



MIDSUMMA 2012

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*

featuring
DAVID NENDEL'S
"RENT BOY"

DnM

CARNIVAL

dare to step inside

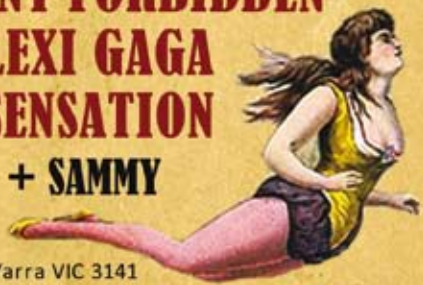


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q comment: **ALMOST A PERSON**

Up and coming, emerging comic, Rhys Nicholson is contemplating evil. His unique brand of wry humour and sardonic wit combined with a complete lack of self censorship make for an hour or spine tinglingly stylish black comedy.

Nicholson is ruthless. No subject is taboo. He offers a fresh perspective on sexuality, coming out, relationships & relocation.

A forlorn exile, abandoned by his steel town roots, he's been pondering the intoxicating emerald lights and urban social disorder of inner city living.

A Comedy Store regular, he is best known for his appearances on the Comedy Channel's 'Balls of Steel', and big hair. He was a finalist of the Raw Comedy Award in 2009 and performed at the Sydney Comedy Festival in 2010.

His recent debut solo show, 'Social Liability', was a huge success at the 2011 Sydney Fringe Festival.

Brilliantly irreverent and unapologetic.

Come with Rhys as he answers the question on everyone's lips; "Why are you like this?"

"...his tongue is as sharp as his dress sense. See him before his career becomes as big as his hair."
Wil Anderson

"There is corrosive, and then there are those comics who actually seem to spew acid."
Gagging For It

Rhys will perform his latest solo show, 'Almost a Person', at the 2012 Brisbane, Melbourne & Sydney Comedy Festivals.



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



q feature: RENT BOY IN PICTURES



I LOVE YOU

Photography to me is about telling a story, providing images that feed the imagination in a way that sometimes words can't. I believe that a good photograph is one that has you drawn to it's detail, to what's going on, to stimulate the senses and start you asking questions. A good photograph can trigger an emotion, make you laugh, cry or turn away in dismay. It can bring back memories and take you to places you once were or wish to be.

The details in a photograph tell the story like a detective novel which you can piece together and bring the photograph to life.

Life is wonderful, full of people, places and events that make us fall in love, cry and want to celebrate and you can capture these in photographs and hold them dear to be relived and replayed over and over again.

The photographs which I have featured here tell the story of LOVE, a young man who falls in love with a person he might never have imagined he would.

A rich older gentleman who lives in expensive hotels and dresses in suits. The older man offers money, luxury, wisdom and wealth but he also offers so much more than that...he offers security and love.

They both fall in love and this beautiful but unconventional relationship becomes a story of two people who have found something special, something neither of them will ever forget.

These photographs show the boy as he contemplates the stigma attached to such a relationship.

I would like to thank Simon Whitford who is the model in the photographs. Simon is an amazing subject to photograph and always throws himself unconditionally into the role he's asked to play.

You can contact David Nendel at djohnn@gmail.com and view his work at <https://www.facebook.com/DavidNendelPhotography>



q lifestyle: with PETE DILLON

When one announces to the world that he or she is in love, and the inevitable introductions to one another's friends starts, it's much easier to do this over dinner or a drink. As a couple gets to know one another on dates, food and drink are invariably involved. Courting is so much better when you can share an intimate meal prepared at home or having some one do it for you – when you collectively find that one spot or one dish over which you have created memories that you will hold dear to your heart forever. I am a firm believer of the old adage that a way to a man's heart is through his stomach.

We are heading to that time of the year that was created so greeting card companies, chocolate makers, restaurants, producers of fine sparkling and still wines and florists can all make a killing from our romantic ideals. Valentine's Day is around the corner, and so at this time of year, I thought it prevails on me to offer my recommendations of the perfect romantic gift or experience to celebrate the feast of St Valentine.

Valentine's Day started in the time of the Roman Empire. Under the rule of Emperor Claudius II, Rome was involved in many bloody and unpopular campaigns. Claudius the Cruel was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270.

In a departure from death and martyrdom, I decided to have a gander around and see what I could find that might offer an alternative, to dinner, a card, flowers, chocolates or a bottle of something grapey. These are all activities you can mostly do as a single as well – it's not just a day for couples you know!!

A Tall Ship cruise, with lunch, dinner or just a plain cruise can be had for as little as \$25pp in Sydney or Melbourne.

What about a helicopter ride over the city, with a tippie and taste at your favourite destination at the end?

These can be found in most capital cities and are a great experience.

Hot air balloons, recent tragedy excluded, are a wonderful, romantic way to kick off your Valentine's Day celebration, perhaps finishing with breakfast before you head off to work. Most cities in Australia now offer these as well as some of the major regional centres. My choice would be the Hunter Valley.

A cellar appraisal – does your partner have a collection of wine that they have built up or inherited? What about a three hour cellar appraisal that determines what you should get rid of and what should be added. One place offering this is www.vinified.com.au

Have the stresses that your partner has massaged away – you can do this yourself or you could book in for a couples or separate massages and spa treatments – again these can be found in most capital cities and regional centres.

Wine tasting and lunch – in all states of Australia, apart from the NT, you will find wineries within a couple of hours drive at most. Plan a day away tasting some wines, and book in to a country B & B to experience the local villages. Or book a tour so you don't have to drive and you can be out and back home in a day... some wine tasting and lunch never goes astray.

There is always a cinema experience if you are movie buffs. Book a gold class or directors suite, order a bottle of something you both like and some nibbles, and kick back in a bit of luxury, perhaps with a rom com?

