants in China – and it shows.

The Xutong Xiao-long-bao is the house specialty. These delectable morsels are light and tender dumpling pastry, stuffed with pork and prawn mince. What makes them special is that delicious jellied pork stock is included inside in the dumpling, which liquefies as the dumpling is steamed, then explodes in an amazing taste sensation in your mouth. Be warned, if you are like my partner, you will not escape without a hefty dry-cleaning bill – but every mouthful is certainly worth it. Tip – use a ceramic spoon!

The Peking duck was also tasty and tender. It was perfectly cooked and very juicy. I was a little disappointed that the skin was not as crisp as is traditional, but it compares favourably with other five-star establishments in the city. The pork buns were the best I've had in Australia – they were fluffy and light and filled with tangy pork stuffing. It takes great care to consistently turn these beauties out perfectly all the time.

While this 'dumpling bar' is really a fabulous Chinese restaurant, I felt that the wine list was rather limited; I also saw no evidence of a cocktail list. There were some French wines on the menu, but I felt a little let down by the selection.

I have been a bit pedantic with Hutong in this review. This is because I believe that it is a first-class dumpling house and that with a little tweaking, it can become the best Chinese restaurant in Melbourne. Flower Drum watch out!

Open Daily, 11.30am-3pm, 5.30pm-late. Entrees \$5-\$10, mains \$25-\$30, desserts \$10. Cards Accepted: MC V Eftpos Licensed, Seating for 140; limited outdoor seating.



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q drag: HONOURING EXCELLENCE

There are many ways that the gay community celebrates excellence. Sadly many of our more prominent events such as the Rainbow Awards and Fantasy Balls exist no longer due to costs and liability risks. But excellence needs to be recognised. Alan Mayberry looks at recent achievements.

Vivien St James

March 4th is the first anniversary of the death of Vivien St James of cancer and a brain tumor. There could be no more fitting tribute than the exhibition held in her honor as part of the Midsumma's Queer City, giving us a chance to do what Vivien would have wanted — enjoy the glamour she entertained us with. More than 20 of the sensational gowns that had been made by Melbourne designers, under Vivien's eagle-eye supervision, were on display for 2 weeks at fortyfive downstairs. They showed how over 20 years Vivien created her own persona, the likes of which we will never see again.

National Gallery spokesman Roger Leong said the costumes were outstanding, almost rivaling the Kylie Minogue Collection, and were in magnificent condition. The display was mounted by Isaac Lummis and Triston Seeböhm (aka Frockhard-Roxy Bullwinkle who inherited responsibility for Viv's collection).

Isaac said 'There are garments that didn't make it into the show which I would love to somehow include images and stories of. I would love to see a glamorous coffee table book. Who knows — shoot for the stars and see what happens.' Negotiations are now underway for the exhibition to tour around Victoria and hopefully even to Mardi Gras in 2011.

Barbra Quicksand said. 'It is wonderful to see Viv and her "artisans" getting the artistic credit they deserve. I stood looking at all the fabulousness and realised it really was about celebrating, not diversity within our community, but EXCELLENCE! Viv was a perfectionist, not in a neurotic way, but in a methodical, hard-working way with a strong vision of what the finished product, both costume and herself, would look like.'

The three main people who worked with Vivien were Adrian Wise, Robert Dean and Tristan Seeböhm, each are pictured below (in order from left to right).



The costume display helped ensure her memory will burn brightly in our hearts for many years to come. Just a shame that it often takes a death to celebrate the extent of their worth.

Chelsea Bun

The Sydney Diva Awards suffered a 'near-death experience' but managed to see light of day in 2009, which is more than Melbourne can say with the end of the Rainbows 1993-2006, Pride and ALSO Awards. Victorian Chelsea Bun walked away with the Hall of Fame Award, putting her in the ranks of Carlotta, Simone Troy, Dawn O'Donnell, Maude Boate and Cindy Pastel.

Chelsea went from making toast in Melbourne cafes to becoming the toast of Sydney, winning over 15 Diva Awards over the last decade, most notably Entertainer of the Year in 1998. It came as no surprise; she was always a dab hand converting a packet of white doilies into a Marie Antoinette gown. She was always a girl with a gimmick. According to Chelsea 'Drag is a bit of fun at the end of the day. Performance for me is all about being yourself, having fun and making the audience laugh. I was very pleased to have my work recognised.'

I grew up in the Melbourne suburb of Box Hill, at the back of a fruit shop and I've been with fruits ever since. I'm from a big Italian family of eight kids, all happily accept I'm gay.

I made my debut in a talent quest hosted by Kerrie Le Gore at Mandate in St Kilda in 1987. I won the heat performing like a puppet on a string, with coat hangers suspended on wire above my head. I soon decided I needed a change and moved to the gay ghetto of Darlinghurst in 1992, giving myself six months to see if I liked it, and I did.

My biggest break was starting at the Imperial Hotel on New Years Eve 1994 in the internationally renown *Priscilla Show*. Five years later we were doing the same old routines, in the same old cossies, and the crowds couldn't get enough of it. I left in August 1999, having done it for five years straight and felt as tired as the bus! What followed was the opportunity to produce my own shows, perform on spectacular Mardi Gras floats and dance party productions, and events such as the NYE 2000 celebrations on the Opera House steps and the Olympic Games closing ceremony.



I was making costumes full time as well, so I opened The House of Priscilla on Oxford Street. Luckily it has now become the drag emporium of Sydney although 80% of the clients are straight, hiring for drag parties, dance parties and dance schools.

The way you perform is the way you're brought up. I was brought up on a diet of Pokey's showgirls who created Las Vegas illusions in a St Kilda Hotel, and for that I am eternally grateful.



q theatre: A TASTE OF BUTTERFLY

Asher Treleven: SECRET DOOR

Open a "Secret Door" with Asher Treleven. Back from the Edinburgh Fringe and a cliché-ridden sabbatical in Paris this year the gangly comic savant invites you to take a surreal journey into sex and manliness. Barry Award Nominee 2009 Melbourne International Comedy Festival.

