



JULY 2014

Q MAGAZINE

*Made in Melbourne!  
Enjoyed Nationally  
& Internationally!*

featuring  
AUTHOR OWEN BEDDALL  
Confessions of a QANTAS Flight Attendant



# BAD ROMANCE

A Tribute to Lady GaGa

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**BADROMANCE.COM.AU**

## q comment:

Midsumma Festival is proud to announce the exclusive performance of celebrated indigenous soprano Deborah Cheetham AO and pianist Toni Lalich at the inaugural Midwinta Gala Ball.

The black tie Midwinta Gala Ball is a new fundraising event which aims to raise much needed funds to continue and develop Melbourne's annual Midsumma Festival.

Other performances will include Midsumma's favourite diva Dolly Diamond, revolutionary dancing group the Real Hot Bitches plus an outrageous fashion parade hosted by awarded milliner, Kerrie Stanley.



*"We're very excited that distinguished performers like Deborah Cheetham and Toni Lalich will be performing exclusively for us at our inaugural Midwinta Ball. Guests should expect an evening of superb performances and fine dining,"*  
said Midsumma Chair Aaron Hockly.

Midwinta has appointed Spencer McLaren as the master of ceremonies who has planned a number of surprises for the evening.

*"Midwinta is a great opportunity for the community to forget about Melbourne's dreary weather and enjoy a night of great entertainment. Who wouldn't want to attend a gala ball where the dress code is frocked up and fabulous?"*  
questioned Hockly.

And what's a Ball without dancing? Midwinta will have DJ Kista on the decks all night and the Midwinta official afterparty will continue at the socialite cocktail lounge Ms Collins.

The Midwinta Gala Ball will be held on Friday 15 August at the Savoy Ballroom, Grand Hyatt Melbourne.

Tickets are available from [www.midsumma.org.au/midwinta](http://www.midsumma.org.au/midwinta)

Q Magazine - proud to support the LGBTI community since 2004.



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# q feature: OWEN BEDDALL

I met Owen through a mutual friend several years ago. He would often entertain us with his stories about what happens on long haul flights in the first class section of a QANTAS jet. He also shared with our mutual friend letters he had received from some of his more high profile customers - all very complimentary about his service and style on their flight. When he rang me and told me of his impending "tell all" novel, I quickly suggested we do a cover and an interview about it.

Pre-sales have been going extremely well and, at the time of writing this, several launch functions are being planned around the country. I wish Owen all the very best with this venture.

Below is my interview with Owen - about him, his work, his life and his first novel - *Confessions of a QANTAS Flight Attendant*. I hope you enjoy the interview and recommend all Q Magazine readers to get a copy of the book - out now in all good book stores around the country.

**To start with I'd like to know a little about you. Where were you born? Where did you grow up? Where do you live? Do you have any siblings?**

I was born in Darwin in Australia's Northern Territory and grew up in the country town of Grafton, on the North Coast of New South Wales. I have a younger brother and sister. Before I joined Qantas I lived in Hong Kong and London; during my flying years I lived in Brussels, Melbourne and Sydney. Today I divide my time between a house in the country and the city lights of Sydney.

**When did you first know you were gay and did you experience any adverse reaction to coming out?**

I was quite young, maybe five or six, when I knew I was different; I didn't know what 'gay' was but I was attracted to boys and spent a lot of time trying to be one of the girls (smiles — nothing much has changed). I have never known any other way of being. Although I experienced a lot of bullying and homophobia at school, I didn't have an adverse reaction to coming out, mainly because I was lucky enough to have a supportive family.

**Why did you choose to be a flight attendant and was this your first choice/job?**

Ha. I never envisaged being a flight attendant. I wanted to be a lawyer and went to university but something in the travel and exotic locations attracted me and I followed a friend into the role and realised that it was indeed a very fun and exciting job. It was one of the most gay friendly jobs I had ever had (in spite of the edge of bitchiness that came with it) and in the beginning was a lot of fun.

**How long did you work for QANTAS and why did you leave?**

I was with QANTAS for 10 years. I finally left last year after a severe workplace injury in 2011 in which I broke my back in three places. In spite of surgeries and a lot of rehabilitation, the rigours of long-haul flying made it impossible for me to continue; it's a far more manual job than most people think and combined with fatigue and stress (not to mention aging) it became too much. I was lucky that the offer from Random House to pick up my book came very quickly after leaving QANTAS last year.

**There are many stereotypes about we LGBT folk – being a flight attendant is one of them. Is this the case or just a myth? (if true) What is the appeal to gay men particularly?**

It is definitely true. It is a very gay friendly environment and there are all sorts of stereotypes within the stereotype. You have your old queens (matrons) working alongside the twinks and everyone in between. Not many bears but it is getting better. I think gay men like to have all of their senses aroused and international travel offers that. No day is ever the same and you can mix up the destinations. I have dated men from all over the world, courtesy of the job.

**Why did you decide to write a book and what was the process?**

Some years ago I started compiling anecdotes about my adventures and photos with the idea of putting them into a coffee table book. After my back injury I became quite depressed; the world as I knew it had ceased and it became cathartic to write about them and I realised I had a lot to say (who knew Qantas would provide me with so much material). In fact I had so much material I approached a professional writer to help me put it all together.

We decided to make it into a tell all memoir and "*Confessions of a QANTAS Flight Attendant – true tales and gossip from the galley*" was born!



A synopsis and a couple of tempting chapters went off to five targeted publishers and before you could say 747, it was in a bidding war with four of them! Random House won the bid.

### Would you recommend this course (writing a book) to others?

Writing your own story can be a very long and unartistic process; but it's a labour of love and one that was on my bucket list of things to do. Anyone thinking of writing their story should have a clear idea about where the story is going and how they can engage the reader. It's important to ignite the imagination of others. Completing a book and seeing it through the publishing process brings a great sense of achievement.

I would suggest that anyone considering writing their memoirs seek the help of industry professionals to get you over a few unforeseen hurdles. Would I recommend writing a book to others? Definitely.

### What advice would you give a young boy or girl considering coming out?

I think coming out is an individual thing and you have to be ready, at what ever age you are. I think self acceptance is the main thing and when you are comfortable with that everyone else will be comfortable (or more comfortable).

You are not alone and you have nothing to be ashamed of but I believe in coming out not outing.

### Where to from here for you?

I'm touring Australia promoting the book in early July and then on to New York and the UK. I'm working on a master class for budding authors.

For more on this check out my Facebook 'Owen Beddall' or my website [www.owenbeddall.com](http://www.owenbeddall.com)

There are some offers in the pipeline to make the book into a TV series or movie, and then... ?



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# q money: with EVAN DAVIS

I've been writing in Q Magazine for a number of years now. You've probably noticed me and maybe even taken the time to read some of my columns. Hopefully, I've made you think slightly about things relating to money and business. If not, perhaps some of my barely financial themed rants have made you laugh.

Well this column is a little bit different. I'd like to get to know you. I am a mortgage professional and there are many reasons you might like to call or email me. Not least of all that I am okay on the eyes! Kidding, though I usually get a second look.

Seriously though, it is a great time to sharpen up your financial position. New financial year tends to shake us all up. Once the obligatory tax return is done, it is a great time to make sure you are correctly set up financially.

My area of expertise is your home loan. Though I have a network of financial professionals that can help with your other needs too:

- Personal Insurance, Risk Insurance (life insurance), Superannuation
- Real Estate
- Tax and Motor Vehicle Finance and Broking.

All you need to do is drop me a line. I'd love to chat and refer you to one of my professional friends. I even have a guy for bit coin too!

Your home loan should be reviewed regularly. Frankly I don't think there is a better time than the present to do this, it could mean a decent saving. The best way to get ahead on any loan is to make as many additional repayments as often as you can, though there are always ways to do some fine tuning.