The Zoo, whether it is Taronga Park in Sydney, either of the 3 Melbourne Zoos or else where, is a wonderful way to enjoy an experience together. Many people haven't been to the Zoo since childhood and there is always something to discover in the wilds of a zoological park.

Instead of just buying some chocolates, chase down a chocolate making workshop or master class... they can be found everywhere and are a fun experience to share. If chocolate isn't your thing, then try beer, international cuisines or other similar classes that you can do together.

Spend some time with a charity if you are that way inclined, helping to cook and provide meals for disadvantaged people, a wonderful way to do something productive with your loved one and an experience I can guarantee you will never forget.

Finally, chase down a nice hotel offering high tea. This old fashioned experience is new again and is starting to be found in the most unlikely of places.

Whatever you choose to do, make sure it is something that you will remember and enjoy together. Have a Happy Valentines Day

For more tucker and tipples from Pete, tune in to Cravings on JOY 94.9 every Saturday.



q money: with EVAN DAVIS

Trick question. How did I injure myself in South East Asia? Was it flying through a balmy night in Bangkok on a motor bike with no helmet? Racing from restaurant to nightclub in Vientiane in a Tut-Tut? Setting off illegal fireworks on a beach in Ko Sumai?

Obviously it was none of the above. That would be way too predictable. No-no, Evan Davis broke his collar bone and rib climbing down a flight of stairs from a serene and secluded Buddhist temple on the banks of the beautiful Mekong River in Laos.

When you travel there are sensible financial precautions that are worth taking to protect yourself while you are abroad. It really should start before you even leave home. Copy ALL your essential documents. Ticket's, passports, credit cards, ID (drivers licence, international and Australian), credit cards, traveller's cheques, the lot! This will save you time and money if you need to replace them in an emergency.

Also check out smart traveller (<http://smartraveller.gov.au/>) for local advice on your destination before you leave. Know what your destination might throw at you and also let someone at home know where you are going and how you can be contacted.

Before you leave you can register your travel plans and also get great tips on insurance. It is also a god idea to read some read some travel guides. The 'Lonely Planet' books are a great start. These can give you a good idea around what things should cost and what cheeky little scams to avoid.

While abroad keep your wits about you, particularly when arriving at your destination. Don't leave your luggage unattended or out of eye shot. Also never, never carry or agree to look after a stranger's bag! Only take taxis from authorised pick up points and make sure your cabbie starts the metre when you get in to avoid a massive fare.

It makes sense to arrange your accommodation before you arrive at your destination. Like your flights the longer in advance you do this, the better the deals you might get. Check out <http://www.tripadvisor.com/> for great advice on where to stay and what to see. Other travellers might save you a small fortune. Wherever you stay only let people you can verify into your room and make sure all your essentials like your passport and tickets are locked in your room safe or your safety deposit box.

Wherever you are, stay alert when negotiating a price. Hagglng can be daunting, but also fun. Play it cool. Also read up on your destination. The etiquette when hagglng can vary greatly from culture to culture and you don't want to be rude.

Don't forget to get travel insurance. Get the right level of cover and make sure you are covered adequately for medical expenses, including repatriation to Australia! Certain policies may not cover replacement of expensive items like jewellery, laptops or camera equipment. You may need to declare pre-existing medical conditions and also certain destinations may totally be excluded on some policies.

Thankfully due to my insurance my medical bills were only about \$100. Annoyingly, my injury occurred at the only time on my holiday that my blood alcohol level was well under 0.05%!



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q film: 2012 MQFF

THE MELBOURNE QUEER FILM FESTIVAL RETURNS WITH INTERNATIONAL FESTIVAL FAVOURITES FROM CHAZ BONO TO IRANIAN LESBIANS & BANNED THAI TRANS 15 – 25 MARCH 2012

The feature length doco telling the story of Chaz Bono's transition from a woman to a man, *Becoming Chaz* will be one of the highly anticipated films at the 2012 Melbourne Queer Film Festival (MQFF). The US doco by Fenton Bailey & Randy Barbato is a raw and honest, documentary which outlines the transition of pop legends Sonny and Cher's daughter Chastity Bono to self assured, confident and male Chaz – a journey of identity and self-discovery that has lasted most of his life.

One of the largest queer film festivals in the world, the MQFF screens challenging and entertaining queer-themed films at the Australian Centre for the Moving Image and Greater Union. With the 2012 MQFF program showcasing the best of the best from the international festival circuit as well as its fair share of local films, here is the first sneak peak of highlights.

Straight from international film festivals around the globe comes; *Gun Hill Road* by first time filmmaker Rashaad Ernesto Green (USA) which left Sundance audiences claiming it a film not to be missed. After three years in prison, Enrique returns home to the Bronx to find the world he knew has changed. His wife struggles to hide an emotional affair, and his teenage son, who now identifies as Vanessa, explores a sexual transformation well beyond Enrique's grasp and understanding; Sundance award winner *Circumstance* (dir. Maryam Keshavarz, France/USA/Iran) follows a wealthy Iranian family who struggle to contain their teenager's growing sexual rebellion; *August* (dir. Eldar Rappaport, USA) stars Australian actor Murray Bartlett, in a smoldering love triangle that explores trust, love and lust; and in equal measures hilarious, sad and incisively witty, *Cloudburst* is the new feature by Canadian filmmaker Thom Fitzgerald which features the extraordinary talents of Olympia Dukakis (*Steel Magnolias*, *Moonstruck*) and Brenda Fricker (*My Left Foot*, *A Time To Kill*) as lesbian couple in the twilight of their lives.

In addition to *Becoming Chaz*, documentary highlights include; *We Were Here* by David Weissman which is short listed for the 2012 Academy Awards for Best Documentary. It is the first documentary to take a deep and reflective look back at the arrival and impact of HIV/AIDS in San Francisco; and *The Advocate* for Fagdom directed by French filmmaker Angélique Bosio, the documentary celebrates the extreme sexuality, perversions and political ideology represented in filmmaking that has often offended. Fascinating behind-the-scenes footage of filmmakers at work are woven with interviews with some of the biggest names in queerness including John Waters, Harmony Korine, Gus Van Sant and the Bruce La Bruce.