Tuesday 16 and Wednesday 17 March, both shows at 8.30pm \$15 full / \$10 concession and for groups of 8 or more.

Penny Ashton: HOT PINK

Join Kiwi Diva, Penny Ashton, for a booty-ful night of belly laughs in a Cabaret that's the love child of Eminem, Cosmopolitan Magazine and the Wiggles. HOT PINK will be a raunchy good time by one of NZ's top comedy exports with songs, stand-up and a bra that fits her head.

Thursday 18 March, 9pm \$25 full / \$20 concession and for groups of 8 or more.



Cath Jamison in I KNOW WHAT YOU'RE THINKING

Award winning magician Cath Jamison undoubtedly proves that women's intuition does exist. In her new and hilariously entertaining interactive magic show, Cath explores bizarre dating rituals, paranormal activity, women's intuition and the "feminine mystique", with her trademark sass, style and illusion. Often noted as one of the most "bizarre and unusual" women in the world, Cath will delve and play with your mind, the way only a woman can. 'I Know What You're Thinking...' is a show that dares you to believe, as it happens before your very eyes.

Friday 19 and Saturday 20 March at 9.00pm \$22 full / \$17 concession and for groups of 8 or more.

Brigette Rennie: PARTNERS IN CRIME

Gail has been married 4 times and hopes that number five will be the one. Trish ran away from home at 15 and now works the streets. Her boyfriend Roy is her business manager. Sue is a sales assistant by day and a dominatrix by night and Rachel loves that Ben is married with three children because she doesn't have to wash his socks. We all want it. We strive not to lose it and we're empty without it. What have you done for love? Songs by Nick Cave, Joni Mitchell, and Rupert Holmes to name a few. Accompanied by Richard Montgomery.

Sunday 21 March at 9.30pm \$27 full / \$22 concession and for groups of 8 or more.

The Candy Topps in: SING HAPPY – REVAMPED

Meet Stella, Kitty & Fifi: luscious, chic, and outrageously sexy. The Candy Topps will stimulate and satisfy all your aural and visual desires with their decadently tight harmonies and cheeky social commentaries. These three ladies of song will make you forget your troubles and are guaranteed to excite the optimist within (and if their voices don't then their décolletage most certainly will!). Including songs by Beyonce, Judy Garland, Pink, and Lady GaGa, this unmissable night of entertainment will get your feet stomping and your heart thumping.

Friday 19 and Saturday 20 March at 10.30pm (two performances) \$22 full / \$17 concession and for groups of 8 or more.

St Martins presents FOUR ON THE FLOOR

Under the guidance of WES SNELLING and BENN BENNETT (creators of Black Bag) four emerging artists present the beginnings of grand cabaret ideas. An evening of bite sized performance from a group that may take the cabaret cake in the near future. Please note, this performance will include more than four ideas.

Monday 22 March at 8.00pm \$15

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q products: A BOYS BEST FRIEND



4VOO Distinct Man® Launch's The Most Luxurious Men's Skin Care Products On The Market For Men In Australia. The sophisticated man's evasive search for youth rejuvenation and age suppression has finally ended. Canadian brand 4VOO Distinct Man®, well-known for its high-end quality products, has launched its luxurious range of men's skin care and cosmetic products here in Australia.

"It is exciting to be part of introducing a new era of men's products onto the Australia Market," says Matt Nash, Australian Distributor of 4VOO. "We know there are going to be a lot of happy men out there because now their partners have access to luxurious products that have been specifically formulated for men's skin"

Included among the lavish range is the most luxuriously exclusive anti-aging product on the market for men, the 4VOO Ultra Intensive Age-Defying Complex.

Mimicking the desired effects of Botox®, the Ultra Intensive Age-Defying Complex is a rich topical solution formulated to bring back youthful vibrancy and stifle the aging process without the risks of traditional botox injections. An elegant silk protein complex and a powerful multi-peptide formulation, along with many other dynamic ingredients, combine to make 4VOO's Ultra Intensive Age-Defying Complex a breakthrough anti-aging exclusive formula.

"The market isn't just about women anymore. Men want to look and feel younger, too - more so now than ever," says Marek Hewryk, President of 4VOO. "So that's exactly what we're bringing to the market with this product, and we're very excited about it."

Using the most advanced ingredients on the market, 4VOO has created a luxurious product that generates three exceptional effects: short-term benefits by combating wrinkle and fine line expression, long-term results by repairing and invigorating aged skin by stimulating collagen production, and manufacturing skin uniformity by infusing it with natural extracts.

"Men today are searching for an anti-aging solution, but there are also a lot of concerns about the side effects of Botox® injections," says Hewryk, "Well, what we've done here with our exclusive formulation is preserve the benefits and eliminate those concerns. No injections are required, there are no side effects, and we use only state-of-the-art ingredients. "

Favoured by Hollywood stars such as Johnny Depp, Brad Pitt, Matt Damon, Adrian Grenier and Matthew McConaughey, 4VOO is one of the most luxurious and effective men's skin care brands in the world, and finally Australian men can now experience luxury skin care.

4VOO products are available for purchase at prestigious department stores throughout the world such as Harrods-London, Galleries-Lafayette-Paris, Ahlens-Stockholm, and Daimaru-Tokyo. Australian customers can purchase from the Australian website at www.4voo.com.au and from selected boutiques throughout the country.

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q community: PRIDE IN DIVERSITY

Some of Australia's highest profile employers have come out in support of a ground-breaking program which aims to make workplaces more responsive to the needs of gay, lesbian, bisexual and transgender (LGBT) people.

**pride in
diversity®**

Called Pride In Diversity, the new program has been created by ACON in partnership with Diversity Council Australia and London-based LGBT advocacy group Stonewall UK. Officially launched early February by former High Court judge the Hon. Michael Kirby, the importance of the initiative has been recognised by a broad range of leading Australian employers which have signed up as foundation members of the program. These include IBM, KPMG, ING Australia, Goldman Sachs JBWere, Lend Lease, the Department of Defence, the Australian Federal Police and Telstra.

