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MARCH 2014

Q MAGAZINE

featuring  
SANSUK SAUNA

and Guesthouse - Pattaya, Thailand



*Pattaya's Newest Sauna & Guesthouse Complex*



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## q comment:

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The pool at Sansuk Sauna and Guesthouse

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ISSN 1449-499X

QMAGAZINE

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Brett Hayhoe t/a Q Magazine

ABN 21 631 209 230



# q feature: SANSUK SAUNA AND GUESTHOUSE

Over the past couple of years of going to Thailand - and more specifically Pattaya - I have witnessed a transformation of Sansuk Sauna and Guesthouse.

Khun Punya (the proprietor) has been very generous to me by showing me around the complex and explaining the major changes that (at the time) were about to occur.

These changes include new showers, locker room, cruise areas and, most importantly, accommodation of a five star standard. The pictures below really capture the true quality of the new wing and I assure you, a stay at Sansuk will not disappoint...and the view is nothing short of amazing.

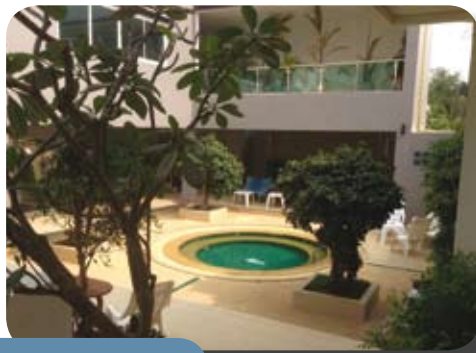
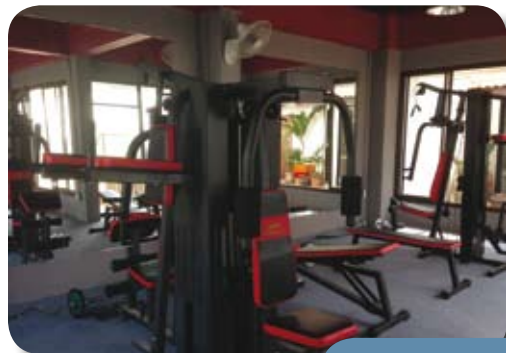
The Sansuk Guesthouse buildings consist of two wings: the original building (Wing A) was opened in 2005 and consists of 19 rooms; and the new eight story building (Wing B) which has an elevator and consists of 60 rooms. It was opened in December 2013.

All rooms have TV, DVD player, air-conditioning, ensuite bath room, safes, free Wifi, tea and coffee making facilities and refrigerator. Entrance to the sauna and breakfast is included in room rates, except for the standard rooms in Building B which do not have tea and coffee making facilities, but guests are free to use all the other facilities at any time.

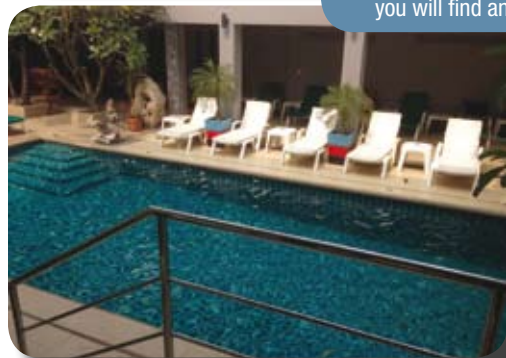
The rates are per whole room with up to 2 guests. The price includes breakfast and free entry to the Sauna Complex when it opens. There are no extras like service or tax added. Credit Cards are accepted but NOT American Express or Diners and if payment is made by credit card an additional 5% is charged to the bill to cover expenses.

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# q money: with EVAN DAVIS

It was always going to be a bit of a punt, but the 'Bitcoin' investment experiment hasn't gone as well as I would have liked. The plan was always to buy and hold. Hopefully as they become better known their value would continue to grow.

I was first introduced to Bitcoin when I met a nice young man wearing only his shoes in the beer garden at the Laird hotel. He struck me as one of those 'sees the matrix' eccentric kind of chaps.

Neither he nor I could have predicted the various bumps in the road that have reduced the value of an individual coin from over \$1,000 US to at the time of writing the article just under \$300.

Damn, guess I should have left the money in my mortgage offset account. The trusty mortgage offset account is a financial tool I have been playing with a lot longer than 'Bitcoin'.

If you have a mortgage, particularly one on your own occupied property it is generally a great idea to save money on the interest on your home loan. This is exactly what your mortgage offset account is designed to do.

Basically it works in the following manner. Let's say you have a home loan of \$400,000. Interest is calculated daily and charged monthly. This is so the banks can get the maximum interest from you. Nice guys, eh?

Let's say you have a mortgage offset account set up and linked to your mortgage and you are able to save \$15,000 in this account. The interest on your home loan is no longer calculated on the \$400,000. Instead it is calculated on the balance less what is in the offset account. So in our example this is \$385,000. Obviously, because the interest is then calculated on a lower balance this means that you will pay less interest at the end of the monthly cycle.

This method of managing your money can actually save you more money than fortnight or even weekly repayments. There are many tactical ways to utilise offset accounts as well. Most sensible is to direct all your income into the account so it saves you money while you are not using it.

Many investors use offset accounts so as to preserve the limits on their investment loans and therefore their maximum potential tax deductibility. Offset accounts can also be very handy cash flow tools.

If you set up your loan with an interest only repayment and you have money in your mortgage offset account you can reduce the monthly repayment you have to make by increasing the money that you are holding in your mortgage offset account.

Whether you are an investor or a home buyer it is worth looking into setting up an offset account. They generally are better for borrowers with larger loans as they tend to come as part of a banking package. Almost universally they are only available on variable rate loans. A well-managed offset account can save you serious money on your home loan so might be worth investigating further.



## INTRODUCING



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# q gay files: with MATTEO SNOOKS

Masc for Masc....Really?

Have you ever been put down (with no apparent reason and resulting in frustration) for simply being yourself? We know wretched behaviour is wrong when treating people in such a manner but realistically, it happens every day. Questioning or blaming yourself is not the solution because generally it's the inner issues of the bully who loves Mummy that little bit extra. Honestly... when do some of us grow up and become Men... or as I would like to say an ADULT!

Traditional masculinity or being manly...means strong, dominate males who lead and provide for their families. There are particular types of gay characters out there who are stuck in the twilight zone of these expectations. Labels and traditional traits are the devil. Following in a Straight mans shadow can drive you insane with an underlying cause, forcing some to project their own shade of nasty and mistreat innocent others.

Being Straight or LGBT etc...shouldn't matter...at the end of the day we are just people trying to make sense of the world...How many times do our mates come to us crying because of rude, hurtful comments? Stating "I'm not into drama or Girly boys" is so pathetic. Clearly this would irritate people and ironically, quoting this is hypercritically the beginning of drama. Everybody has the right to an option but when members of our community strike at each other...it's kind of like being gay and homophobic in one.