Other Festival highlights include; a film twice banned in Thailand, *Insects in the Backyard* (dir. Thanwarin Sukhphisit) – about two teenagers who are being brought up by their 'big sister' Tanya, a Hollywood obsessed transwoman. Despite the dysfunction of the trio, the film is a fascinating exploration of the complex problems that come from sexual identity within a family unit.

The story of Vito Russo is explored in *Vito* by Jeffrey Schwartz (USA). New York City's answer to Harvey Milk, Vito devoted his life after the Stonewall riots of 1969 to fighting for the rights of GLBT people and their positive representation in the media, especially films. His landmark book *The Celluloid Closet* shone a light on how homosexuals have been portrayed by Hollywood since the earliest films, and is still influential today.

Meanwhile *Leave It on the Floor* (dir. Sheldon Larry) will get audiences dancing in the cinema – this audacious, raunchy and big-hearted musical (with songs by Beyoncé's music director Kim Burse and choreography by Beyoncé's dance master Frank Gatson Jr.), will take audiences into the fabulously funky world of voguing. It's Paris is Burning for the Gen Y era with contemporary downtown L.A. the setting.

This is just a sneak preview of what's to come in 2012, the full program will be announced on Wednesday 22 February. Program and ticketing information will be available at www.mqff.com.au Don't miss out on your favourite films – Become an MQFF Member! Membership gets you discount tickets, priority bookings and more! To join go to www.mqff.com.au/membership



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Q youth: with **TASMAN ANDERSON**

This month I want to shed light on an important issue that's been on my mind since Christmas. No, it's not the great debate over whether or not Santa was ever real; I'm talking about the police. More specifically, when the right time to call them is and what exactly classifies as an emergency.



I'm sure all of you are probably wondering where all this came from. On Christmas Eve, I was enjoying a late night bath when I started to hear high pitched screaming coming from the house behind me. It was a type of scream that paralysed my entire body and sent shivers down my spine. I was instantly alert and my heart began to sink when I heard loud smacking sounds and shouting. I was still unsure about what to do until I heard the voice of a scared female screaming out "Stop it, stop it!" After I realised that this wasn't just a simple domestic between partners, I knew I had to phone the police. But just as I got my phone out to make the call, my mind went blank and all I could think about was, which number do I call?

Since the beginning of our early childhood years, it has been drilled into our heads that... "In case of an emergency, we are to call 000" but the one thing they always forgot to tell us was 'what exactly classified as an emergency'? If you think about it, what might seem like an emergency to you might actually be something that could be dealt with by your local police station. On the other hand, something that might also seem so trivial could indeed be the difference between life and death.

When it came to my situation, I first chose to call the non-emergency police line because I didn't see the severity of the situation. In my mind, I didn't believe a few harsh words between two lovers were a serious matter. But, when the automated voice on the other end of the line stated that 'if the crime is currently occurring than call 000', I realised that if there was even a minor threat of violence, than I ought to make the emergency call.

My experience with this situation has shown me that it is perfectly alright to call the police when you believe that either you or someone else is at risk of physical abuse. If you are ever faced with a situation where you are unsure as to whether someone is being harmed, call 000 anyway. It is better to have made an unnecessary call, then to let another human being suffer. It is also alright to call 000 if you think your home or a neighbour's home is being burglarised. Although there may be no risk of violence, the property of a person is still important and reporting a robbery in progress may help capture repeat offenders.

In the end, I had made the right choice to call 000 and within ten minutes, two police officers were sent out to investigate the domestic situation. However, on top of weighing the event and making the decision to call 000, I also had to contend with the nagging feeling that perhaps I ought to mind my own business. Unfortunately, we are raised with the belief that if we are not the ones involved in the situation, and then we are to mind our own business and steer clear. I like to believe that I would stick up for those who need my help the most but social norms and societal regulations have left us in serious doubt over whether or not a situation warrants our involvement. However, can we really live in a society that doesn't look after one another? Can you trust that if you were being harmed, that someone might just be looking out for you?

Remember, it is better to ring the police instead of remaining silent. You just might save someone's life.

