



MIDSUMMA 2014

Q MAGAZINE

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q comment:

My Hi-De-High Life is the amazing story of Peter Keogh, a quiet, unassuming lad born in rural Australia during the 1940s whose journey through life has been anything but quiet and unassuming!

Peter's autobiography, written with a disarming frankness that is both captivating and enchanting, documents his life from a childhood growing up in a deeply religious family, through a realisation that he wasn't quite the same as others in his peer group, coming to grips with a homosexuality that was an anathema in Australia in those days, to the physical and sexual abuse which shaped his later life.

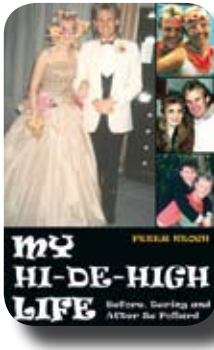


But this is not a story of adversity. My Hi-De-High Life follows Peter through several failed career paths before he finally discovers his true niche in the theatre. He worked at the Playhouse in Perth before moving to The Sydney Opera House where he worked with some of the most iconic Australian and overseas performers of the day and had a string of outrageous adventures including being involved in the very first Sydney Gay Mardi Gras.

Peter then moved to London where he crossed paths with household show business names including comedy actress, Su Pollard, from the celebrated British television series 'Hi-de-Hi' whom he married after a whirlwind courtship.

In this no holds barred account, Peter relates the details of his life with Su, how he enjoyed the celebrity lifestyle, rubbing shoulders with the rich and famous and meeting some of the most renowned people of the day, including Princess Diana. He also details his arrest, prosecution and eventual acquittal of theft in what turned out to be one of the most publicised trials of the day, receiving as much press coverage that year as the Falklands War.

Peter goes on to document his subsequent separation and divorce from Su and his return to Australia where he resumed his love affair with the theatre. He has been involved in the staging of a range of cabaret and musical productions culminating in the realisation of a lifelong dream: bringing Hollywood legend Debbie Reynolds to Australia to perform in the musical 'Irene'. My Hi-De-High Life is an absorbing read; captivating in its guilelessness and ultimately rewarding as a result. Peter Keogh lives openly and happily in Perth with his partner of twenty three years, Sacha Mahboub and their three dogs.



<http://www.amazon.com.au/My-Hi-De-High-Life-Pollard-Autobiographies-ebook/dp/BOG9NBIAH0> or <http://www.barnesandnoble.com/w/my-hi-de-high-life-peter-keogh/1117658817?ean=9781909949676>

Publisher & Editor
Brett Hayhoe
+61 (0) 422 632 690
brett.hayhoe@qmagazine.com.au

Editorial / Sales & Marketing
editor@qmagazine.com.au
sales@qmagazine.com.au

Design
Uncle Brett Designs & Graphics

Contributing Writers
Evan Davis, Alan Mayberry, Tasman Anderson, Barrie Mahoney, Brett Hayhoe, Matteo Snooks, Nathan Miller, Keren Wigley, Peter Nicholls, Aaron Wong

Cover picture
Jonathan Duffy with the compliments of photographer and designer, Emma Howchin

Photographic Contributions
Alan Mayberry (q scene gh, q drag, q highlight), Mel Hill Photography (flamingos), Dean Robertson (q scene dts), PattayaMAX (q scene baan sou resort), Daniel Martin Bailey (q scene kama), SHotography - Sean Higgins (q drag), Emma Howchin (q feature)

Distribution
distribution@qmagazine.com.au

ISSN 1449-499X
Q MAGAZINE
PO Box 7479, St. Kilda Road,
Melbourne Victoria 8004
www.qmagazine.com.au

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

q feature: JONATHAN DUFFY

Jonathan Duffy is an Australian Actor, Producer, Filmmaker, Composer, Voice Artist, Stand up Comic and Digital Artist. Born in Brisbane, Queensland, Jonathan commenced acting tuition at the age of eight. Jonathan transitioned to the role of filmmaker in 2011 with his first feature Documentary, "The Doctor's Wife." The film was an autobiographical story following Duffy and his partner, Dr Vincent Cornelisse as they made the move from the Metropolis of Brisbane to the central Queensland town of Mundubbera as an openly gay couple. The film was well received and had a successful festival run. The Doctor's Wife went on to win Jonathan the Award of Excellence in Filmmaking at the Canada International Film Festival in 2012; as well as a distribution deal with leading LGBT production house and distributor Guest House Films.

In 2012, Jonathan also became one of the male faces of Australian eyewear designer Fritz Frames. He also lent his voice to the characters of "Thurber" and "Roger" in the short film "Pickman" ; as well as the lead in the musical short " Life is Crap." Jonathan ended 2012 as a speaker at TedX Southbank Women. He was one of only two men to speak at the event.

In 2013 he moved to Melbourne once again to support Cornelisse, who is now specialising in Sexual Health Medicine. Since arriving, Jonathan has appeared in a number of theatre productions including "Playing Rock Hudson," "Dorian," and the comedy festival show "And what's your freeking problem?".

Jonathan co-directed and edited a short documentary, "Finding Your Niche," along with Ryan Coonan. The film is an exploration of the work done by Daniel Witthaus, an Australian Anti-Homophobia Educator and the founder of the National Institute for Challenging Homophobia Education (NICHE). The short screened at the Melbourne Queer Film Festival.

Jonathan also directed, edited and shot the NICHE "Your Story" campaign, which Launched on IDAHO Day 2012. The web-based series features live-drawn animations of LGBTI people's stories from rural, regional and remote Australia. The series has been watched by thousands around the world and featured online by; The Huffington Post, SameSame, DNA and many others.

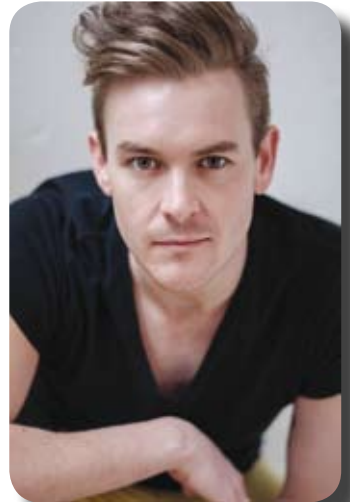
Jonathan regularly performs stand-up comedy around Australia. In late 2013, Jonathan performed his one hour show, "You're Just Loike Moi," in Shepparton, with all proceeds going to GV Pride to assist with the Out in The Open Festival.

In December 2013, with is Producer and Co-writer Emma Gibbs, Jonathan launched "The Meaning of Marriage." This is a web series that explores what marriage actually means in contemporary Australia. The series produces one episode a month and will continue until full marriage equality is achieved in Australia.

During MIDSUMMA Festival he will host "How I Found My Niche," the launch of Daniel Witthaus' long awaited second book. Later this year, Jonathan will appear in Fly on the Wall theatre's production of "Teleny". He will also team up with Dean Arcuri for the Melbourne International Comedy Festival.

Without Me, I'm Nothing

In "Without me, I'm nothing", Jonathan will share some anecdotes from the road along with observations made from the perspective of a city-gay turned country-gay, turned city-gay. Enjoy the ride as he shares his take on things like long term relationships, pleasing a gay audience and gay-Christmas (otherwise known as Eurovision). Jonathan promises to entertain shock and surprise all with an irreverence he should be known for, but isn't.



January 27 to February 2nd

7.00pm

Venue: Revolt Artspace, 12 Elizabeth St, Kensington

Tickets: Full \$17 Conc \$12

Bookings: <http://midsumma.org.au/program/performing-arts/without-me-im-nothing>

q highlight: BRETT'S TOONARAMA



What a great way to kick off MIDSUMMA – that magical event when Brett Willis launches his sensational cartoons for the 2013-14 season. It is always the celebrity-must attend HOT ticket and one event Alan Mayberry never misses – and the weather always matches its HOT status.

As a bonus Paris wowed the crowd with *Fashionista*.

Brett has come a long way since his first superhero cartoons were published when he was 12. The exhibition is among his best and features heaps of hunky sporting celebrities, touring pop stars and community all-stars. Tex Mackenzie, Dolly Diamond and Dean Arcuri were firm favourites.

