



JUNE 2014

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*



featuring
THE PRODUCTION COMPANY
2014 Season of Musical Theatre Brilliance

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q comment:

17 year old Cleveland (QLD) resident Alex Fisher is planning to undertake 'Flight of Solidarity', a solo flight around Australia, to raise awareness and funds for the Royal Flying Doctors Service (RFDS).

The RFDS has been providing medical assistance to rural and remote Australian since 1928. Their services provided 24 hour medical assistance to over 270,000 people in 2013, that's one patient every two minutes. This dedication makes it the most comprehensive aero medical organisation in the world.



A secondary objective of this project is to motivate the youth of Australia to identify and actively contribute to their communities. Alex would like to inspire and motivate today's youth to make their contribution. Alexander is currently studying year 12 at Iona College, Wynnum West (Brisbane).

Alexander has designed this project to combine his passion in flying with his desire to contribute to Australian communities. Alex is a proud member of the Australian Air Force Cadets (AAFC), City of Redlands – Squadron 217.

For further information visit: www.flightofsolidarity.com.au

AROUND THE BLOCK starring Jack Thompson and Golden Globe® and Emmy Award® nominee Christina Ricci will release across Australia on DVD, Blu-ray and Digital platforms on July 16 but consumers will first have the opportunity to see the film on the big screen with a short window of theatrical screenings kicking off on June 16th at the Cremorne Orpheum.

Directed by first-time feature film director Sarah Spillane, *Around the Block* also features a breakout performance from newcomer Hunter Page-Lochard and an outstanding Australian supporting cast including Damien Walshe-Howling (*Underbelly, Mystery Road*), Daniel Henshall (*Not Suitable for Children, Snowtown*), Matt Nable (*Underbelly, Bikie Wars*) and media celebrity, Ruby Rose.

AROUND THE BLOCK is about breaking cycles and building dreams. Set in a contemporary, tough, inner-city precinct, this is a story of revenge and triumph, as a teenage boy is torn between his unexpected love of theatre and the disintegration of his family. With encouragement from his unconventional American drama teacher, he confronts his past and eventually takes control of his future.

Theatrical screenings of the film will begin on June 16th at Cremorne Orpheum followed by a screening at The Randwick Ritz on the June 23rd. At the time of publishing, Melbourne and Canberra dates are still being confirmed.

AROUND THE BLOCK is produced by Brian Rosen and Su Armstrong and executive produced by Jack Thompson and Gary Hamilton.

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
Alan Mayberry, Tasman Anderson, Barrie Mahoney, Brett Hayhoe, Matteo Snooks, Peter Nicholls, Chris Gregoriou, Evan Davis, Keren Wigley, Skip Sheffield, Aaron Wong

Cover picture
Todd McKenny & Simon Burke in *La Cage Aux Folles*

Photographic Contributions
Alan Mayberry (q scene gh), Nic Kleeman Photography (q scene flamingos), PattayaMAX (q scene baan souy), OSA Images / Costumes: Kym Barrett (q world), Alexander Shapunov (q arts centre), Rob Blackburn (q circus), Daniel Martin Bailey & GH (q drag), Rosetta Matina Photography (q scene exchange)

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

q feature: THE PRODUCTION COMPANY

"I DREAMED LAST NIGHT I GOT ON THE BOAT TO HEAVEN".

Jeanne Pratt AC, Chairman of The Production Company, announced her Company's 2014 season.

'Three very different musicals are coming to Melbourne for our 2014 Season. Spanning sixty years of Broadway creativity, they are three of my favourite Broadway classics. Guys and Dolls opens our season on July 19, Show Boat opens on August 16 and our third musical is La Cage Aux Folles, which opens on November 22.

To star in these musicals, we have engaged artists who will shine and enchant our audiences. Unique stagings for each musical will be created by our brightest directors, choreographers and conductors.

Melbourne is in for another great year of musical theatre entertainment.'

Subscriptions for the season are now on sale.

GUYS AND DOLLS opens in Arts Centre Melbourne's State Theatre on July 19 for a season of ten performances.

Showered with Tony, Drama Desk, Olivier and Helpmann Awards since its debut, this new staging will be directed by the award winning Gale Edwards, Musical Director is Guy Simpson and the Choreographer is Nathan M. Wright.

Verity Hunt-Ballard, Chelsea Plumley, Martin Crewes and Adam Murphy star in this musical which has been described as "a triumph and a delight", "a work of art" and the "perfect musical comedy". Guys and Dolls brings Damon Runyon's much-loved New York underworld to life. Gangsters, gamblers, evangelists and showgirls inhabit this musical fable of Broadway and its hit songs are Luck Be A Lady, Sit Down You're Rockin' the Boat, I've Never Been in Love Before and Adelaide's Lament (A Person Can Develop a Cold). Guys and Dolls is proudly sponsored by ANZ



SHOW BOAT opens in Arts Centre Melbourne's State Theatre on August 16 for a season of ten performances.

Alinta Chidzey, Christina O'Neill, Gareth Keegan, Philip Gould and Eddie Muliaumaseali star in this musical masterpiece created by Oscar Hammerstein II and Jerome Kern.

The creative team responsible for the award winning Grey Gardens, Director Roger Hodgman, Musical Director Kellie Dickerson, and Choreographer Dana Jolly return to stage Show Boat.

With the themes of racial prejudice and tragic love, Show Boat follows the lives of actors, stagehands and dockworkers on the Cotton Blossom, a Mississippi river show boat. Described as 'A Jewel of the American Theatre' Show Boat is famous for its classic songs: Make Believe, Bill, Life Upon the Wicked Stage, Can't Help Lovin' That Man and Ol' Man River.

Always an audience favourite, Show Boat has been revived on Broadway and the West End winning the Tony Award for Best Revival of a Musical and The Olivier Award for Best Musical Revival.



La Cage Aux Folles opens in Arts Centre Melbourne's Playhouse on November 22 for a run of seventeen performances.

Todd McKenney and Simon Burke star as the two brilliant characters, Albin and Georges, who have lived together happily for twenty years above their nightclub La Cage Aux Folles. Georges is the owner and MC, and Albin is its star drag performer, Zaza. Rhonda Burchmore returns in the role of Jacqueline.

Composer, Jerry Herman's (Hello Dolly!, Mame, Mack and Mabel) unforgettable score includes You On My Arm, The Best of Times and the anthem I Am What I Am. Four time Tony Award winner, Harvey Fierstein's credits include Torch Song Trilogy, Newsies and the current Broadway smash Kinky Boots. The creative duo that brought you Anything Goes, The Producers and The Pirates of Penzance - Director Dean Bryant and choreographer Andrew Hallsworth - will create this new production. Musical Director is Mathew Frank.

At the launch, earlier this year, of the new season at her home, Raheen, Jeanne Pratt said:

'With the ever increasing demand for tickets to our shows, this year we are introducing additional performances for each production. We will be presenting a total of 37 performances.'

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For full details of the shows go on line to www.theproductioncompany.com.au.