Pride In Diversity Director Dawn Hough says the program is Australia's first employer support program for the inclusion of GLBT people and is all about helping Australian employers introduce human resource and diversity policies that specifically support GLBT staff. "Research shows that up to 60 per cent of GLBT people experience some form of harassment at work during their careers," Ms Hough says. "That's four times the rate of the general population."

Ms Hough says fear of abuse or discrimination forces many GLBT people to hide their sexual orientation or gender identity while they're at work, leading to an increase in anxiety or depression. "It's a very serious issue and employers across the board really need to be taking action to ensure they provide a sufficient duty of care."

ACON CEO Nicolas Parkhill says following the Australian Government's recent same-sex law reforms it's time for employers to fully support their GLBT staff. "Many companies throughout Australia have policies that support diversity in the areas of age, gender, cultural background and disability but hardly any have initiatives that support GLBT people. We're grateful for the support of Pride In Diversity's foundation members and look forward to other organisations coming on board to address this important issue in Australian workplaces."

Diversity Council Australia CEO Nareen Young says this is the first time that anything like this has been attempted in Australia. "We're encouraging businesses and employers throughout Australia to get involved in the program. Participation allows them to not only show support for their GLBT employees but also gain business benefits in terms of reputation, recruitment, retention, productivity and market share."

Employers will be able measure how inclusive their workplace is of GLBT staff with Pride In Diversity's Australian Workplace Equality Index. For more information, visit www.prideindiversity.com.au

q community: PROUDLY WALKING

Pride March Victoria's ground breaking release - Proudly Walking - is available in limited release on CD. Written and produced by Will Conyers and David Peake and commissioned by Pride March Victoria, Proudly Walking's lyrics were drawn from submissions by the GLBTi community of Victoria and is a fundraiser for the organisation. Visit www.pridemarch.com.au for more information.

Brett Hayhoe - President of Pride March Victoria - came up with the original concept. "This is a first for our organisation, for any Pride around this country and around the world. What we as a community have traditionally done is to adopt a commercial song (from Kylie, Madonna or the like). Not being totally happy with this I wanted something that was specifically about Pride and what it meant to our community", Pride March President, Brett Hayhoe said. To get a copy simply send a money order or bank cheque for \$10 to:

Pride March Victoria, P.O. Box 7349 St. Kilda Road VIC 8004 including a self-addressed stamped CD-type envelope.



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& Dj Audacity
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q news: SAFE FUN AND COMFY SEX

Let's be honest – when it comes to technology, we in Australia are like little kids in a playground trying to impress older kids with tricks they perfected years ago; and now just sort of laugh at.

Our friends across the Pacific are those older kids, and occasionally (when they've stopped pointing and laughing) they take pity on us, pull us aside, and help us to update our act. It's not that we're backward (or terribly behind the times), it's just we're on an island, and even in this near-avatar-age of ridiculous communication levels, we're stranded a long way from where the action is.

They conceptualise, develop, and pump out products faster than the consumer demand of our relatively small population can handle; meaning we often miss them zooming by, which is a damn shame, especially if you like bizarre unnecessary novelties with amusing instruction manuals.

Japan is one such country. They're forever looking for ways to improve things. Take something and make it smaller, better, faster and stronger. Technologies we have only recently adopted in Australia (videophones for example) have been mainstream in countries such as Japan for several years. Meaning that they've improved performance and stimulating features, whilst removing unnecessary clutter and reducing size.

Now before you panic and turn the page, please note - this is not a tech article - I'm simply pointing out that when it comes to technological advances that improve our enjoyment of life, countries like Japan are way ahead of the curve.

Which neatly brings me to the point of this rambling piece of prose, because the curve (and how we look after it) is precisely what this article is all about.

Yes gents, I'm talking about something near and dear to all us men. And a new product that'll help us get nearer and dearer to all those we have relations with. I'm talking about Sagami - The Worlds Thinnest Condom.

These wonders of modern science are bringing people closer than they've ever been before, closer even than the brand claiming to be the thinnest, and reshaping the future of safe sex.

This is where all the technology comes into play (to help us play) by maximising life's pleasures, whilst minimising size and restrictions. Please don't get the wrong idea, I'm not talking about reducing ones manhood, far from it, I'm talking about reducing the distance between you and what feels good - in this case to a mere .02 mm. This is thanks to SAGAMI's use of polyurethane instead of latex, which also makes them three times stronger than standard latex condoms, allergy free, and a great provider of heat conductivity - meaning improved blood flow where you need it most... the earlobes.

The details of how SAGAMI produce such mind-blowingly thin condoms would prove confusing to anyone not working directly with the condom manufacturing industry, so here's the 101 version - they use the best machinery, the most advanced technology, the finest quality produce (polyurethane), and the most stringent testing procedure, to produce the lightest, most pleasurable, and perhaps more importantly, safest condom available on the market.

It may not be the most exciting thing to read about, but then these things rarely are. Personally I've always found theory rather boring, it's the practical application that has always interested and excited me – and these certainly offer excitement when practically applied.

Trying to gain an appreciation of Sagami condoms by reading this article is kind of like trying to taste ice cream by listening to it. So all I can do is suggest you try them. And then, like me, say a quiet thank you to our friends from over the pacific for updating us (no pun intended), and giving us more feeling from feeling nothing.



