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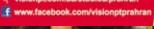




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Cabaret's growth in Melbourne has been further strengthened by several leading venues partnering with the producers of the Melbourne Cabaret Festival and several industry specialists to present 'DIY Cabaret' - a new workshop on self-producing your show and gaining an audience.

To be held every Wednesday night over eight weeks (15 October to 3 December) the workshop is suitable for emerging and mid-career cabaret performers, aspiring artist managers and marketers, and anyone curious about self-producing works for live performance at venues, festivals and by touring.





Facilitator Neville Sice says "There are plenty of courses out there that help vou create a cabaret show. This is not one of them, DIY Cabaret teaches you

how to produce your show and gain an audience for it." Discounted early bird registration closes 23 September.

Go to www.divcabaret.com for more information.



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ISSN 1449-499X OMAGAZINE PO Box 7479, St. Kilda Road, Melbourne Victoria 3004 www.qmagazine.com.au

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

q feature: TARAS SEMENENKO

I met Taras through Evan Davis and enjoyed a lovely evening having dinner with the two of them. Upon meeting Taras I was impressed with his maturity, looks (obviously) and, once seeing a portfolio of his work, that too. We started our interview in the usual way:

Are you a Melbourne lad? Do you have any family here? Where did you go to school? Where do you currently live (city)? How old are you? Do you have a partner?

Yeah, I'm a local. My family has always lived in Melbourne. Every time I travel it just affirms how much I love living here. I did high school at PEGS in Keilor and then did a short stint at RMIT before doing my diploma of illustration at NMIT. I recently turned 26, and I'm living with some mates in Brunswick, Melbourne, which is mostly spectacular. I'm chronically single.

When did you first realise you were gay and did you have to endure any homophobia throughout your journey thus far (school, family, work, friends etc)?

I first started suspecting I was gay at about 13, I think. Up until then I mistook my attraction to guys as admiration, although my family figured it out well before I did. I've been really lucky with my family. Dad had gay friends in the past and one of my mum's brothers is gay, so to them it really wasn't anything shocking. Actually, the thing my sister struggled with most was how to pretend to be shocked at my coming out. I would have been about 15 or 16 when I came out, which I did because I needed a lift from my folks to a Minus18 event.

The challenging part for me was high school, although I don't remember ever being physically harassed. Most of my high school years were segregated with girls at another campus, but the theory that boys aren't as sly with their antagonism is bull. I remember the looks of fear and derision, and found them more spiteful than the hushed but pointed name calling, mostly because it's intangible. All in all, my memory of high school is somewhat vaque.

Maybe it's a subconscious form of self-preservation, or perhaps just a lucky result of my affection for a glass of wine, but I met a guy a couple of years ago through friends who apologised for the way he treated me in high school and I honestly couldn't remember him. I think I couldn't place him not because his hostility didn't mean anything to me, but because it wasn't anything unusual to me at the time.

When did you first realise you had a talent for art? Did you have to do any study for same? Is this now your chosen vocation?

I loved colouring as a kid and I just never put down the pencils. Mum was a wedding dress designer, which inspired my sister Krystal to draw a lot, and I just wanted to do whatever my big sister was doing. I decided to study design, as opposed to fine art, because I thought it would be a more employable skill. It turns out I was wrong. Illustration wasn't the best fit for me as a career, but completing that diploma was the best thing I could have done to foster my talent. I'd truly love to make art my main vocation, but right now I'm also working in retail. My dad wants me to follow his footsteps into property development, which I wouldn't mind, but I could never give up art. I'm too introverted to express myself any other way.



Your exhibition coming up this month, is it your first and how did you go about securing Cyclone Gallery?

Yes this is my first solo show, and opening night is on the 17th September at Cyclone Gallery in South Melbourne. In the past I had looked at a number of smaller gallery spaces, and between upfront costs and commission fees, I felt that most were basically just trying to screw me. Then an incredible mate of mine Michel Cabrié organised a meeting with Rod Fuller, the Curator of Cyclone Gallery, and he managed to negotiate an exhibition. I'm very excited, but I'm also crazy nervous about it. Cyclone Gallery has had really high calibre artists and well known names. Ken Done, Peter Russell-Clark, Charles Blackman and Bob Brown have all exhibited there which is pretty daunting stuff for a new guy. I'm incredibly flattered and grateful that they have chosen to exhibit my work. Some of the artworks I chose for the exhibition are pieces that I started years ago, so I feel the need to show them, get feedback, hopefully sell a few, and then move on with developing some new ideas.