Every year there is a jockeying for inclusion with Facebook lobbying. Two pièce de resistance were Nova and Connie Lingus. Brett even reaches out to the dear departed saluting Freddie Mercury and Princess Diana.

Make sure you don't miss the amazing display the latest *Revenge of the Toons* exhibition at the ArtBoy Gallery at 99 Greville Street, Prahran.

Q Magazine is proud to support local LGBTI talent.



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q money: with EVAN DAVIS

Melbourne is at its best at the beginning of the year. Particularly if you are queer. January through to March are warm, the evenings linger and the dry heat means we can enjoy the festivities of 'Midsumma' through to 'Chill Out'.

Watching Pride March with friends or a few drinks at carnival may not be for everyone. Maybe dancing up a storm at one of the many parties or social occasions for you was so last year.

Luckily, for those of us that wanted to leave the 'spray on' shorts, tank tops and thongs in the cupboard this time of year offers an entirely different diversion as well. Traditionally now is when the property market is at its most active.

The warm weather attracts more vendors to list and sell their homes for all the same reasons that summer makes our gay party season so fabulous. This means, that there is more stock and there are also an abundance of real estate sales people with whom you can spend your Saturdays!

If you are looking to buy your first home or your last you will probably need to get your finances sorted.

Call me and I can run through your borrowing power and give you some ideas.

If you like the look of what I have to say, we can complete an Approval in Principle which is a cost free and obligation free service. This process means you have financial backing and you can head on out and find and negotiate on your dream property with confidence.

The entire process only takes a few days to get right. It allows you to select the right mortgage product from a panel of different lenders. It also means that you can attend auctions or make unconditional offers to buy properties that you like.

On the subject of your mortgage it is worth talking about fixed rate home loans. Money is super cheap at the moment. In fact it is historically cheap. Many people are tempted by fixed rates as they can mean your mortgage repayments are as low as your rent might have been.

While interest rates are low fixing is a great cash flow management tool. However many fixed home loans still limit additional mortgage repayments and also still can have expensive early unwind terms.

Melbourne is very often Auction central. If you are the successful final bidder at an auction this means that you have bought the property come what may. So with the finance already sorted you will want to have already engaged a property conveyancer or a solicitor. Your solicitor or conveyancer will give you insights into the contract and what to look for. Make sure you do your own homework too. Building and pest inspections are a good idea.

There are many good reasons to buy your own home. Mum told you to do it. Meth fuelled party boy neighbours are driving you mad or maybe you just aren't a Midsumma fan.

Or perhaps the best reason simply is, for many of us it is a great investment in our future.

Contact me to help get you started.



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q gay files: with MATTEO SNOOKS

"We come from a land Down Under"

Everybody has their own kink when it comes to Sexy time, from position to location, fists and domination. Some like it hot and rough whereas others prefer it nice and slow with a gentle gaze into each other's pretty "brown eyes".

Whether you're on your back or bouncing around for a home run, there seems to be a little requirement that some fallers are forgetting when they start some heavy sweating...

To douche or not to douche, that is the question?

After chatting with mates and boys around town, I was shocked to find how uncommon douching is in one's preparation for sex, with a handful of young homos being totally oblivious to this process... Yes, we need to brush our teeth and gargle some mouth wash which isn't any different when preparing your derriere.

Hygiene calls for some major self respect! I know sometimes we get into heated unplanned situations and douching like rolling a condom can kill the moment. But this is where you need to use your head before getting to your knees. It's gross to find your member looking like a chock wedge, with a side of corn after your volcano has erupted... Now that's messed up, unless chocolate topping is becoming a new fetish... I couldn't help but wonder if any embarrassment comes out of this... Maybe DIRTY has a new meaning when it comes to sexual relations?

It's a touchy subject to discuss, but ask yourself... Was the last bottom you spanked or got jiggy with, have a sparkling cleansed cave... because there are boys running around Melbourne offering a lucky dip every time we visit Uranus. Since this topic seems to be the least spoken about, I again argue that sex education is important in school because if teaches can rip out tampons and educate girls about menstruation, us Kylie lovers should be informed of the douching device which shouldn't be any more difficult than learning how to light a Bunsen burner.

I can't think of anything worse than odorous sex! An old friend once told me... If you're on a budget or too prude to walk into an adult book store, you can simply make your own douching device by using a plastic 600ml water bottle... You do the math of the procedure but apparently it does work... maybe try mounting Mt Franklin for an easy water fall.

Shame! On the bottoms who take no pride in this situation, but not only are receivers at fault here. If your preference is to top then your tush should smell like roses also as wondering hands and lips may take a journey.

A sister of mine told me about the "shifty hand trick"... Basically you feel around the area you want to explore and as your special friend looks away or begins to kiss your neck, you quickly and discreetly sniff your fingers. Therefore you'll be able to tell if you're visiting Wonka's factory or the Cheese Cake Shop... WARNING!... AMIGOS BEWARE!... don't give yourself a schanzas.

Remember, first impressions do last and lingering one night stands can turn into special relationships, whether it's purely for sex or something more... so "Don't forget to flush."





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q interiors: with AARON WONG

If you have been tuning into the Interior Design frequency lately, you will have heard of Pantone's announcement of "Radiant Orchid" as the color of the year for 2014. Pantone is the world-renowned authority on colour and provider of colour systems and leading technology for the selection and accurate communication of colour across a variety of industries. Heavily influencing the Interior Design Industry worldwide, they are capable of setting trends in furnishings and fabrics.



Although Radiant Orchid may not be my first choice of colour to be applied in interiors, there are subtle techniques of incorporating the purple into your design as an accent. You may need to consult an experienced Interior Designer to assist you with this.

One technique is by using the concept of complementary colours. Rather than using the purple of Radiant Orchid in different shades or hues, you can bring out a dramatic effect by using the opposite. The complementary colours of purple thus being yellow or green. Nature has provided us the best representation of this beautiful colour combination.



You may decide to go crazy and cover your walls in purple wallpaper or you may instead do it in a more restraint manner that leaves the space tasteful and livable. Injecting the purple of Radiant Orchid doesn't have to mean a long-term relationship with it. If you prefer a neutral background, there are many ways to add the colour with small touches or even bursts of it. Fabrics and textiles such as rugs, pillows, throws, and window treatments are the perfect elements for inviting the color in and can add pattern and texture as well.

Artwork brings in color and personality at the same time. Accessories and personal collections can act as colorful accents in your room. And don't forget the lively hues of flowers and fruit. Grouped in vases or bowls, they create a colorful mass in any space. By using accent pieces such as these, nothing becomes permanent as it gives you an opportunity to update your space with new accessories in a cost effective way. Painting, wallpapering or having a centrepiece furniture in a purple on the other hand leaves you with very few options down the track.

Having said that however, you do not necessarily need to refer to the colour wheel to decide how you wish to apply the colour of Radiant Orchid. Colour choices are highly subjective, and when it comes to decorating your home, you need to do what feels right to you with the help of an Interior Designer.



With the Midsumma festival taking place this month, why not take into consideration applying the colour of the year into your home (if you happen to be hosting a party) or perhaps incorporating it into your costume (if you are having one). It is after all one of the colours of the rainbow.

Aaron Wong is the Principal Designer of Alexander Pollock Interiors. For more go to www.alexanderpollock.com



q youth: with TASMAN ANDERSON

Have you ever had a friend with a mental illness that you didn't know how to be around? Or you want to help them but have no idea what to do or where to even start? There's so much information out there about people who are dealing with mental illness but very little on how it feels to be close to those who suffer from it.

I know some of you are probably reading this and thinking "suck it up princess, be grateful that you're mentally healthy" about those who may relate to this piece but hey, hear me out. The first time I've ever really been exposed to mental illness firsthand was three years ago when I became close with my now best friend, Dom. I've heard about mental illness before then and even had a few friends who were dealing with different diagnoses but I never really experienced it full on until now. Dom deals with Depression and Generalised Anxiety Disorder. I'm sure I could spend the rest of this article discussing how difficult it's been for her and trust me, it has been like hell for her over the years but I wanted to focus on how the people around her dealt with it.