At RAMS we provide a cost free and obligation free assessment of the loan you already have or the loan that you want to take out. This simple and quick process can mean a saving on interest rate, fees and also mean that over the life of the loan you will simply pay less in interest.

Different loans have different features and benefits. It is smart to make sure you get all the functionality that you need without paying for features that you don't use. A quick conversation with me can tweak your loan in your favour and mean that more of your dollars DON'T end up getting paid to your bank.

Lending at the moment is at historically cheap levels with many home buyers finding their repayments are not that dissimilar to the rent they would have been otherwise paying. With a small deposit behind you getting into the property market now might be a good move. Variable and fixed rates are low so this means more manageable repayments on many mortgages.

Even if you feel that borrowing and buying your own home is a long way off feel free to contact me. Also if you have a home loan at the moment let me know — I would love to see if I could save you a few bob.





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# q gay files: with MATTEO SNOOKS

Did you fall in love or did you fall into a relationship?

We often hear our friends and the random sad people sipping chai lattés next to us, expressing how miserable they are in their relationships. It seems like only the bad points in a person are vented and never any positivity. The amount of emotion and tension can only make you wonder if all this love stuff is worth it... However, I'm convinced that when true symptoms of love take full control... All that petty pretentious and materialistic crap is powerless without any meaning!

Take a good look at the world around you and ask yourself did you ever fall in love? Or did you once just convince yourself that love ejaculated by surprise, but really you settled for the first nice guy who gave you attention? I can't help but look at couples and wonder if they are truly happy? Very rarely would I agree and say those freaks in the corner are exactly what I'm looking for. But realistically there are all different types of commitments that work for all different types of people and neither one is wrong or right... I guess you just need to be like Goldilocks and find the perfect one for you.

We are all going to fight and have disagreements because we all think differently. Some heat added to your relationship will only get the two of you more on the same page. But there comes a time when arguments are never ending and two individuals can't seem to agree. I'm told of how unhappy friends are in their relationship, as it is deprived of communication and sex. I can then only imagine that they are more like roommates than lovers, kind of like people in open relationships. But when seen together the Stepford couple comes out to perform, acting like Jesus has saved them, and dramatically over emphasising their fake love, making the hair extensions of a fully sick Maria more believable!

These situations are uncomfortable when knowing the true facts and I can only sit and ponder on fabulous IBS complications. Honestly... is living in a relationship of make believe a new kind of love... is Disney a status added to relationship categories, along with de facto and widow... seriously is loneliness and desperation making people delusional?

It's clear to me that most people hate being confronted and choose to live with the fairies. There are so many sayings about living a full and complete life, once you have experienced love! Setting these expectations is quite clearly a set up for failure, because realistically only some lucky people experience love of a special kind, whereas others settle for a convenient relationship magically dreamt from fairytales and fictional crap. Not everybody wants love from a significant other as some people are happy to love themselves and others quite frankly can't see past the gymnasium mirror.

I'm no expert but what I do know is that "realness" is lacking within society. Most people couldn't give a left tit about this and others hide from the problem or continue on with what everybody else is doing, just like people from high school, who ended up marrying one another... Why? Because that's you're meant to do... Says who?

I can only laugh and question myself why I'm friends with such dreamers but I guess that comes down to caring about close friends. I can only stress that we continue on with what makes us happy and place yourself in as many experiences as possible... paying attention to that logical voice in your head, because on most occasions, it is right... however, you just need the balls to face it.



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# q interiors: with AARON WONG

**Consistent with many of the other components of a complete interior design, natural and artificial light are both functional and aesthetic considerations in every design.**

We all know that light is essential to see and work. It can also interrupt some uses for a space, such as eastern light through the curtains in a bedroom at sunrise. Light can also be used as a purely decorative element, to cast shadows on a flat surface to create the illusion of architectural interest, or to illuminate a feature wall or a ceiling in order to create a sense of space. We will discuss light over the next few issues focusing on both natural and artificial light and how to take advantage of them.

At the outset of a design project, part of the initial assessment of a space requires the designer to evaluate the amount and direction of the available natural light.

It is essential to know whether or not the space will be lit or in shadow at various times of day and throughout the seasons of the year. The available natural light affects nearly every choice you make.

You may want to use the colour blue, but a shady, north-facing room may be better with warm, creamy walls and warm blond colours in the wooden furniture, saving the blue for accents in patterned accessories such as cushions, lamp bases, lamp shades and vases, some of which may also include other warmer colours to balance the cool light.

With the correct planning the room can still look surprisingly blue and the blue accents can appear to be much more prominent than the actual proportion of blue used relative to other, warmer colours.

The choice of textiles in a space will also be affected by the availability of natural light, what time of day it shines in the space, and from what direction. You will have to take all of these considerations on as part of the decision making process regarding fabric colour and also regarding the fibre composition of the fabric. Silks, non-colourfast colours, and antique vegetable dye fabrics will all fade in direct sunlight.

Antique rugs may look wonderful in a room with a view of the sunset, but the rugs will likely be damaged from fading.

Space planning and the placement of furniture, objects and art will also be dramatically affected by the orientation of light. Facing a bed east into a sunrise in a penthouse will only please the earliest riser.

A television opposite a west-facing window will be subjected to glaring light reflected on its screen every afternoon in the summer, just in time for the evening news.

The choices made in regard to window size, window treatments and exterior awnings, overhangs, screens, window boxes, and indoor/outdoor balconies, terraces and deck decor are the most directly connected to the kind of light, its orientation, and the amount of light passing through a given window or available to a particular side of a building.

Overhangs, awnings, louvered shutters, motorized blinds, block out blinds, fully lined curtains, and upholstered screens are all excellent ways to block out invasive light. Sheer curtains, sheer blinds, cut-out screens, louvered blinds and louvered shutters are all effective ways to filter light.

*Aaron Wong is the Principal Designer of Alexander Pollock Interiors. Visit [www.alexanderpollock.com](http://www.alexanderpollock.com)*





# q youth: with TASMAN ANDERSON

## Tassie's bucket list: #10 "Win an Award"

There's something truly amazing about being recognised by the very community that you admire. Last month, I was nominated for the 'Young Achievement Award' at Brisbane Pride Festival's 53rd Annual Queen's Ball Awards. I had been in the running for the same award two years in a row so I wasn't too surprised by the nomination. However, this time the ending was going to be entirely different.

The theme for the magic night was the 'roaring 20s', so I arrived with a black sequined dress, matching head piece and red lips. Honestly, after months of uni assignments, journalism deadlines and regular retail work, I was looking forward to getting all dressed up and drinking a few cocktails. The organisers had decided to hold the event at the Brisbane City Hall this year and it was the best decision they had ever made. The building was absolutely stunning, with a fully decked out room, red carpet and even a rainbow ceiling.

I was very fortunate to be seated with Sally, Amelinda, and the rest of the lovely girls from the Lesbian Health Action Group — or better yet, LHAG (look them up on Facebook!). I say fortunate because these ladies were more than just sweet people, they were also part of a wonderful organisation that continues to focus on developing health initiatives for lesbians and same sex attracted women. The night was even better because I spent my time with some seriously stellar company (I took my friend Ruth as my pseudo-date) and the two-course meal that they served was pretty damn good.

Actually, in true Tasman style, I was in the middle of dinner when my award category was announced. I literally had the fork to my mouth when the lovely Eric Bana look-a-like presenter, Jonathan Waters (no seriously, he's almost like a doppelganger) read the nominees and announced the winner.

I'm pretty sure I died a little when my name was announced. I had won the Young Achievement Award! It was crazy. What wasn't so crash hot though was the fact that I hadn't prepared anything to say. Seriously, the whole time I was walking to the stage, the only thing running through my head was Academy Award speeches and how no one would want to hear those. I really thought my award show addiction would have prepared me for the exact moment I'd find myself on a stage with a trophy in my hand.