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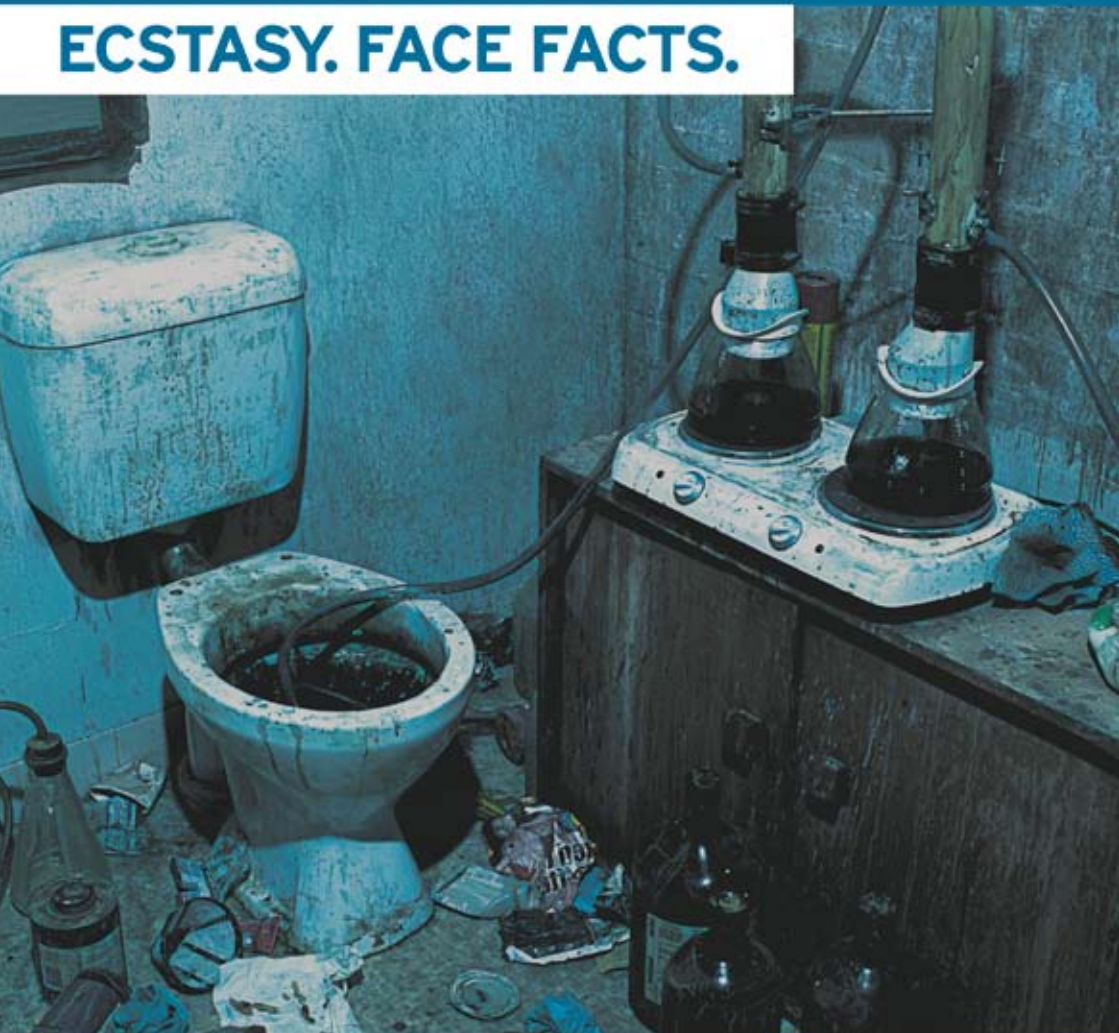
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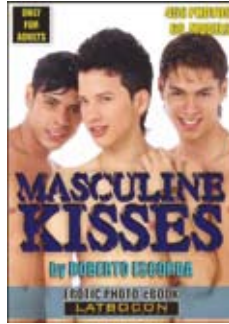


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Follow this link to view: http://www.amazon.com/MASCULINE-KISSES-ebook/dp/B006PNB6F4/ref=zg_bs_2309013011_29

q music: **GAY ROCKER BACK**



He's back as never before. Gay Welsh seminal rocker and former Canadian disco diva **LAURICE** announces the release of **BEST OF LAURICE VOLUME 1**.

After achieving some minor hits in Britain and Europe, LAURICE crashed onto the international chart scene in the 1970's and 1980's with the dance hits: Disco Spaceship, We Will Make Love (a genuine Tom Moulton mix!) and The Hotline. He was voted Male Dance Music Artist of the year for two consecutive years in Canada, charted # 1 and Top Five in many Latin American, Far East and Benelux countries.

What is not generally known is that before he left the UK for greener pastures in North America in the mid-70's, LAURICE recorded a lot of incredible rock material, including gay dance rock, that he wrote for various record companies as a session singer, songwriter and producer in London in the early 1970's. His most notable success, of course, was the underground 1973 pre-punk rock classic When Christine Comes Around/I'm Gonna Smash Your Face In that he recorded under the band name Grudge for the Black label. LAURICE recorded gay material, far ahead of its time in the rock world. Some of these never before released tracks such as He's My Guy, styled as an homage to the Phil Spector Wall-of - Sound groups, namely The Ronettes and The Crystals of the 60's, the red hot sex of Wild Sugar and the S&M subculture songs Born To Serve and Rock Hard are all included on this new release.

LAURICE had to battle an intense homophobic recording establishment both in the UK and North America, but he never let that slow him down. Give **BEST OF LAURICE VOLUME 1** a hearing and experience an unusually defiant artist with a gay message that still rings through today. Go to www.lauricenow.com for more information.

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These can be purchased from www.solarchargers.com.au

www.rushpoppershop.com.au

q cuisine: with NATHAN MILLER

On one of my many ventures in the past month to discover something new and exciting, I found myself sitting down at New Quay in Docklands enjoying some wicked wine and enjoying the amazing ambiance.

The one discovery that I have made is the 'son in law eggs', or 'khai luuk kheuy' as they are known in Thailand. This was my first experience of this delicacy, and let me tell you it won't be my last.

For this exciting dish you will need to do the following;

Ingredients:

4 eggs hard boiled and shelled
1/2 cup shallots - evenly sliced
10 small dried chillies
1/2 cup tamarind paste, which you make from 1/4 cup tamarind + 1/2 cup warm water
3 tablespoons palm sugar
1 tblsp fish sauce
1/4 cup coriander leaves

DIRECTIONS

First is to fry-roast the chillies. Take the chillies and put them in a pan on medium-high and toss every few seconds. Brown on each side and set aside.

Now you can make the sauce. Start by creating the tamarind paste out of the tamarind and hot water. Squeeze it in a small bowl with your fingers until you're left with a paste and seeds/fibers.

Remove the seeds/fibers and then strain the rest to get rid of the bits. Add to a sauce pan.

Heat on low until warm, and add the palm sugar and fish sauce. The palm sugar will melt in the heat. Cook until it's melted and mixed well, and then simmer on low for about 5 minutes until darker brown. Set aside.

Frying time! In a wok add about 2 tablespoons of oil, and heat to high. Drop in the shallots and stir constantly (don't stop even for a second or they will burn!) until lightly browned. Strain and remove.

Add a tablespoon more of oil, lower your heat to medium/high, and add your eggs. The recipe is for 'deep fried' eggs, but actually you don't need to waste your oil to submerge them. Just keep turning the eggs so they evenly brown all over. When golden brown, strain and set aside.