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q books: RACHEL COOK'S NOVEL

Closets are for Clothes

A History of Queer Australia by Rachel Cook

About the Author

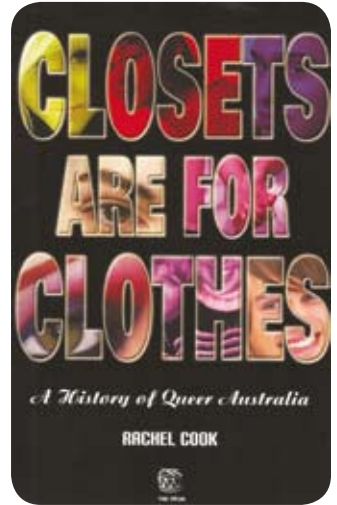
Rachel Cook is an editor and journalist. She studied writing at The Victorian College of the Arts and Cultural Studies at Melbourne University before going on to work at ABC radio. She has won awards for a short film, her radio programs both at the ABC and local radio, and has also worked in the queer media for over a decade. She currently lives in Melbourne.

A celebration of the history of gay and lesbian culture in Australia.

Some of the very first white Australians were gay and lesbian: they arrived on convict ships or as free settlers and forged their own colourful and intriguing history.

At times shunned from society, they fought to be treated as equals. From mollies to queers, gays and lesbians have contributed to Australian history in a most unique way.

Available from all good bok stores OR black dog books 15 Gertrude Street Fitzroy Victoria 3065 Australia - email dog@bdb.com.au or visit www.bdb.com.au



q people: MARC J PORTER

Does commitment exist?

I've been thinking about this alot of recent times.

My long term relationship ended after many years. It's quite a scary time. You realise you lose yourself a little, and trying to find a new you is certainly a test. Whilst my relationship did not specifically end due to commitment issues, I've noticed the big c word is scary for many a gay man.

Quite a few of my partnered friends value their relationships but they just don't seem to be happy giving it all away. They hold back. and the thought of only having sex with one guy for the rest of their lives makes them run for the hills. I've been a cheater too in the past. I'm not anymore and I would not recommend it.

It just poses such a big question: why can't so many gay couples just make it work? What is blocking us? Why do we need sex from others so much? I want someone to be enough for me.

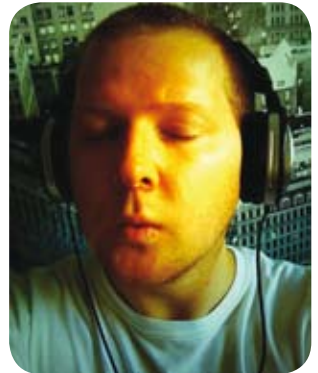
I don't care how long it takes to find that either, however it seems that so many guys don't want to be alone so they'll be with someone but they'll cheat the whole time. Commitment doesn't have to mean your freedom is gone or that everything you wanted needs to be sacrificed.

Communication is not hard. You just need to be mature and talk. Keeping your feelings hidden leads to lying, cheating and hurt and, my goodness, have I learnt that lesson the hard way. I hadn't needed to be on the dating scence since I was 19. I'm now about to hit 27 and suddenly need to grow up even more.

If couples want to play together with others, that's cool - sex is good, but just dont cheat!

Try to see the bigger picture, which sometimes you don't see until it's too late like me, but the bigger picture is there the whole time so be mindful that expressing yourself is the key to commitment and love. You can fall in love and have everything you want.

Take it from someone who is going through this right now, and yes I am dating someone at the moment and I'm scared as hell!



q people: PHIL PUTNAM

Singer/Songwriter Phil Putnam is one of the most prolific and promising artists on today's LGBT music scene, his piano-based pop/rock style often drawing references to Elton John, Ben Folds, Rufus Wainwright, and Tori Amos.

Grow. That's the goal. That's the momentum behind the life and music of Singer/Songwriter Phil Putnam. Grow. Learn. Listen more. Make more music, meet more people. Grow.

This passion for growth has defined Phil Putnam since day one, and has driven him to become one of the most seasoned and vital voices in music today. With stunning lyrical depth and a piano-based pop/rock sound, Putnam has earned a place alongside greats like David Gray, Rufus Wainwright, Tori Amos, David Wilcox, and Ben Folds. His commitment to excellent songwriting and an ever-evolving sound have produced 6 records over the past 8 years and established him as a Artist with feet grounded in the present and eyes on a very bright future.



It's safe to say, though, that this is not the life he thought he would lead. Born into a decidedly non-musical family in Sacramento, CA, he grew up surrounded by his father's basketball career and his sibling's youth sports teams. As the fat, girly kid in an athlete's world, he rode the bench and read his books while his brain got bigger and his pride shrunk smaller. With the onset of Tourette's Syndrome at age 9 and no solid music experience until high school, he was the clear long shot for a career in music. His ambition, however, having all the subtlety of a teenager on prom night, never let up. He studied singing through high school and discovered a shockingly strong talent in piano when he taught himself to play in college. It wasn't long before he combined his fresh musical skills with a lifelong love of writing and was introduced to his future. He has been privileged to use his music to support the Tourette's Syndrome Association of America, and other vital causes such as the Matthew Shepard Foundation, Human Rights Campaign (HRC), and the California EQCA "No on 8" campaign.

The future had a lot in store: his debut album "Healer" in 2001, "Long Story Short" in 2002, "All the Courage Required" in 2004, "Best of Intentions" in 2006, and "{What Became of the} Choir Boy" and "Casualties" both released in 2008. These 6 records have the same heart, the same core of Phil with the pen, Phil at the piano, Phil on the microphone. Everything else, though... it grew. "All the Courage Required" struck the balance between the very raw sound of "Healer" and the radio-ready pop of "Long Story Short", "Best of Intentions" explored programming and ambience with a new level of sophistication, and "Choir Boy" took it back to the basics of piano and vocals before shocking everyone's system with "Casualties".

His largest project to date, "Casualties" is Phil at his absolute best. Featuring sixteen songs crafted over 3 years from the best and worst moments of life, "Casualties" is about growing up and getting on. Handing over the reins for the first time in his career to Producer/Arranger Steve Wallace, the two struck a perfect partnership and blew open new ground in the sound, look, and feel of what defines Phil's music. Under Wallace's impeccable creative vision "Casualties" introduces new influences and instruments to Putnam's trademark piano-rock sound, diving deep into programming and electronic music against unflinchingly evocative string quartets, woodwinds and horns. The resulting depth of communication and new sound displays dynamic growth in Putnam's work and boldly opens the most exciting chapter in his career.