But alas, it was not meant to be and when I found myself facing on the stage with bright lights and a microphone in my face, I fumbled through a quick thank you and moved my embarrassed self to the bar so quickly that I gave myself vertigo. Despite my internal freak out, the night was truly amazing. I met some fantastic people, reconnected with old friends and danced until my feet were so red and blistered.

The night was one I'll cherish forever and I have all of you readers to thank for it. Without Q Magazine and its readers, my voice would be only a whisper in a world of loud cries. Okay, that was ridiculously cheesy. Let's just say that you guys are the best and leave it at that.



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# q fitness: with CHRIS GREGORIOU

**It's winter, are we pre programmed to put on weight?**

**As the cold weather sets in, ever wondered why we put on a little more body cushioning? Is it to keep warm or do we have a natural genetic disposition that sets us up for hibernation and to get fat?**

It's true, we tend to put on a few extra kilos of body fat during winter, then like most, we panic and look at losing this unwanted cushioning during spring. Some panic and take drastic measures in the warmer periods in the hope of having that beach body for summer.

At the end of the day, we are what we eat so the question remains, are we pre programmed to eat more during the colder periods and how do we get or stay lean? Let's start with why we eat more when it's cold. In our ancestors time, the winter months were associated with famine. One theory is that we are genetically programmed to increase fat stores in autumn to help us survive. The problem is that we no longer need to store fat because we have an abundance of food available all year round. The famine never comes and we never use up the stores. It's a theory, however even if this is true, you can control what happens by making the right food choices and avoid that extra cushion in winter by eating more nutritious soups for example.

If you have the healthy food choices going on in winter, you shouldn't pile on the kilos. So let's look at some common myths. Here are a 5 myths that are so common it's scary how they are believed by a huge percentage of the population.

## **Myth #1: Do extra crunches to flatten your abs.**

Excessive crunches aren't the answer for tight abs. In order to achieve a toned look you'll have to focus on burning off the layer of fat that is covering up your tummy.

*Tip: Don't obsess about crunches - instead focus on fat burning.*

## **Myth #2: Take diet pills to speed results.**

I know it's so tempting! The ads make compelling claims about the power of popping a pill, but don't fall for it. There is no 'magic pill'. Diet pills are more likely to burn through your bank balance than to slim you down.

*Tip: Don't pop a pill - instead burn calories with intense exercise.*

## **Myth #3: Turn to packaged diet products to boost results.**

Don't fall for the foods that are packaged as 'diet' or 'weight loss' aids. Quite often these products are packed with refined sugar and other artificial ingredients that your body doesn't need, and certainly won't help you attain that tight tummy. They are also expensive when compared to healthy nutritious food.

*Tip: Don't eat packaged diet foods - instead stick with nutritious whole foods.*

## **Myth #4: Avoid all carbohydrates in order to achieve tight abs.**

Carbohydrates have been given a bad rap, which is unfortunate because you can (and should) eat carbs while slimming down. The key is to stick with whole grains, oatmeal and brown rice while avoiding processed and refined flours and sugars.

*Tip: Don't give up all carbohydrates - instead stick with wholesome carbs.*

## **Myth #5: Starve the chub away.**

Trying to lose weight by starving yourself is not only ineffective it can also be dangerous. It may seem that severe calorie restriction

would deliver the quickest weight loss, but your body is complex and by doing so you'll disrupt your metabolism and slow your results.

*Tip: Don't starve yourself - instead eat small wholesome meals throughout the day.*

So now that you have these really popular myths debunked, to achieve tight abs, it's time to go over your flat tummy strategy.

Here's what you need to know in 3 simple steps:

### **Step One: No more junk.**

The best way to do this is by purging your kitchen. Throw out the sugary, processed and fat-filled foods. Once the junk has been cleared out, don't buy any more of it. Remember that your beach-ready abs depend on what you eat — don't eat junk!

### **Step Two: Eat whole foods.**

Replace the junk food in your life with plenty of the following: cooked and raw vegetables, fresh fruits, whole grains, moderate amounts of seeds and nuts, lean meats and low fat dairy. Clean eating really is that simple.

### **Step Three: Train with a Personal Trainer.**

Putting your trust in a professional that knows how to get you results is the most obvious step to make the most of your time.

Fitness professionals will ensure you avoid any silly myths and help you obtain results you normally wouldn't achieve on your own.

I hope you enjoyed reading about these popular myths and as we are in the thick of winter take note of what nutritious food is around you and what choices you are making. If you're ready to stay fit and healthy or even take your fitness to another level, winter is just as good a time than any to do it. Stay safe and remember to always have fun.



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# q performance: **LIVE WITH IT**

Phillip Adams BalletLab and Arts House present the world premiere of  
**LIVE WITH IT**  
we all have HIV

Thursday 17 – Sunday 27 July  
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Concept | Co-Direction | Choreography: Phillip Adams  
Concept | Co-Direction | Design: Andrew Hazewinkel

Bookings: [melbourne.vic.gov.au/ArtsHouse](http://melbourne.vic.gov.au/ArtsHouse) or 03 9322 3713

Warning: Adult content



Phillip Adams BalletLab presents the world premiere of **LIVE WITH IT** we all have HIV this month to coincide with the World AIDS conference. This multi form performance work, supported by the Victorian AIDS Council and their regional networks, tackles the still present and socially important issue of HIV/AIDS. **LIVE WITH IT** we all have HIV explores how the virus impacts those of us who live bodily with HIV/AIDS and the experiences of those who are profoundly affected in other ways.

BalletLab Artistic Director Phillip Adams and visual artist Andrew Hazewinkel have developed this powerful, life-affirming work with more than 50 project participants of diverse age, gender, sexual orientation and ethnicity, in a series of workshops held in regional and urban centres across Victoria.

The concept of **LIVE WITH IT** we all have HIV was generated by Hazewinkel and Adams, who having lived through the height of the epidemic when it was still broadly perceived as a Gay only problem; recognised a need to contextualise Australia's 30 year relationship with the virus within the broader Australian cultural landscape.

**LIVE WITH IT** we all have HIV is an intimate portrait of how we as a broad community have lived through and shaped Australia's 30-year history with the virus. Choreography, written and spoken word, video and other visual media are used in exploring the ideas expressed by the participants. **LIVE WITH IT** we all have HIV is a unique and timely journey into what HIV/AIDS means to all of us today, it is a compelling, uncensored expression of shared human experience.

**LIVE WITH IT** has been supported by the Victorian AIDS Council/ Gay Men's Health Centre; Country Awareness Networks Victoria; the Australian Government through the Australia Council for the Arts, its arts funding and advisory body; the Victorian Government through Arts Victoria; and the City of Melbourne through the Arts Grants Program and Arts House.

*Phillip Adams BalletLab creates compelling contemporary performance work realising the creative vision of Artistic Director Phillip Adams.*

*With over 25 years experience as a dancer and choreographer, Adams' work defies neat and easy categorisation, scrutinising behaviour, sexuality and culture in a manner that resonates with current societal concerns.*

*Phillip Adams BalletLab works with significant artistic partners who bring to new creative vision to their projects in order to create original, distinctive works that are proudly made in Melbourne for a global market. Since its inception, BalletLab has toured nationally and internationally, performing at festivals and venues in the USA, China, Denmark, Scotland, Germany, England, Korea, Mongolia, Romania and Bulgaria.*

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# q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



## A Live and Let Live Island

The Pride season is once again well under way in many towns and cities across the world, yet for the Canary Islands, Gay Pride is almost over for another year. In May this year, the island of Gran Canaria once again hosted one of the largest Pride events in Europe in Playa del Ingles, Maspalomas, in the south of the island, which it has been doing since 2001. This small island began to heave under the weight of stiletto heels, leathers, feathers and thongs.