Drizzle the sauce on top, and top with the fried shallots, roasted chillies and fresh coriander.

For more information on this and other exciting places around Melbourne visit www.ramblingrelish.wordpress.com

Chef Nathan



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g mens health: with BRIAN MIER

AGEING CREATIVELY

It's well-known that men deal with life after retiring from work somewhat differently to women, in general. Where do gay men fit into the question? I don't know, as I have not found, to date, any literature or government documents or other sources of information which cover this topic. I'm looking. If you know of any, please e-mail me at info@eaglehealth.net.au

The age of retirement from work is muddled nowadays. The age pension still cuts in at 65, although the current government is taking it to 70. Yet look around and observe that some men appear old and worn-out much before 65, while others are going strong at 79 years, the average age at which Australian men die.

Why the difference?

Many factors play a role, but the one I want to concentrate on is Attitude to Life. Accepting the big picture of Yourself, with getting older a normal part of it. Just as we prepare in adolescence and young manhood for a career, we have far more time and opportunity to prepare for later life so as to maximize the chances of a healthy, happy Third Age, and minimize the chances of disease, disability, mental ill-health and premature death.

How come?

Because we have our 50+ years of experience to draw upon to guide us, if we are open to what it has to teach us. And because we have opportunities like never before to engage in the task. Yes, shit happens! We can receive unpleasant surprises, such as through an accident or a contracting a hereditary disease. But there's a lot we can do to be proactive.

So, how can we maximize the chances of living a healthy, happier period of later life? I need your help to examine this question, please. I'm currently undertaking research into 'Creative Male Ageing', supported by the University of South Australia. The work is for the Australian Institute of Male Health and Studies, who will both be offering data and resources on a new webpage soon, as well as exploring the topic in a major Symposium in 2013. If you are an older man who is revelling in Life after your major paid working life, how did you get to this situation? Do you have a dad or granddad whom you have observed to have not only survived retirement from work but to positively flourish. Why is it so? Have you observed any differences in ageing positively as a gay or bisexual man of others in the general community?

Please open up a dialogue with me, or simply tell me your story – info@eaglehealth.net.au Contributions will be used anonymously in my research. And to lead by example. I retired from my retail business in July 2010. I wondered beforehand what I might do in the future. I decided to (a) improve my relations with my family, and (b) see what I could do to help my fellow men realise better health and happiness. I have since expanded my vision and activities and found organisations which respect and value my knowledge, experience, skills and passion. I'm working hard, doing things I love and for the good of the male community and my own health. And I feel alive as ever before.

Creative Male Ageing is important work I'm contributing to in my small way. Please add your contribution, so together we can promote the better health and wellbeing of our present and future senior male citizens.



q psychology: by DR MARY CASEY

Psychological Tips To Beat Those Back-At-Work Blues - Just returned from holidays only to find yourself dragging your feet into the office? Would you give everything to have another holiday or a better work environment to go back to? While it's one thing to find it challenging to get back into your work routine, it's another thing feeling stressed, depressed or totally overwhelmed when returning to work.

More people than we think suffer from "back-at-work blues", says a leading workplace psychology expert. "Often we do not realise why we feel the way we do until we have had a break and have to return to the negative energy," says Dr Mary Casey (Doctorate of Psychology), CEO of leading health and education organisation Casey Centre. "We have to find out the real issue underlying the blues in order to overcome them. The underlying problems can be many. Our feelings are most vigorously affected by interpersonal relationships. That is why you should start with examining your work relationships to identify the cause of your work blues."

Dr Mary Casey's 7 strategies to beat back-at-work blues:

1. You dislike the work you do: Maybe it's time to reevaluate your job satisfaction. Often it takes courage to be honest with ourselves. Ask yourself if you're being challenged, and believe in the work you do. If you have been dissatisfied for a year or more, it's could be time to discover what you do like. Learn new skills by embarking on some study, or look for a new role where your existing skills can be applied.

2. You don't know how to deal with difficult people: People only do what they do because they can. It is well worth developing the skills to deal with a difficult colleague or manager. My tips are to control your emotions around any difficult person,

set strong boundaries within acceptable limits, don't take anything too personally, remain professional, and channel your attention into areas of your work that will reward you both personally and professionally.

3. You dislike the work culture: Maybe you're stuck in a negative work culture or you're just bored. Find out what exactly what bothers you. Adopting an attitude of gratitude may be all that you need: identify the positive attributes of your job – for instance a regular income, stability, mentoring and/or work satisfaction. If you can't identify positive aspects, then maybe it is time for a change.

4. You're often overworked: Anyone would dread starting a new working year if they knew it meant long hours all over again. Look into why so much work is being delegated to you. Communicate with management if you need more resources and how it would benefit the business; identify where and how you can delegate to another; or are you are doing other people's work for them and it's simply become a habit? Take responsibility and stop it immediately as it is your health that suffers in the long run.

5. You don't speak up for yourself: This can stunt your career progression: People will leapfrog you into better positions, they will take credit for the work you have done, your ambitions will be unnoticed and your career acceleration will be slower – leading to job dissatisfaction in the long term. Remember that you're employed for a reason – you have expertise, skills and experience. Find a course on assertiveness and learn how to confront issues and speak up for yourself.

6. You lack confidence: Self-confidence is the single largest quality that "opens doors" in the workplace – whether that door is a promotion, the best projects in the company, or working alongside the most talented people. Confidence is required to befriend and align yourself with the most important people in the company, who will reward you. If you don't have confidence in yourself, neither will your boss or co-workers, leaving you stagnating in your career growth. Could this be the deep reason why you dread returning from holidays? Shop around for a good course on confidence building.

7. You allow people to walk over you: This is something that only you can be accountable for. It is up to you to have clear boundaries for yourself as to what is acceptable to you and what is not acceptable. You need to be perfectly clear on how you will be spoken to and treated. If you are not clear, others will walk all over you.