With so much already accomplished and so much to celebrate, it may be tempting to think that he is nearing the end of his run. However, if anything is true of Phil Putnam, it is this: there is always more. There is no stopping his insatiable need to live life well and make exceptional music. He will always change. He will always sing. He will discover what he needs to write about, who he can write for, and he will never stop.

In addition to writing songs for his own albums, he is currently enjoying a run as Guest Composer for the 2009-2010 season of the New York City Gay Men's Chorus. With so much to his credit and so much yet to come, Phil Putnam is one of the brightest breakout stars in the LGBT Music Industry.

There is always more, because he will always grow. FREE Album Download on www.philputnam.com or on iTunes.

q whispers: with ADDAM STOBBS

I am not in the habit of writing travel pieces, but following a recent 5 week overseas holiday to South America, I feel compelled to share this extraordinary experience with you. I don't big holidays very often (over 2 weeks), and having been to Europe a few times and the USA, and SE Asia, I wanted to go somewhere completely different, that not many people I know have been, but also has a vibrant gay scene and a degree of WOW factor. I found it. South America.

I went to a Gay travel Agent, and let them know I wanted to a holiday that was not the usual tourist sightseeing stuff, I wanted to gay stuff, stay in (or near) Gay areas, but also experience some of the sightseeing. I did my homework and went to Argentina and Brazil. Buenos Aires, Sao Paulo and Rio de Janerio.

17 Million people in BA, 23-27+ million in SP and 10+ million in RDJ. There must be amazing gay scenes there., I thought. There are indeed but nothing like I had expected or imagined.

My Agent, Simone Kelly, made excellent arrangements for me. I paid a little extra and had private transfers from airport to hotel and back and the local reps who met me at each airport on arrival, helped me check in and out and helped with airline check in (this really made life a lot more pleasant). At some airports there were some announcements in a language that was supposed to be English, there were very few that I could understand, or make sense of, and the thick accents made it very difficult. The airports I visited in South America were chaotic.



After a long flight to Buenos Aires, fortunately upgraded with flyer points (not that it's really that much different) quickly deposited to my hotel in the slightly upper class area of Recoleta. I did a city tour and a dinner tour with tango show had been arranged (Not madly me I thought) it was the best thing! The first thing that struck me in BA was the amount of smoking, everywhere. Cabs are cheap as, but I generally preferred to walk (much to the horror or everyone) telling me how unsafe it was, I saw no evidence of this. I had no one to talk to, as I was travelling alone and no one (and I really mean this) no one speaks any English in South America. I found a few venues I liked that were not to far away and went to those. The clientele were all nice enough although an over supply of hirsute and rotund (even in the younger guys) and the endless chain smoking. The thing that struck me the most apart from the complete difference in the way that one makes contact, was the rudeness of staff in gay venues, not just to me but to everyone, although at all bars I was always the last one to be served as I didn't speak much Spanish. Most of the venues I visited in BA would have been closed down if they were in Australia for dangerous building and design, I don't know how many times I tripped over concrete ledges in the dark rooms, or fell down staircases where all the steps had a different pitch. I met some lovely people here, and BA has a remarkable side I will never forget especially the long boozy lunches around the harbour with huge beef steaks.

I went next the Sao Paulo. There is not much for the tourist here; it's a gigantic urban monad. The traffic is hideous; the city centre(s) are spectacular. (Reminded me of Manhattan), SP is alive, exciting and the gay scene is totally amazing. With the greater city having a huge population it's reflected in the gay scene. Again I found a few places I liked and tended to go to them rather than try everything. It's easy to get around, safe and fun. There is a gay sauna in Bela Cintra area near Avenida Paulista (The famous main street in the business area) that is mind blowing on weekends. It's expensive. The local art scene is supposed to be quite spectacular, the Museu de Arte de São Paulo, (MASP) is impressive but the contents were very disappointing, I stayed in the Jardins area, similar the BA the sidewalks are at hugely varying pitch in front of different building and when it rains here it REALLY rains. For Gay men and Lesbians wanting to go to somewhere to experience a different gay scene, but one that is really alive, and not based on prostitution, go visit Sao Paulo. They speak Portuguese here, and although I had been practising for 3 months, it was pretty useless. Some nights in the Augusta area, the bars are so packed, they overflow into the street and the traffic is gridlocked. The Paulistas are friendly enough, but if you can't speak their lingo there is not much you can do apart from have a lot of sex. Sunday nights in SP - O M F G

My next travel leg was a short flight from SP to Rio, 1 hour domestic flight. This took about 8 ½ hours, check in didn't open until after the flight was supposed to leave, it was re-routed to hook up with an international flight etc, and the plane sat on the edge of the runway for an hour or so. I was told to take a lot of patience, be easy going and have a sense of humour, good advice. Every thing is slow in South America, and actually the most frustrating is the supermarket checkout: scan, check nails, scan, check mobile, talk to other operator, scan, read contents on item label etc the only person who noticed this was me.

I heard a lot about Rio and did a lot of reading. I was prepared to be going into almost a war zone of crime, and hotbed of gay clubs and beaches, and a throng of Adonis', breath-taking scenery, and beaches and ocean that looked far too good and clean on pictures and videos given the huge local population and tourist hoards. What I found was truly the most amazing thing I have ever experienced. I will tell you about Rio next month.

q fitness: with CHRIS GREGORIOU

Sleep - Essential for good health, weight loss and feeling good.

Do you find some nights don't provide that deep sleep you deserve? Sleep is when your body repairs itself, helps to keep your heart healthy, reduces stress, improves memory and helps control body weight and reduces the signs of getting old.