What is your favourite style of painting and do you think you have found the style that you will stick with or is this an evolving aspect to an artist's life?

Definitely evolving, Stylistically, my paintings are far looser than my pen drawings. I think studying design, and having to work towards different creative briefs, expanded the styles that I work with, If I've spent an afternoon trying to perfect a detailed little drawing then I'm likely to snap a little and need to throw some paint around. Different mediums lend themselves more easily to certain styles. which is another reason I wanted to exhibit so that I could cluster the work I've done and then move on to new things without it all becoming a confused mess. I have been influenced by the precision and discipline of zoological and anatomical art. The diversity in animal species is a constant fascination for me, and I have a particular interest in species that seem to demonstrate a range of features more often associated with 'being human', rather than part of the animal world. So for this exhibition I've done a series of birds, as well as a variety of naive and abstract faces, and some wine classes, When I recently stood back from it all, I realised that a lot of the artworks somewhat reflect the way I retreat when I hide away to create them. Hearing other people's interpretations is always fun for me, so I don't like giving away too much by explaining my artworks.

What advice would you give to any other young person questioning or knowing their sexuality as gay?

It gets better. Also, try to allow yourself to do what feels right without too much self-judgement. I've known I was gay for a long time, but only quite recently allowed myself the freedom to explore my sexuality. I didn't even register how repressed I was, because I had convinced myself that I wasn't a sexual person. Things that I never would have thought any less of others for doing. I restricted from myself out of shame. I'm glad to have finally put that shame to one side, and I'm trying to shape my life in the way that feels right to me.

My advice to another young person questioning their sexuality as gay, isn't to go on a whore rampage. But if you do, or if you don't, either way it's your choice but try to discern how your actions are affecting your sense of self. Every friendship, boyfriend, girlfriend, family member is temporary. You're the only person that you'll spend your entire life with. So put as much effort into getting that relationship as right as the rest.

And if you're a boy, and not in drag, don't wear bronzer.

Where to from here for Taras?

affording rent issue. I also plan to get involved with the Midsumma festival, so my next few pieces will probably be more directly related to my sexuality.

I'm grateful for my current opportunity to learn more about the industry and the business side of things. So I plan to take what I've learned from this exhibition and try to do it all again.



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q money: with EVAN DAVIS

I'm on my balcony overlooking the azure blue Aegean Sea in Mykonos. I've just come back in from a champagne fuelled evening bouncing between clubs and exclusive bars in my European convertible sports car. Now that I have finally gotten rid of my entourage of beautiful, athletic, young, bronzed Mediterranean men I can set to writing my Q Magazine article. Though they really have tired me out.

I am on vacation from my business in Melbourne. I am self-employed and having a break from everything. My staff and taking the calls, writing the new business and servicing our customers. In fact they are doing such great I am wondering if I may continue to holiday for a little longer...

A pleasant fantasy.

I wrote last month about some of the financial and borrowing challenges associated with being self-employed. This month I thought I would explore some of the benefits and considerations associated with working for yourself.

The considerations and risks are obvious. Naturally you do without sick pay, holiday pay and your guaranteed employer super contribution. Also, depending on the type of work you do it can mean some time before you see a return on your outlay or investment and cash flow can be a big issue.

Time management is also a big issue for many self-employed people. Often there are not enough hours in the day, particularly when you just start your business. When you are your own boss you often find that you have to complete all the roles within your own business until you can afford to pay salaries to employees to help you with the work. Then there are your customer's expectations to meet...

Try to budget for your own wage from your cash flow and pay yourself super! You will want it one day. Watch your cash flow and don't spend your GST as you collect it. You will need to pay it to the government at some point.

For all this work, the remuneration when working for yourself is typically higher to offset the additional risks. It has been my experience that people are drawn to working for themselves chiefly to get a better return on the work they are currently doing for others. Very often individuals build up valuable networks that can provide them with sufficient work to sustain them in the industry that they have built their career and the initial attraction is the better reward. Being your 'own boss' fits into this too though consistently I think the drive for dollars comes first.

Setting your own hours and working conditions is another benefit of being self-employed. Should you wish to and can afford to, you can also opt out of work. Each individual and industry is different though this kind of flexibility is rarely something that is possible for people who are working full time jobs and hours. This is something I am obviously enjoying at the moment.