As usual, the activities of Maspalomas Gay Pride are focussed in and around the island's Yumbo Centre, which for many has become a kind of 'Gay Heaven' where all manner of people meet and have a thoroughly good time. Its 40 odd bars, discos, saunas, clubs, sex shops and restaurants ensure that there is something for everyone.

I am often asked why this small island, at the very edge of Europe and close to Africa, has become so popular with gay and bisexual men and women, the transgendered, transsexual and the "just confused" from all over the world. Well, there is a story, that I cannot confirm, that back in the 1950s, when Spain was in the grip of the Franco dictatorship, that any military personnel who were found to be gay were shipped off to Spain's penal colony - the island of Gran Canaria, in disgrace and to be forgotten. I guess in many ways, Gran Canaria became Spain's equivalent to Australia, at a time when so many naughty Brits were shipped across to sunnier shores.

Whatever the truth, Gran Canaria now has a well-deserved reputation for its positive 'live and let live' attitudes to life. This is the reason why so many gay men and women fall in love with the island and return year after year, and where many return to live.

Gay Pride has been its usual brash, colourful and a non-stop party for the young and not so young. The Parade, which is the highlight of the event, went on for hours, and there are few occasions when so much skin is exposed for such a length of time. Hangovers, sun burn, heat exhaustion came and went, and new relationships began and ended. Pride 2014 was certainly a party to end all parties in the sun.

Next week, we have another Pride celebration in Las Palmas, our capital city in the north of the island. Las Palmas Pride is a much smaller, sober, sensitive and political affair that contrasts well to the non-stop party atmosphere of the much larger event in the south of the island.

Both island events help to remind the world that gay men and women deserve the same rights as others, and people should be free to live their own lifestyle, free of judgement and hate. Pride is a symbol of solidarity and an opportunity to express the vivid personalities that reflect the diverse gay communities throughout the world. Not bad for a small island, is it?

For further information about Maspalomas Gay Pride, do have a look at: [www.thegaycanaries.com](http://www.thegaycanaries.com).

If you enjoyed this article, take a look at Barrie's websites: [www.bariemahoney.com](http://www.bariemahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his book, 'Letters from the Atlantic' (ISBN: 9780992767136).

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# q markets: KENSINGTON STYLE

The Kensington Arts and Craft Market was established to showcase the local talent that is alive and thriving in the Kensington and Flemington areas and surrounding precincts. Held once a month at the well positioned and easily accessible Kensington Primary School (entry via Epsom Road or McCracken Street, Kensington), the market provides artists with a wonderful platform to display their produce, perform and be an integral part of the community.

With a minimum of 65 speciality stalls, this boutique market offers the public an eclectic mix of treasures from fresh produce, designer fashion & jewellery and an array of visual art creations, all encompassed within an environment filled with live music and buskers.

The market has a large basketball court and synthetic grassed area for the kids to run and play on, whilst the parents enjoy a relaxing coffee and a bite to eat at the Pop Up Piazza!

Kensington Arts and Craft Market is the brainchild of a wonderful group of dedicated volunteers who are passionate about arts and craft and all things handmade!



They are focussed on creating an ambient, relaxing, enjoyable space where talented folk can introduce their wonderful wares to the public, whilst providing a stress free shopping experience.

It is envisaged that the market will further enhance the fabric of an already vibrant and close knit Kensington/Flemington community, bringing people together to celebrate and embrace the diversity in the area.

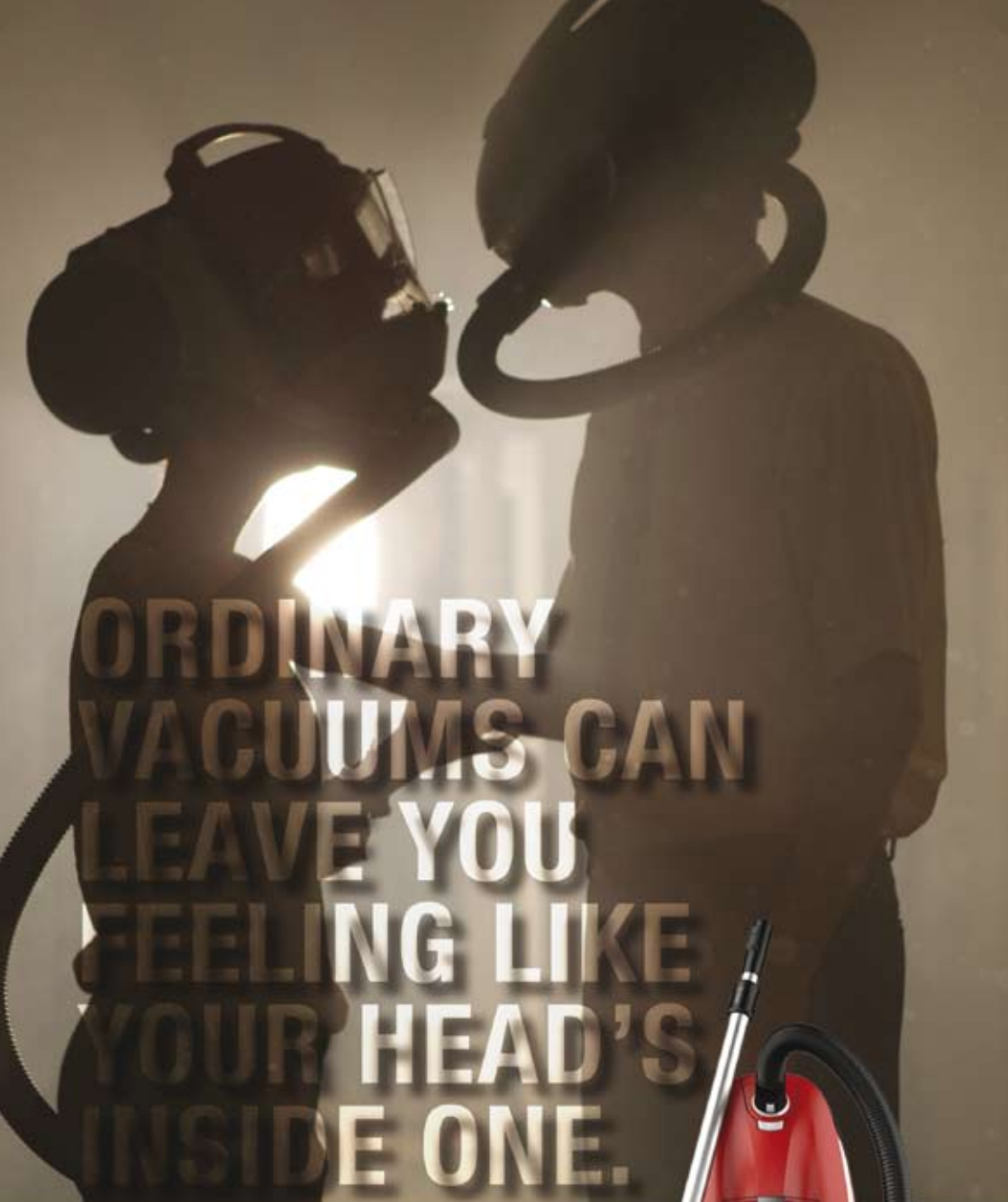
**The market hours are 10am - 3pm and will be held on the following days:  
27th July; 17th August; 21st September; 19th October; 16th November and 14th December, 2014.**

*If you are interested in having a stall at any of the markets or wish to attend and seek further information, please contact us at [kensingtonartsandcraftmarket@outlook.com](mailto:kensingtonartsandcraftmarket@outlook.com) or on our website [www.kensingtonartsandcraftmarket.com.au](http://www.kensingtonartsandcraftmarket.com.au)*

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A dramatic, low-key photograph showing the silhouettes of two individuals wearing full-body protective hazmat suits, including hoods and respirators. They are facing each other, and a bright light source from behind creates a strong rim light effect on their suits. The background is a plain, light-colored wall.