Dr Casey says that while most work-related issues can be solved, if you feel like you cannot change anything about your situation it may be worthwhile seeking a new role or workplace. Everyone deserves job satisfaction and peace of mind. Find a reason or goal to motivate you to change your situation or yourself, and be assertive enough to take action. **For more information, visit www.dealwithmanipulators.com.au**



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q drag: **DULCIE DU JOUR**

Is there nothing this legend has not done? Alan Mayberry has known Dulcie for close to 30 years and recalls some of her triumphs.

You've heard it all it all before 'It ain't all over till the fat lady sings' well it looks like that high C has been sung at DTs on Saturday 7 January when Dulcie party wound down the curtain on her charismatic career.

I remember being served a steak cooked by Dulcie at Dukes Hotel in Abbotsford in the mid 80s, and later at Buddy's restaurant at the Xchange. Then for 18 months she cooked up a storm at DTs, but since then has been creating the storm onstage!

Are there no ends to this drag icons talents? She wrote the *Louella Lashes Out* column for *Focus* magazine for a decade. She ran a thriving florist *Ivy League Flowers* in Carlton, up to her elbows in wreaths and valentine roses for years. And all this while being the toast of Melbourne, helping her become one of Melbourne's most honoured drags. Her mantlepiece is sagging under the weight of a swag of Rainbow, Pride, Diva, ALSO, and VAC Awards. She's had 20 years of Laird Auctions, Belles Balls, Fantasy Balls – in fact any ball you care to mention – under her mini! And has won more Rainbow Awards than any other legend from 1993 till 2007. Not to mention the MIDSUMMA and the Victorian AIDS Council lifetime member awards. Dulcie admits, 'You don't just go out there and get it. It's the community behind all that and I've had wonderful support from the community from day one.'

Everybody's been sensational and I can't single out any one particular person. Luckily I don't think I've made a heap of enemies and have tended to keep my nose pretty clean over the years. I've been a little vocal about some things. If you have the power of the microphone, sometimes it's the only way you get your view across. As a cancer survivor myself I've tried to be a vocal campaigner for men's health issues.

I've been 'dragging myself to DTs most weekends for more than 15 years and now is time to pass the baton on to the younger generation. The stars of the present must be encouraged and given shows to spotlight their talents if the scene is not going to stagnate. As you can see I've come quite a way since my Edna Everage style debut when I was a wee lass in a cardie!

What a career Dulcie has to look back on. Not just DTs, but the annual Midsumma dog show, arguably maybe the most popular attraction of the Carnival, with Joan Rivers being one of her illustrious guests. She confided, 'Dogs are a girl's best friend and boy have I got plenty of friends who are dogs! And speaking of bitches I could name a few of my closest drag friends who are prize dogs, and I'm not referring to greyhounds! I've loved doing the annual dog show and never took the event lightly, even working out daily pulling dumbbells in the tea-tree at the Percy Cerrutty Old Dogs' Gym at Rye! People tell me I've been going to the dogs for year – but I was too young a pup to do the first Midsummas!'

Dulcie has always been actively involved in fundraising activities and including the annual Laird Auction, raising many thousands of dollars for the David Williams Fund, working alongside luminaries such as, John Brumby, John Thwaites, Judith Durham, Denise Drysdale, members of the *Prisoner* cast and a host of TV personalities.

She has pulled record crowds at DTs but admits now the trek from home in Mildura, where her partner works, is getting a bit too much for an *aging* Diva!

Dulcie said, 'I still think Melbourne showgirls make the Sydney showgirls look like nuns! Sydney drags just don't have hair! My

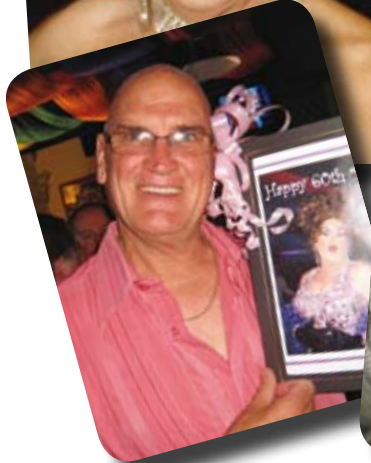


billowing locks are what I call hair. They might have the harbour, the opera house and the bridge, but they don't have hair! The higher the hair, the nearer you are to god in my book. And thanks to Peter McBean I can't get any closer!

Life hasn't always been a dream. Back in 1998 I was almost put down with rabies! When I made my annual visit to the doc. as every sensible mature woman does, he noticed something astray, but fortunately a full mastectomy wasn't needed. Luckily they only decided to neuter me! For a few months I was raising my heels above my head, not in the manner to which I'm so accustomed, but for the surgeon to prod and probe and get me on the road to recovery. I hope there are quite a few more high kicks left in these legs that go up to my armpits. Next time you see me come up for a chat – just remember my favourite drink is anything with a straw!

With Dulcie's rapid fire machine gun tongue, nothing is held sacred, and that's why the crowds love her and 'Whoosh' off she goes again. But don't despair, Dulcie will still make special appearances at awards nights and other community events and might still put on occasional shows.

To round up, all I can say is thank you Dulcie for being such a rock solid base to our community for so long, and may you never fully retire.



q tech: SPARTACUS iPHONE APP

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- Use the fantastic mood search to instantly find all the most suitable places to meet your needs such as dancing, drinking, sex, sleeping, shopping or even simply eating.
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- If desired, every location can be rated using a special star system – letting other users know at a glance where it's all happening right now!
- Another unique feature besides the detailed descriptions of all entries is the integration of images, flyers and other information on the respective venues, creating a comprehensive portrait.
- And if you would like to find out more about a country or city, the app will provide you with articles by our editors on the local political situation of homosexuals, the local sights and other highlights.
- The range of services is rounded off by a global event calendar listing Pride events around the world, as well as all the largest parties.