Though tricky at times, working hard in your own business can be a great way of creating wealth. A well built and maintained company with a good client base and robust business practices can be a very valuable and saleable asset.



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q gay files: with MATTEO SNOOKS

Fifty shades of GREEN.

So your little fella is dripping for all the wrong and uncomfortable reasons. That little tickle continues to irritate your ring, yet you haven't sat on a 3-inch penis or demolished any fabulous curries lately. Discharge and smells are rapidly appearing and all is a bit cray cray down under...so who you gonna call!?... STI busters baby?

A friend's body rash wasn't going away so I asked "babe, how long you gonna take them dam antihistamines?" He replied with "it's for my heat rash." I thought, "it's winter darling and that nasty skin disorder needs attention".

Do not be alarmed and try to stay calm when experiencing some cauliflower; like veggie patch growths, appearing on your genitals. Remember almost everything has a cure and if kept real, everything will be fabulous; in other words, eliminate that state of denial. It's common knowledge that by performing safe sex we are reducing the risk of STI's. Yes it's going to be stressful and embarrassing when symptoms first pop. However it only takes 10 seconds to wrap that bad boy in plastic and penetrate on...ensuring the ride is lubricated and (fingers crossed) DOUCHED!



I totally recommend attending a gay health clinic, where gay men operate the facilities. This is a place where we can relate to one another in a comfortable and camp environment. My old family doctor told me on occasion that anal sex was no good for me. Considering his religious manifestation that spread over his wall, I'm sure he believed I was going to hell... Even though I, myself, am a saint (sometimes), I really wanted to provoke this fool and explain that my rear was sent from God representing Noah's Ark'; whose duty was to collect as many bears and cocks possible. Little does his blessed soul know how hot ass play and sex can be... even when it's SAFE!!!

Word on the street is that youngsters are bare backing because HIV drugs are so good these days with no cause for concern. Yes, you can live a healthier life due to these remarkable medications, but we are still aiming to wipe this virus completely. The risk is still out there...So, think with both heads the next time you bounce.

On the positive side, you never know whom you'll meet when going for a test. Everyone at the free clinic is there for the same reasons...because we LOVE SEX! So remember we are all in the same boat. Where else can you go besides clubs, saunas and the streets of St Kilda that have boys and whores all in the one room? Getting tested is an insightful experience. We can chat with cute boys or even little miss Gray St who gossips about her newly tightened vagina. All you need is a gin and tonic and it might as well be Saturday night, with the potential of meeting more men...Score!

It's all about being aware! If your sexually active and precautions aren't taken then you maybe open to the possibility of catching something...So the next time your golden shower starts feeling like dragons breath, with the company of volcanic mucus oozing out of Big Booty Mountain, you should know it's time to shape up. Stay healthy by respecting yourself and others and booking that STI check up GURL!

Have a question? Or simply want some sisterly advice...Write to Matteo at thegayfiles@outlook.com



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q libation: THE BEST VINTAGES

In the fully updated and revised 32nd edition of Australian Wine Vintages, Master of Wine Rob Geddes provides readers with the definitive guide to selecting the best quality local vintages in any price range. Aiming to showcase the top 10% of wineries that consistently deliver quality, the popular pocket-sized book (also available as an App) includes detailed tasting notes, vintage quality and indicative prices for over 6,000 wines from 317 of Australia's best wineries, with 19 new wineries included in this edition.

It also includes an updated list of Certified Organic and Biodynamic wineries, a scoring page to compare the writer and wine show scores, and a quick guide to the various wine varieties and regions so you know what to look for.

Below Rob lists his top sparkling wines this year:

Top Sparkling Wines - Rob Geddes

Moorilla Estate Muse 2009 Extra Brut 94/100 \$49.00

Very elegant style with refined delicacy of cool chardonnay, citrus fruit and yeast. In the mouth, fine long structure with chalky cucumber like detail and delicacy building to a mouthful of citrus fruit on the very long finish.

Jansz Late Disgorged Vintage Cuvee 2005 94/100 \$50.00

Rich nougat baked lemon pie and pinot crème brulee aged flavours. The palate is layered and textured, deep creamy and in the house style nougat fresh lemon zest acids and a croissant pie crust finish. A deeply flavoured wine with finesse.