I think the most important thing to take note of is the fact that you can't 'fix them'. This was probably the biggest thing for me to learn and even now I still manage to forget it. A lot of Dom's friends (including me) didn't know what to do and treated it like they would with someone who was upset over a break up or a bad grade. Simply put, you can't fix a person with a mental illness because technically, they're not broken. Their mental illness is a part of them and it's something that is theirs alone to repair (or accept).

It's often difficult to accept the fact that you're basically useless when it comes to their down days. I think that was the hardest aspect for me, the fact that I could do nothing. When Dom had a bad day, I would continually stress over how to bring her out of her slump or whether she was going to hurt herself. I eventually learned that it was wasted energy because all she needed was for me to respect her space if she wanted to be alone or be there if she didn't. There's no point in making every moment about the mental illness because that won't do you any good nor will it do them any either.

I'm not trying to alienate any of my readers who have mental illness, believe me. I know it takes extraordinary strength to seek help for something that people are so judgemental about. All I ask is that you show love and patience towards your loved ones like you'd hope they'd show towards you. When something is 'out of the norm' it's often hard to understand but that doesn't mean that they don't want to learn.

For those who have friends with mental disorders, remember one thing. It's not their fault. Harboursing anger and resentment towards them for this is like being angry at a toddler for breaking something. Sure, you can be frustrated that they are always unhappy or anxious but don't direct that at them.

Remember:

- Separate the person from the disorder. Love them, even if you hate the disorder.
- It is not alright for you to be neglected. You're allowed to have needs and wants too.
- No one is to blame
- They are not your responsibility; don't treat them like they are.
- Don't forget your sense of humour, it's okay to smile and laugh.

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q cabaret: TWISTS AND TURNS

MATTHEW MITCHAM
Twists and Turns



On 23 August 2008, a young Australian athlete made Olympic history. Coming from 30 points behind, and on his final dive, he scored 112.10 to shock himself and the diving world and rob the Chinese of a full sweep of Olympic diving gold medals.

On that day Matthew Mitcham OAM became Australia's first male diving Olympic gold medallist since 1924, and the only diver ever in Olympic history, to produce a perfect 10 point score from all judges - winning the 2008 Beijing Olympics 10m platform title.

Grinning with pride from front pages around the world, there was no hint of the personal demons that had led this supremely talented young dynamo to quit diving less than two years before his famous win at Beijing.

Joyously out and proud as an openly gay man, Matthew was a role model for his courage both in and out of the pool. Yet the crippling self-doubt and shadow of depression that had plagued him all his life forced him into premature retirement, at one point reduced to circus diving to earn money.

Even after Beijing and being ranked No 1 in the world, those closest to Matthew could not guess that beneath that cheeky, fun-loving, exterior he was painfully aware of how easily it could unravel.

Matthew has recently released his autobiography *Twists and Turns*, which reveals a life behind the international spotlight that has been plagued by low self-esteem, anxiety and depression, panic attacks and repeated self-harm as a teenager, leading on to drug abuse. He has also struggled with issues relating to his sexuality, being one of few Olympians to compete at the event as openly gay.

Based on his book of the same name, and told with the honesty and courage he is admired for, this live production of *Twists and Turns* is an inspiring story of a true champion - in and out of the pool.

Away from the diving pool Matthew is a talented singer and musician, who invites you to share the highs and lows of his incredible life through theatre and song, along with a few surprises, a bit of foot tapping and loads of inspiration, in the premiere season of his first solo show.



Commissioned and Produced by the Melbourne Cabaret Festival and Directed by the contemporary hot-property young Director, Nigel Turner-Carroll, this extraordinary cabaret show has been scripted by multi-award winning UK cabaret performer Spanky under the musical direction of Jeremy Brennan (*Jersey Boys*). It will have its world premiere in February this year, touring to Perth, Sydney and Melbourne, then nationally.

Melbourne
Friday 20 and Saturday 21 June 2014,
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Saturday 1 to Saturday 8 February 2014,
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Sydney
Wednesday 19 and Thursday 20 February 2014,
Slide Lounge



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q comedy: THE FABULOUS ADAM RICHARD

Zombies are coming. And they're fabulous.

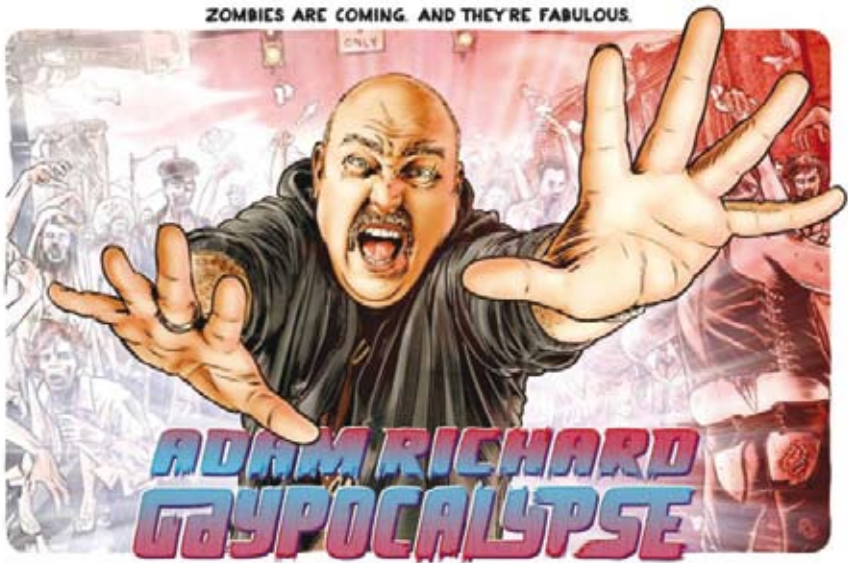
Adam Richard (Spicks and Specks) is returning to the Adelaide Fringe for a strictly limited season. FIVE SHOWS ONLY! and to The Melbourne International Comedy Festival for his first solo show since 2007.

Are there boatloads of gay zombies trying to enter Australia illegally? Will gay marriage be the end of civilization as we know it? Adam will be answering none of these questions in his new standup comedy show GAYPOCALYPSE.

In 2014 Adam Richard joined ABC TV's allnew Spicks and Specks as a Team Captain alongside Ella Hooper and host Josh Earl. Last year, after a decade presenting gossip on Melbourne's top rating Fox FM breakfast radio show, Adam hung up his headphones and headed back to the stage. Also in 2013, Adam managed to get a concussion, in water, while competing on the Seven Network's Celebrity Splash competitive diving reality show.

Adam was a presenter and producer of the popular Talking Poofy podcast, The Poofcast, and was a costar, cowriter and cocreator of the ABC TV comedy series Outland, about a gay science fiction club. He also copresents The Shelf podcast with Adelaide comedy legend, Justin Hamilton.

**** (4 Stars) "will have you howling with laughter" The Advertiser
"offensive and not particularly funny" The Melbourne Age



Venue: Rhino, 13 Frome Street, Adelaide

Dates: 4th - 8th March

Tickets: Tuesday 4th All Tix \$25, Wednesday 5th & Thursday 6th Adult \$31 Conc \$28, Friday 7th & Saturday 8th Adult \$35 Conc \$31

Time: 19:15

Bookings: FringeTix 1300 621 255 adelaidefringe.com.au and on the door.

Venue: Melbourne Town Hall (Backstage Room), Corner of Swanston & Collins Streets, Melbourne

Dates: 28 March – 21 April (not Mondays or Thursdays)

Tickets: \$ all ticket details [in \$00 format]

Times: 19:00 Tuesday, Wednesday, Friday & Saturday, 18:00 Sunday

Bookings: Ticketmaster 1300 660 013, comedyfestival.com.au or at the door.

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*Happy
Holidays!*

Q MAGAZINE

2014

Happy New Year

q cuisine: with NATHAN MILLER

Melbourne has many things that I love, coffee, bars, clubs and the beach. But the one thing I really can't do without, is getting up early on the weekend and heading off to a cafe for a big breakfast, some coffee and a flick through the social pages of the weekend paper.