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q money: with EVAN DAVIS

I have had an interesting weekend. I got to buy a new house! This is often really stressful, though I thought it was quite relaxing and even good fun. I was at an auction, dressed professionally in my French cuff shirt and blazer. I was leaning on my freshly polished car parked right out the front of the house when I bought the house with one bid (I was the only bidder and the house was passed in). I was then taken inside to hear the reserve price. The negotiations were short and I closed the deal off just below the seller's asking price.

Everything was done with a smile, handshake and then a signature. The reason this was all so easy for me was that I wasn't buying for myself. I was working as an advocate for my friends.

It is true that it is WAY easier to spend someone else's money rather than your own!

I work in financial services as a mortgage broker and this service obviously crosses over into dealing with real estates which my friends HATE! Basically they didn't want to have to deal with agents.

Always remember that the agent represents the vendor (seller) and is being paid a commission to get them the best price. A buyer's advocate (a real one not me!) can level the playing field. For a fee they will take care of the research, searching process and eventual negotiation for you. As always check their backgrounds and credentials before engaging an advocate.

Many advocates have broad contacts in the real estate industry and can often source property before it gets to the auction stage saving you money.

There are other professionals that can help with your purchase. You will need a solicitor or conveyancer to transfer the title of the property into your name. This is an involved legal process and is something I have only seen done badly when people try to do it themselves. Don't be cheap either. You're spending hundreds of thousands so hire someone who's good. Generally speaking only a solicitor will be able to offer advice on the contract of sale and section 32 and therefore will probably be dearer than a conveyancer.

Depending on the age of the property and its condition a building or pest inspection might be a good idea.

Forget going to the bank, see a mortgage broker (mail or call me!). A broker has way more options and the service is free. They will do all the loan shopping and paperwork for you. The standard procedure is to complete a 'pre-approval application' before you start looking at houses. This is a free service to establish what you are able to borrow. There is no point looking at property you can't afford. A pre-approval establishes your eligibility for finance and the limit of what you can spend. It will also give you a good idea about what your repayments might be like.

Make sure you empower yourself with as much knowledge as you can and always do your homework before you start the home buying process. Getting professional friends to help can make your life easier too.





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q gay files: with MATTEO SNOOKS

International SEX!

Do you crave a little pick-me-up? Do you desire some ethnic charmers? Does reckless behaviour, without any repercussions, sound fantastic? Or do you simply want to live out a sexual fantasy that's developing in your head...by getting head...WELL! There's nothing more brilliant than hooking up with that foreign hunk by the bar or being that fabulous Aussie camping overseas.

Poking around with the stranger from out of town who makes you shudder with his beautifully hard and thick accent is absolutely stunning. The fact that you will never see one another again is even more perfect, as water divides your nations. Let's face it; no one really wants to keep in contact after shagging...unless he was built and performed like a terminator sent from God.

Travellers are literally going to pack their bags and hit the door, which I consider a blessing for us men who have a tight schedule! Also, an added bonus: he can't speak a word of English! This eliminates boring conversations and quickens sexual relations...Yes, this can happen here with any Melbournian, but there's that slight chance of bumping into him at the Peel. It can be awkward when confronted by past sexual encounters, due to them not understanding that when the balls drop and bingo is yelled...The Game is over!

There's a reason for keeping men on speed dial; clearly you're both on the same page when it comes to bedroom sports. Therefore, I highly stress that when picking up, you make the rules of the game clear. Some of us can get a little mixed up in the moment where more e-motion than motion is happening under the silky sheets! Saying, "thank you", is only going to make him feel like a piece of meat. Some fellas have got to be realistic when playing with the big boys...so always know where you stand.

Tourists are bred internationally, which can create a little mystery, and if you're lucky enough, he may educate you on some ethnic delicacies packed away under his trousers. I wonder if the whole population of a particular race is statistically well endowed or are we just making generalizations. In my experience, some do live up to their reputation, and I must say...it is a good "top o' the mornin' to ya"! High school really does lack the important subjects about life. Men need to be studied as part of science; a test tube in one hand and measuring tape in the other. But don't get me wrong; it's not all about size, but whether it's looking at ya or looking for ya that matters!

However, we have the potential to form friendships with our newly found friends abroad, blossoming slowly over Bookface or Snap crap. I found that men in Europe love us Aussies...and we can cram a two-year relationship into one romantic weekend! Like a Band-Aid, it patches up the lonely hole but at the same time can re-inspire and motivate us, bringing back those tingling feelings and week knees we thought had died.

Travelling really does make you realize how lucky we are here in Australia (besides equality right!!!)...Until next time...remember to play safe 'cause just like a sister once said; if there's no glove, then no love...and make sure you get the okay for shagging English lads in the hotel bathroom, whilst your sisterly girlfriend sleeps 2 feet away...Shhhhhh



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q interiors: with AARON WONG

When doing interior design it is necessary to think of the house as a totality; a series of spaces linked together by halls and stairways. It is therefore appropriate that a common style and theme runs throughout. You will also need to take into account some fundamentals such as balance, a focal point and details.

Balance can be described as the equal distribution of visual weight in a room. There are three styles of balance: symmetrical, asymmetrical, and radial.

Symmetrical balance is usually found in traditional interiors. Symmetrical balance is characterized by the same objects repeated in the same positions on either side of a vertical axis, for example you might remember old rooms where on each side of a room is an exact mirror of the other.



Asymmetrical balance is more appropriate in design in these days. Balance is achieved with some dissimilar objects that have equal visual weight or eye attraction. Asymmetrical balance is more casual and less contrived in feeling, but more difficult to achieve. Asymmetry suggests movement, and leads to more lively interiors.

Radial symmetry is when all the elements of a design are arrayed around a center point. A spiral staircase is also an excellent example of radial balance. Though not often employed in interiors, it can provide an interesting counterpoint if used appropriately.



A well-designed room always has, depending on the size of it, one or more focal points. A focal point must be dominant to draw attention and interesting enough to encourage the viewer to look further. A focal point thus must have a lasting impression but must also be an integral part of the decoration linked through scale, style, color or theme. If you don't

have a natural focal point in your space, such as a fireplace for example, you can create one by highlighting a particular piece of furniture, artwork, or by simply painting a contrasting color in one area. To maintain balance, though, so that the focal point doesn't hog all of the attention.

Another important element of interior design are details. Everything from the trimming on the lamp shade, the color of the piping on the scatter cushion, to the light switches and cupboard handles need attention. Details like these often get neglected and skimmed over or generally left out. Details should not be obvious but they should be right, enhancing the overall feel of a room.

Aaron Wong is the Principal Designer of Alexander Pollock Interiors. Go to www.alexanderpollock.com for more information and contact details.

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q youth: with TASMAN ANDERSON

Tassie's bucket list: #97 "Get a Tattoo"

Yep, I'm the type to keep a list of all the things I want to do before I die. However, instead of putting my list off like so many others do, I've decided to complete one thing each month. This time, I tackled one of my biggest ones - number 97: "get a tattoo".