These confused fellas who battle their inner gay demons...Usually are married to the gym and enjoy taking endless photos of themselves in any mirror available. They lie to get what they want and waste our time to feed their huge throbbing egos. Always stating how masculine they truly are with an embarrassment for effeminate males. Their motto is "if you're gay, you don't have act like a girl" and if they wanted a girl they would have chosen to be straight!...Because sexuality is a choice...RIGHT?! Sickly, I find them entertaining but it's funny how they fuss about with boys and pay attention to the anal region, which doesn't fit the criteria of being Marco/ Manly.

I once dated a guy who had issues with my 1975 Volkswagen beetle because it was "way too gay". I couldn't understand the problem because it was MY exhaust pipe that needed fixing...not my VW bug Georgie. If the surface is only the important substance to some, then as I always say...NEXT!! Mona Lisa is smiling for a reason and deserves a deeper look.

Maybe I'm generalising a little but I always believe in honesty, even if it gets you in trouble. When on the prowl for a root or something more long term, we can pick and choose whoever we desire, so I don't understand why some dudes make such a big deal about boys acting like big fags. Good luck to everyone I say! But if you come across something you don't like, walk away, who has time to ponder when Life is waiting on your door step.

We live in a heterosexual world, which doesn't mean conforming to a straight man's way of life. I'm not saying we have to be fabulously separated but aim to be a confident individual who can think and act independently. If you're true and honest to yourself and others, taking responsibility of your own mind and actions...I'd say you're a MAN even if you're short, skinny and un-registered to pumping iron.

Hakuna Matata.





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# q interiors: with AARON WONG

Historically, there has always been a very strong link between the interior of a building to the exterior architecture of the same building. For example, there is little separation in various design elements included in church architecture, interiors, and great altar paintings commissioned in the 1500s.

Think of the palaces, churches and tombs commissioned by the Renaissance patrons and decorated with paintings by da Vinci and Michelangelo.

Gothic churches always had a gothic interior, French second empire architecture was designed with second empire interior furniture and Art Deco buildings had an art deco interior. An example of this is the Chrysler building and its lobby.

Periods of building style evolved much slower in the past; consequently it was much easier and more natural for the furniture used in the interior of a building to match more consistently with the exterior of a building.



It was not until recently in the past generation that we have begun to see a more generic approach to interiors when both building forms and building interiors were constructed at the same time. This has become particularly evident with modern day apartment skyscrapers where the exterior is clad in glass and the individual apartments can be decked out in varying styles from different periods. We have come to see interior design as something that can change as readily as fashion. This has introduced a very dynamic approach to interior design as we begin to see an amalgamation of styles and an anachronism between architecture and interiors.

When deciding how you are going to design your interior, it is always a good starting point to consider the environment your home is situated in. Then, think about the architecture of your home and then you can begin to flesh out how your interior would look like. Acknowledge and respect the architecture of the building as there is a flow between the interior and exterior. You wouldn't attach a beautiful colonial balcony to your home in a concrete urban jungle. It would be better suited on a property with a great view and possibly close to a body of water. The same goes with the furnishings. You would probably want to have vintage tiles and weathered cane or rattan lounge pieces on the balcony.



Clichéd yes, but you get my point.

Having said that, there are always exceptions to the rule, one being eclecticism. This is an interior styling that could almost work with most architecture. However, this is a look most people are not able to pull off easily. You will need to be able to arrange a diverse mix of styles, textures and shapes from different eras and still maintain the flow. If in doubt, consult an experienced Interior Designer to assist.

Aaron Wong is the Principal Designer of Alexander Pollock Interiors. For more go to [www.alexanderpollock.com](http://www.alexanderpollock.com)





# q youth: with TASMAN ANDERSON

We've all been asked the popular question of whether men and women could ever be just friends but has anyone ever wondered whether gay men and women could be mates with other same-sex inclined people and nothing more?

I'm sure many of you are getting a 'When Harry Met Sally' vibe right about now and I don't blame you, who doesn't remember that "I'll have what she's having" scene? However, regardless of the fact that they ended up together in the end, a majority of you probably still believe that yes, of course gay men and women can be just friends.

It's a valid belief, that's for sure. We see plenty of people hanging out with the opposite sex (or in our case, the same sex) and are adamant that they are only the very best of friends. Hell, I know so many gay people that I could have my very own Mardi Gras and yet, they have only ever been my friends. However, just because you label yourself as 'friends' doesn't mean that there wasn't anything more there at one stage.

I know it might seem a little cliché. Two people come together and although they say that they are only friends, they slowly grow closer until eventually they can't deny their feelings. Yep, it sounds like every plotline of every well-known click flick. But, haven't you ever wondered why these films are so damn popular in the first place?

Personally, I never really brought into the cliché until recently. I've always had plenty of friends growing up and I never really felt anything remotely romantic towards most of them. Then again, I was (and still am) the world's biggest hag so most of them were pretty much off limits. However, recently there was a dilemma where my best friend (who's a lesbian) wanted to try the whole dating thing. Of course, my sexuality is fluid so it wasn't like it was one of those awkward moments where a gay girl hits on her straight friend. But, it got me thinking about whether you ever could just be friends with someone.

It seems like every day, friendships are getting awkward because of romantic feelings that one or the other (maybe even both) are suddenly developing. Psychology would say that this would be a biological tendency that we've had since the beginning of time. Simply put, we are subconsciously searching for a mate and therefore, when we are approached by the opposite sex (or same sex in this case) we can't help but assess their suitability for partnership. Although some would agree with this, others would believe that not everyone is out looking for a partner and that it is possible to just want to be with a person for companionship and nothing more.

Maybe they're right. Maybe it is possible but I find it hard to believe when so many people come together out of romantic agendas. I still remember when I was in high school and every time I was met someone new, I was imagining whether I would want to date them or whether we would be suitable.

Actually, I'm pretty sure the entire teenage population does that so maybe it's not really an overall issue but just an adolescent one? Honestly, I'm not sure it really matters. Sometimes friendships grow from failed relationships, as if the two people realised that they were best as friends after experimenting with the idea of a relationship. Sometimes we need to get the sexual feelings out of the way before we can truly form a friendship.

Either way, it doesn't really matter as long as you surround with people you love.



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# q comedy: DREAMSONG

## SO GOOD HE CAME TWICE!

Written by Hugo Chiarella and Robert Tripolino, directed by Dean Bryant (Pirates of Penzance, Next to Normal, The Producers), with choreography by Andrew Hallsworth (Priscilla Queen of the Desert, A Funny Thing Happened on the Way to the Forum), DreamSong is an irreverent and audacious comedy that investigates questions of faith and spirituality through a wickedly satirical depiction of evangelical populist religion, politics and popular culture and how all of these interweave, set to a pulsing score of Christian pop and soaring power ballads.

The cast features Ben Prendergast (Red Stitch Actors Theatre, Predestination) as Pastor Richard Sunday; Chelsea Gibb (Chicago, The King and I) as Whitney Sunday – The Pastor's Wife; Emily Langridge (Gypsy, The Pirates of Penzance) as April Sunday – The Pastor's Daughter; Brent Hill (The Producers, Rock of Ages) as Jesus Christ; and Connor Crawford (Jersey Boys) as Chris T; as well as Evan Lever (Moonshadow), and Alana Tranter (Lone Wolves).