Recently I headed down to Elwood looking for somewhere to continue my weekend vidual, when I stumbled into Jimmi Jamz on Ormond Rd. The space looked inviting, quiet, and very spacious. Being greeted by over zealous staff can sometimes be off putting, but when they attend to your every need, it is a rewarding experience.

My coffee arrived soon after getting my paper folded in the perfect way as to not take up too much room, and to expose the gossip columns I adore. The coffee was smooth, well extracted and perfectly tempered.



I was aching for something hearty, but also something on the healthier side, so I couldn't go past the scrambles eggs on sourdough with seasoned rocket and dried tomatoes.

After time to people watch and get all the past weeks secrets, I was presented with a large plate of scrambled eggs, large enough to resemble a main course. I, like most people I know, enjoy value for money, and this dish provided exactly that.

The lightly seasoned fluffy scrambled eggs, combined with the smoothly dressed rocket, and homemade sundried tomatoes would have to be the nicest breakfast dishes going around Melbourne.

This dish was not consumed, but inhaled. It was just brilliant.

Jimmi Jamz is open every day for breakfast lunch and dinner. Their lunch/dinner menu has a wide selection of pizzas and pastas. Located at 130-132 Ormond Road in Elwood, do yourself a favour and drop by for a sensational breakfast.



q community: GREEK AND GAY

The Greek and Gay Support Network is a support/social group in Melbourne that provides volunteer support to GLBTI individuals from a Hellenic background. The Network comprises the guys group (GGG - Greek and Gay Group) and the girls group (GALS - Greek Australian Lesbians).

They meet each month at the Victorian Aids Council to assist guys and girls that need a safe place to discuss the issues affecting their sexuality specifically in relation to their Hellenic background.

Each year they come together to celebrate their achievements as only Greeks know how - with dancing, partying and entertainment.

For the first time ever they bring our amazing party to Summer.

The Network joins with Midsumma Festival to bring you "summa sessions" on Saturday 8th February 2014. A night filled with everything Greek and it's all Gay...All proceeds from this event are used to support the activities of the Network (as we are totally self-funded) and these include our presence at Midsumma Carnival and Pride March Victoria



Saturday 8th February 2014, 9pm till late
Moser Room (Upstairs at Chasers)
386 Chapel St, South Yarra

Limited pre-sale tickets on sale for \$18 at
<http://midsumma.org.au/program/parties/greeksumma-dance> or \$20 at the door.

Your ticket includes ouzo shot on arrival, stage shows, the latest and traditional Greek sounds presented by DJ Diamond and so much more.

For more information visit www.greekandgay.com or email info@greekandgay.com

q design: **with HAREL AND GROVE**

Harel & Grove Architects is a young, dynamic architectural practice based in St Kilda. They focus on producing contemporary, environmentally conscious designs while still maintaining a cutting edge look and feel for their clients.

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q city festival: WHITE NIGHT 2014

From synchronised swimming to live music, fashion to tattoos, illuminations and projections, White Night Melbourne 2014 will thrill and captivate when it returns to the city on Saturday 22 February. From dusk to dawn on a single summer's night, Melbourne's city streets, laneways, landmarks and cultural institutions will again be transformed into a cultural playground for White Night Melbourne. In 2014, the major event will expand significantly to include 11 precincts, ranging from the National Gallery of Victoria on St Kilda Road, to the State Library of Victoria, Melbourne City Baths and the Melbourne Museum.



In a major expansion from the 2013 programme, 8 city blocks will be given over to White Night Melbourne in 2014, from Southbank Boulevard to Victoria Street, and from Elizabeth Street to Russell Street. The first event of its kind in Australia, White Night Melbourne is a State Government of Victoria initiative created by the Victorian Major Events Company. It celebrates the city's music, art, theatre, sport, fashion, film, design and performance.

Premier of Victoria Dr Denis Napthine said from the National Gallery of Victoria in the south to the City Baths in the north, White Night Melbourne will transform the heart of the city into a night of discovery, cultural exploration and urban adventure.

"Melbourne is renowned for its culture and creativity," Dr Napthine said. "White Night Melbourne gives our residents and visitors a chance to explore and engage with our city in a new and exciting way. We aim to challenge people's perceptions and get them to notice what they see and know in a totally new light."

Inspired by Nuit Blanche in Paris, Melbourne joins an international network of 23 major cities – from New York to Florence, Tel-Aviv to Toronto – in hosting similar all-night events. Over 12 hours from 7pm to 7am, visitors can participate in exhibitions, street performances, fashion, lighting installations, film screenings, multimedia projections, concerts, dance and interactive events in venues, public spaces and cultural institutions throughout the city. Many of Melbourne's world-renowned cultural institutions – including Arts Centre Melbourne, Australian Centre for the Moving Image, Melbourne Museum, National Gallery of Victoria and the State Library of Victoria – will again open their doors all night, boasting special programming and exhibitions. Public spaces, including Federation Square, Melbourne City Baths, Flinders Street Station and Bourke Street Mall, will come to life with performances and activities.

Highlights of the free programme include:

- Northern Lights Music Stage: Following on from the success of the Flinders Street Station music stage as part of White Night Melbourne 2013, the new northern precinct will play host to a music stage featuring musical acts throughout the night.
- Crepuscular Beam: A visual beacon that will be seen from all parts of the city. Searchlight and sound will combine to create a work of mesmerising beauty.
- Midden: A real-time 3D content visualisation at Birrarung Marr created by eness that pays homage to the traditional owners of the land.
- Making Fashion Move: Explore the city to find these fun and dramatic animated images from international and local runway collections created by FashGif.
- Arcadian Reverie: An ensemble of international and Australian artists transform a familiar urban park with light, performance, film and sculpture.
- Tim Winton's The Turning: Created by award winning Melbourne based director-producer Robert Connolly, eighteen directors from diverse artistic backgrounds each interpret one chapter of Tim Winton's novel The Turning. The film's exhibition will be reimagined for White Night Melbourne 2014 in an extraordinary way. Each chapter will be staged in a different environment and location guided by the core themes, ideas and experiences in each story.
- Moonlight Synchro: Right throughout the night teams of synchronised swimmers will showcase this exquisite sport in the Melbourne City Baths.
- Tattooed City: A commissioned exhibition celebrating Melbourne's skin art through digital projections on the external walls of the NGV International.
- Wonderland: A highlight of the 2013 event, Wonderland returns in 2014 to transform Melbourne landmarks along Flinders Street with illuminated projections.
- I Could Have Danced All Night: A favourite returns for another fun-filled dance extravaganza featuring 12 different dance styles to get everybody moving.
- Vortex: The Southbank Pedestrian Bridge will be transformed into an immersive light tunnel for audiences to walk through, sparkling and flickering, delighting and enchanting people of all ages.

For further details on the lineup, and to register for regular updates visit:
whitenightmelbourne.com.au

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q drag: THE SIZE QUEENS

In April 2013 *The Size Queens* made their debut onto the massive GH stage. Alan Mayberry spoke to the quartet about the trail that led them to now grace drag stages all over Melbourne.

When you say the words 'size queens' one thing instantly comes to mind and has since the days when Jeff Stryker had mouths drooling in his porn videos. But it is no new concept.

A Google search soon confirms that Gary Cooper was called the Montana Mule for a reason. Milton Berle supposedly had 10 inches but unfortunately it was attached to the rest of him. Ava Gardner quipped that Frank Sinatra may have been all of 120 pounds, but 'there's ten pounds of Frank and 110 pounds of cock!' Even Sarah Brightman said size was the reason for her attraction to Andrew Lloyd Webber when asked on Graham Norton's TV chat show.



Forget below the belt, now there is a new connotation to the term. Melbourne is enjoying its own breed of Size Queens. Last year in February the GH Hotel approached Missy La'Minx with the idea of a new girl group to join its Saturday line up, and like a lighting bolt *The Size Queens* were born. Missy approached her best gal pals, Lexi GaGa and Sasha Fagg with the idea. Without a minute's hesitation, all agreed it would be a lot of fun to work with each other as they'd always had a vision to create the best Lady Gaga show ever!