Domaine Chandon Vintage Brut 2010 94/100 \$41.00

Stylish freshness with honey, dried fig, bready yeast evolving to nougat elements and complex fruited honey. Rich yet delicate, the creamy texture showing stylish complex nougat and creamed honey with mature fig on the finish balanced by apple acidity. It reveals more complexity with every sip. Some wines are a phrase and others a chapter, this is a book.

Rob Geddes is a wine industry veteran, one of the few Australians to be awarded the 'Master of Wine', and author of Australian Wine Vintages (\$35.00). The 32nd edition is now available at book stores or online at www.thegoldbook.com.au





QUALITY BROADCASTING FOR THE LGBTQ COMMUNITY











q youth: with TASMAN ANDERSON

Tassie's bucket list: #39 "Call 000"

Okay so confession time, I actually crossed this off my list a while ago but I've been incredibly lazy this month and haven't done a single thing so I'm going to cheat a little here.

Since as long as I can remember, I've always wanted to call 000. Honestly, I have no idea where the need came from. It could have been the fact that it was something almost taboo to me as a kid or it could have been the fact that we had a police officer come to talk about safety when I was a kid. Either way, I wanted to call them so badly.

I was finally given the chance two Christmases ago when I heard yelling from outside my bathroom window. I found it pretty ironic that I was butt naked in the bath, shaving my legs when I heard it. After all, these things only happen to me at the most awkward of moments. Anyway, I didn't really register the shouts because it's Logan, shouting happens on a regular basis. However, this time something just didn't sound right.



The female was screaming at her male counterpart to 'get away' and to 'stop'. There was something in those screams that made the hair on my arms rise and shivers go down my back. I knew something was really wrong when I heard her screams turn from anger to fear, and loud bangs coming from the house. At first, I hesitated about calling the police because I wasn't really sure if what I was hearing was actually serious or whether I had watched way too many horror films. In the end, I decided to just make the call. It would be safer to have called and it turn out to be a false alarm than to not call and our street ends up plastered on the 5 o'clock news for murder.

Honestly, the experience was a little underwhelming. The operator who picked up simply asked if I wanted the police, the ambulance or fire brigade. Once I requested police, she patched me through to an officer who was anything but friendly. He demanded I tell him my details, as well as location. Once I had, he asked what and where my emergency was. I was a little flustered because I didn't actually know the address of the neighbour's place (it was the street behind me, before you question my intelligence) so he seemed to get agitated with me while I had a look.

Finally, when the call was all sorted, the police didn't even arrive to the lady's house until at least an hour later. I don't know about you but I'm pretty sure a murder doesn't take an hour to complete.

Okay, so I'm probably being entirely too harsh on the matter. The police officer was probably just blunt so he could get all the facts and there could have been a number of reasons as to why the police were taking so long, but I just can't get over the incident. You'd think you'd be a little warmer on the emergency services phone line. I mean, an actual victim could be calling and the last thing they need is a blunt and somewhat arrogant tone.

Furthermore, I wrote an article on it a few years ago, but I think the Queensland Police would benefit from informing the public on what exactly an emergency is. It could just be me but the fact that I hesitated to call because I didn't want to overreact was a little worrving.

In the end. I think the best thing to do is follow your instincts. If it feels wrong, call 000.



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q musical: CARRIE AT THE CHAPEL

CARRIE - THE MUSICAL TO PLAY CHAPEL OFF CHAPEL

Ghost Light in association with Moving Light Productions will present the Melbourne premiere of CARRIE- THE

MUSICAL for a three-week season at Chapel Off Chapel.



This production, using the revised book, score and lyrics from the 2012 Off- Broadway production, which received critical-acclaim, and with US high school massacres constantly in the media is more relevant than ever, with its themes of the consequences of bullying. This gothic, "anti-Cinderella" is a clear inspiration for such hits as Mean Girls and Heathers. Chelsea Gibb (Chicago, The King & I, Dreamsong) as Margaret White and Emily Milledge as Carrie White lead a company of Melbourne's most dynamic young music theatre performers, directed by Terence O'Connell, choreographed by Lisa Minett, with lighting by Jason Bovaird, design by Jacob Battista and musical supervision by David Piper.

Director, Terence O'Connell said, "Ever since I became aware of this legendary show I've wanted to direct a production. It has a powerful book and score and the gothic theatricality of the piece with its central characters and more relevant than ever themes will resonate with Melbourne audiences. The timing of this season seems perfect."