I'm not really sure why I chose to do my tattoo now but it was always something I wanted to experience. Being such a huge Gleek, I always wanted the word 'courage' on the part of my hand where the thumb meets my wrist but with my phobia of needles, I didn't think I'd ever do it. In fact, it was a complete spur of the moment type thing when I came across my local tattoo parlour, Beenleigh Tattoo and decided to get a quote.

Beenleigh Tattoo has a really good reputation among the people I know and I only planned to go in and get a price just in case I wanted to do it in the future - that was it. However, the minute I walked in, I was immediately welcomed and after finding out how relatively low the cost was and that the only thing holding me back was fear, I decided to toughen up and book myself in for the next day.

You know, there's something oddly exhilarating about doing something that you thought you'd never do. I'm pretty sure that was the only thing pushing me through the door of the parlour the next day. Even though I spent the previous night giving myself a pep talk, the minute the smell of disinfectant hit my nose and the piercing sound of the tattoo gun started up, I think I just about puked. Every second that I waited was another second where I considered calling it quits and running out the door. My tattoo artist, John was at the computer, making sure the font and spelling of the tattoo was perfect. My mum was next to me, most likely seeing whether I would go through with it or chicken out. Thankfully, I was called into the back room and seated at the work bench before I could make up my mind. The stencil was meticulously placed and John asked me to stand in front of a mirror and make sure I loved the placement before he started the ink.

That was when I knew I had chosen the right place. I had gone with a friend when she got hers done at a different parlour down the Gold Coast. She was nervous like I was but her tattoo artist was a complete douchebag who told her to stop being a baby and laughed when she said it hurt. John on the other hand asked me if I was ready and let me panic until I realised that there was no need for it.

Surprisingly, the tattoo process was actually pretty painless. Of course, there was a burning sensation as the needle pressed into the skin and it did start to sting slightly when lines were inked over a second time. However, it was nowhere near as bad as I thought it would be. Actually, I think that's where the issue is for a lot of people. It's not the pain that scares them the most, it's not really knowing what to expect.

Honestly, it was the best decision I have made in a long time. Not only was Beenleigh Tattoo friendly, soothing, decently priced, and above all, clean, it was also an experience that I got to share with my mum. I ended up going back a week later to get 'ambition' in the same place on the other hand. Sometimes, facing your fears can be a good thing.

I say if you're considering a tattoo, go for it. As long as you've given your design some thought and are happy with it, then there shouldn't be anything holding you back.



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q fitness: with CHRIS GREGORIOU

Do you struggle to lose body fat?

Unable to shift that stubborn body fat or just simply don't have success in shedding your unwanted kilos? I have written this just for you and for the LGBTI community.

Have you ever heard of Jon Gabriel? This is a person who struggled to lose body fat for some time. At nearly 170 kilos, he had tried every diet imaginable – with no luck. No matter what approach he took to lose fat, his body would fight him, and he would inevitably end up heavier than before. Then one day he had a light bulb moment: His body wanted to be fat, and as long as it wanted to be fat, there was nothing he could do to lose weight. If you've struggled for any length of time with weight loss, then you know the frustration that Gabriel felt in that moment. He was at war with his body.

In the two years following Gabriel's "ah-hah" moment, he lost over 100 kilos naturally, without surgery or counting calories. His incredible journey is recounted in his book *The Gabriel Method*.

One of the key components to his success was that he identified and addressed the mental and emotional reasons that his body felt safe being overweight. Once these issues were eliminated, the weight began to fall off.

So what's the real reason you can't lose weight?

According to Gabriel, your body wants to be fat anytime it decides that being fat is the best way to keep you safe. Once your body understands that being thin is the best way to keep you safe, your body will want to be thin and the weight will fall off. Yes, the mind is one of our most powerful tools.

Almost all of us at some point within the LGBTI community have struggled with acceptance. We all want to belong, feel loved and be safe. Unfortunately, putting on extra layers of body fat is our own defence to help us meet those emotional needs. This all ties into our survival instincts to protect us from starvation, freezing to death or being eaten alive.

In today's modern world you have different worries than being eaten alive, although a few of my previous dates might have had this thought. Hopefully you have never had this unnecessary stress, but even modern stress about paying your bills or being able to make ends meet creates the exact same chemical signals that are produced when you are starving or freezing. This convinces your body that you need to be fat in order to be safe.

When you approach weight loss from the outside in (the ideal starting point I believe), you overlook mental and emotional threats that can confuse your body into thinking that being fat can help keep you safe.

Here are three threats that may be affecting you:

1. Fear: When you spend your time in fear that you don't have enough money or are stressing for most of your awake time, then you send a message to your body that resources are limited and your chemical balances become out of balance. Your body recognises food as a nourishment – and storing fat is how your body protects you for more stressful times ahead.

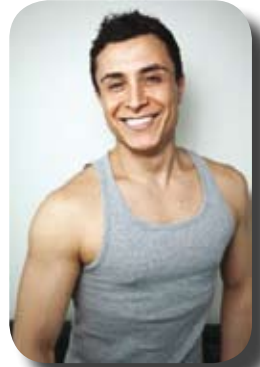
2. Emotional Obesity: At a subconscious level you may have the association that being fat makes you feel safer, or that it is serving another emotional need. In this case your body is simply trying to protect you; it aims to make you feel safer emotionally. You might as well give up before you start as you have no way of dropping body fat and keeping it off. I know this first hand and through my endless clients that I have helped.

3. Dysfunctional Beliefs: If you believe that you were meant to be fat, or deserve to be fat, or if you view weight loss as impossible, then your body will obey by refusing to lose weight. Change your dysfunctional beliefs first and then weight loss will become simple.

Exercise was a big part of Gabriel's remarkable weight loss journey. Once he broke through the mental and emotional reasons for his obesity, his body craved activity.

Are you ready to begin your weight loss journey or break the plateau? You first need to believe you deserve it and the rest becomes easy.

Just recently, I heard a great saying. This resonates really well with me and I firmly believe it true. Let me end by sharing this with you. "What We Focus On - We Achieve". Think about it. . .



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q world: CIRQUE DU SOLEIL RETURNS

Cirque du Soleil is pleased to announce the long-awaited return of its trademark blue-and-yellow big top to Australia in October 2014 with an all-new, awe-inspiring production. TOTEM, a fascinating journey into the evolution of mankind, will open in Sydney on October 28 2014 and then tour to Melbourne, Brisbane, Adelaide and Perth.

About TOTEM

Since its World Premiere in 2010, more than 3 million people across 25 cities worldwide have been mesmerized by the intimacy and beauty of TOTEM, winner of the 2013 Drama Desk Award for Unique Theatrical Experience. Featuring a cast of 45 acrobats, actors, musicians and singers, TOTEM is an uplifting array of athleticism, comedy, heartfelt emotions and surprising visual effects.