Helps to keep you slim

One of the lesser known benefits of sleep is that it helps regulate the hormones that affect and control your appetite. Studies have shown that when your body is deprived of sleep, the normal hormone balances are interrupted and your appetite increases. Unfortunately this increase in appetite doesn't lead to a craving for fruits and veggies, no, instead your body longs for food high in calories, fats and carbohydrates!

Reduces stress

A good night's sleep can lower blood pressure and elevated levels of stress hormones which occur naturally due to today's fast paced lifestyle. The physical effects of stress include things such as excess wear and tear on your body as well as an increase in the aging and degeneration of organs, cells and other body parts.

Makes you look younger

There are many factors that can prevent or disturb our sleep patterns, here are some simple yet important tips to help obtain a good night's sleep.

1) Ditch fast food

Avoid high kilojoule and carb-dense snack foods before bed. High carb foods are fast acting energy foods, best consumed (if you must) in the early part of your day.

2) Socks

Socks some say can help you fall asleep 30% faster. They cause your feet's temperature to raise, resulting in signals being sent to neurons in your brain, helping you fall asleep.

3) Eat a handful of Sesame seeds before bed

They contain tryptophan, the sleep inducing amino acid. Oh and its all natural.

4) Eat some Non-Fat Popcorn

Pop some half an hour before bed. The carbs will induce your body to create serotonin. Oh and avoid the butter as it will slow this process down and it's not good for the waist line.

How much sleep is enough?

Each person's sleep requirement is different. Some people find that they only need 5-6 hours of sleep, while others need 10-11 hours for optimal recovery. On average, aim for 7-8 hours of sleep every day to give your body to function at your best.

Im sure you have heard someone say "I have to get my Beauty Sleep" well its actually been medically proven that you can look younger and prevent pre mature aging. So don't underestimate the importance of sleep, it can keep you slim, have you feeling less stressed, more alert and looking hot.

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Roadshow Entertainment

A Doctor Who Double:

Part 1

It's the Tenth Doctor's final journey - but his psychotic nemesis the Master has been reborn, on Christmas Eve. With both determined to cheat death, the battle ranges from the wastelands of London to the mysterious Immortality Gate, while the alien Ood warn of an even greater danger approaching, as a terrible shadow falls across the entire Universe.

Part 2

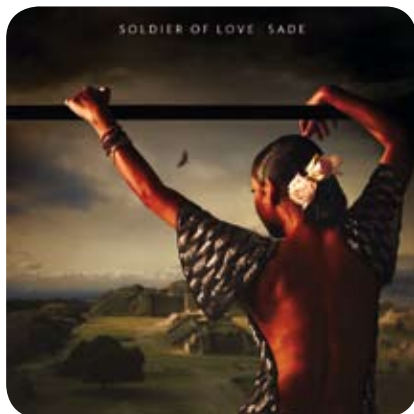
The Doctor faces the end of his life as the Master's plans hurtle out of control. With the sound of drums growing louder, and an ancient trap closing around the Earth, the Doctor and Wilf must fight alone. But sacrifices must be made, and the deadly prophecy warns: "He will knock four times."

To go into the running to win one of the five amazing Blu-Ray's we have for you this month email getfree@qmagazine.com.au with **doctor who** in the subject line.

Sony Music

Soldier of Love is only the sixth studio album the band Sade have released during their 25 year career, and the first since Lover's Rock in 2000. For Sade herself, as the lynchpin of the group's songwriting effort, it's a simple matter of integrity and authenticity. "I only make records when I feel I have something to say. I'm not interested in releasing music just for the sake of selling something. Sade is not a brand."

Simply email getfree@qmagazine.com.au with **sade** in the subject line to see if you are one of five lucky winners of this very special release.



4VOO Distinct Man

The sophisticated man's evasive search for youth rejuvenation and age suppression has finally ended. Canadian brand 4VOO Distinct Man®, well-known for its high-end quality products, has launched its luxurious range of men's skin care and cosmetic products here in Australia.

4VOO products are available for purchase at prestigious department stores throughout the world such as Harrods-London, Galleries-Lafayette-Paris, Ahlens-Stockholm, and Daimaru-Tokyo. Australian customers can purchase from the Australian website at www.4voo.com.au and from selected boutiques throughout the country.

Included among the lavish range is the most luxuriously exclusive anti-aging product on the market for men, the 4VOO Ultra Intensive Age-Defying Complex.

Simply email getfree@qmagazine.com.au with **4VOO** in the subject line and you could be the proud owner of one of the three packs we have up for grabs valued at \$99 each. Your face will thank you.



* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

q cuisine: with CHEF NATHAN



Spanish Tapas

After enjoying a spectacular evening at a Spanish restaurant in Melbourne, I was inspired to work on one of my favourite Spanish tapas that I have not enjoyed in quite a while....

The basic geographical history of Spanish food of course has to do with its geographical situation. First of all, the country is located on the Iberian Peninsula and is therefore almost entirely surrounded by the waters. Naturally, due to this fortunate location, seafood forms one of the pillars of Spain's gastronomy and categorizes the country as having a Mediterranean diet. The rest of Spain is a diverse terrain made up of mountain ranges, lush pastures, fertile farm grounds, extensive coastlines and more, which together provide quite the variety of fresh products. For

example, Spain's famous hams are cured high in the mountains, vineyards and olive groves sprawl across expanses of land, and fresh fruits and vegetables hail from throughout the country.

The Spanish practice of going out for tapas - called el tapeo - had its humble beginnings long ago and ironically originally involved empty plates. Widely thought to have gotten its start in Seville, bartenders would cover - or tapar - wine glasses with a small plate in order to protect the drink from fruit flies. Soon, they took to placing a simple slice of ham on top of this plate, an addition which naturally appealed to bar patrons. Seeing the possibility of attracting more customers, the bar-owners began varying the tapas adorning the little plates that came with each drink, and the widespread national phenomenon known as tapas got its start. Going out for tapas is one of the few phenomenal gastronomic experiences that doesn't involve a table cloth and a pricey sit-down meal. The way to enjoy tapas is to stand at the bar with a group of friends, share a few different tapas, and wash them down with wine or beer. Afterwards, pick a new bar, a new spread of tapas, and repeat the process. You can easily see why, when the conversation is lively and the tapas delicious, this advanced art of snacking can certainly substitute a whole meal.