Based on the cult Stephen King novel, which has been adapted for the big screen twice, CARRIE - THE MUSICAL made its Broadway Debut in 1988, starring Broadway legend, Betty Buckley and was recently revived Off-Broadway in a sell-out season, with Marin Mazzie in the leading role of Carrie's highly religious mother, Margaret.



Carrie White, the troubled teenager with telekinetic powers is a touchstone character in pop culture. First emerging in Stephen King's sensational debut novel, followed by Brian De Palma's iconic 1970's movie, she now returns in CARRIE-THE MUSICAL.

Director, Terence O'Connell said, "Ever since I became aware of this legendary show I've wanted to direct a production. It has a powerful book and score and the gothic theatricality of the piece with its central characters and more relevant than ever themes will resonate with Melbourne audiences. The timing of this season seems perfect."

Lawrence D Cohen (Nightmares And Dreamscapes) has adapted his legendary screenplay for the stage with music and lyrics by multi award winning Michael Gore (Fame) and Dean Pitchford (Footloose) to revisit this story of religious fanaticism, teenage angst and first love amongst high school seniors on the verge of adulthood.

On confirmation of the Melbourne Premiere Season, Lawrence D Cohen said, "Carrie is a show which demands lots in the way of passion, talent and conviction on the part of everyone involved, and gives back a lot in return."

CARRIE – THE MUSICAL is presented by permission of Origin Theatrical on behalf of R&H Theatricals.

Ghost Light in association with Moving Light Productions Present CARRIE – THE MUSICAL
The Chapel, Chapel Off Chapel, 12 Little Chapel Street, Prahran
September 25-October 12 Wednesday-Saturday 8pm. Saturday 2pm. Sunday 6pm.
Tickets: \$30-\$49.50 Box Office: 03 82907000 www.chapeloffchapel.com.au
*Runs two hours including a 15 minute interval *The production uses strobe lighting and haze

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q getaway: HOLIDAY ACCOM ADVICE

Now comes the hard part. They all look great in the photos. After all would you put a daggy picture in your ad? Not likely! You've only staying a couple of days so it's got to work. You're not on home turf, everything is different, there's a weird sound from the fridge and the toilet flush is too loud. So if you don't get into the zone straight away you've done your dough and you'll be more irritable when you leave than when you came.

The answer is TRUST. Does the landlord trust you as a tenant? Or do you get the feeling from their website that they expect the worst. That maybe they expect you to bring an extra suit case and make off with the linen and cutlery? If there are wall to wall beds, the TV is chained to the top of the cupboard and the decorating style is early laminate then you get the idea that you're not really welcome and you're better off staying home.

They don't provide too many pictures on the website as they don't want you looking into the dusty corners and there really isn't much to show anyway.

On the other hand, if there's a lot of information and pictures on the website and you get a peek into all the corners, the decorating style isn't post apocalypse then you stand a good chance of a relaxing time. Especially look for those small touches. Does the owner trust you with books, CDs, DVDs? Are there nick-knacks around? Is the kitchen stocked? Are there more than four plastic plates and glasses in the cupboards? What about heating and cooling? If there's a wood fire do you get wood and kindling or are you expected to chop a tree down or pay extra?

Next, has the owner targeted a specific segment of the market in which case if your part of the segment or understand the benefits that the segment has to offer, you'll be well catered for. For example if the venue is targeting the younger market and you just want peace and quite it's not for you.

But if children are discouraged and its secluded then you'll probably have a restful experience.

Above all, is the landlord thinking of you and what you need to have a holiday or are you just a cash cow?

It's not easy providing accommodation for the holiday market. Everyone has different requirements and expectations but trusting your tenants is the most important part of the relationship and then exceeding expectations is the best way to get a return visit.

No accommodation can be all things to all people and if you're looking to book a holiday or a short stay make sure that you select for the right reasons.

The Author, Victor Pleshev runs the Meadow House a holiday and short stay destination in the Central Tablelands of NSW.

For further information, visit www. meadowhousegetaway.com







g 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.



There's Wind Up My Barranco

Living in the Canary Islands, I quickly learned that most people living in Northern European countries have little time for our occasional complaints about the weather. After all, as an Ancient Greek once declared, we live in the "Fortunate Islands"; the weather is as near perfect as we can get in Europe, and survey after survey has proven that these islands are the healthiest places in the World to live.