The story centres around an evangelical mega church, DreamSong, and its Pastor, Richard Sunday. The church has lost millions in the Global Financial crisis and Pastor Sunday decides to stage the second coming of Christ and market him as a Christian Pop Star, as a way through their money problems.

DreamSong was first work-shopped and developed at the VCA in 2010 with a cast of thirty. It has been further workshopped, rewritten with a reduced cast of eight, and in 2012 performed a two week development workshop followed by a four night presentation at The Arts Centre Melbourne to overwhelming audience response. DreamSong is a satirical look at how the human desire to believe in something makes us vulnerable to manipulation and corruption.

For further information go to <https://www.facebook.com/dreamsong.anewmusical>

Theatre Works, St Kilda (14 Acland St, St Kilda)

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# q perfection: TODD MCKENNEY'S BACK

The Boy from Oz is BACK! This time in his own show. Todd McKenney is performing the songs of Peter Allen in a high energy, vibrant and entertaining night that showcases Todd's incredible talents. His Victorian and NSW tour, commencing on April 4, will perform in 12 venues across Victoria and NSW during April and May.

You'll laugh, you might cry but you'll certainly be entertained by one of the nations best loved performers, a multi-talented star that first slipped on his dancing shows at the tender age of three. However, it wasn't until he landed the role of Peter Allen in Boy from Oz 14 years ago that he found his true passion.

Todd became a household name after taking on the role of iconic Aussie performer Peter Allen in the original 1998 Production of the Boy from Oz. He's the all singing, can dance, Aussie stage sensation with a wonderful acerbic wit and irreverent sense of humour. He's as fit as he's ever been and matches Peter's own amazing energy through out the show.

This show is not just Peter Allen's hits, Todd also includes songs from some of his earlier musical theatre performances and you'll hear stories and anecdotes of Peter, as well as get all the goss from Dancing with the Stars. Got a question? Call it out during the show and Todd will likely answer you back! But here's a fun warning to be careful as he can give as well as he gets and you're most welcome to score his performance!

Go to <http://www.toddmckenney.com.au> for dates and booking information.



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# q tour: AUSTRALIA'S LIOR

On March 7 2014, acclaimed Australian singer-songwriter Lior will release his fourth studio album *Scattered Reflections*, a collection of songs written during and inspired by recent travels. Ahead of the album release, Lior will further explore the art of travel with his extensive *Scattered Reflections Tour 2014* starting in late February and including shows in Sydney, Melbourne, Brisbane, Canberra, Hobart and many regional centres.

*Scattered Reflections* will be released independently and was financed largely through crowd sourcing from many of Lior's fans through a PledgeMusic online campaign, a testament to his loyal and strong following.

The title track 'Scattered Reflections' explores the juxtaposed feelings inherent in travel; the immense feeling of mortality and insignificance intertwined with an overwhelming sense of a connected and shared humanity.

Recorded in collaboration with new producer Lachlan Carrick in Sydney and in Lior's hometown of Melbourne, the album features long-standing musical collaborator Brett Hirst on bass alongside new band members Evan Mannell and Bree Van Reyk, both on percussion. Guitarist and songwriter Cameron Deyell (Totara Jack) co-wrote a number of songs on the album.

Of this album Lior says *"The making of this album had a sense of freedom and joy to it. Conceptually I feel that it's filled with reflections that only a richer life experience could provide, while musically, Lachlan and the new band members have brought a new and stylish sound to the arrangements. I'm really proud of this album and hope it connects, particularly with the people that were so generous in lending their support to crowd source this record."*

*Scattered Reflections* also features a handful of beautiful acoustic gems which have become synonymous with Lior. The hauntingly beautiful track 'My Grandfather' may be Lior's most intimate moment yet as a singer-songwriter and will surely receive a very strong emotive response as he tours Australia this year.

Renowned for his stunning voice, incredible musicality and acclaimed live shows, Lior has received several ARIA nominations since his debut in 2005. His stunning independent debut and self-financed album, *Autumn Flow*, was one of the most successful independent debut releases by an Australian artist with sales surpassing Platinum. Three ARIA nominations followed, including a nomination for Best Male Artist.

In February 2008, Lior's second album, *Corner of an Endless Road*, debuted at number two on both the Australian album charts and on iTunes, whilst also topping the Independent charts for several weeks. A sold-out *Shadows and Light* national tour followed.

Lior released his third studio album *Tumbling into the Dawn* in September 2010, produced by the Grammy Award winning Francois Tetaz whom Lior had worked with on his two previous albums.

Illustrating Lior's breadth and diversity as an artist, in 2012 Lior received The Screen Writer 'Song of the Year' Award for the children's song 'Lullaby', commissioned by the ABC for the acclaimed television series "Giggle and Hoot".

In 2013, in addition to working on his new studio album and performing at the Edinburgh Festival, Lior also collaborated with renowned composer and conductor Nigel Westlake on 'Compassion', a song cycle for voice and orchestra commissioned by the Sydney Symphony Orchestra. Following its premiere at the Sydney Opera House, Lior and Westlake were invited to perform the piece with the other major Australian orchestras around the country with further performances slated for Adelaide and Melbourne in 2014. A recording of the Sydney Symphony Orchestra performance was released in late 2013 and debuted at number one on the Classical charts.

*Scattered Reflections* is an album to be treasured. Tickets for Lior's live shows are on sale now.

For more information and tour dates, go to [www.lior.com.au](http://www.lior.com.au) or [www.myspace.com/lior](http://www.myspace.com/lior)



# 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.*

## A Nice Cup of Tea

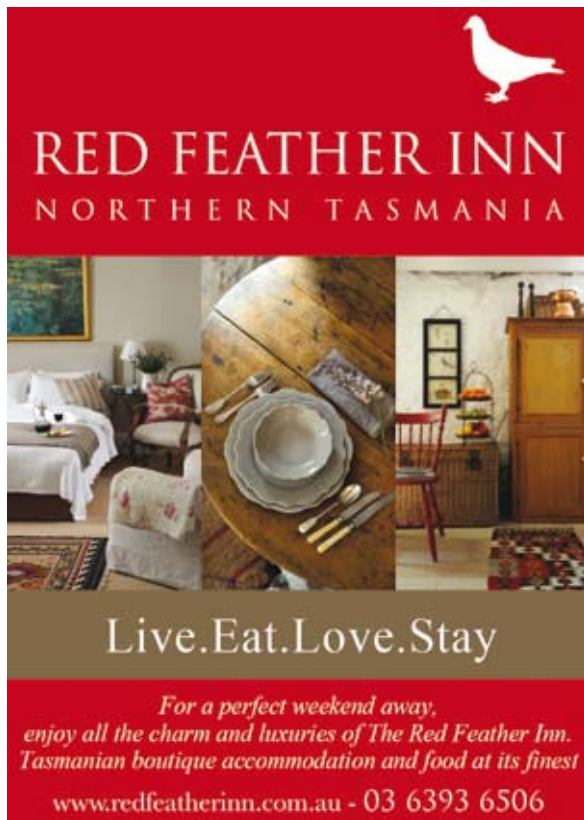
**As all true Brits know, it is impossible to get a decent cup of tea abroad. Many have tried over the years, and failed miserably. Tea is the true Brit's favourite beverage, closely followed by a large gin and tonic, and is one of the reasons that expat life fails miserably for some people.**