"This is one very sharp show. TOTEM is thrilling" – The New York Times

"This celebration of sheer human achievement and audience appreciation is simply thrilling. It's why we love Cirque du Soleil, and always will." – Los Angeles Times

"TOTEM is whimsically seductive and the most enjoyable show to come along from Cirque du Soleil in quite a while." – The San Francisco Chronicle

"...spectacular, artful. Breathtaking and deliciously ironic." – The Toronto Star

"TOTEM is visually ravishing" - The Boston Globe



Written and directed by multidisciplinary artist Robert Lepage, TOTEM traces the fascinating journey of the human species from its original amphibian state to its ultimate desire to fly. The characters evolve on a stage evoking a giant turtle, the symbol of origin for many ancient civilizations. Inspired by many founding myths, TOTEM illustrates, through a visual and acrobatic language, the evolutionary progress of species. Somewhere between science and legend TOTEM explores the ties that bind Man to other species, his dreams and his infinite potential.

For more information and to purchase tickets, visit www.cirquedusoleil.com/totem

Stay connected with TOTEM on Twitter: @Cirque #TOTEM

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CIRQUE DU SOLEIL - TOTEM – 2014/2015 AUSTRALIAN TOUR
Sydney - From October 28 2014, Entertainment Quarter, Moore Park
Melbourne - From January 21 2015, Flemington Racecourse
Brisbane - From April 10 2015, Northshore Hamilton
Adelaide - From June 11 2015, The Plateau in Tampawardli
Perth - From July 31 2015, Belmont Racecourse



Sponsors

Cirque du Soleil gratefully acknowledges DHL and XEROX as the official sponsors of the TOTEM Australian tour.

About Cirque du Soleil

From a group of 20 street performers at its beginnings in 1984, Cirque du Soleil is now a major Quebec-based organization providing high-quality artistic entertainment. The company has close to 4,000 employees, including 1,300 performing artists from close to 50 different countries.

Cirque du Soleil who celebrates its 30th anniversary this year has brought wonder and delight to close to 150 million spectators in more than 300 cities in over forty countries on six continents.



For more information about Cirque du Soleil, visit www.cirquedusoleil.com.

q travel: with BARRIE MAHONEY

'Twitters 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.

Laundry Tips for Hot Expats

Sorry about the title, but after several weeks writing about Wills, Death and Cockroaches for expats, I thought it was time to move on to something a little more cheerful, and that this would catch your attention. Let us consider a subject that I know is very dear to the hearts of many expats, and that is the subject of washing clothes.

Long gone are the days when most expats would pop along to their local stream and give their clothes a good scrub in its cooling running water. Believe it or not, the question of washing is one of the subjects that I receive many questions about. True, it is a little behind the usual questions about 'the land grab', legal and motoring problems, but washing is a popular subject nevertheless. It seems that sometimes we are never happy. We spend much of our lives in the misery of living in the wind and rain in our home country, move to Spain and still complain about the weather, but this time about what it does to the laundry.

The problem is that although clothes dry very rapidly in the heat of the Spanish and Canarian sun, they dry a little too quickly for comfort and end up feeling like sandpaper. We can add as much fabric conditioner as we wish, but it makes little difference. Just imagine the horrors of enjoying your time swimming, sunbathing and relaxing in the heat of the sun on one of our fabulous beaches, only to take a delicious shower at the end of it all and dry yourself off with a towel that feels at best like a sheet of limp cardboard or, at worst, a nasty Brillo pad! Not nice is it?

Now, thanks to many of the delightful expats who write to me, I think we have the answer. It does not come cheap, but it is the answer nevertheless, and it comes in the form of a tumble drier. I can already hear some readers snorting in disgust at the very thought of living in a hot climate and using a tumble drier to dry the washing, but I can assure them that after thorough testing, the idea does work. First of all, washing enthusiasts can still dry their clothes and towels in the heat of the sun, in the usual way. This is economically and environmentally essential; after all we don't want to increase expats' carbon footprint more than we have already. However, for the final ten to fifteen minutes of drying, just pop the towels into the tumble drier to finish off. They will come out of the machine warm, dry and, most importantly, soft and fluffy; just like the towels that mother gave you at home.

Incidentally, whilst on the subject of fabric conditioners, it is best not to use them at all. I had not realised, until a correspondent wrote to me recently, that most fabric conditioners are made from the products of the slaughterhouse, with animal fats being one of the main ingredients. In addition, although fabric conditioners may make your clothes feel soft and fresh, the chemicals used are also toxic. Health problems can range from headaches, light headedness and fatigue to serious damage to organs and the central nervous system, as well as cancer. I had always thought that the 'fresh clean' smell of 'Spring Blossom' fabric conditioner was for my sensory benefit. Apparently not, as it is there mainly to disguise the foul smelling chemicals used. I am told that, as an alternative, a quarter cup of white vinegar or baking soda can be used in the final wash instead. To end on a more cheerful note, that 'heady feel' after a good night out may have nothing at all to do with too much alcohol, but might be the result of contact with just too much fabric conditioner.

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his book, 'Letters from the Atlantic' (ISBN: 9780992767136). Available as paperback, as well as on Kindle, iBooks and Google Play Books. iPhone/iPad and Android Apps: ExpatInfo, CanaryIsle and CanaryGay now available.

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q circus: ...BUT WAIT THERE'S MORE

CIRCUS OZ BIG TOP SEASON IN MELBOURNE – But Wait... There's More
From Arnhem Land to Montreal – Circus Oz are giving more with a brand new show

Following an action-packed national tour crossing Arnhem Land, a Sydney Big Top season, then a smash-hit international tour across America to Montreal, Circus Oz return home to their custom-built secret circus laboratory in the heart of Collingwood to cook up a brand spanking new show – But Wait... There's More – making its world premiere in Melbourne at Birrarung Marr from 18 June – 13 July 2014.

Circus Oz shows are co-created from the inspiration, ideas and energy derived from the unique skills of each member of the extremely diverse ensemble that are then woven into the core concept of the show like layers of a collage. For 2014 an extensive casting process was undertaken across Australia's vibrant circus community looking for recruits to add to the Circus Oz ensemble, structured around an equal number of men and women with various backgrounds, skills and bodies. Eight new performers are making their Circus Oz debut in 2014, joining four returning Circus Oz artists.

"With so many new artists joining our ensemble, we are excited about the explosion of ideas and creativity that will emerge through the collaborative process,"
explained Mike Finch, Circus Oz Artistic Director.

Performed within a spectacular large-scale set inspired by an abandoned theatre in tatters, But Wait... There's More accelerates to become a roller-coaster of infobesity, speed and choice-mania – it will be a punchy, exciting and funny vaudeville-inspired show for humans of all ages. With an astonishing mix of stunt-jumping acrobatics, cutting-edge juggling, virtuosic unicycling, elegant flying trapeze, the exciting Rou Cyr rim, cheeky impersonations, ridiculous knockabout and multi-skilled human physical exuberance, But Wait... There's More uses circus to satirise the rising tide of information, speed, consumerism, visual pollution, television, the 'net and today's manic fast-paced lifestyles.