Does this mean that we never complain about the weather? Sadly not; after all, due to our early conditioning as Brits, others, as well as myself still complain about the weather from time to time. It is part of who we are, and an important part of our collective national psyche. It may be complaints about the weather being too hot, which it often is in August, too windy in July and even too wet - albeit for about three days in February.

We live quite close to what is often billed as "The Windiest Place on Earth". That place is the village of Pozo Izquierdo, home of the World Windsurfing Championships, and the place to go to watch spectacular waves and to enjoy the surf. Well, it would have to be windy there, wouldn't it? After all, little

or no wind would make for a very sad or non-existent World Windsurfing Competition. However, the downside is that sometimes the winds in the area are so strong that they carry sand, soil, dust and goodness knows what else to towns and villages across a large part of the island.

Occasionally, the wind is too strong to even take Bella, our dog, for more than just a very short walk on the open land outside our village, and I have often considered buying her some goggles in order to cope with the sand and dust, as it bites into our eyes as

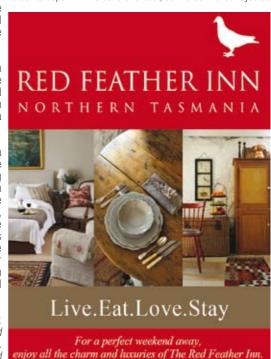
we walk. It is often challenging to face and walk against these strong winds, and I have occasionally seen children and small adults swept off their feet, as well as the occasional vehicle overturned on our busy motorway.

This year has been exceptionally bad for strong winds, with sand and soil piled up against the sides of properties and the edges of roads after a particularly windy period. With the sand and dust, also comes a range of bacteria, which often results in breathing disorders and eye infections. Admittedly, it is only for a short period of the year, and is forgotten as quickly as it came.

Readers may well be asking why we chose to live in such a windy spot on the island, and living in windy areas is not for the faint hearted. However, recognising that there is no such thing as perfection in life, and after trying out several locations on the island over a few years, we came to the conclusion that we would much rather face the refreshing, albeit sometimes violent, winds on the east coast, rather than being cooked alive in the south of the island during July and August. High temperatures may be great for a holiday, but I am still very happy to exchange excessive temperatures for cooling breezes. As far as weather is concerned, we are very fortunate and have little to complain about. However, as a Brit, it is important to retain our national identity and complain about the weather from time to time.

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 CanaryGav now available.



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q film festival: LAVAZZA ITALIANO

Strike a Romantic Note at the 2014 Lavazza Italian Film Festival...!

Marina, a gloriously entertaining biopic that tells the true story of singer, songwriter and accordionist, Rocco Granata, will launch the 2014 Lavazza Italian Film Festival, Based on Granata's early life. Marina charts his rise from humble beginnings, as the son of a Calabrian coal miner, to his emergence as a musical phenomenon with the release of his 1959 song Marina, which became one of the biggest international hits of that era. Directed by multi-award winning filmmaker Stiin Conix (When the Light Comes, Daens), produced by the Dardenne brothers and starring the smouldering Matteo Simoni as Granata, along with famed screen-star, Luigi Lo Cascio, the nostalgic charm of Marina is certain to leave audiences with a smile on their face, and a spring in their step!

Bringing a dash of Mediterranean romance to 15 superb Palace locations from mid-September to late October, the Festival's 15th annual outing will screen 33 show-stopping new features and documentaries and one glamourous classic, showcasing the charisma of Italy's most engaging actors, from Kim Rossi Stuart, Raoul Bova, Monica Bellucci and Claudio Santamaria to Giovanna Mezzorgiorno, Valeria Golino, Margherita Buy and Sergio Rubini.

50 years after its first release, the Sophia Loren/Marcello Mastroianni classic Marriage Italian Style has been restored by Cineteca di Bologna, Technicolor Foundation for Cinema Heritage and Memory Cinéma, in collaboration with Surf Film and we are thrilled to present it as the Closing Night film in each city. This

triumph will support our enticing special events presented by Peroni and Enoteca Sileno, and our fabulous international guest (to be announced...!).

And if you're seeking the ultimate Italian espresso, whilst indulging in some 'cinema italiano', look no further than Lavazza, whom the Festival is once again honoured to have as the naming rights partner. Lavazza is proudly served at all Palace Cinemas so attendees year-round can enjoy the premium taste of Barista made coffee.