No one but a true Brit really understands all the fuss over a "Nice Cup of Tea": It is the stuff that unites as well as steadies the nerves of the nation and, according to Winston Churchill, wins wars against all the odds. When fate decides to deal one of its more cruel blows, the true Brit rushes for the teapot, sits down and reflects over a "Nice Cup of Tea". Indeed, it is often said that tea is the stuff that runs through the veins of the true Brit. Wise Brits on holiday always travel with a kettle, albeit of the small suitcase variety. Many even travel with their own packets of tea, because they are convinced that the stuff for sale in continental supermarkets isn't the real thing, but a rather nasty 'look a like' variety designed to appease the discerning British holidaymaker. Asking for a cup of tea in most bars or hotels, usually guarantees a shrug followed by the arrival of a nasty stainless steel teapot filled with luke warm water, together with a fusty teabag containing mouse droppings. Sadly, even one's own kettle and a supply of tea, albeit as teabags, produces a really nasty cup of tea in the hotel bedroom. This really is the stuff to make the discerning British tea drinker pack up and go home, determined to holiday in Brighton the following year.

So, what about the British expat? How do they survive? Well, not very well, by all accounts. I firmly believe that this is the reason why so many expats wear a scowl rather than a smile in the sunshine. Of course, if asked, they blame the European Union for not being able to get a "Nice Cup of Tea", but then again, they blame the EU for most things anyway. Until recently, some of our friends always asked us to bring packets of Yorkshire Tea back for them whenever we visited the UK. Despite considerable efforts over several years, including the installation of an expensive water filtration and water softening system, they could cope no longer and finally fled back to the UK, teapot in hand, to resume their lives and to delight once again in enjoying "A Nice Cup of Tea". Of course, the real problem is the water. Foreign water just isn't like the 'real' water from Britain. After all, it has been pumped with chemicals, often desalinated and usually unfit to drink, isn't it? Sadly, most expats are blind to all the impurities in the water that they drink in the UK, and remain obstinate to the facts that water standards in mainland Europe are often much higher than in the UK. How about bottled water? That is the same stuff poured into bottles and sold at a ridiculously high price, isn't it? Most expats take the view that whilst expensive bottled French water with a posh name maybe all right to swill your dentures in at night, it is certainly not the stuff to pour over a precious teabag.

The true expat quickly accepts the fact that "A Nice Cup of Tea" is impossible to find once one passes the White Cliffs of Dover. It is best to accept one's fate and realise that a lifetime of drinking decent coffee in continental bars and restaurants looms, and is far preferable to drinking an overpriced soup bowl of the foul stuff served in most of the new chains of coffee bars that seem to have sprung up overnight across the UK. All expats develop their own coping strategies. Personally, I still get pangs for a "Nice Cup of Tea" at around 4.00pm each afternoon. I have partly resolved the issue by now only drinking green tea, with no milk or sugar, which I agree is an acquired taste. I prefer to use a china teapot, cup and saucer, never a mug, and if served with a nice fresh scone and jam, so much the better. Being an expat in all this sunshine really isn't easy, but I am getting used to it.

*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: ExpatInfo, CanaryIsle and CanaryGay now available.*



The advertisement for the Red Feather Inn in Northern Tasmania features a red header with a white silhouette of a bird. Below the header, three photographs show the interior of the inn: a cozy living area with a fireplace, a dining table set for a meal, and a bedroom with a wooden bed frame. The text "RED FEATHER INN" and "NORTHERN TASMANIA" is prominently displayed in white on the red background. Below the photos, the tagline "Live.Eat.Love.Stay" is written in a large, elegant font. At the bottom, a red banner contains the text: "For a perfect weekend away, enjoy all the charm and luxuries of The Red Feather Inn. Tasmanian boutique accommodation and food at its finest www.redfeatherinn.com.au - 03 6393 6506".

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# q showcase: MIZ IMA STARR

## MIZ IMA STARR MY HEART'S A DRUMMER

Disco Diva Miz Ima Starr has unleashed her debut album 'My Heart's A Drummer' with a flurry of singles, music videos, showcases, and a brand new cabaret show!

As lovers of cabaret know, Starr got her start in Aotearoa, with a string of stage shows, TV & film cameos, and concert appearances throughout the 90's. So when the time came to create the bedazzled collection of 100% original songs that feature on 'My Heart's A Drummer', this adopted Australian headed straight to Kiwi producers and long-time musical collaborators The Sound Room – and the result is dance-floor-filling pop/rock from start to finish.

*"I've been working out the new music on audiences for the last year, as the songs began to pile up" says Starr. "Tracks have found their way into my cabaret and nightclub shows – and been previewed at mass community events like Big Gay Out and Mardi Gras Fair Day"*

The album reflects a kaleidoscope of musical influences from glam rock to early-90's pop-techno, to art rock of the 70s and 80s.

The lead single from 'My Heart's A Drummer' is the title track, accompanied by a modern-gothic mini-horror-film music video from Sydney-based director Heidi Lee Douglas, released to coincide with World Women in Horror Month.

Miz Ima Starr was constructed out of glitter, sweat and second-hand cosmetics by Charles Bracewell (a mainstay of NZ college radio in the 90's as co-host of 'In The Pink') in 1991 and has split her time between TV and the cabaret stage ever since. She stunned Australian TV audiences with three memorable appearances on the first series of hit show 'Australia's Got Talent', and in 2011 co-hosted her own interview chat show 'Beauty & The Bear' on Foxtel. But as fans will know, the heart of Miz Ima Starr's artistic work is cabaret, having toured eight shows throughout Australasia across two decades to great acclaim – most recently adding a ninth show 'If Life Gives You Lemons' to her repertoire with seasons at Tasmania's Festival of Voices and TasPride Festival in 2013.

The next step in her onstage journey is the development of a new Miz Ima Starr cabaret to showcase 'My Heart's A Drummer' that will be toured to festivals throughout 2014.