Prawn and Bacon Brochettes

There is nothing more Spanish than jamón serrano. This country ham is a national treasure shared in Spain by all walks of life. Cured for at least a year, it has a much deeper flavor firmer texture than its closest relative, Italian prosciutto. Makes 12 units

Ingredients

- 5 oz jamón - thinly sliced...
- 24 medium to large uncooked, headless prawns, peeled
- Freshly ground black pepper
- 1 tablespoon olive oil
- 2 lemons, quartered

Preparation

Cut the jamon, into pieces which will wrap generously round the prawns. Place the wrapped prawns down flat on a board and skewer them through the fattest part and the tail, making sure the jamón is firmly fixed. Season generously and drizzle with the oil. On a high heat, griddle, grill or barbecue the prawn and bacon brochettes for 2-3 minutes on each side, so the jamón crisps up. Squeeze over the juice of the lemon wedges and serve immediately.

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q scene: **OUT & ABOUT**





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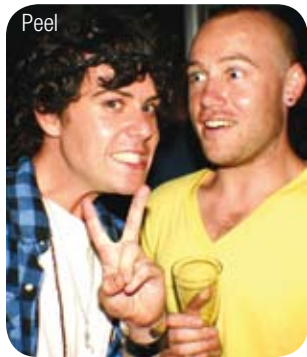
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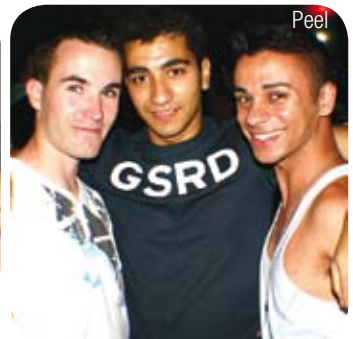
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Kaye Sera



Drag Kings
@ the GH



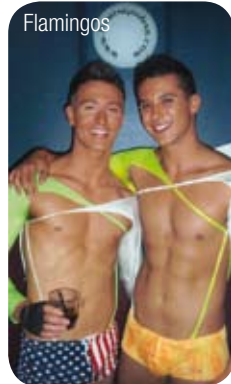
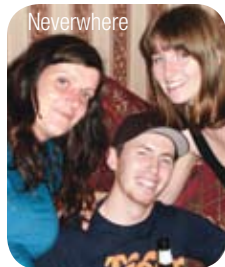
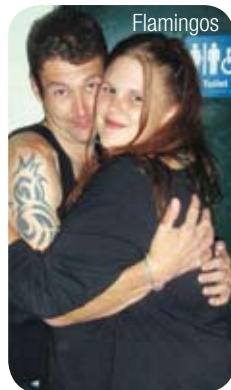
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q scene: OUT & ABOUT





q scene: OUT & ABOUT





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q dance: the NICA

National Institute of Circus Arts (NICA) presents *Veritas - Seeking the truth. Discovering oneself. ve-ri-tas - noun Latin. Truth.*

Following the success of their 2009 production, *Ariel's Dream*, the National Institute of Circus Arts presents its 2010 class of 3rd year students in a stunning theatrical production directed by former Cirque du Soleil artist, Holly Rollins. Tickets are now on sale for *Veritas* which opens at NICA on 23 March for a limited season.

Spectacular high-energy circus combines with stunning video projection to portray the interior landscape of archetypal characters each seeking the truth. Their bodies are suspended, falling fearlessly, risking all. We join them on their journey of exploration and discovery through a kaleidoscope of aerial adventure.

The cast of eighteen 3rd Year Bachelor of Circus Arts students explore our longing to be loved, our dreams and fears with poignancy and humour and through the physical and poetic language that is unique to the artform of circus. *Veritas* is a vivid, inspiring celebration of life that charts the known and unknown, challenging assumptions of where journeys begin and end.

"NICA has a strong tradition of providing students with the opportunity to work with international circus directors to develop a collaborative new work that expands the physical vocabulary of contemporary circus" said Pamela Creed, NICA Director & CEO.

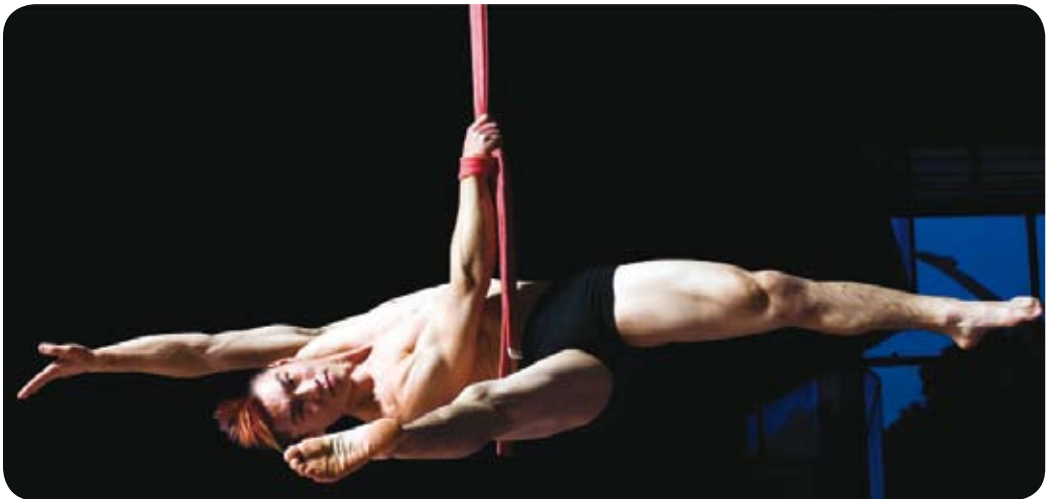
Sixty young people study at NICA's custom-built and award-winning facility, with a steely determination to graduate with a Bachelor of Circus Arts degree after 3 years. NICA is the only training institution of its kind in Australia – a global centre of teaching excellence for professional training, innovation and creativity in cutting-edge, contemporary circus arts.