The SPARTACUS app is available in German or English in three different versions from \$ 8.99: "Europe", "America, Africa, Asia and Oceania" and "Worldwide". Every version is automatically updated every month for an entire year. A free version for trying out all the features within a selected test country is also available.

Find more information at www.spartacusworld.com



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The Bruno Gmünder Verlag was founded in Berlin in 1981 by Bruno Gmünder and Christian von Maltzahn. Today, with approximately 80 permanent employees and numerous freelance staff and annual sales of 9 million Euro, the group is among the global market leaders in gay media and is internationally present with a wide range of up to 150 new titles per year.

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q fitness: with CHRIS GREGORIOU

Well here we are, a new year with new hopes and wishes. Was one of your wishes for a healthier mind and body? Rather than talk about exercises, diet and nutrition and ways to get ripped, I want to cover something a little different, but is very powerful and can be used not just for your health and fitness gains but in everyday life, the use of GOALS.



We all set goals; sometimes we just don't know it. For example, when you woke up this morning, what did you get up to achieve? It could have been to get to work on time, or to go for a beauty treatment. These could be seen as somewhat simple goals but without these, when you leave home in the morning, did you know in which direction to go in? Did you care what the time was? Did you check to see if you arrived at your correct destination and on time? Goal setting is very powerful in that it can have us firstly be clear on what it is that we really want to achieve, have us thinking of how to get there and confirm if we have arrived there on time.

Why set goals?

Goals can provide a clear focus point for something that you want to achieve. They are useful if you have had something you may have found difficult to achieve in the past or for something new.

In order to create effective goals, a lot of thought and pre planning should go into them and they provide feedback on our progress.

The basic rules when creating a goal are to create **SMART** goals.

Specific

Saying you want to "lose weight" is too general. How much weight? It should read more like this: "I want to lose 10 kilos". Simple & specific.

Measurable

This should be covered at least in part by being specific. When you are specific you should be able to measure it. For example "I want to appreciate my partner everyday" might seem specific, but how do you measure that? How about, "I want to tell my partner I love them everyday" – that you can measure. (And if you forget he/she will remind you).

Achievable

Achievable and Action oriented means there must be real steps you can take to reach that goal. Just say your goal is to quit smoking, then there are real definable steps you can take to make that happen.

Realistic

Be real. It has to be achievable. If you say "I want to make 100 million dollars this year", that might be specific, measurable, and there might even be steps to get you on that road, but is it realistic?

Time Bound

Set a deadline. Going back to "I want to lose 10 kilos" – when? In a year? Next year? In the next 10 years? Set a deadline and stick to it. "I want to lose 10 kilos by March 1st.", now that's a goal.

Got a goal? No? THEN GET ONE!

As a fitness professional, I always have clients tell me their fitness & health goals. This goal setting tool is not to be used exclusively for fitness goals, it can be related to all aspects of your life - financial, relationships, educational or anything else that matters to you.

To give you that start you may need, you can request a goal setting template from www.metrobodyfitness.com.au

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q theatre: **NEW MUSIC SERIES**

Arts Centre Melbourne presents New Music Theatre Series 1 – 7 February 2012 Arts Centre Melbourne, Fairfax Studio. Also known as Carnegie 18, this year three of the most compelling new works will be presented 'in the raw' as part of the Arts Centre Melbourne's New Music Theatre Series during February 2012.

"I'm delighted Arts Centre Melbourne is continuing its tradition of providing a platform for creativity, through fostering and embracing new work," said Judith Isherwood, Chief Executive, Arts Centre Melbourne. "These new works help expand the repertoire both for audiences and artists and enable us to bring a contemporary edge to our stages."

With a mission to uncover and support bold, innovative thinking in contemporary music theatre across Australia, Arts Centre Melbourne in conjunction with the Australia Council called for new music theatre works in September 2011. Designed to nurture and promote future musical theatre talent, Arts Centre Melbourne is the only performing arts centre in Australia to support such an initiative for independent artists and ensembles.

The new works being presented this season include:

The New Black 1 – 4 Feb A musical journey of justice, identity and winking ambition.



Meet Jim, a young indigenous lawyer cutting his own groove in the corporate world of law firm Kingsworth, Kerrigan and Klein. Jim has barbed-wire savvy and more than a few tricks up his crisp white shirt sleeve, but is \$60 a minute really all his future's worth? Book written and developed by Stephen Helper in collaboration with Leeroy Bilney and members of the Aboriginal Centre for Performing Arts. This is a story-based music theatre work boasting an entirely original score by Marcus Cowora. Traversing country, pop, jazz, soul and sounds from an Aboriginal and Torres Strait Islander tradition, the verdict is clear on the layers of spirit in this work.

Cautionary Tales for Children, based on the verse by Hilaire Belloc 4 – 7 Feb A lyrical satirical cabaret at which you may lose your head entirely.



Learning lessons about good behaviour has never been so absurd and amusing all at the same time. The wild imagination of comic writer Claudia O'Doherty brings to life Hilaire Belloc's early 20th century satirical poems about wayward children and their just deserts. Arena Theatre Company has created an ambitious, high quality work for kids and their families, this time in a cabaret format – a rarity in the world of children's theatre. Expertly poking tongues at authority figures and pompous types, this mock-moralistic show-within-a-show is told by a dysfunctional family troupe of four aided by their time machine. With an aim to develop this work for audiences 8-15 years old and their families in the future, this showing highlights the musical genius of Mark Jones, Jonathon Oxlade's prodigious design talent and a fantastic cast including Bert LaBonte, Christen O'Leary and Claudia Laser, all under the razor-sharp guidance of director Chris Kohn.

DreamSong 4 – 7 Feb An irreverent musical satire of faith, fortune and the Mega-church.