*"The show focuses on my long and winding road through pop music – from vinyl tragic, to cover artist, to singer/songwriter" says Starr. "I'm thrilled to introduce 'My Heart's A Drummer' the cabaret show on Sunday 16 March in Hobart at the Spiegeltent – I can't wait to finally bust my Spiegeltent Cherry!"*

- 'My Heart's A Drummer' is available now from iTunes and all good online retailers.
- Tickets for the Hobart Spiegeltent performance of 'My Heart's A Drummer' on Sunday 16 March is on sale now from [www.tendays.org.au](http://www.tendays.org.au)
- Music videos for 'My Heart's A Drummer' and 'Good Day' are on the Miz Ima Starr YouTube channel





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# q star: DRACULA'S STEWART REEVE

I was honoured to be invited and amazed at what I saw on a recent visit to Dracula's to see their new show "Bloodbath". From the moment we arrived to the minute we left, the staff, ambience, entertainment, food and experience was superb. The whole evening gets my highest recommendation.

Although the entire cast (musicians, actors, singers and wait staff) are exceptional, one man stands out as a true shining light - Stewart Reeve.

Q Magazine was pleased to be able to interrupt his busy schedule to ask him about him and Dracula's.

**What made you leave Queensland and move to Melbourne?**

Born and raised on the Gold Coast I simply ran out of things to do. The Gold Coast is such a small place with a very small theatre scene. So if I wanted to get anywhere in this industry I had to make the move... Melbourne it is.

**Have you had any formal training for the work you do?**

No. Most of the "training" I did came from performing back to back shows at my local community theatre. I guess I was lucky enough to work with some very talented people.

**When did you first realise you wanted to move from the "floor" at Dracula's to the "stage"?**

My intention was always to be apart of the show. I understudied for "Spiderlash" while working on the floor. I started out covering for the three boys and ended up covering for one of the girls as well...I guess you could call me versatile [wink].

**You really play a pivotal role in the show. How do you feel about being the centre of attention?**

Haha how can I be the centre of attention when I'm surrounded by such a multitalented cast! All I do is sing and tell a few jokes. Everyone else spends most the time playing multiple instruments or hanging upside down from the ceiling.

**Almost everyone in the show is quite multi-talented. How important do you think it is to be able to be more than "just" a singer or dancer, particularly in the competitive industry in which you work?**

It's so important. The more tools you have in your belt the better chance you have of getting work.



**What is the best part of being in this show?**

Not working 9-5. I don't have just one favourite part. I love every single thing about my job.

**What is the worse part of being in this show?**

Worse part...I'm sorry, I don't understand your question haha.

**Are there any other shows in the works for Dracula's and yourself?**

Who knows at this stage I'm just going with the flow.

**Where do you see yourself in five years from now?**

Ahhhhhh I never know how to answer this question. Hopefully still living in Melbourne and still performing night after night.



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# q drag: THE DINNER LADIES

Rita Le Coqueater has been a major face of Melbourne drag for nearly 25 years. The Fab 3, PZR, and the Classics all bore the mark of Rita's creativity. Rita comes from the Pre-Priscilla Queen of the Desert era when drag was very much a hands-on sport. She opens up to Alan Mayberry about her latest ventures, including Candee Bar at the Peel and the recent dinner season at the GH.

I'm sure people think we are all as old as methuselah, but in reality we only began in the late 80s. That's not counting Belles Balls and Warehouse parties where we really went out partying. A few years ago, work was scarce for ladies of, shall we say, 'a certain vintage'. Venues were shutting like tired clams all over town – and to everyone, not just us mature ladies. I hated the idea of talent like Miss Candee or Sue Ridge sitting at home on a Saturday doing nothing. So I did what I see a lot of younger girls doing now, which is putting together a show and offering it to a venue. I phoned my old gal pal Candee and we put our heads together. We came up with a small show for Bar 362 and the lovely Donna Stowers took us in. It grew and we moved on to become Candee Bar at the Peel with Sue Ridge added to the mix, and we've lasted there for close to 2 years – quite an achievement in a venue where most drag shows lasted only a year. We all love it, the people are fantastic – a real team. And the 3 of us have been round the traps to know.

**Rita Le Coqueater** grew up in Mortlake near Warrnambool. There really must be something in the water down there as it's bred Candee and Lucy Loosebox as well! With 4 brothers and a sister, Rita is second youngest. The Auntie Mame in her life was Auntie Elaine, who would arrive like a movie star from Sydney, all caftans and jewellery and red hair (sound familiar?) an inspiration. I was taken to Pokeys at the Prince of Wales when I was 17. I then got into visual merchandising at Myer; it was the old school of window dressing and I received the best training. Pokeys absolutely blew me away and realised there was more to life than dressing dummies at Myer. I started frocking up to go to parties, where I first met Paris. We hit it off immediately, and have been fighting ever since!



**Sue Ridge** grew up in Cobram the oldest of 3 boys. At 17 she joined the airforce training as a chef, and has continued cooking up a storm on stage and off. In 1994 she hit Melbourne's drag stages and has been a sensation ever since, apart from a slight set back when she had a kidney replaced and was almost knocking on heaven's door. In recent years she has spread her branches and completed a horticulture degree, so hopefully she'll be rooting round for years to come, ensuring Dolly Parton and Helen Reddy continue getting huge royalty cheques each year. 'I've always been a very down to earth kind of drag, never losing sight of the big picture – I'm a man in a dress, and I go out and enjoy it.'



**Miss Candee** is Melbourne's drag matriarch, famed for her larger-than-life drag whose wigs kept getting bigger and gowns more extravagant. 'Even as a schoolboy I loved the theatre and first got into drag at 20 as the youngest of a group of misfits called Miss Fitz. The rest is history with the Lipstix being born in 1990 and then the Dynamic Duo. Basically I'm a really shy person. I think that's why I started doing drag; it sort of made me special for a moment. Sometimes I'd like to get a dumpmaster and throw every dress, every sequin, every feather boa into it and send it to the tip or a theatre company and be rid of it completely, so that I can have my life back. But then I think like Bassey sings: *This is My Life*, and I DO love it.

Rita adds, our trio love working at the Peel and this led to our dinner season at the GH. It's been round 6 years since I performed there in a production show, and how sensational to be invited to return. Last time I performed there in a major show it was on the sticky carpet and rickety, but much loved, old band stage. The legend herself, Ms Vivien St James, and my old sparring partner, the divine Paris, were on in the The Classics. But times and tastes change and these days show gals of my ilk are now dinner theatre fodder!



Team spirit is very important to me. If you are not getting along the audience senses it straight away – there's no hiding it. As Miss Candee always says 'if it's not workin' in the dressing room it's not gonna work onstage'. And she is quite right. Luckily Sue, Candee and I get along great – well most of the time! Especially after several dozen schnapps, and a keg for Candee. We do laugh a lot – mostly at ourselves!

Drag for me is about comedy and camp, luckily not about looking beautiful. I am inspired by a lot of US drags like Jackie Beat and Lady Bunny who are total comedy, and I'm into the whole huge make-up and scary look. It's never been about beauty for me. I am not into 'fishy realism', I leave that to the younger generation and *RuPaul's Drag Race*. In fact I'm about as fishy as a chunk of old corned beef!