Directed by Holly Rollins. Season dates: 23-31 March 2010 NICA National Circus Centre Green Street Prahran.

23 - 31 March (except 28/3) @ 7.30pm Matinee on 25 March @ 1.30pm School holiday matinees on 30, 31 March @ 2pm Sat 27 March @ 2pm \$22 Adult | \$20 Conc | \$14 Child | \$55 Family (2 Adults + 2 Children) Discounts for school and group bookings are available. Contact NICA on 03 9214 6975. Book online at: www.nica.com.au



NICA
NATIONAL INSTITUTE
OF CIRCUS ARTS



q comedy: THE SHOPPER

Linda Catalano is...SHOPPER.

A true bargain hunter likes nothing better than a dead business. They can smell the collapse. They dream about liquidation sales and get their best buys from other people's misfortune. They sleep out the night before a closing down sale, just to pick at a dead business's remains. Brutal isn't it?

Pushy sales girl, repentant copywriter, bitter retailer and acclaimed comic, Linda Catalano investigates Australia's most infamous bargain hunters in SHOPPER. Inspired by the stories of real shoppers and informed by Catalano's own history working in retail and being subjected to advertising and news coverage, SHOPPER takes a look at our consumer culture and asks: Is shop culture the new pop culture? Catalano is a multi-talented producer, performer, writer, director and most importantly sales assistant, working both in Australia and the UK. Since her debut with SHOPPER, she has devised and performed a string of satirical solo shows including CLAWS OUT, SKINNED ALIVE, ONE SUITCASE FOUR STORIES and CORPORATE DEVIL.

"SHOPPER pokes fun at shopping, consumerism and the idea that the more we consume, the better our lives will be. In 2002, I took the perspective of a sales assistant, this time around I'm looking at the bigger picture. Fascism. Communism. Democracy. Religion. These are all big ideas that have jostled for world domination. Shopping has succeeded where these big ideas have failed by conquering the globe one sale at a time," says Catalano.

As good manners and etiquette fly out the window and ordinarily sane people lose the plot, the normal rules of shopping are abandoned and Sale Rules apply. SHOPPER plays every night (except Mondays) during the 2010 Melbourne International Comedy Festival, from March 24 to April 18 at Arthur's Bar 2 at Rosati, 95 Flinders Lane Melbourne.



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'Tweeters from the Atlantic'



Barrie Mahoney was a teacher, headteacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands as a newspaper editor. He is still enjoying life on his island in the Atlantic Ocean as a writer and author.

A Drag Queen at the Post Office

Like so many ex-pats living in a new country, I love receiving post from the UK. Be it a letter or postcard from friends or family, or maybe the occasional magazine from the National Trust or the Vegetarian Society; it is good to know that we have not been forgotten. Although there is no shortage of quality shopping opportunities in the Canary Islands, I am a strong supporter of the delights of Amazon and the QVC Shopping Channel and I am often tempted to order the occasional book, DVD or latest gadget on-line from the UK.

The world's market place really opened up when I discovered the wonders of Ebay some years ago. Now, I can find almost anything on the pages of this wonderful creation. Items ranging from long obsolete batteries for my minidisc (yes, I adore iPods but somehow they never seem to meet the genius of minidisc), replacement parts for an ancient, but much loved Russell Hobbs coffee percolator to very cheap yet effective mosquito netting all find themselves winging their way to one of these tiny islands in the Atlantic.

I have to say that, in the main, the Correos postal service has been very good and I am pleased to report that everything that I have ordered has safely arrived either at our home in the Costa Blanca or the Canary Islands - eventually. However, there was very nearly one rather nasty exception.

Several weeks ago I ordered a rather splendid electronic item from Amazon in the UK - I won't bore you with all the details now, but enough to say that it was sufficiently exciting to have me waiting expectantly for the postman each day for nearly five weeks! Amazon told me confidently that delivery would take somewhere between three and seven days. Yes, that did seem a little optimistic, but we did often receive post from Plymouth that had taken only three days to get from Plymouth to Gran Canaria. Anyway, this item was travelling by courtesy of Deutsche Post and if I know anything about our German friends, it is that an efficient postal service is one of the major assets of their country. I waited with hope and expectation...

Three weeks later the parcel had still not arrived and by the end of the fourth week I was becoming anxious and contacted Amazon. Their advice was to give it "another week" and so, once again, the anguish of waiting for the postman each morning was to be repeated.

Just as we were entering the fifth week and I had all but given up any hope of receiving it, there was a buzz on the door bell and a new, very cheery, postman was holding out a box for me! Yes, it was the long expected parcel from Amazon.

"Are you new to the job?" I asked the young postman, accusingly.

Yes, it turned out that our new postman had just been appointed. I asked what had happened to our previous postman - a very nice man who was also a part-time drag queen by night. Maybe he had deserted his postal deliveries permanently in favour of the bright lights and a wardrobe of new frocks, wigs and feather boas?

The young postman shook his head. No, it turned out that some three weeks earlier our normally reliable postman, and part time drag queen, had chopped off his middle finger during a rather nasty incident with a set of ancient curling tongues, a jar of cocktail cherries and a machete - no, please don't ask me for the gory details! As a result he could no longer continue with his postal round and it had subsequently taken Correos three weeks to appoint his replacement. Ah, so that was the reason why my parcel from Amazon was delayed. How very inconsiderate!



If you enjoyed this article, take a look at Barrie's website: www.bariemahoney.com or read his latest novel, 'Journeys and Jigsaws' (ISBN: 9781843865384).



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