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# q musical: **STRICTLY BALLROOM**

The Story That Inspired The World To Dance

Global Creatures presents Baz Luhrmann's  
**Strictly Ballroom The Musical**  
Directed by Baz Luhrmann

Based on the much loved Australian film

Baz Luhrmann's much-loved hit show STRICTLY BALLROOM THE MUSICAL will open in Melbourne at Her Majesty's Theatre in January 2015. Tickets for STRICTLY BALLROOM THE MUSICAL will go on sale on Monday 21st July from [www.ticketek.com.au](http://www.ticketek.com.au).

STRICTLY BALLROOM THE MUSICAL had its Global Premiere on Saturday 12 April at the Sydney Lyric Theatre, The Star. This new production is staged by the original creative team behind the classic 1992 film, including director and co-writer Baz Luhrmann, set and costume designer Catherine Martin, choreographer John "Cha Cha" O'Connell and co-writer Craig Pearce.

Playing the pivotal roles of 'Scott Hastings' and 'Fran' is Thomas Lacey and Phoebe Panaretos who lead an outstanding Australian cast of 43 including Bob Baines as Les Kendall, Drew Forsythe as Doug Hastings, Natalie Gamsu as Abuela, Robert Grubb as Barry Fife, Fernando Mira as Rico, Heather Mitchell as Shirley Hastings and Mark Owen-Taylor as JJ Silvers.

STRICTLY BALLROOM THE MUSICAL is the inspiring story of a championship ballroom dancer who defies all the rules to follow his heart. This uplifting and courageous tale originated as a stage play that Baz Luhrmann devised with a group of students at the National Institute of Dramatic Art (NIDA) back in 1984.



*"From a small student play to my first motion picture and now a full-blown theatrical stage musical, Strictly Ballroom has been an almost thirty year journey for me. I have often marvelled at how this story, born so long ago, has been in my life for so many years and has managed to touch, move, entertain and uplift so many different people from so many different backgrounds. I think the simple truth is that, despite all the sequins, outrageous hairdos and classic Hollywood musical plotting, the simple message that there isn't only one way to cha cha cha, and that within us all we have the true potential to dance through life with our own steps is something that appeals to all of us. The message that life doesn't have to be strictly ballroom is something I hope to have our audiences carry with them as they dance down the aisles."* – Baz Luhrmann, Director

STRICTLY BALLROOM THE MUSICAL features break-into-song numbers created from original classics from the film, Love is in the Air, Perhaps Perhaps Perhaps, and Time After Time as well as some wonderful new songs by artists such as Eddie Perfect and Sia.

STRICTLY BALLROOM THE MUSICAL is produced in Australia by Global Creatures and Bazmark. STRICTLY BALLROOM THE MUSICAL acknowledges the support of our key partners including Official Airline partner Virgin Australia and Major Partner Bonds.

Advance tickets will be available to all Visa Credit, Debit and Prepaid cardholders from 9am (local time) Friday 11 July until 11.59pm (local time) Sunday 20 July 2014 or until presale tickets sell out at [www.visaentertainment.com.au](http://www.visaentertainment.com.au).

[www.strictlyballroomthemusical.com](http://www.strictlyballroomthemusical.com) | [www.ticketek.com.au](http://www.ticketek.com.au) | [Facebook.com/strictlyballroomthemusical](https://www.facebook.com/strictlyballroomthemusical) | [twitter@strictlystage](https://twitter.com/strictlystage)

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# q drag: **MISSY LA'MINX**

**Missy La'Minx is one of the newer faces of drag in Melbourne. Her make-up and hair are always immaculate as she greets guests at the many venues where she performs. Alan Mayberry spoke to her of the challenges facing a rising drag star and the excitement of entering the GH Drag.Net talent search.**

Missy La'Minx was first seen in 2011 on a drunken night out – and not much has changed – after being approached by Pussy Willow to take to the stage as apart of everyone's favorite Friday Night variety show *The Friday Night Project* at the GH Hotel. Missy took off from there becoming involved in a local drag competition (and winning) then going on to produce and host entertainment at Priscilla's @153 and DnM. In later years Missy was involved in *Divine Divas* live tour and now produces *The Size Queens* and *Twinkle D Twinkle Dumb* shows.

To take a step back stage – 22 year old Missy is currently working in the insurance business in workers' compensation and enjoys juggling the entertainment scene with a healthy work-life balance.

Growing up in Berwick and moving to the city at the first chance offered, I always knew I was destined to be a performer, being involved in the school drama and dance at Kambrya College. As a student I took part in *Robin Da Hood the Musical* cast as Fryer Tuck and also performed in the annual Rock Eisteddfod. School wasn't always a pleasant time especially when trying to discover yourself and find your place in life, often a victim of bullying and general childish taunting about being gay and generally not fitting in. I found you learn quickly to not let things get to you and it helped build a thick skin, which is somewhat needed being a drag queen. I currently live with a school friend but unfortunately she is the only one I have contact with now – after school finishes you make new friends and move on, and sadly it's not always possible to maintain your childhood friends.

I've been so lucky to have a very supportive family, not just when coming out but also introducing them to my drag character and shows. I've been fortunate enough to have them come and support me on several occasions. I have such a large family with brothers, sisters, step family members and of course a huge extended family and many of them have come to watch my shows – even my sister's neighbors! A built in audience you might say.

During my relatively short time in the drag community since 2011 I've seen many a venue close, but we've also been lucky enough to have some new venues open, even it is just a re vamp. Nowadays with tastes in entertainment styles and differing preferences for what makes a great night out, I'm convinced the Melbourne gay scene is always going to be a rollercoaster of glitter and gossip with the future unknown. What is flavour of the month today may have the 'up for lease' sign out tomorrow.

A drag career is not without its frustrations. The cost of getting all dolled up is quite expensive, as I often enjoy sporting a new frock and especially a new weave. Maintaining an extensive collection becomes difficult (especially storing it all too). And to make matters worse I have a whole wardrobe of outfits for sale because they no longer fit. Not even the US Army could get me into them. And it's a major worry now with fewer performances being possible due to venue availability and the limited need for drag queen hostesses and production shows. Over the years I have been lucky enough to work with a whole bunch of queens and dancers alike, creating memories and long-time friends. That's about the greatest perk of this job. Drag doesn't come without sacrifices – the hours of rehearsals, organising gigs, planning costumes and fittings, washing, repairs and picking up new wigs. But the end result is usually very rewarding. If it wasn't there is no way I would hang in there. I do it because I love it.



I was very excited to be entering Drag.Net – GH's very own talent quest. It was nice to show a solo side of my character. Being in a competition isn't limited to how long you've been doing drag it's about showcasing yourself and setting a challenge. It is always fun for personal growth. To me it was not about who would win – for me it was about the experience and showcasing myself as an individual (OK if you win the tiara for bragging rights it's great too). For my heat I presented an *Alice in Wonderland* inspired piece, something that everybody knows and loves in a new light and it's not something I've seen be done within Melbourne, so I did my own camp take on the idea. It was a great challenge and a wonderful learning experience for me. The judge's comments, in reflection were most beneficial, even though I never won their vote on the night. I know now not to have too much going on as part of my act and never to let the gimmicks and visuals detract from letting the audience focus on what the performer is doing.