I can't believe it is 25 years ago that Paris and I performed at Candy's Bar at the Cadillac Bar. We arrived with over-the-top theatrical make-up when everyone else was still in girlie make-up and taffeta dresses – all very 80s. It was a different world then before ebay

and the internet. In hindsight we were VERY lucky to survive, as today's drags are so very polished. If I look at photos from that time I'm amazed we got anywhere. Our outfits were made of tinfoil and glitter, anything we could lay our hands on, and really we looked a fright! It was a creative challenge having to create every thing from the ground up. We couldn't just go online and buy clear dance shoes, a fully sequined dress from Bangkok and a hairline wig AND already styled. We literally had to style ourselves out of nothing, which actually brought about all kinds of creativity. Don't get me wrong! I'm only a TAD jealous when I look at the young girls these days, they are so polished and fabulous. Queens like Amelia Mole, Sasha Fagg, Missy la Minx, Lexi Gaga and shows like Sequin Sisters are keeping the drag flame alive. They are the new generation and the torch has been passed on. However, DON'T for a moment count us old girls out. I'll probably still be struggling onstage with a walking frame and a pacemaker. That's how strong the lure of the greasepaint is for me. I absolutely love drag and always will. At 25 never did I ever dream that I would still be doing it well into my mid 40s! Melbourne is a fabulous town. It takes care of its seniors! In any other city in this country we wouldn't get a look in. Praise the good lord for botox - such a wonderful thing.



These days I have scaled down my costume work to making what we need for the shows. The years of spending days making sets and sets of costumes for free has acted like a form of aversion therapy, and I absolutely detest it now. The sight of a glue gun or a sewing machine fills me with dread! However, I am very proud of the work I've done over the years and continue to do. Luckily Candee is handy with a Janome and a glue gun and we tend to collaborate on costumes now, so it's much easier! No more all night caffeine-fueled crazy costume sewing sessions – bliss!

Make sure you catch us perform, as long as our walkers and hearing aids hold up anyway! We still fly the flag for old-school high camp drag.

*We're not The Tuck Shop Tarts yet, and as the song goes We're still here!*

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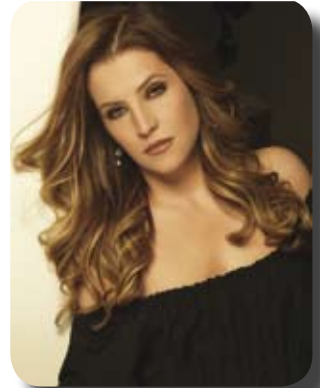


# q concert: ARTS CENTRE MELBOURNE

In her first Australian tour in eight years, Lisa Marie Presley will perform with her five piece band at Arts Centre Melbourne's Playhouse on 25 March as part of the Australian leg of her STORM & GRACE WORLD TOUR.

With all the hoopla that has surrounded her, it's easy to forget that Lisa Marie Presley is at heart a Southern girl whose earliest musical memories are of obsessively listening to 45's in her bedroom at Graceland and of her dad catching her singing into a hairbrush in front of a mirror at the age of three.

The Memphis-born Presley reclaims those roots on her latest album *Storm and Grace* released in Australia in 2012. - an Americana-inspired showcase for her song writing talent and smouldering alto voice. Produced with elegant restraint by 12-time Grammy Award-winner T Bone Burnett, *Storm and Grace* is a marked departure from Presley's previous albums, 2003's gold-certified *To Whom It May Concern* and 2005's *Now What*, which both debuted in the Top 10 on Billboard's Top 200 chart, "I love the songs, but I think I was hiding behind a lot of sonic layers because it was scary to go out there," Presley says. "It's easier to bury yourself in the noise so you don't stand out. This album is a lot more stripped-down and naked, both musically and lyrically."



During her first-ever visit to Sun Studio in Memphis, Lisa shot a live video for *Weary*, another track from *Storm & Grace*. The historic studio, considered by many to be the birthplace of rock & roll, was where her father, Elvis Presley, made his first recordings six decades ago.

"*Storm & Grace* is the album she was born to make - a raw, powerful country, folk and blues collection that finds her embracing her Southern roots and family name," said Rolling Stone. Entertainment Weekly praised the "smoky, spooky" single *You Ain't Seen Nothing Yet* while Spinner.com observed: "Presley has made the strongest album of her career ... It's a moody masterpiece, exploring the demons and angels of her life to the tune of country-spiced downbeat pop." Memphis' Commercial Appeal called *Storm and Grace* "a homecoming: a sumptuous album of country-soul, blues, and roots oriented songs that confirm her Southern lineage."

Presley's previous albums did, however, enable her to work through the rebelliousness she was feeling when she launched her career as a singer-songwriter in 2003. "I was angry at all that I was potentially up against - all the expectations - and I was puffing myself up as a protective mechanism," she says. "At the same time, I was being pushed by the team around me to be a pop star, and to do all these crazy things that I really didn't want to do."

After completing a well-received tour to support *Now What*, Presley retreated from the music industry, relocating to the English countryside with her husband and young twin daughters and shedding the people and things she felt had demoralized her. "I got rid of a lot of the toxicity around me, but I also lost a lot of my drive and love for song writing," she says. "The creativity was kind of wrung out of me."

Not wanting to abandon her craft, and after gentle prodding from her new manager Simon Fuller, Presley agreed, in 2009, to sit down with some new song writing collaborators, who included Sacha Skarbek (who's written with Adele and Jason Mraz among others), and singer-songwriters Ed Harcourt and Richard Hawley, who is also a member of Pulp. "There was no agenda," she says. "I wasn't trying to write a hit or to please any particular audience. I was just enjoying the process of being creative with great people who really love music." The first song to emerge was a gentle ballad called "*Weary*," which Presley wrote with Hawley. "That one turned the tide and sparked the whole sound of the record," she says. Over an eight-month period, Presley wrote 28 songs including *Storm and Grace* and *How Do You Fly This Plane?* with Hawley; *Un-Break and Close To The Edge* with Skarbek; and *Soften The Blows* and *Over Me* with Harcourt.

For Presley, the album's conciliatory theme grew out of wanting to have peace in her life after a period of turmoil and letting go of what no longer suited her. "There were a few years there where everything around me had fallen apart," she says. "All the things that had become my foundation were gone and I had to shed a lot of skin. I found myself really vulnerable afterward and that's what birthed the album's vibe. It's me without any attitude or anger at a time of rediscovery."

Impressed with Presley's songs, Fuller sent the demos to producer and musician T Bone Burnett, who is known for his work with such artists as Allison Krauss and Robert Plant, B.B. King, Willie Nelson, Elton John and Leon Russell, and scores of others. "I got a call that T Bone really liked them and wanted to meet with me," Presley says. "When I saw him, he said, 'I don't want to do a big song and dance. I really like the record and I'd love to produce it.'"

"When Lisa Marie's songs arrived, I was curious," Burnett says. "I wondered what the daughter of an American revolutionary music



artist had to say. What I heard was honest, raw, unaffected, and soulful. I thought her father would be proud of her. The more I listened to the songs, the deeper an artist I found her to be. Listening beyond the media static, Lisa Marie Presley is a Southern American folk music artist of great value."