While Circus Oz draws on 36 years of true Aussie irreverence, history and culture, the new Circus Oz artistic team includes (among many others) Artistic Director Mike Finch, Artistic Associate Antonella Casella, Touring Show Director Deb Batton, Founding Member Tim Coldwell, Set Designer Felipe Reynolds, Guest Songwriter Casey Benetto and Costume Designer and Founding Member Laurel Frank – who continue a great tradition of collaboration, innovation and accessibility. Independent director and producer, Deb Batton is a past Circus Oz performer (1993 – 1996), a performer and Artistic Director of Legs on the Wall (1996 – 2009). Felipe Reynolds was part of the design team at Global Creatures, making large-scale animatronic puppets including King Kong, How To Train Your Dragon live spectacular for Dreamworks, the internationally acclaimed Walking with Dinosaurs arena production and most recently helped create a giant Lady Liberty puppet for Radio City Music Hall in New York City.



TICKETS ON SALE NOW
Circus Oz Big Top season in Melbourne
– But Wait... There's More
18 June – 13 July
Circus Oz Big Top
Birrarung Marr, Melbourne
(between Federation Square and Batman Avenue)
Tickets
\$22 – \$95
Bookings at ticketmaster.com.au or 136 100

Credited with revitalising a traditional artform in a uniquely Australian way, Circus Oz is a rock 'n' roll, animal-- free circus that has influenced the development of circus arts around the world since its foundation in 1978. Circus Oz undertook its first and critically praised international tour in 1980 and has continued touring to over 100 cities and regions in 26 countries – playing to over 3.5 million people.

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q circus showcase: NICA

Solo acts, a singing MC and circus spectacles that will keep you on the edge of your seat!

The annual Circus Showcase at the National Institute of Circus Arts (NICA) is almost upon us and the final year circus students are busy refining their graceful, dynamic and captivating acts. The showcase, titled ROUGE et BLANC, will run from July 2 to 5 at the custom built National Circus Centre in Prahran.

This year, two distinct cabaret-style performances have been created, one called 'ROUGE' and the other 'BLANC'. Each show will be performed three times throughout the six show season and will feature half of NICA's 20 final year students presenting their circus specialties in a unique and diverse way. Attend one (or both) shows to see the incredible range of talent from Australia's future circus stars!

Individual narratives will be presented that showcase the students' chosen circus specialties as a culmination of their study so far in Australia's only Bachelor of Circus Arts. These artists will test the limits of physical strength with an eclectic mix of circus skills including: Aerial Cube, Aerial Straps, Chinese Pole, Contortion, Duo and Single Rope, German Wheel, Hand Balancing, Head Balancing, Head Trapeze, Hula Hoops, Juggling, Roué Cyr, Single Point Trapeze, Tightwire, Tissu, Tumbling and Unicycle. The show is directed by NICA's Head of Performance, Megan Jones. Megan has a formidable 30 year career as an actor, director and performing arts educator. Megan has directed NICA's performances of Ariel's Dream (2009) and Circus Showcase (2010), and co-directed with Meredith Kitchen NICA's hugely successful productions: CODA (2011), Made to Fit (2012), One False Move (2013) and Circus Showcase (2013).

ROUGE et BLANC will be hosted by the talented MC Aurora Kurth.

Aurora is an experienced entertainer, a raconteur, comic and a fabulous singer! She combines impressive vocals and cheeky comedy to add a charming and engaging atmosphere to the performances.

NICA is Australia's Centre of Excellence for training in contemporary circus arts. It is one of eight national arts training institutes and offers Australia's only Bachelor of Circus Arts. Graduates of NICA have gone on to pursue exciting careers both locally and internationally and have contributed to the development of Melbourne's vibrant circus arts industry. The course is accredited by Swinburne University of Technology and attracts applicants from around the world.



The National Institute of Circus Arts (NICA) presents:

Circus Showcase 2014:

"ROUGE et BLANC"

Director: Megan Jones

2 – 5 July 2014

NICA National Circus Centre

39 - 59 Green Street, Prahran

Cast Rouge: Wednesday 2 July @ 7.30pm; Thursday 3 July @ 1.30pm; & Saturday 5 July @ 7.30pm

Cast Blanc: Thursday 3 July @ 7.30pm; Friday 4 July @ 7.30pm; & Saturday 5 July @ 1.30pm

Cabaret Seating (reserved table seating, 4ppl per table):

Gold Seating Double Pass - \$110 (Includes a food hamper for two and one drink each from the bar)

Silver Seating Double Pass - \$86

General Admission (non-reserved in seating bank):

Adult \$33 / Concession \$27 / Child U16 \$22

Family (2 adults & 2 children) \$88

Family (2 adults & 3 children) \$105

Groups (min 10) \$25pp

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q drag: DIVALICIOUS

Divalicious wowed audiences every Saturday at the GH for the past year. Sadly with rising costs, the days of large show casts with drag queens galore, dancing boys and barnyards of feathers are coming to an end in our gay club community. Alan Mayberry looks at Divalicious and the reasons for its success and its plans for exciting times ahead.

Divalicious was dreamt up in March 2013, when Trent Harlow was approached about a new show for the GH. The Classics had just finished a decade-long run and a high profile replacement was needed. Trent had always had the name Divalicious in his mind for a drag show he wanted to stage one day. Now it became a reality helped by the GH's vast costume wardrobe. He had no problems filling the bill with his hand-picked cast – Laura Gravity, Bunnie Deane and Nova China, with boys Trent Harlow and Haydn Shadforth. The group premiered in *Millie Minogue's Early Show*, on 13 April 2013. But soon after, the trio's popularity catapulted them to Saturday's headline show at 11.30. With travel and other show commitments, Bunnie and Nova moved on and the cast grew to include Selena La-More, Sasha Fagg and Zac Wilson. The audience lapped up the fun and glamor of the show with 4 of Melbourne's top drag queens performing the best sounds of the 80s and 90s in big, glam drag costumes.

Trent takes the lead in most things to do with Divalicious, directing, editing music, and creating themes. But allowing his cast to give their ideas as he believes that a happy team is a healthy one. The team is all about fun, so sticking to 80s and 90s anthems was a perfect match. The cast have their individual personalities which brings different strengths to the stage.

Trent Harlow has loved the incredible GH stage ever since he started there in 2009 with the Classics. Trent was born in Tweed Heads Northern NSW going to Kingscliff High School. 'I always knew I was different, and being the only male dancer in the school I was bullied for being gay even when I didn't know myself. But once I moved to Sydney to study at Brent Street Performing Arts at 17, it was very open to be gay, so I discovered who I was a lot more'. Trent started dancing at a young age creating routines in primary school with friends in the shelter shed. Once he hit high school he knew it was what he wanted to do for the rest of his life. He trained at the Gold Coast City Ballet School till he was 16, then after finishing his studies his career debut was in the cast of *Happy Days The Musical* in 1999. He worked with some of the biggest names – Kylie Minogue, Human Nature and choreographers such as Kelly Abbey. He then travelled the world working for Princess Cruise Lines till 2007. He now calls Melbourne home running Dance Dynamics – dance and fitness. 'Divalicious was a great experience and I thank the GH and Mark Robbo for giving me this amazing opportunity to start something I truly am proud of. And to my cast, I can't thank you enough.'