A lot of people were sceptical about why I entered *Drag.Net* seeing I was already pretty well established on the drag stages of Melbourne. Why would you risk what maybe damming criticism for the panel of judges? But as I said it was a chance to show myself in a different light. My fellow contestants and I had some great times on Facebook in the build up to the night with friends saying things like, 'I know you are being shot out of a cannon on Saturday – it's OK girl you can have it just don't hurt yourself, I'd hate to have to accept the win due to your hospitalisation. But don't worry too much I have a safety net I borrowed from my friends at Cirque du Soleil but please be careful when you are jumping through the ring of fire. I'd just absolutely hate, no I'd be devastated if your laceback – I mean lacefront – went up in smoke.' 'Wow the masses. Maybe just stand there, look like a girl but get someone more talented than you to do your wig?' It was all said in jest and did help settle my nerves and sharpen my wit in the build up, as I'd hate to lose friends over it all. But when all was said and done it was my reputation on the line and win or lose it was all great experience. And great to hear a panel of experts tell you where you have room to improve. Let's face it I want to keep performing and their tips I will certainly be taking on board. I knew from the outset that as someone who has worked on the GH stage I would most probably never be the final victor, but it was all the fun of the challenge to me.



I'm lucky enough to have a brilliant bunch of people that help create 'Missy' with Ben Dillingham making most of my costumes not to mention all the production show sets we use, also Trent Ashley, from Tamed, who styles all my weaves to perfection and supplies make-up. I go through a lot so it's great to have someone local you can call in a drag emergency.

When not onstage I enjoy spending time with some supportive and wonderful friends and of course my partner. Managing a personal life, career and drag is a task but it keeps me very busy which is great. It's too easy to get caught up in 'drag world' so the balance is the key I think. I'd like to take some time out early next year and travel overseas to American and London possibly but maybe Thailand to begin. And it is only really this year I've realised how crucial it is to enjoy some down time, and think of travelling. Until then it's hard work and saving!

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# q project: MARRIAGE IS UP TO US

'It's Up To Us' project  
Bringing meaningful change for marriage equality

One of Australia's best photographers has embarked on an artistic project to bring about meaningful change for the legislation of same sex marriage. 'It's Up To Us' will see photographer Luke Gow bring to the attention of Australia's Federal politicians, the stories of 52 same sex couples who desperately want to marry.

Gow will photograph each couple and produce a run of 52 postcards, revealing a snippet of information about each pair.

*"Once a week for 52 weeks, the postcards – and equally importantly the stories, hopes, and dreams of these couples – will be sent to all 150 members of the House of Representatives and all 76 members of the Australian Senate. The postcards will serve as a weekly reminder to Australia's political representatives of the disparity that currently exists in Australian society in relation to the right to marry."*

Gow said he had dedicated his life to photographing people in love and while every couple had a different story, the one constant was that they loved each other deeply.

*"Unfortunately in Australia there is a group of people that, despite loving each other very much, aren't able to marry based on their gender," Gow said.*

One couple involved in the project is Newcastle-based Prue and Celeste. Together for two years, the Hunter women have made a home with their dogs Frank and Bronson.

They talk about what lies ahead, how many children they will have, what their names will be, and how they will be educated. Everything that a couple in love discusses when planning their future.

*"We have looked at rings and, in time, all our family and friends will be there on a day when we will commit our love and lives to each other," the women said. "At the end of it, to us we will be married but legally, and to the world, it will seem like we had a big party. Giving us the right to marry will give our future children the same rights as other children and recognition of their family. We are already defacto but that just doesn't have the same level of hold or respect that a marriage has."*

Luke Gow hopes the Australian Government follows New Zealand's progressive lead by recognising and legalising same sex marriage in Australia.

*"The postcards will assumptively thank them for doing so," he said.*



Gow is using the incredibly successful crowd funding initiative Kickstarter.com to get the project up and running.

**"If this is something about which you feel passionate, feel free to donate to our Kickstarter. If you can't donate, that's fine too, simply share the love or use #itsuptous on social media."**

*The project launched on July 1 and contributions can be made via [www.kickstarter.com](http://www.kickstarter.com) (search for 'It's Up To Us') or [www.itsuptous.com.au](http://www.itsuptous.com.au)*



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# q win: CARLOTTA ON DVD

## ABC DVD

How many working class Balmain boys grow up to be showgirls? Not just any showgirl but a household name: a legend of Kings Cross, a daytime TV star, and a symbol of generational change. While many know her face, few have heard the real story of Australia's most famous transsexual performer. Until now.

Long before Australians knew what transsexual meant, **Carlotta** was pushing the boundaries of gender and sexuality. She was an ambassador for rebellion, freedom, and self-expression: a living, breathing symbol of emerging 60s liberalism. She was the legend of Les Girls. Fleeing an abusive stepfather, 16-year-old Richard, a sexually confused innocent, arrived in swinging, "live and let live" Kings Cross. It was 1959 and the nation was waking from a long, conservative slumber. Adopted by a group of like-minded friends, Richard began to test the boundaries of gender and sexuality: to remake himself.

Through cross-dressing and performing, Richard experimented with becoming a woman, and despite persecution and exploitation, found the courage to live as Carol Lee. Later, when illegal hormone treatment had spectacular results, the striking, irrepressible "Carlotta" was born. Fêted, desired and imitated, Carlotta's reign at Les Girls was to endure for three decades.

Distinctly Australian, Carlotta's grit, bawdy glamour, and determination to be the best woman she could be, endeared her to a nation while echoing the desire of a generation of women who also wanted more. Yet it is away from the spotlight that Carlotta played her most important and surprising role. In the 1980s, a fairytale romance with a "great Aussie bloke" changed everything. The infamous "Carlotta" was consigned to history as Carol fell in love, married, and gave up her stellar career for a life in the suburbs. She reveled in her new life as a homemaker and doting wife with the stable, loving family life she had always craved. But surrounded by reminders of the children she ached for but could never have, Carol found herself stranded between two worlds, belonging in neither. Her new life would test everything she knew about herself, and it would take all her courage to make the heartbreaking sacrifice for the one she loved the most.

Carlotta is the story of an exceptional woman's desire to be ordinary.

The outstanding ensemble cast includes Caroline O'Connor, Alex Dimitriades, Anita Hegh, Eamon Farren, Andrew Lees, Gigi Edgley, Ryan Johnson, Socratis Otto, Genevieve Lemon, Damian de Montemas and Paul Capsis.

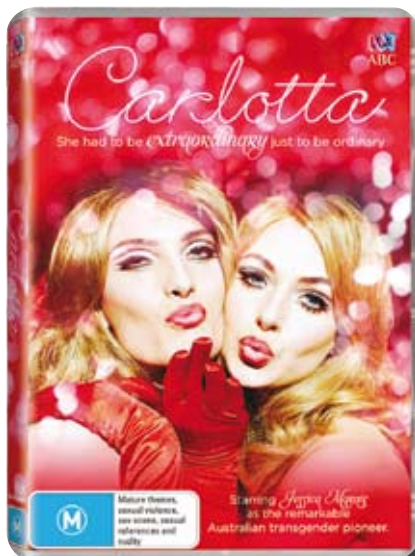
Written by David Hannam (Winners & Losers) with story consultation by Carlotta, Carlotta was directed by Samantha Lang (My Place, The Monkey's Mask), and produced by Riccardo Pellizzeri (Underbelly: NZ, Siege, MDA, Blue Heelers) and Lara Radulovich (Wentworth), with the ABC's Carole Sklan and Christopher Gist as executive producers. Developed by Pellizzeri, Radulovich and Hannam, Carlotta was produced by their production company Story Ark Productions.