"It makes me feel really good to hear him say that because I know he means it," Presley says. "His enthusiasm and support gave me a lot of confidence. His even doing this project and bringing in his musicians (who include drummer Jay Bellerose, bassist Dennis Crouch, guitarists Jackson Smith and Michael Lockwood, and keyboardists Keefus Green and Patrick Warren)) injected me with new life. They were all outstanding."

"I'm compelled to do this because I'm a music lover and I feel that music is so important in the world. That's what drives me - pouring your heart and soul into something and hoping that it can change someone's life in some way. I'm looking forward to performing live and interacting with people who are there for the music and nothing else. Getting that instant reaction is the best part."

On her Australian tour, Presley will be introducing fans to her new charity partner, World Vision. Working in approximately 100 countries for over 60 years, World Vision addresses the root causes of poverty through, community development, disaster preparedness and response, and advocacy. By asking her fans to join her in making the world a better place for children, Lisa is adding her voice to other World Vision artists, whose fans have already sponsored over one million children. Presley and her family sponsor children in Zambia, Myanmar, Ghana and Kenya.

For more information visit [artscentremelbourne.com.au](http://artscentremelbourne.com.au), phone 1300 182 183 or follow Arts Centre Melbourne on facebook and twitter.

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# q music: OUT ROCKER BREAKS DAWN

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Breaking Rave  
Out Rocker Breaks Dawn on New Rave Sound  
By Randy Stene

This month, the world is being introduced to Aris, a young out rocker whose new album, *Twilight Revival*, was inspired by the tragic loss of his mother. Beginning with its first release, "Twilight", a song that celebrates music and its power to lift people out of dark times, the album reflects Aris' personal journey toward healing. Two variations of the title track are being released simultaneously: a rock and an EDM version. Both comprise the artist's gritty vocals and minor key refrains, and both reflect the influence growing up in NYC (where he would go out dancing four nights a week with the help of a fake ID) had on the young rock raver.

## Are you a rocker or a raver?

I'm both. Rock lives in my heart and the rave pulses through my blood.

## Did you intend for "Twilight" to be a mix of both?

I definitely wanted for "Twilight" to be a fusion of rock and rave. I felt bringing grunge rock into the dance club was something fresh that I had not really been seeing or hearing, and it also felt like a very natural space for the song to inhabit.

## Your publicist calls it a modern day Smells Like Teen Spirit.

"Smells like Teen Spirit" is such a beautifully dark, raw song. It resonated with so many people because it offered something edgy and honest in a time when pop radio had become predictable and safe. I never set out for my song to define a generation, but it would be an incredible blessing for "Twilight" to have a legacy like that. It definitely offers something dark, edgy, honest, with maybe a more optimistic vibe. The message I hope the listener takes away is a hopeful one - of letting troubles fall away and being lifted by the power of music. I do think we are in a similar place with pop music as we were twenty years ago. It's been feeling very polished lately, and we're ready for something to grunge it up.

## How does the music video compliment the song?

I wanted the video to illustrate the themes of celebration and elevation. It begins with a pop-up rave, attracting a diverse group of dancers, and transforms into an other-worldly atmosphere of laser lights, glitter and celestial bodies. I teamed up with Jason Sapan of Holographic Studios in New York City for the lighting effects. He's known as Dr. Laser and has a really dynamic approach to laser arts. We also worked with black body paint and lots of glitter. We shot in the dead of winter in twenty-degree temperatures, and half the shoot was outdoors. It was intense, but such a fun experience.

## Love the rocker hair toss you do.

Thank you! I've been taking hairgraphy lessons from Beyonce.

## The Smells Like Teen Spirit reference made me think of Kurt Cobain. You know, he thought he might have been gay. He told Advocate that if he hadn't found Courtney, he probably would have carried on with a bisexual lifestyle. Do you agree sexuality is fluid?

I do. Societal norms make us believe we have to check ourselves off into little boxes to be understood. The Kinsey scale makes sense to me in representing a wide spectrum of sexuality. Our personalities don't live in a vacuum, why should our sexuality live there? Our identities transcend boundaries all the time. Life experiences can take you on unexpected journeys when your heart is open.

## When did you first realize you had an attraction for men?

My freshman year of high school. There was a very attractive physical education teacher that I was a little too excited to see in the halls. I also developed a crush on Heath Ledger.



### Yet, you still date girls every once in a while?

I'm attracted to intelligence, compassion, strength, humility...someone who loves to eat, is passionate about civil rights, career, family. I've been in love with a woman before. It's possible it might happen again. It can get a little tricky though. It takes a very confident, secure woman to be comfortable dating a man who's dated men.

### Would you say you're bisexual?

I guess, although I think that might confuse some people. Some think bisexuality in men doesn't exist, or that it's a safety card to pull on the road to homosexuality. For me, I see love as love. I've been in love with both men and women and intimacy has never been an issue with either sex. I'm comfortable in my own personal truth. I've been in more relationships with men than women.

### Do you see yourself settling down with a man or a woman?

I don't know if I see myself settling at all, but I definitely want to share my life with someone. I don't think I want children...at least at this point in life I don't foresee myself having children. But life is filled with mystery and unexpected turns. I just try to stay open to the experience. I'd love to get married some day but I don't know if it would be a Gay or Straight wedding. My bet at the moment would be on a gay, but never-say-never.

### Are you dating now?

No but I'm taking all applications. I'm trying to find enough hours in the day to follow my passions, live my dreams and make time for someone special.

### What do you think would have happened if Kurt Cobain came out as gay in the 1990s? Would that have helped speed up the whole gay rights movement?

I'm sure he could have been a catalyst if he chose to be one. He was struggling with enough of his own demons, though, that the added pressure and media spotlight from coming out may not have been healthy.

### Would you have come out twenty years ago?

I will admit that my views on being an out artist have changed a lot over the years. I've never hidden who I was. I just didn't really talk about it in detail, nor was I really asked much. I also felt that it was less important for me to be out and vocal than it was to focus on the music and let it speak for itself. However after watching the documentary, "The Times of Harvey Milk", my views changed. I was so inspired by Harvey and all his accomplishments. I realized that I have an opportunity to open people's minds and hearts and perhaps shake up some stereotypes.

At my heart, I'm an activist. It all falls down to civil rights, honoring those who have fought for our freedoms before us and breaking the glass ceiling for the next generation. As long as we are living in the shadows, we make it easier to be discriminated against and marginalized. When we're standing in the light we make it easier to be seen as human and as equal.

### Thanks to artists like Macklemore, the LGBT community has made great strides in Hip Hop. Where are we with rock?

We still have a ways to go in rock. We're definitely on the verge, but we haven't reached saturation just yet. There used to be real fear that an artist wouldn't be able to sell to a mainstream audience if they were out. That's been proven false time and time again. I think most people care more about the quality of the work - the craftsmanship of the song and the power of the vocals - than they do about the sexual orientation of its creator. Today's youth movement is built on individuality and acceptance and we're seeing that effect ripple through popular culture.