Laura Gravity is the queen of vaudeville. For a decade she was one of the original Classics with Paris and Vivien St James. Laura's sense of fun and dancing skills took her a step above the usual drag doing ballad after ballad, and brings a real element of theatre. She ain't just a drag stage baby, she's hoofed it with the best. Theatre has always been in her blood. Born in Melbourne to quite a religious family she went to school in Rosanna, later doing 12 months training at Tony Bartuccios before heading for the big stage in shows like *CATS*, *42nd Street*, *Me and My Girl*, *Crazy For You*, *Annie* and *Fiddler on the Roof*. Friends used to throw extravagant backyard parties with drag shows. This is where Laura Gravity was born – doing solos and choreographing group numbers for the others. Next she entered Lucy Loosebox's *Star Search Competition* at The Xchange and won. And the rest is history. 'Divalicious gave me the chance to come back to the GH and it suited me well. Coming from a theatre background, numbers with the dancing boys have always been great. I like to find the humor in a number. I love the remixes of the 80's classics.'

Selena La'More grew up in Melbourne's western suburbs, attending a private Catholic school and started dancing at a local jazz ballet school when 6. She studied photography at uni but half way through the course decided to see where dancing would lead, enrolled in a full-time dance school, graduating from PSA in 2008. Choreographer Todd Patrick phoned one day saying the Greyhound is looking for a male dancer. 'Stupid young and naïve me, thought it was a dog-racing place and auditioned– tall, flexible

with a camp and cheesy smile – and won a role in the Classics and now Divalicious. What I love is all our production numbers are so classy and well rehearsed. It really is as if Vegas has come to Melbourne. It never gets boring as we have so many numbers to rotate. Any chance I get to be on stage is a bonus for me as I love performing. When I'm on stage I'm not really myself. I love anything that gets my booty bouncing and hair flicking!

Millie Minogue has made a career not just out of playing Kylie. She has perfected the routine to the degree most believe it is the pop princess herself on stage. She adored touring in *Carlotta* and *My Beautiful Boys* which was a huge learning experience. Working with Carlotta for so long gave Millie the confidence to seize the mike and compere herself. Born in Brisbane, Millie went to school on the Sunshine Coast, leaving school at Year 12 to move to Melbourne to complete a hair dressing apprenticeship – *learn a trade so you will have something to fall back on* she advises. She started doing drag shows and the PJ king Peter Alexander suggested she impersonate Kylie, need we say more. 'The name Millie came about at QUEENS hairdressing salon in Toorak. My nickname was Minnie because I was small. But I changed it to Millie. I never knew then, but Kylie later told me that's her grandmother's name. Kind of spooky! What really makes me frustrated is the audience appreciation of drag shows today – people using their mobiles while a show is on, when we spend a fortune on production numbers. We aim to make every production real theatre and not just lip syncing a recent release'.

Sasha Fagg is originally from Sydney, taking on Melbourne in 2011 as its latest blonde bombshell with the honour this year of bringing drag shows back to Crown Casino with *Fraternity*. She is a dancing sensation with the sass to back up the image. Her drag resumé is impressive. An early highlight was portraying Katy Perry as part of *Divine Divas*. Sasha is also part of the *Size Queens*, and *Sisters of Sequin*. It is no mean trick for Sasha to juggle rehearsing, choreographing and performing but is determined not to let drag become claustrophobic and consume every moment of spare time. 'A housemate was responsible for my drag name. I was obsessed with make-up and practice, and she would always say to me 'why are you doing that, you're SUCH A FAGG!' To which I replied. 'One day I will be SASHA FAGG!' and that day has arrived big time'.

Sadly Divalicious's year-long success came to a sudden halt last month due to entertainment changes. They blew the club away with their season finalé show and expressed that this was not the end for the group. They will be taking a 6 week break and hopefully will be rising again with new shows. All the cast love performing and try to get out among the crowd. It makes their night when someone comes up and says they loved the show. 'We are there to entertain the punters who have come to have a fun night. We take performing very seriously but at the end of the day we are all there to have fun and make it camp, camp, camp!'



q novel: **LIVING THE RAINBOW**

By Skip Sheffield

Hans M. Hirschi's stories are a mirror on today's LGBT community, the first generation able to legally marry and have children. Each tale in his new novel, "Living The Rainbow: A Gay Family Triptych", offers a glimpse at how modern gay families live their lives, the unique worries they have, and how they deal with them. Love is at the core of all the stories, along with the message that gay families are as tightly bound and complicated as any other family unit.

What can readers learn from the adventures in your stories?

I don't write to teach lessons. I often use stories to question beliefs. In the "The Opera House", I explore how death can test faith. "Jonathan's Hope" examines trust issues and "Family Ties" tackles monogamy. What I hope my novels do is ask questions and present possible solutions.

Are the stories autobiographical?

They are, somewhat. They deal with issues that are constantly on my mind as a gay father. I wrote "Family Ties" while my husband and I were pregnant. The prospect of fatherhood was constantly on my mind. Would I be a good father? What would people say seeing two dads with a child? "Jonathan's Hope" probes, among other things, the age difference between the two main characters. I am twelve years older than my husband.

Is that a problem?

Not now but when I retire at 70, my husband will only be 58. When he's 70, I'll be 82. I'm sure we'll work things out, but it scares me that I may not be there for him at some point. Or that he may have to care for me. The ending of "Jonathan's Hope" is a glimpse at how that might look like, and it is bittersweet.

What binds all three stories together?

Love, hope and a message that gay families are just like any other family.

Do shows like Modern Family accurately reflect today's gay families?

While they have done wonders for people's conceptions of LGBT families, they tend to portray us as camp, butch or neurotic. They rely on stereotypes for laughs.

What is the biggest difference between nuclear and LGBT families?

LGBT parents tend to be a bit older and wiser. We plan long and hard for our children.

What unique challenges do LGBT parents face?

Homophobia is always showing its ugly face when you least expect it. It started for us right from the beginning. Homophobia from social services kept us from fostering and adopting. We ended up building our family through surrogacy and that has led to other forms of homophobia. More than once, we've been accused of buying our child.

What does the world need to know about modern LGBT families?

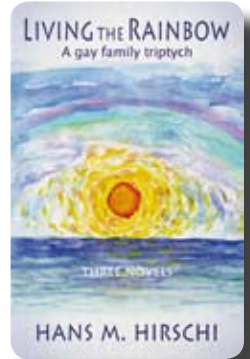
We're as exciting and dull as the rest of them. My son's diapers smell as badly as any other baby's. We worry the same and we're as willing to sacrifice ourselves for our kids as any other parent.

Your worry is reflected in the last novel in the trilogy, "The Opera House".

The story explores the loss of a child, something I believe most parents contemplate in one way or another. I wrote it after my son's birth. The fear of losing him was really difficult at times. Those first months, I'd listen to every breath he'd take. Any silence would alarm me. I was so afraid of SIDS.

What's next for you?