Lara Radulovich and Riccardo Pellizzeri said, *"This has been a passion project of ours for many years and we are thrilled to be bringing Carlotta's story to the screen. A love story and an outsider tale about an exceptional woman's desire to be ordinary, hers is an extraordinary life, lived in changing times."*

Carlotta said, *"I am absolutely delighted and flattered that this story is being brought to the screen as my main motivation is to show anyone who may be struggling with their gender, or struggling to gain acceptance from their family and society at large - that you can do it. Stand tall, know who you are and be proud of yourself, as acceptance comes from within."*

Carole Sklan said, *"The ABC has been dramatising stories of remarkable Australians, from Eddie Mabo to Bernie Banton, individuals who have gone against the grain and contributed to social change."*

We have five (5) dvd copies to give away. Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **Carlotta** 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 celebrity: **CARLOTTA IN PERSON**

**An interview with a lady like Carlotta needs no introduction...so let's get into it!**

**So sweetie, do you prefer to be called Carol or Carlotta?**

You can call me whatever you want to call me [hehe ok George] that's fine [laughter]...the year's have gone, darling, where I get insulted.

**I've seen the film and absolutely loved it. Where did the concept come from, as in who initiated it?**

Lara and Rick (the producers) and myself. They approached me and said "what do you think about doing a movie?" and I said "look, I've always wanted to - it's always been in the back of my head (this is five years ago) about doing one but I want to wait 'til I'm a bit older. Because, you know, you're putting it out there. It's a side of my life that some people knew but a lot didn't.

**Yes, I was going to say that the early part of the movie was quite emotional to watch.**

I think I was out one night and some queens were being really bitchy [quelle shock] - yes tell me about it - and I thought you queens haven't got a clue what another generation went through for you to enjoy the freedoms you have today. It wasn't just me, it was a lot of people (who don't even get recognition). The only reason I got recognition for it is because I'm out there. And I thought "no bugger this, I will do it". I've had a lot of response where people have said "oh I didn't know it was that tough"...which is nice. Because it was tough.

**So for you to watch the finished product, was that difficult?**

No I didn't watch a lot of it darling. I turned my head away or walked into the kitchen and said "anyone want a bun?". It was done to truth. There were only a few little things in it that were, as they say, theatrical license. They had to squeeze all that into an hour and a half. But there were also lots of things that happened after that time that were a struggle too. Maybe one day, when we can get a Government to give the ABC more money, they can make a sequel.

I'm very proud of and grateful to the ABC because they stuck by the project for five years. There was a couple of times they were going to pull out but they didn't.

**What input did you have in the making of the film?**

I had a lot of input into it. [the actual making of it?] Oh, the actual making of it...no, I went down and showed them certain things. Spent time with Jess. I read the script and was happy with it and then I walked away from it, because there's nothing worse than having someone looking over the director's back - so I just let them do it. The finished product I was very happy with it.

**I thought Jess did a superb job playing you (particularly in the later years). Were you happy with the casting - particularly of Jess as you?**

Unfortunately our generation of female impersonators, you'll never see again. They have the freedom today that they can go and have a sex change and become Doctors and Lawyers - they don't have to rely on showbusiness as a crutch...and you don't get those sort of drag queens today and I couldn't find one. Everyone kept saying to me that Jess looked like me when I was younger, so I went for her.

**How would you compare those days to now in the drag / cabaret / entertainment field?**

Completely different darling. What they're doing today is fabulous but if we did what they do today back then, they would have laughed us off the stage. In those days, because we looked like Las Vegas showgirls, they were in awe. That's where the saying comes from: Where do you put it? - which I won't answer now [laugh] - cause the audiences couldn't believe it.

**So what's happening today for Carlotta?**

Darling I live near the Gold Coast (which I love) and I do a couple of shows a month doing my one woman show - which I have done for the past six years.

**Do you ever see retirement in the future?**

I tried it once - it's boring - I was turning into Alan Searle [laughter]...you can only grow so many plants.

**Carlotta, thank you, and thank you for sharing your life with us.**





# q arts centre: TWISTED BROADWAY

Celebrating five fabulous years, the gender-bending music theatre blockbuster Twisted Broadway returns to Melbourne for one-night-only at Arts Centre Melbourne, Playhouse. Having enjoyed sell-out concerts in previous years, Twisted Broadway is Australia's fastest-growing charity concert and features internationally-acclaimed music theatre talent singing songs originally penned for the opposite gender in a one-off night of show-stopping entertainment.

Celebrating its 5th birthday in 2014, Twisted Broadway has raised over \$60,000 for those living with and touched by HIV/AIDS through its chosen charity Oz Showbiz Cares/Equity Fights AIDS.

*"HIV/AIDS is an important and real issue for many Australians," said Kate Macdonald, Twisted Broadway producer. "On average, 20 people are diagnosed with HIV every week in Australia and over 50 per cent of those living with HIV/AIDS live under the poverty line. The growing success of Twisted Broadway is a small but forever-shining beacon of support for those affected by this disease. I am eternally grateful to both audiences and performers alike for their dedication and contributions to such a significant and monumental cause."*



Unique to other charities, Oz Showbiz Cares/Equity Fights AIDS focusses its efforts on grass-roots projects led by the Victorian AIDS Council to improve the quality of life of those living with HIV/AIDS. Modelled on the success of New York's Broadway Backwards, Twisted Broadway is an annual charity concert that has become a stalwart of Australia's music theatre calendar. In 2014, audiences will be entertained by performers from Australia's hit musical productions, including Les Misérables, Wicked, Rocky Horror and many more.

**Kate Macdonald and TheBengeGroup present Twisted Broadway**  
**Arts Centre Melbourne, Playhouse**

**8pm, Monday 4 August, 2014 | TICKETS ON SALE NOW from \$35**

*For tickets and more information [www.artscentremelbourne.com.au](http://www.artscentremelbourne.com.au) or phone 1300 182 183.*

# q festival: GERTRUDE ST TRANSIENCE

For 10 days Melbourne's Gertrude Street is blitzed by artists from far and wide for the Gertrude Street Projection Festival. Bright lights and perfectly positioned colour-scapes will adorn 40 sites on and around Gertrude Street, illuminating everything from the trunks of trees to entire buildings. Shop fronts, laneways, windows and footpaths will come alive with bold visions of award-winning projection artists, all exhibited for free to the people of Melbourne.

Projection artists whose work will be featured in this, the 7th Gertrude Street Projection Festival, include Andy Buchanan, Arika Waulu, Ian de Gruchy, Nick Azidis, Amanda Morgan and Lin Finch. Some of the highlights this year include Wind Up Bird, a film installation created with found footage sourced from eBay comprising imagery spanning various decades; and Young Blood. Young Blood, is a projection and glass jar installation inspired by the story of an aboriginal resistance fighter Pemulwey. Killed in 1802, his preserved head was sent to the King of England.

The Festival Hub for this year is The Catfish, 30 Gertrude St which will be transformed into a late night space offering a range of free and ticketed events including live performances, workshops, panels, music and of course, projection artworks galore. The Gertrude Street Projection Festival artworks will be projected from 6pm until midnight every evening during the Festival.



**Gertrude Street Projection Festival**

**18- 27 July, each night 6pm - midnight**

*40 sites along Gertrude Street, FREE (excluding some special events). Go to [www.gspf.com.au](http://www.gspf.com.au)*

# q health: with KEREN WIGLEY

## OH, MY ACHING BACK!

Young, Old, Large, Small, Black, White, Heavy, Light, Happy, Sad and everywhere in-between... most of us will experience back pain at some time in our life. It may be for obvious reasons such as physical injury, disc degeneration, structural misalignment or strained muscles and in these cases, diagnosis and treatment is generally straightforward. **SURPRISINGLY, BACK PAIN CAN ALSO BE RELATED TO WHAT YOU EAT.**

If there are no apparent physical causes, it could be due to underlying emotional issues or nutrition. Let's take a look at processed food.