Either way, if the music is great and the themes are universal, the song is going to become the listener's story and hopefully transcend the artist.



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# q win: MARCH ALREADY - OY VEY

## SHOCK

The highly anticipated telemovie event of the year, **SCHAPELLE**, based on the arrest, trial and conviction of Schapelle Corby (Krew Boylan), will be available to own on DVD and digital download. Due to overwhelming public demand the telemovie was released on Home Entertainment formats just 15 days after the Channel Nine premiere.

On October 8, 2004, Schapelle Corby was arrested at Bali airport with a massive 4.2kg of marijuana in a boogie board bag.

At first her arrest was barely noticed by the Australian media, but once photographs were published it sparked a frenzy and attracted a cast of colourful characters who came to her aid. They include her sister Mercedes (Jacinta Stapleton), mother Ros (Denise Roberts), father Mick (Colin Friels), and her "white knights": mobile phone mogul "Mad Ron" Bakir (Les Chantry) and Gold Coast lawyer Robin Tampoe (Vince Colosimo).

Also prominent in the Corby story are former Foreign Minister Alexander Downer (Francis Greenslade) and Australian Federal Police boss Mick Keely (Michael Croaker).

On May 27, 2005, Corby avoided the death penalty but was sentenced to 20 years in Bali's notorious Kerobokan Prison. To this day she proclaims her innocence. From her prison cell in Bali, Schapelle Corby became Australia's first multi-media celebrity of the internet era. Her case became front page news that captivated a nation and continues to polarise opinion.

**SCHAPELLE** will also feature Russell Kiefel, Waseem Khan, Ngoc Phan, Liana Cornell, Charlotte Chimes and Orpheus Pledger.

**SCHAPELLE** has been produced by FremantleMedia for the Nine Network. Home Entertainment in Australia & NZ is distributed by Shock Entertainment.

GUILTY OR INNOCENT?  
YOU DECIDE



We have five to give away. Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **SCHAPELLE** in the subject line to win.

\* 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

My dog “Lucky” had 3 legs and 1 eye

I was just thinking about how lucky we are to live in this great society of ours. We can love and marry whoever we want (as long as they are the same sex). We can smoke whatever we want (as long as we buy it at a retail outlet and pay tax on it). We have freedom of speech (apart from the HCC-NSW Government who is currently seeking unprecedented power to censor natural therapy practitioners).

Our society teaches us to have insurance for the future — house insurance, superannuation and health insurance. However old age is not much fun if you're sick and it appears that nutritional deficiency and toxic overload contribute greatly to ill-health.

Our Food, Product and Therapeutic Goods watchdogs do a great job, however the excessive sugar and addictive, poisonous chemicals in approved products and foods that are promoted as being beneficial are concerning.

A few examples. Energy drinks contain a variety of stimulants and anti-anxiety agents, each of which have a different action in the body. Some of these suppress warning signals so that you don't know when you've had too much and there is a high risk of developing a life-threatening blood clot. Emergency wards are now dealing with teenagers having strokes.

Approved personal care and household products contain many harmful chemicals. Over time this contributes to toxic overload and a generation with unprecedented “sensitivities” and ill-health. Sodium laurel sulphate (engine degreaser) is added to soaps, bubble baths, toothpaste and anything that foams. A milder form is used in baby products. Propylene glycol is used in hydraulic and brake fluid, anti-freeze, personal care products and snack foods. Fluoride, used in most toothpastes, is toxic and also used in rat poison.

Our Government is spending millions waging wars against disease. Why not put a fence at the top of the cliff instead of an ambulance at the bottom? An ounce of prevention is worth pounds of cure. If consumers were aware of toxic foods and products, and healthier alternatives, they may make different choices.

I believe that in the past, Doctors received minimal training in nutrition, making it difficult for them to advise patients on the relationship between food and health, and to let them know that the body can help to heal itself given the right conditions.

I have heard of cancer patients being encouraged to build up their strength with a doughnut, or a sweet snack after chemotherapy. This excessive sugar creates an acidic system, in which cancer and disease thrives.

Many children diagnosed as ADHD are suffering from excessive sugar intake, nutritional deficiency and toxic overload. School canteens could play a big role here as there is much evidence regarding links between behavior, nutritional deficiency and toxic overload. I am sure that many despairing parents would benefit greatly from learning more.

Our Government and western-medical-model is making quantum, life-saving leaps forward in many areas, however if you ask most practitioners about the role of nutrition and toxins in health, they will probably say that yes, they've heard something about that but there is no scientific research to back it up. Scientific research about the efficacy of nutrition in healing and effects of toxins doesn't make it into mainstream medicine and it appears that Pharmaceutical companies fund research, pay big taxes and provide information and incentives to many Doctors.

Am I concerned? Yes, I'm very concerned that the agencies and people who are supposed to have our best interests at heart aren't telling us what we need to know so that we can be in control of our own life and our own health. Who benefits from the fact that people are unhealthy (or dependently healthy)? Addicted to sugar, additives, preservatives, stimulants and reliant on medications.

Many Quit Smoking programs are not giving people information that they need to put them back in control. I've helped 250 people to stop smoking in the last 12 months and most of them are still non-smokers. Many of them had tried other methods and failed.

How would it be if our future generations, our children, were taught how to be independently healthy? We can start with the adults. What do I share? Information about nutrients, toxins, health, cigarettes and smoking.

*If you want a heads-up, or a group info session, email me at [health@qmagazine.com.au](mailto:health@qmagazine.com.au)*

*Full article and links at <http://holistichealthmelb.com.au/how-lucky/>*

*See advertisement on next page*



# q scene: OUT & ABOUT

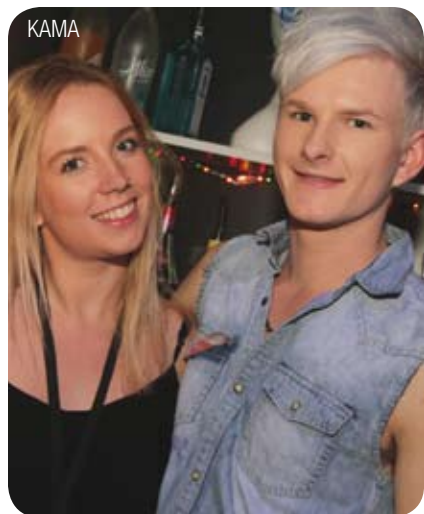


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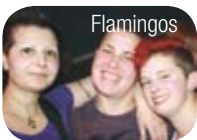
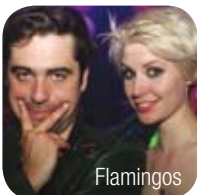
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# q scene: **OUT & ABOUT**





# q scene: OUT & ABOUT





# Gaylord Blade

young, Gay and hot-to-trot

4:12:03 AM



4:12:04 AM



4:12:05 AM



If I ever decide I need someone who is good in bed, AND cares for my cat, I'll come looking for you, Gaylord!





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