I've just started a new novel. It is going to be about a man's journey and travels. I have no idea where it's going to take me; what the man is going to experience or what trials and tribulations may be ahead. My writing is very fluid and extremely unconscious. I let my fingers do the typing and marvel at the words that come to life on the computer screen. Every now and then, I gasp at the unexpected plot turns, wondering how on earth I'm going to fix the problem I just created.



"Living The Rainbow: A Gay Family Triptych" is available now, digitally and as a softcover boxed set, on Amazon.com, Barnes & Noble (Nook), and at selected local bookstores.

"Just Glorious!"
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q arts centre: LONDON SYMPHONY

Widely regarded as one of the world's leading orchestras, the London Symphony Orchestra, conducted by Valery Gergiev, will commence a national tour of Australia later this year, concluding at Hamer Hall on 28 November.

"...the London Symphony Orchestra is one of the world's most distinguished ensembles, conducted by a roster of the illustrious and reliably offering unhackneyed repertoire."

The Sunday Times

The London Symphony Orchestra (LSO) is widely regarded as one of the world's leading orchestras. Since its formation in 1904, it has attracted outstanding players, soloists and conductors and has become one of the most extensively touring and recorded orchestras in the world.

Resident orchestra at the Barbican in London, where it presents over 70 concerts annually, the orchestra also has a residency at the Lincoln Centre in New York and at La Salle Pleyel in Paris and often tours major European and Asian centres. The November Australian tour, which will include Arts Centre Melbourne, QPAC and the Sydney Opera House, will be the first time the LSO has been to Australia in over 30 years.

Principal Conductor of the London Symphony Orchestra since 2007, Valery Gergiev is one of the most prominent figures in the world's major concert halls and is returning to Melbourne after his triumph at the 2001 Melbourne Festival with the Kirov Orchestra and Opera. He is the Artistic and General Director of the Mariinsky Theatre in St Petersburg, Honorary President of the Edinburgh International Festival and Dean of the Faculty of Arts at St Petersburg State University. Gergiev said of the LSO, "Conducting this astounding orchestra is a pleasure, it's a luxury, it's an honour; constant excitement and a constant challenge."

The repertoire for the Australian tour is drawn from the great Russian composers Prokofiev, Stravinsky, Rachmaninov and Shostakovich with virtuoso Denis Matsuev joining the orchestra in Brisbane and Sydney for the intimidating Rachmaninov Piano Concerto No. 2.

LSO Managing Director Kathryn McDowell commented: "We are delighted to visit Australia, for the third time in the Orchestra's history, and the first time for more than 30 years, in November 2014. On this tour with Principal Conductor Valery Gergiev and the outstanding Russian pianist Denis Matsuev we re-explore repertoire which is at the very heart of the LSO's relationship with Valery, the core Russian repertoire for which he is so highly regarded."

The LSO was the official Orchestra of the London 2012 Olympic and Paralympic Games Ceremonies. The LSO has also recorded music for hundreds of films, including Philomena, Pixar's Brave, four of the Harry Potter films, The King's Speech, Superman and all six Star Wars movies.

The concerts by the London Symphony Orchestra are the latest in the World Orchestras Program. Previous international orchestras to tour Australia include the Vienna Philharmonic with Valery Gergiev in 2006, the Israel Philharmonic with Zubin Mehta in 2008, the London Philharmonic with Vladimir Jurowski in 2009, the Berlin Philharmonic with Sir Simon Rattle in 2010, the Vienna Philharmonic in 2011 with Christoph Eschenbach and in 2013 the Australian premiere of the Royal Concertgebouw Orchestra with Mariss Jansons.



Arts Centre Melbourne presents London Symphony Orchestra
Conductor: Valery Gergiev (pictured)
Arts Centre Melbourne, Hamer Hall
8pm, Friday November 28 2014

PROKOFIEV Symphony No.1
STRAVINSKY Petroushka
SHOSTAKOVICH Symphony No 10

TICKETS ON SALE NOW

For more information visit artscentremelbourne.com.au, phone 1300 182 183 or follow on facebook and twitter.

q health: with KEREN WIGLEY

To sleep, perchance to dream

A good sleep, dazzling dreams and you wake up ready to take on anything the day brings. Feeling great and ready for action! What about when it just doesn't happen like that? If you don't sleep well, especially on a regular basis, it can affect how you feel physically and mentally.

It's interesting that all systems in the body are connected so when you're not getting a good sleep (and dazzling dreams), it helps to consider some of the other bits and pieces of your body system. Let's take a brief look at stress, erratic levels of cortisol, or adrenal fatigue, fluctuating hormone levels, blood sugar imbalance and neurotransmitter deficiency. Each of these conditions often has a relationship with another imbalance. Having a healthy gut and reducing any inflammatory response are key components of getting a good night's sleep.

Stress is often the most common factor affecting sleep patterns. When cortisol levels rise and fall erratically, this sets the body up for adrenal fatigue. Chronic states of alarm or sustained period of stress will disrupt what is known as the circadian rhythm.

The Circadian Rhythm. The circadian rhythm is the circulation of cortisol in the body, based on various times in a 24-hour day. If cortisol levels frequently rise and fall throughout the day, this could indicate a faulty connection between the adrenal glands and the brain.

Take steps to support your adrenals and get a good night's rest:

- Remove coffee from the diet. Decaffeinated coffee is never a good replacement because it is still 60% caffeinated.
- Think about allergies. Foods and substances that induce an allergic response will actually release histamine in the body. Histamine is an adrenal stimulant, so it makes sense to determine which foods induce an allergic response and remove them from the diet.
- Get rid of bad fats and focus on consuming only good fats. Partially hydrogenated fats inhibit adrenal hormone synthesis.
- Avoid overtraining or physically pushing the body beyond its limits.
- Do not eat sweet or sugary foods before bed. This may cause a blood sugar crash during the night, calling your adrenals into action. Commonly, this is associated with waking up around 3 AM.
- Get a good night's sleep. Yes, lack of sleep and adrenal stress can become a vicious cycle.



So if you're having trouble sleeping at night, it's time to look at stress, gut health and other factors in your body so that you can get the rest you need. A Kinesiology session is very useful for identifying and clearing underlying issues that are not immediately obvious. Keren at Holistic Health Melbourne can help out.

How the Gut Relates to Stress. When the gut is inflamed, infected, or not functioning properly, this is a major stressor on adrenal function and can potentially overwork and exhaust the immune system.

The Hormone Connection. Menopause is often associated with insomnia and disrupted sleep.

A neurotransmitter deficiency can be at the root of insomnia. A deficiency or breakdown in the pathways of both serotonin and dopamine can result in restless sleep or the inability to fall asleep. The most common cause for either deficiency is poor blood sugar control. Many people have some degree of insulin resistance, hypoglycemia, or diabetes. Dysglycemia, the inability to keep blood sugar levels stable, weakens and inflames the barriers of the digestive tract.

The gut actually makes 90% of the neurotransmitters in your body. A part of working with a neurotransmitter deficiency is making sure that the digestive tract is functioning properly. A good Probiotic is the place to start. Any kind of inflammation in the digestive tract, which is common with a permeable gut, will compromise gut function.

Make a promise to yourself to sleep well and have sweet dreams!