Processed foods like sugar, grains, bread, pasta, dried fruit and even fruit juice can create problems that can produce lower back pain. Really? Processed foods can instigate a spike in blood sugar levels. Grains are digested rapidly so that the stored sugar in the grain is released abruptly into the blood stream, abruptly increasing blood sugar levels and starting a roller-coaster effect.

The body brings high blood sugar levels down with insulin. However, the speedy rise in blood sugar levels produces an over-response, a release of too much insulin. The result is that blood sugar levels end up being too low, something the body must also fix. The correction is that the adrenal glands release cortisol, also called cortisone, a stress hormone. One of the things that cortisol does is release stored sugar to bring blood sugar levels up.

So, after a big meal of pasta and garlic bread you feel sleepy and have to rest for a while. Later, you feel more alert, and feel like having a little dessert.

What happened is that the food with processed grains brought the blood sugar way up. Next, once insulin does its job and brings the blood sugar down, but too low, you experience a slump in energy. This is because the brain is deprived of its main food, sugar. Later on, cortisol brings blood sugar up again, so you wake up. Furthermore, you want dessert because stored sugar has been used up, and the body wants it replaced. But, that's just another round about to take place, just like before.

In time, the adrenal glands become worn out. They didn't evolve to contend with processed foods at all, and often they are called upon to do this over and over again. The link with the lower back is that the exhausted adrenal glands obtain the nutrients they need from available sources together with stealing them away from the ligaments and tendons (they use many of the same nutrients). Since the lower back supports the weight of the upper body, that is where you are most likely to experience a weakness from depleted ligaments first. Without ligament strength, the joints in the lower back and hips go out of alignment causing lower back pain that is so common today.

In this case, lower back pain treatment is obvious. Try avoiding processed foods (sugar, grains, bread, pasta, dried fruits and fruit juice) and eating more natural, live food. If you are still experiencing back pain for no apparent reason, Kinesiology can find and clear underlying emotional issues, often relieving the back pain.

*You can find more information about this at [www.holistichealthmelb.com.au](http://www.holistichealthmelb.com.au) The information in this article is offered as information only and is in no way intended as medical advice. Always seek the opinion of your doctor if you are experiencing ongoing back pain.*



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# q cuisine: THE PHILIPS AIRFRYER

Preparing a sumptuous and healthy meal can be challenging, especially with the busy schedules of today's modern families. Functional yet fun, Philips introduces the new Philips Airfryer XL, a premium collection of Airfryers that takes healthy cooking to the next level. The new Airfryer XL is ideal to delight in the joys of food preparation, and makes cooking for a large crowd a piece of cake.

*"Australians loved the Philips Viva Collection Airfryer when we first introduced it. Motivated in our journey to continue bringing the joys of healthy cooking into homes, we listened to the feedback from our consumers for an Airfryer with a larger capacity and developed the Philips Airfryer XL. Cooking for the entire family can be done easily and we are delighted to see communities exchanging recipes and cooking with our appliance,"* said Sanjay De, Marketing Director of Consumer Lifestyle for Philips Australia.

Philips' Airfryer can also help parents serve healthier, yet still delicious versions of their families' favourite foods such as French fries and fried chicken. With the Airfryer's patented Rapid Air technology, users can now depend on air to cook their food and enjoy great-tasting fried food that contains up to 80 percent less fat.

## Super-size me!

Thanks to the Philips Airfryer XL (HD9240) it's now possible to marinate and fry a whole chicken without any hassle, or cater for an outdoor barbecue entourage with delicious entrees such as fishcakes. Part of Philips' new collection of high-end kitchen appliances, the new and improved Philips Airfryer XL is more powerful and boasts a 1.2 kilogram capacity - 50 percent extra - that can feed up to five people. Larger families can now enjoy the Airfryer experience by cooking not only healthier fried food, but having the options of grilling, roasting and baking – all from the very same appliance.

Available in either a smart jet black or elegant star white body frame, the Airfryer XL includes a new digital touch screen that helps monitor gastronomical delights in the making, by clearly displaying and enabling control of time and temperature.

## Not just bigger, but faster

The innovative appliance comes with an Integrated Air Filter that prevents unwanted cooking smells and vapours. Additionally, the Adjustable Temperature Control lets users pre-set temperatures of up to 200°C, which helps to cut down food preparation time immensely while producing crispy and evenly-cooked fried food. Requiring minimal heat-up time, anyone can now quickly and easily prepare a batch of great-tasting fries without the oil in just minutes, and with removable components that are dishwasher safe, cleaning it becomes very easy.

A variety of optional accessories, including an extra-large baking accessory and Double Layer accessory with skewers for juicy grilled kebabs, make it easy and quick for busy parents to plan a wide range of dishes for the family. These separate accessories will be available from 2014.

## The compact digital

Philips has also introduced the Philips Viva Collection Airfryer Digital (HD9230). Perfect for smaller families who love technologically advanced appliances, this nifty device now comes with the option of a digital touch screen for easy control of time, temperature and a preset button for your favorite dish. It also comes with a Double Layer accessory that allows the user to stack food to maximise capacity within the unit. Flatter foods, such as nuggets or fish filets can be cooked in one go thanks to the dual-level accessory that doubles the cooking space. The Viva Collection Airfryer Digital will also be available in smart jet black or elegant star white.

*The Philips Airfryer XL and Philips Viva Collection Airfryer Digital are available at major department stores, leading electronics stores and selected authorised dealers.*



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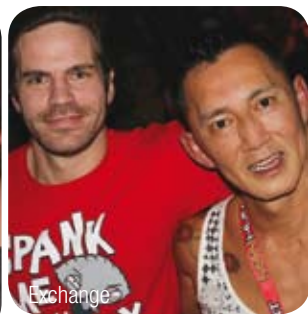


A welcoming world awaits at [www.igbt.travel](http://www.igbt.travel)

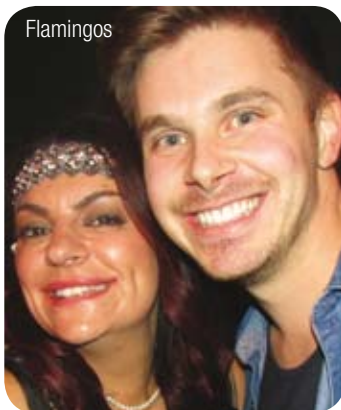




# q scene: **OUT & ABOUT**



# q scene: **OUT & ABOUT**





# q scene: **OUT & ABOUT**





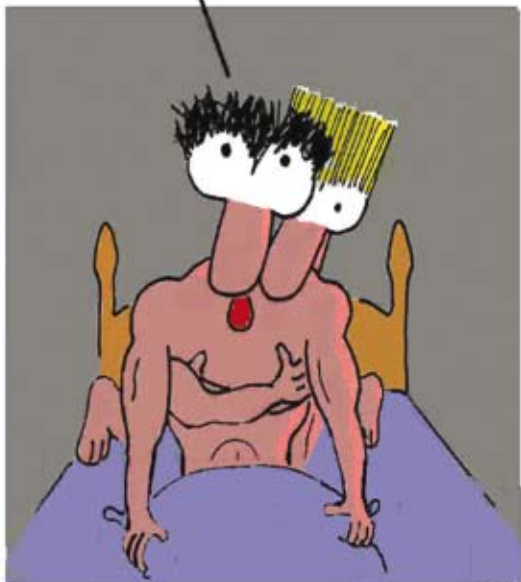
# Gaylord Blade

by KICHI

Omigod .... omigod .... omigod



harder, Gaylord, PUSH deeper  
higher ... **harder ... deeper ...**



erruurp !!



That was my pancreas. No worries.  
I don't even think I need one.





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