America! The land of hope, opportunity, and DreamSong. Pastor Richard Sunday is in trouble. His Evangelical Megachurch, DreamSong, has lost millions in the Global Financial Crisis and the future is looking grim. To continue saving the souls of America, Pastor Richard hatches a plan to stage the second coming of Jesus and market him as a Centerfold Superstar. Using traditional music theatre conventions, DreamSong invokes the heartfelt earnestness of Christian pop and American power ballads with a touch of gospel, Yiddish folk and the occasional Broadway-styled show tune. Book and lyrics created by Hugo Chiarella with composition by long-time collaborator Robert Tripolino. Directed by one of Melbourne's most prolific visionaries Michael Gurr, with musical direction by Andrew Patterson. Artists will be available for Q & A sessions after each performance.



Arts Centre Melbourne, Fairfax Studio. All tickets \$10 To book: theartscentre.com.au*, 1300 182 183* or at Arts Centre Melbourne Box Office. This project has been assisted by the Australian Government through the Australia Council for the Arts, its arts funding and advisory body.

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q scene: **OUT & ABOUT**



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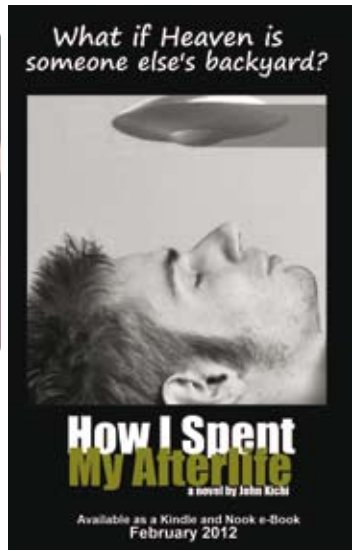
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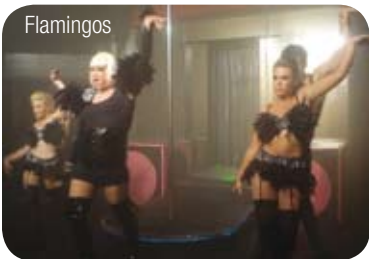
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q scene: **MIDSUMMA CARNIVAL**



q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

Barrie Mahoney was a teacher, head teacher 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 in the sun as a writer and author.



'The Seven Year Itch' is often a term applied to relationships between people that have begun to fail. The early excitement and romance of the first few years of a new relationship have soured, and been replaced by mistrust, disappointment and betrayal. New responsibilities, work pressures, children and financial difficulties are often the root cause of many problems within a relationship. In many cases, talking over issues, counselling, medical help and realisation that no problem is unique will hopefully avoid leading to the cliff edge and total relationship breakdown. However, in other cases, separation and divorce may be the only answer to such serious problems.

Similar problems also face many expats. In many cases that I have seen during my time living in Spain and the Canary Islands, I have seen the initial excitement and challenge of a new life in the sun being replaced by anxiety, bitterness and a desire to return to the expat's country of origin at all costs. Often the drive to return 'home' has been forced upon the expat by an inability to find a new job, or losing a job, financial and relationship pressures and sadly, too often, following a lifestyle that may encourage the increased consumption of alcohol. Often it is a realisation that living in another country means a disconnection from friends and family in the long term. The unintentional 'out of sight and out of mind' syndrome sets in, with previous good friends and family becoming even more distant. After all, in time, the expat begins to have little in common with the folks back home.

Living on an island, the situation can become even more acute. The recession and the highest unemployment in Spain has meant that many expats living in the Canary Islands have lost their jobs and, as a consequence, also lost their homes. Regular travel to mainland Europe can be expensive and it is not easy to regularly visit family and friends. Island living is not for everyone either. The romantic idyll can soon turn into a nightmare of missing certain foods, television, entertainment and, most of all, friends and family. Even for those who have taken the trouble to learn Spanish, and many do not even make the effort, quickly realise that however long they study or however hard they try, complete mastery of the language will never be enough to share jokes, innuendo and relaxed communication that they enjoy in their native language, unless of course, they manage to find a native partner - and many have!

Seven years appears to be the time that many expats begin to re-evaluate their original decision of making a new life for themselves in the sun. Rather like a marriage, questions begin to be asked and particularly in the case of those with medical conditions and those reaching old age. It is after seven years or so that I see many expats beginning to pack up and move back to their country of origin. Hopefully, these expats will realise that nothing in life is ever wasted and it is always better to have tried and failed than not having even made the attempt in the first place.



During my time in Gran Canaria, I have known many people who have enjoyed their time on the island, but reached a point in their lives through work, relationships or finances that they are forced to return to their country of origin. This can be unsettling for the rest of us, as the expat community is a small one and each departure can make a significant difference. Strangely, I have also noticed that many people who leave the island tend to return a few years later, or certainly have expressed that it is their intention to do so. These islands are wonderful places to live and returning expats often quickly realise their mistake and make every effort to return once again, older and wiser.

I recall discussing this issue with a visiting psychic several years ago. She listened with interest, retrieved some charts, and pointed out to me that Gran Canaria is at the crossroads of ancient ley lines and, because of this, it is a place of increased spirituality. This has created the unlikely phenomena that the island draws certain people that it wants to its shores, rejects those it does not want, yet continues to draw back those that leave and the island wishes to retain. It all sounds like a good plot for a future Doctor Who series. Cynics will, of course, immediately reject this explanation as non-scientific rubbish; however, from what I have observed over the years, I do not easily dismiss the explanation.

If you enjoyed this article, take a look at Barrie's websites: www.bariemahoney.com and www.thecanaryislander.com or read his latest book, 'Threads and Threats' (ISBN: 9781843866466)

Gaylord Blade

Young, Gay and Hot-to-trot

Gaylord, weddings make me cry. I think it's because I know most marriages are doomed to failure.



Not all of them! Gays were put on Earth to strengthen straight marriage ... I'll demonstrate ...



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