Missy explained, 'The name came about when I was thinking of a pun using our initials 'S-M-L' in a fun way. Without a vowel it was tough and then bingo – Small, Medium, Large. It not only matched our appearance in height and arse size, it also matched our names. Later we upsized from a trio to a quartet. Lexi (Large) slapped Missy (Medium) and said 'Hey Tailor is Tall' and legs eleven Tailor's path with the size Queens had begun! Having a cast-specific name was always risky so it's not often we divulge the intricate details, but it's a fun part of our SQ history.' But let's start at the beginning.

Luckily the disco-inspired show that Sasha, Missy and Lexi took to the GH showroom stage in early April was a hit. A few more appearances and a few added productions later they decided it was time to expand the trio and present a frat-inspired show as a quartet, adding Tailor to the line up. The cast members each bring a unique range of skills including choreography and wig styling. All agree it is hard to juggle day careers with shows but well worth the sacrifices.



Sasha Fagg:

moved to Melbourne in 2011 (originally from NSW) as not only a dancing sensation but an all-round glamourzon. Her resumé is impressive, hosting and dancing at numerous venues. A highlight of her career was portraying Katy Perry as apart of *Divine Divas* who toured Australia for several years. Sasha is also part of the sister girl groups, *Divalicious* and *Sisters of Sequin*. It is no mean trick for Sasha to juggle her full-time career as a retail store manager with rehearsing, choreographing and performing. She always finds herself distracted thinking about new shows and costumes, but determined to keep a balance between her drag and normal life, trying not to let drag become claustrophobic and consume every moment of spare time.

Missy La'Minx:

started drag in 2011 in a local drag competition in which she excelled to take the winning tiara and giving her the chance to produce and host a production show at Priscilla's@153. Missy was also a mid-week host at DnM. Another high was to be cast in *Divine Diva's* NSW tour and its farewell Melbourne show at Crown Casino. Missy works full time in client services dealing with medical information and health screening for life insurance companies.





Lexi GaGa:

has not only the sass but the ass to back it up, always the 'hostess with the mostest' and a barrel of laughs. She has 6 years drag experience under her corset in countless productions. Lexi is also a fully qualified hairdresser and a fabulous wig stylist for Melbourne queens.

Tailor Made:

has certainly the most experience and knowledge of the cast, involved in some of the most memorable and award-winning shows at the Xchange Hotel and working with true Melbourne legends for many years. Her background also includes a full-time professional dancing career in Australia and overseas. Now Tailor works full time as a music store manager.

Selecting songs and themes for the shows are generally a group decision, which Missy tweaks and ensures the edits they perform are just right, themed to perfection and certainly 'packing a punch' with nonstop mega-mixes. It helps that they also have the ever wonderful DJ Argonaut who does all the high quality edits.

The never-ending wardrobe is designed by the girls to ensure

everything suits their figures as well as fit the fabulous show concepts. Luckily they can call on Ben Gillingham and Fashion Couture who sews up all the costumes, and yes, they are never afraid to get their own pins out! Lexi does all the show wigs, Tailor and Sasha work on all the choreography and Missy produces the shows. It's a massive team effort. The group's Facebook page *The Size Queens* is managed by Missy who is the 'go to gal' – hey she's the one with the office job and at a desk all day. So this keeps her super busy.



The Size Queens appeared in *Saturday Glory* at 11-30 at Commercial Road's Kama Bar, which is doing everything they can to support local talent.

The girls agree their *Werk* medley is their favourite show along with the *Frat* show which was their first show as a quartet, complete with pom poms and skipping ropes. But the show list is growing by the moment and the latest *GAGA Mania* show has been a crowd favourite. With more costume reveals than Mata Hari ever dreamt of, the cast and audience have hardly a moment to catch breath, not to mention their poor dressers, who are really made to earn every cent.

The group members all get along well, even as boys. They work as hard as well as they party! Due to endless rehearsals, there hasn't been an occasion where they've all been out together as boys but one day it will happen and they can let their hair down even more! They do all love a girls night out though and make sure they see as much of the competition's entertainment as possible. Missy says, 'It makes you want to work harder, put on bigger and better productions and really aim for the stars! We all inspire each other, healthy rivalry is always good and we get along really well with the other troupes out there.'

Lexi and Tailor are both in long-term relationships, but Sasha and the 'unlucky-in-love' Missy are single, keeping the young, young I suppose! But you're never alone when you've got family, and they've got heaps of sisters.

Missy ends by saying 'The Size Queens hope to be around for a long time to come as we approach our first anniversary we must look back on our wonderful debut year. We've travelled interstate, we had a great residency gig at Kama Bar and we are still a feature of the GH's 10.30 Saturday show with Millie. We must thank our 1300+ face book friends on our fan page and everyone for their support and feedback and everyone who has given us a go. It's lovely to see the shift in new entertainment, keeping Melbourne fresh, vibrant and as we always aim – FUN!'

It seems beauty isn't just within, it DOES come in size! And when it comes to size the girls all claim they are HUGE.



q theatre: ARTS CENTRE MELBOURNE

america's dancing daredevils fly into town
Diavolo Dance Theater make thrilling debut with swerving skateboards and rocking galleons



Described as dancing daredevils, Diavolo Dance Theater fly into town for Arts Centre Melbourne's summer season. Leaping from large set pieces with the grace of ballerinas and skateboarding across the stage like extreme sportsmen, this thrill-seeking company presents the double bill *Architecture in Motion* inspired by urban design and cityscapes.

Architecture in Motion opens with a sequence called *Trajectoire* set on a 21-century galleon. Like a ship on the waves, the 17-foot-long structure rocks back and forth and the dancers are catapulted across the stage as the momentum builds. An exercise in physics as much as jaw-dropping acrobatic feats, *Trajectoire* epitomises Diavolo Dance Theater's exhilarating combination of dance, stuntwork and clever engineering.

In the second piece, *Transit Space*, Diavolo Dance Theater references Southern California's skateboard culture and the 2001 documentary *Dogtown and Z-Boys*. Set in a skate park, the dancers move about the stage with the speed, fearlessness and determination of extreme sportsmen. With dancers swerving around on makeshift skateboards and hurtling their bodies up and down an ever-moving network of vertical ramps, the work is a strong metaphor for the transitory stage of adolescence, as well as the kinaesthesia between skateboarding and dancing.

Diavolo Dance Theater was established by artistic director Jacques Heim in 1992, who aimed to expand the boundaries of what is considered to be dance by creating movement that offers audiences a cinematic experience of powerful images and abstract narratives.

Most recently, the Los Angeles Philharmonic commissioned Diavolo Dance Theater to create a trilogy of dance pieces to premiere with the orchestra at the Hollywood Bowl: *Foreign Bodies* (2007), set to the music of Esa-Pekka Salonen; *Fearful Symmetries* (2010), set to the music of John Adams; and *Fluid Infinities*, which premiered in September 2013, set to the music of Philip Glass. Outside of Diavolo Dance Theater, Heim has choreographed *Cirque du Soleil's KA*, the circus company's permanent show at the MGM Grand Hotel in Las Vegas, and was creative director for 2010's Opening Ceremony of the 16th Asian Games in Guangzhou, China. Creativity runs in Heim's family - his grandfather, Jacques Heim Snr., was a prominent Paris fashion designer who is credited with co-creating the bikini. His clientele included fashion icons such as Edith Piaf, Brigitte Bardot and First Lady Mamie Eisenhower.

Diavolo Dance Theater is presented as part of Arts Centre Melbourne's Summer season of performances and activities, including the Vegas-style *The Illusionists*, *Angelina Ballerina The Musical*, *Play Me, I'm Yours* and *Ludovico Einaudi*. The summer season pre-sale for Arts Centre Melbourne members begins 3 October with tickets on sale to the general public at 9:00am, 7 October.