Read the full article at <http://tinyurl.com/hhmsleep>

q win: SIR ELTON WINTER WARMER

Shock

Sir Elton John "The Million Dollar Piano"

This amazing title was filmed in high definition and will be simultaneously released on Blu-ray. "The Million Dollar Piano" is packed with Elton John classics including: "I'm Still Standing", "Rocket Man", "Philadelphia Freedom", "Your Song", "Goodbye Yellow Brick Road", "Circle Of Life", "Blue Eyes", "Bennie and the Jets", "Don't Let The Sun Go Down On Me", "Crocodile Rock", "I Guess That's Why They Call It The Blues" and many more.

"The Million Dollar Piano" was filmed at Sir Elton John's residency at the Colosseum at Caesars Palace in Las Vegas. The show has been running since September 2011 with the most recent leg being 16 shows between March 29 and April 26 2014. The concerts are the culmination of Sir Elton John's decades long partnership with Yamaha pianos.

This film features classic Sir Elton John tracks from across his extraordinary career performed either with his band, with percussionist Ray Cooper or solo. The multimedia staging is phenomenal with vast screens behind the stage illustrating the songs and the piano itself acting as a screen for graphics and animations.

As well as the full 19 songs from the residency set, we include as a bonus feature "The Making Of The Million Dollar Piano", a feature which tells the amazing story behind the concerts. On top of that there are four extra tracks filmed in Kiev in 2012: "Candle In The Wind"; "Sacrifice"; "Sad Songs (Say So Much)" and "Don't Let The Sun Go Down On Me".

TRACKLISTING

1) The Bitch Is Back 2) Bennie and the Jets 3) Rocket Man 4) Levon 5) Tiny Dancer 6) Your Song 7) Mona Lisas And Mad Hatters 8) Better Off Dead 9) Indian Sunset 10) Blue Eyes 11) Goodbye Yellow Brick Road 12) I Guess That's Why They Call It The Blues 13) Don't Let The Sun Go Down On Me 14) Philadelphia Freedom 15) I'm Still Standing 16) Crocodile Rock 17) Saturday Night's Alright For Fighting 18) Circle Of Life 19) Song For Guy (credits)

Sir Elton Hercules John, CBE, is one of the most highly acclaimed and successful solo artists of all time. He has achieved 35 gold and 25 platinum albums, has sold more than 250 million records worldwide, and holds the record for the biggest selling single of all time. Over the five decades since his career began in 1969, Elton has played almost 4000 concerts worldwide.

He has been awarded numerous accolades including five Grammys, twelve Ivor Novello Awards, an Oscar, a Tony, the BRITs Icon Award, induction into the Rock'n'Roll Hall of Fame and the Kennedy Center Honor.

He is the third most successful artist in the history of the American charts, behind only Elvis Presley and the Beatles.

Sir Elton John is the ultimate live showman – he has huge live dates scheduled in June and more to come in November [see eltonjohn.com] – and "The Million Dollar Piano" is the definitive Sir Elton John concert experience.

We have five (5) dvd and fine (5) blu-ray copies to give away. Email getfree@qmagazine.com.au with **Sir Elton John** in the subject line to enter.



* 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 fundraiser: OPRAHFICATION

Oprahfication - Off Broadway this July.

It started at Chapel Off Chapel as a 10 minute mini-cabaret, and now nearly two years on the creative team behind 'Oprahfication' have been given an opportunity to present their new Australian musical on the world stage.

'Oprahfication' has been invited by the New York Musical Theatre Festival to perform a fully staged season of the work at the Ford Foundation Studio Theatre this July and they hope this is just the beginning... But New York is a long way away and they need your help to get there!

Join Oprahfication on Sunday the 15th June at 7.30pm for 'Oprahfication Goes To New York - A Fundraiser' - a raucous night of songs and laughter hosted by Dolly Diamond & Luke Gallagher. This hour long variety show will feature some of Melbourne's favourite cabaret personalities. There will be door prizes, give-aways and a few surprises along the way too! Then after the show, join them in the foyer as Trevor Jones takes everyone into the night with his 'Late Night Piano Bar'.

All proceeds from the fundraiser go directly towards getting Oprahfication to New York in July - proudly sponsored by Chapel Off Chapel.

Get your tickets now at www.chapeloffchapel.com.au



Sponsored by
chapel off chapel

SUN 15TH JUNE
\$25 TICKETS

The producers however understand that some of you may not be able to attend, you may have pre-existing commitments or you may even be on the other side of the world. You can still however BE A PART OF THIS ADVENTURE... every little bit helps and if you join the Pozible campaign you have the opportunity to enjoy some wonderful rewards.

Go to <http://pozi.be/oprahficationnymf?ra=14118> to give what you are able.



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q scene: **OUT & ABOUT**



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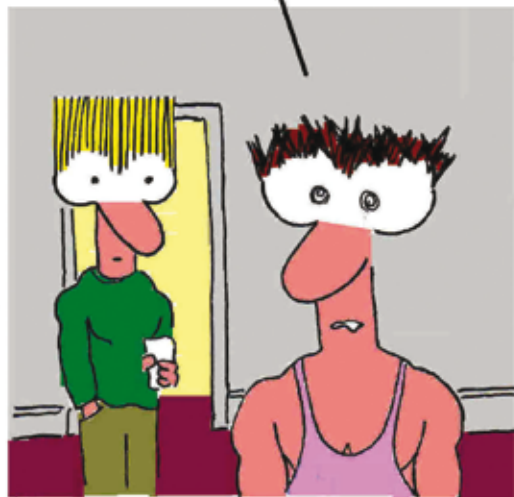
q scene: **OUT & ABOUT**



Gaylord Blade

young, gay and hot-to-trot

You don't love me anymore, Gaylord

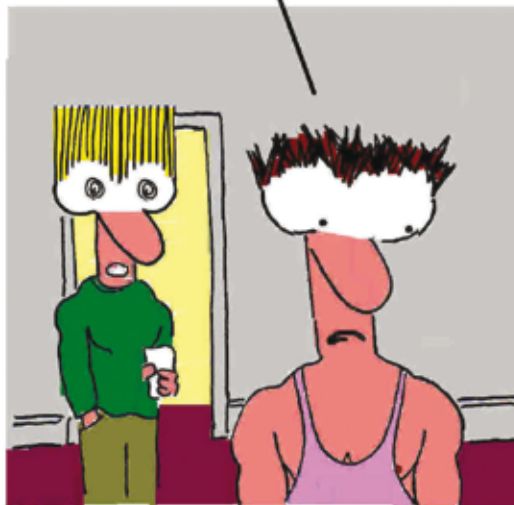


I love you, but after three weeks of cohabitation, you can't expect sex as hot as if we just met in the gym



@2014
4K9CH

Don't try to sweet-talk me. I know that you've been snuggling-up to another man's butt-hole



I found Kiwi-flavored KY on your collar





We are welcome here.

When we travel, we deserve to feel welcome in hotels, on the streets and at events.

IGLTA members agree to uphold a code of conduct that says all people will be treated with respect.

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