Arts Centre Melbourne presents Diavolo Dance Theatre – Architecture in Motion
Arts Centre Melbourne, State Theatre
Wednesday 5 – Sunday 9 February, 2014
Tickets from \$30 - \$95

For more information about Arts Centre Melbourne visit artscentremelbourne.com.au or phone 1300 182 183. Become a fan of Arts Centre Melbourne on [facebook.com/artscentremelbourne](https://www.facebook.com/artscentremelbourne) or follow @artscentremelb on Twitter.

q fringe: **NAKED MAGICIANS**

SAMUEL KLINGNER ENTERTAINMENT ENTERPRISES PRESENTS THE NAKED MAGICIANS
From the creator of the biggest magic show on the planet, comes the world's boldest and cheekiest magic show.

They've performed to audiences on televisions and stages across the globe, now Christopher Wayne & Mike Tyler, two of Australia's biggest names in magic take to the stage for the first time ever with their sleeves up and pants down.

This boisterous R-rated magic show strips away the top hats and capes, promising full frontal illusions.

Good magicians don't need sleeves. Great magicians don't need pants.

The Peacock, Gluttony – Adelaide Fringe Festival 2014
Tuesday 4th – Saturday 15th March, 2014.

8:30pm.

Tickets from \$28

www.fringetix.com.au or 1300 621 255 27



q music: **DROPKICK DEBUT ALBUM**

Dropkick is the result of an unlikely collaboration. Its two members – Lee Lee & Cusp – both had flourishing careers in the Arts but they developed neurological conditions (Lyme disease and M.E.) and became housebound and unable to work. They met over the internet but live at opposite ends of the world with Lee Lee in Australia and Cusp in the UK. They've never actually met! Lee Lee had been a musician and Cusp a visual artist: both needed to maintain their creativity and also find a way of bringing wider attention to their illnesses.

'Trapdoor' is Dropkick's debut EP: a tale of twisted infatuation and naughty goings-on with a gimlet eye that looks back to disco whilst the other eye looks forward to party and passion. 'Trapdoor' showcases Dropkick's love of Electro, Disco and Post-Punk all covered in a shower of glitter. The EP comprises three mixes of 'Trapdoor' by Dropkick with five alternative remixes by HellYess, E39, Electrolover, Eduardo Santini and Joe Dominguez.



'Trapdoor' has been released on the new N.R.G.T.C label which was especially created for Dropkick by the highly respected Noisj. <http://www.noisj.nl> The 8 track EP is available now for digital download through all major download stores. A limited edition CD is also available online at <http://noisj.bandcamp.com/album/dropkick-trapdoor>

Dropkick can be reached through:

Lee Lee: longlee@gmx.com or Cusp: jdngbat@gmail.com

Facebook: <https://www.facebook.com/morefordropkicks>

Listen to the EP online: <https://soundcloud.com/more-for-dropkicks/sets/trapdoor-ep>

Video: <http://www.youtube.com/watch?v=fmHUI1DwNw>

Cover painting by Mitsi B: <http://mitsib.com/>

INTRODUCING



Q Plus+ is Q Magazine's very own deals and offers website in partnership with the Plus+ Shopper Network.

Q Plus+ features offers, deals, competitions and events for the Gay and Lesbian community.



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q film: VIVA LA FRANCE

IT'S OUR SILVER 'ANNIVERSAIRE' ...!
ALLIANCE FRANÇAISE FRENCH FILM FESTIVAL TURNS 25



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CELEBRATING 25 YEARS

Returning in spectacular form for its 25th birthday, the Alliance Française French Film Festival will transport audiences to a nation awash with colour and romance through an evocative programme of over 40 keenly anticipated new features and documentaries set to screen at sixteen fabulous Palace Cinema locations.

And to mark our 'silver' anniversary we are delighted to announce that renowned French/Australian entertainer, Julia Zemiro will be the Festival's 2014 Patron. One of the country's most popular 'artistes', Julia was born in Aix-en-Provence to a French father and an Australian mother and has an impressive slate of credits across theatre, film and television, including the SBS hit TV program, RockWiz. Julia's love of French culture and popularity with audiences makes her the perfect inaugural Patron for this very special Festival season.

Proudly presented by the Alliance Française in association with the Embassy of France in Australia and the gracious support of Gold Sponsor Citroën, who have been at the forefront of Europe's automobile industry for nearly a century, the Alliance Française French Festival is acknowledged as the pre-eminent multi-cultural film event on Australia's 'arts' calendar, and for good reason.

For its 2013 outing, the Festival incorporated over 1,400 sessions, which attracted in excess of 133,000 patrons, mostly beyond Australia's French community. And for 2014 the event, which will run from 4 March until the end of April, Palace has expanded to incorporate Palace Byron Bay, taking the number of participating cities to seven and venues to seventeen.

During these two months, a dazzling cornucopia of drama, romance, action and comedy awaits audiences with a splendid example being the Festival's opening night film, *The Finishers*, which will screen courtesy of Madman Entertainment. An emotionally charged drama with the characters inspired by a true story, this superbly crafted story, directed by Nils Tavernier and starring Jacques Gamblin and Alexandra Lamy, follows the incredible journey of an embittered, former Ironman champion, and his disabled son who join forces to compete in a triathlon. And for closing night, the Festival will honour one of France's most beloved directors, the comic genius Jacques Tati, by inviting audiences to select the Festival's final film from six of his celebrated classics, including *Mon Oncle* and *Mr. Hulot's Holiday*.

So with the best that French cinema has to offer only a few months away, keep your social calendar clear for a cinematic 'rendez-vous' of the most agréable kind!

National dates and venues for the 2014 ALLIANCE FRANÇAISE FRENCH FILM FESTIVAL are:

SYDNEY: 4 – 23 March Palace Norton Street, Palace Verona, Chauvel Cinema & Hayden Orpheum Picture Palace

MELBOURNE: 5 – 23 March Palace Balwyn, Palace Brighton Bay, Palace Cinema Como, Palace Westgarth & Kino Cinemas

CANBERRA: 6 – 25 March Palace Electric Cinema

BRISBANE: 6 – 25 March Palace Barracks & Palace Centro

PERTH: 18 March – 6 April Cinema Paradiso, Luna on SX & Windsor Cinema

ADELAIDE: 20 March – 8 April Palace Nova Eastend

BYRON BAY: 24 – 28 April Palace Byron Bay

For updates, visit the Festival's official website at: <http://www.affrenchfilmfestival.org/>

q film festival: 24th ANNUAL MQFF

24th MELBOURNE QUEER Film Festival REVEALS A SNEAK PEEK OF 2014 program

Now in its 24th year, The Melbourne Queer Film Festival (MQFF) will once again delight audiences with its selection of quality queer cinema from around the world. The largest and longest running queer film festival in Australia, the MQFF will run for 12 days in March showcasing the best of international GLBTIQ cinema and home-grown talent.

To give you a taste of what's in store MQFF has revealed three highlights from the 2014 program: In the first of these standout titles, Jack and Diane, writer and director Bradley Rust Gray delivers a New York City love story with a twist. Debuting at the Tribeca Film Festival, the film follows teenagers Diane (Juno Temple, Atonement and MQFF's 2011 opening night film Kaboom) and Tomboy Jack (Elvis Presley's granddaughter Riley Keough, The Runaways) as they fall passionately in love. Featuring a cameo from our own Kylie Minogue as Jack's former lover, Jack and Diane is a romance-horror hybrid that will remind you of the intensity of your first love.

As light and delicious as its title suggests, Cupcakes is the latest feature from the award-winning Israeli filmmaker Eytan Fox (Yossi and Jagger, Walk on Water). Colourful, heart-warming and outrageously funny, Cupcakes tells the story of a group of friends living in the same apartment block in Tel Aviv, who decide to take on the Universong contest (any resemblance to Eurovision is 'not' coincidental) with a little ditty they dream up for a lovelorn friend. When one of the gang secretly posts the song online, it quickly becomes an internet sensation and before you can say 'douze points' they are selected as the official entry for Israel. Resembling Almodóvar's style, with the colour palette to match and armed with a feel good pop score by Babydaddy (Scissor Sisters) Cupcakes is set to be top contender for cinematic guilty pleasure of the year.

The electrifying feature Free Fall (Freier Fall) wraps up this trio of highlights. This captivating German coming out drama unfurls through the masterful filmmaking of Stephan Lacant (Little India, Fireflies). Beautifully shot, Free Fall has gained critical acclaim at 2013's Berlinale and on the international film festival circuit.

The full program launches on 19 February and goes live on the MQFF website on 20 February. Plus, the Community Film Project is returning after its hugely successful debut in 2013 and MQFF is introducing a Film Industry Day to give GLBTIQ filmmakers and those interested in filmmaking the opportunity to network. Buy passes now at mqff.com.au and stay in touch with Facebook, twitter or subscribe to our e-news and be first in the know

24th Melbourne Queer Film Festival
Thursday 13 – Monday 24 March 2013
ACMI, Federation Sq, Hoyts Melbourne Central and Loop Bar
www.mqff.com.au



The image features the CayLifeTelevision logo at the top, with the tagline "BRINGING QUALITY TELEVISION TO THE LGBTQ COMMUNITY". Below the logo is a photograph of five diverse young adults smiling. At the bottom, there is a banner with the text "FIND US AT THESE POPULAR LOCATION" and a row of logos for Roku, Samsung, Smart TV, Justin.tv/CayLifeTV, and MondoClub.com. Below this row are social media links for Twitter and Facebook, and the website CayLifeTelevision.com.

CAYLIFE "BRINGING QUALITY TELEVISION TO THE LGBTQ COMMUNITY"
TELEVISION

FIND US AT THESE POPULAR LOCATION

ROKU SAMSUNG SMART TV JUSTIN.TV/CAYLIFETV MONDOCLUB.COM

twitter.com/gltv facebook.com/gaylifetelevision CayLifeTelevision.com

q win: **HAPPY MIDSUMMA**

TIES n CUFFS

Established provider of fashion-forward men's accessories, Ties 'n' Cuffs, have introduced a new range to their extensive portfolio of ties, bowties, cufflinks, pocket squares and more. Their personalised range of underwear can be customised with a signature print, label or image and are a truly personal gift idea. The website's personalised accessories make the ideal gifts for anniversaries, birthdays, Valentines Day, Father's Day, weddings and Christmas.

Ties 'n' Cuffs offers an unparalleled online shopping experience, with 3D imagery and an easy-to-navigate website, as well as exceptional customer service. Many of their products can be produced and shipped within 24 hours. The products available on Ties 'n' Cuffs include ties, bowties, personalised cufflinks, pocket squares, lapel pins, underwear, cravats, money clips, collar stays, vests, belts, belt buckles, shirts, socks and tie boxes.

For more information and to see the range of products available, go to www.tiesncuffs.com.au

We have five medium size pairs to give away (pictures not necessarily the actual design). Email getfree@qmagazine.com.au with **TIESNCUFFS** in the subject line to win.



TRANSMISSION FILMS

BLUE IS THE WARMEST COLOUR was the sensation at this year's Cannes Film Festival where it was awarded the coveted top award, the Palme d'Or. Steven Spielberg, the Cannes Jury President, called the film "magnificent", and the accolades continue as the film has been nominated for a Golden Globe Award, for Best Foreign Language Film. Adèle Exarchopoulos is a young woman whose longings, ecstasies and losses are charted across a span of several years. Léa Seydoux (Midnight in Paris) is the older woman who excites her desire and becomes the love of her life. BLUE IS THE WARMEST COLOUR is an epic of emotional transformation that pulses with gestures, embraces, furtive exchanges, and arias of joy and devastation. It is a profoundly moving hymn to both love and life.

View the trailer here: http://bit.ly/BLUE_Trailer.

We have five double passes to give away - in cinemas February 13. These will be drawn and distributed on the 10th of February. Email getfree@qmagazine.com.au with **TRANSMISSION FILMS** in the subject line to win.



UMBRELLA ENTERTAINMENT

Ari (Alex Dimitriades in a career defining role) is a nineteen year-old rebel who despises his Greek parents for falling victim to the strictures of tradition. Confused with his own part in the complex universe and unable to express his true feelings, Ari becomes obsessed with extremes of behaviour - gay sex, drugs, night-clubbing and a farrago of hedonistic activities. Wired and defiant, mixing pain and joy as one, Ari's destiny is aimed head on into one high velocity night of dancing, sex and drugs.

Ana Kokkinos' bold and confronting adaptation of author Christos Tsiolkas' (The Slap) debut novel Loaded, Head On is a controversial drama about a young man coming to terms with his identity and rebelling against the constraints of family tradition in a roller coaster ride of emotion and turmoil.

Nominated for 9 AFI Awards, including Best Film, Best Director (Ana Kokkinos), Best Actor (Alex Dimitriades) and Actor in a Supporting Role (Paul Capsis) and Winner of Best Editing, Head On features a dynamic soundtrack by Ollie Olsen and is presented in a brand new widescreen telecine transfer. Special features include: Head On - Six Years On; Paul Capsis Music Video; Head On in Athens; Behind the Scenes Photo Gallery and Theatrical trailer.

We have five DVD and five BluRay copies to give away. Email getfree@qmagazine.com.au with **HEAD ON** in the subject line to win - along with your preferred format.



* 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 health: with KEREN WIGLEY

FOUR DAYS TO DEPRESSION

Christmas is an ideal time to hit rock-bottom, physically, mentally and emotionally. However you don't have to wait until next year to feel miserable, apathetic, achy and stiff, or experience digestive discomfort, poor sleep and health problems. Here are some things that will get you there whenever you want. Applied consistently, they will guarantee long-term results.

- Sugar is toxic to your system, highly addictive and its insidious nature will gently demand further satisfaction. It's difficult to put this genie back in the bottle.
- Dark chocolate is toxic, addictive and puts your body out of balance. As well as a few other nasties, it contains Theobromine, an alkaloid similar to morphine and cocaine and Phenylethylamine, the chemical that your body produces when you are in love. Who could say no to that!
- Wheat has a high glycemic index, increases blood sugar rapidly, is inflammatory and can contribute significantly to weight, health and mental problems.
- Fast-food contains "excitotoxins" which makes the food addictive, kills brain cells and it has so many preservatives that bacteria won't touch it.
- Caffeine steals energy from you, raises cortisol levels and drops you down again.
- Energy drinks are causing damage to teenagers as caffeine is a major cause of stroke.
- Soft drinks are high in sugar.
- Diet foods and drinks contain Aspartame and other artificial sweeteners which are addictive, toxic and can lead to weight gain and chronic illness.
- Cow's milk is meant to raise 300lb baby calves and increases mucous production. Soy milk may mess up your hormones.
- Toxins affect your Central Nervous System, your hormones and how you feel and function. They can be found in household, personal and cosmetic products, the environment and your thoughts and emotions.
- Your body creates fat cells to store excess toxins, making weight loss difficult.
- People with negative attitudes may plunge you into a bout of comfort eating.
- Lack of exercise will allow the toxins to settle in your system, causing stiffness and aches in your joints.
- If you enjoy a big breakfast with carbs and fats first thing in the morning this will stop your body's attempts to eliminate yesterday's rubbish.



It's really up to you how long you want to ride this train, or how far down the rabbit hole you want to go. You might begin to notice that apart from feeling miserable, sluggish and generally unwell, you may be starting to sleep poorly, sweat a lot more and even become incontinent as your body valiantly tries to cleanse itself. Your skin may start to feel dry, and appear blotchy and you may have an almost constant insatiable craving for sugars, carbs and grains. It's a steady decline into digestive disorders, arthritis, miserableness, lethargy, depression, illness and dis-ease.

What's going on?

Your body needs love, unprocessed food for information for cell structure and brain function. It may mount a defense against processed food, thinking that it is an invader, and manifest some physical condition to make you take notice. Could it be that you are the sum total of everything you have eaten, drunk, slapped on your skin, read, listened to and thought. You may have already decided that enough's enough, you've had your fun, it's been an interesting exercise, but it's time to get back on track. It's easy and your body will respond rapidly.

- An easy 3 day detox will help (see below)
- Move — it doesn't matter how, just move your body and your arms so that your lymphatic system can start eliminating the toxins.
- Drink plenty of water to help flush your system out (2 litres/day).
- Eat as naturally as possible and get off the sugar-carb-grain roller-coaster.
- Colonic irrigation is a quick and effective way of getting rid of the toxic waste that is stuck in your large intestine.
- Do deep breathing to calm your system and take your body into a relaxing, self-healing mode.

Your body has an innate ability to heal itself if you get the bad stuff out and put the good stuff in. A few simple changes can make a big difference.

Full article and links at <http://holistichealthmelb.com.au/4depression>
Email health@qmagazine.com.au if you want some help.

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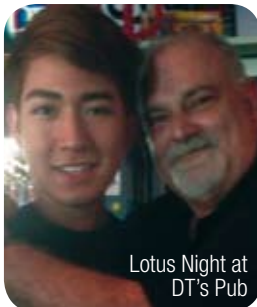


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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels, books for expats, as well as designing mobile apps and websites to promote the Canary Islands.

Expats in Space

Well, its that time of the year again, and after all the goodwill has evaporated, the tinsel packed away for another year, the new diet started and you have considered suicide after receiving your credit card statement, you may be planning a holiday to get over it all. How about a holiday in the sun? I can recommend an ideal place, and that is the island of Gran Canaria.



No, just for once, I am not talking about a leisurely sunshine break on one of our wonderful beaches, enjoying incredible nightlife and mountain scenery that is little short of spectacular. Instead, how about being shot up one hundred kilometres into space for a rather lovely view of the Earth, or the blue planet as the travel brochures will soon be calling it?

As surprising as it might be, Gran Canaria, has been selected as the place to shoot three satellites into space over the next few years, together with an orbiting spaceship for passengers, and offering supersonic commercial flights between continents that will reach five times the speed of sound. The new Spaceport is to be built at the existing and newly refurbished airport in Gran Canaria, which folk often forget is the third largest in Spain.

The small spaceship, known as SOAR, will indeed be cosy, offering accommodation for six passengers and two pilots, but I was sad to see that there will be no air flight attendants on board. How I will miss those safety demonstrations, in flight meals and sales of duty free, but I guess they will discover another way to get passengers to part with more cash. How about optional high quality oxygen for sale? After recent experiences with my fridge, cooker and dishwasher, of which country and make will remain anonymous, I was delighted to discover that it is the Swiss who will be designing and building the spacecraft. After all, even after a few hundred years, they still make such reliable watches, and I am sure that their time keeping and reliability will be impeccable.

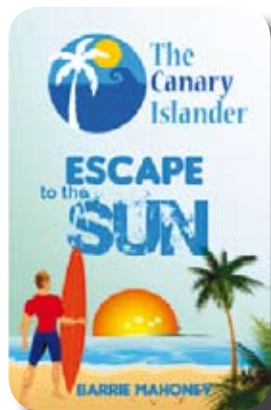
This major new project will provide a tremendous boost to the economy of the island, with 60 million euros being invested in the project, together with the creation of new highly skilled jobs. However, given the island's desperate attempts to block the major oil-drilling project off the eastern Canary Islands, which is supposed to create all manner of environmental disasters, and its preferences for 'green' energy and environmentally friendly policies, I fail to see how this is compatible with a major carbon producing activity such as launching spacecraft. No doubt the politicians will have an answer for me shortly.

I was also initially pleased and later dismayed to learn that the island has been selected because of its closeness to West Africa and Europe, as well as providing easy access to the Atlantic Ocean. Well, I cannot argue with the logic of that one, but the statement goes on to say that it is ideal for the launch of satellites, because there are no major centres of population below. Hmm, well, as myself and many other expats happen to live quite close to the airport, I am not quite so sure that they have selected the right location.

Of course, Richard Branson has already taken the first leap into space tourism. Not being content with offering banking and mobile phone services, he has created Virgin Galactic, which is due to launch from New Mexico in the US next year. There is already a waiting list of 500 people willing to pay around 150,000 euros for a flight, but Gran Canaria is just so more convenient for us Europeans.

There we have it, Gran Canaria is clearly the only place to travel to for a vacation, whether it be on the beach or in space. All in all, I am rather excited about the whole idea and will be busily trying to find the odd 3000 euros, which will be the price of a ticket, tucked in the back of the sofa. It sounds like a great idea for a future holiday, but just as long as there are no tour reps on board trying to flog overpriced excursions, or time-share touts trying to sell me a holiday home on the Moon, even with imported white sand, I will be happy.

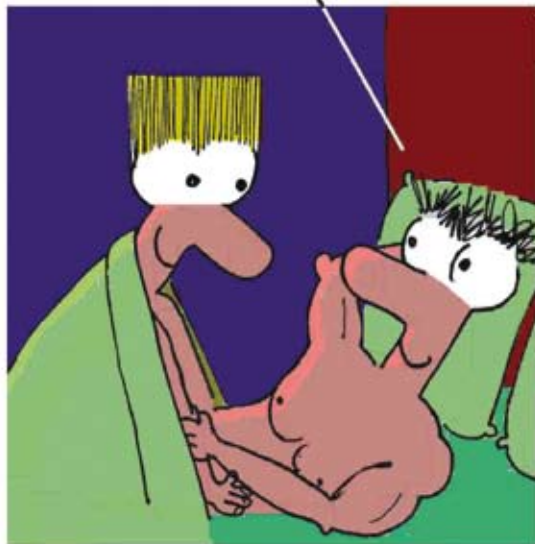
If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his latest book, 'Escape to the Sun' (ISBN: 9780957544444). Available as paperback, Kindle and iBooks. iPhone/iPad and Android Apps: ExpatsInfo, CanaryIsle and CanaryGay now available.



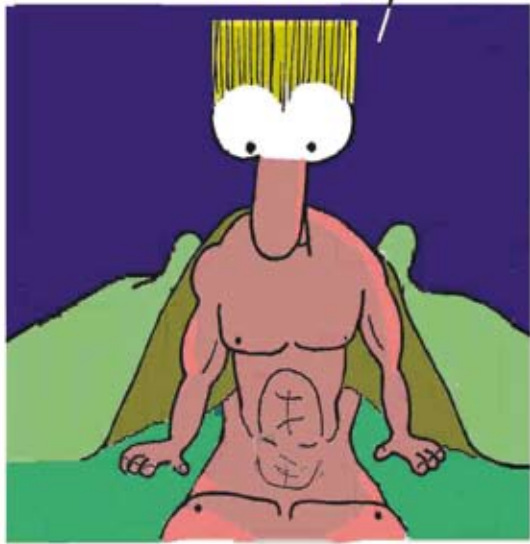
Gaylord Blade

Young, Gay & Hot-to-trot

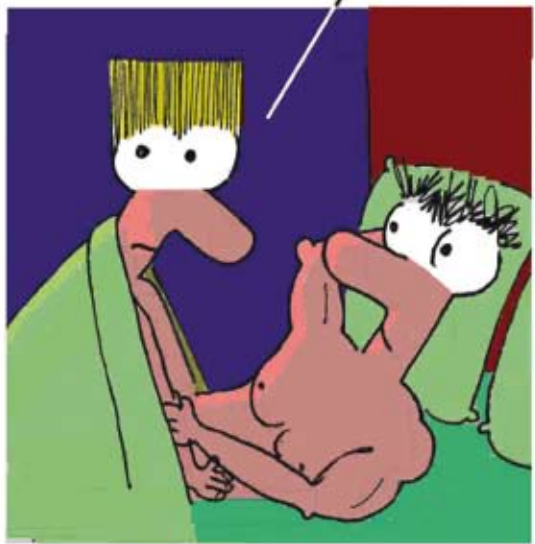
You're HOT, Gaylord! I'm gonna stick my tongue down your esophagus and lick your lunch



..... er kinky



... let's see WHAT did I have for lunch? I don't remember



I remember, silly boy! You had ME !





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