The 2014 Lavazza Italian Film Festival will take place nationally at Palace Cinemas on the following dates:
VIC: 17 September - 12 October Palace Cinema Como, Palace Balwyn, Palace Brighton Bay, Palace Westgarth, The
Kino Cinemas

NSW: 18 September - 12 October Palace Verona, Palace Norton Street & Chauvel Cinema ACT: 23 September - 15 October Palace Electric

WA: 24 September - 15 October Cinema Paradiso & Luna on SX

QLD: 1 October - 22 October Palace Barracks & Palace Centro SA: 2 October - 22 October Palace Nova Eastend

TAS: 16 October - 22 October State Cinema

q interiors: with AARON WONG

This issue, we continue the discussion on both natural and artificial light and how to take advantage of them. To evaluate light levels and light quality you must take note of the directional orientation of the building. This is a significant planning issue for architects and designers, as it not only has an effect on light levels but also on heat, shadows, and the choices of materials and finishes one may make for both exterior and the interior spaces.

One's perception of colour is also affected by light. Morning light is clear white, afternoon light can be gold or red. Warm light is also warmer in colour. Cool light can make things look slightly blue.

In the northern and southern hemispheres, northern and southern light characteristics are reversed. Southern light in the northern hemisphere is the warmer light that lasts most of the day. Houses with a southern orientation will have a longer arc of light as the sun moves through the sky. Houses in the southern hemisphere have this orientation if they face the northern light. A basic rule of thumb is that wherever you are standing on planet earth, if you are facing the equator the light will shine more evenly through the day and through the seasons.

In the same way, if the window orientation of a building is facing directly away from the equator the light will be cooler and will have a shorter arc through the day during most of the year. In either hemisphere the sun rises in the east and sets in the west. Think about how you would design window treatments or a space plan for a bedroom facing due east.

Now consider how differently you may feel about a breakfast room with the same orientation. How will that same room feel by the afternoon? If your windows face west you will see a redder or more orange light. A room with this orientation will be in shadow until the afternoon. This light is often warmer because the sun tends to heat up the air as the day goes on. If you are in a cool climate, that can be an advantage. So no matter where you are, if you are facing east you will see morning light, which is usually very clear and bright and EARLY.

If you are in a warm climate, western light may cause discomfort due to the extra warmth because both eastern and western light get very low to the horizon (when the sun is rising and when it's setting), the angle of light from both these orientations can reach very deep into a room.

You need to be aware of this when you specify window treatments, fabrics and the positioning of some art works.





Aaron Wong is the Principal Designer of Alexander Pollock Interiors: www.alexanderpollock.com



For the Discerning Duc

A gracious, two story Georgian cottage located in Kempton, an historic Tasmanian village only thirty minutes from Hobart, is available for a couple with culinary ambitions. Set on a flat block of fertile soil.

producing home-grown herbs and vegetables, it enjoys a growing reputation as 'the place' for high teas. The historic building features four bedrooms, a spacious kitchen, upstairs living and three variously sized dining areas.

A large leafy garden, planted with deciduous elms and birch trees, offers possibilities for outdoor dining in spring, summer and autumn. Built circa 1840, as a shop, the building may be returned to a shop or bed and breakfast.

The current owners are retiring and would like to pass this property onto a couple with energy and flair who can to realise potential.

Call Lesley Gurney 03 62591103 or email Itgurney@bigpond.com

q business: AUDIO AND AV SHOW

The Best in Music and Movies

It's all about the music and being able to hear what the musician and producer intended you to hear when they were making the original recording. The combination of high-res audio and a great high -fidelity system delivers the real 'you are there' musical entertainment experience.

How to experience this lifestyle-enhancing audio excellence? The world's finest audio and AV systems can be enjoyed in the relaxed environment of this year's Australian Audio & AV Show at the InterContinental Melbourne Rialto Hotel - 17th-19th October 2014.

Hundreds of brands will be set up in separate systems using the luxury rooms and suites of one of Australia's finest hotels. One of the world circuit of shows organised by the Chester Group, which include New York, Montreal and the UK the Australian Audio & AV Show is a showcase of all that is great about recorded musical and video performance.

With most of the world's best audio & video gear all in one place, visitors can compare hundreds of audio brands before considering their purchase, ranging from top-of-the-range headphones to luxuriant loudspeakers. Get the inside information from industry experts as you sit down and listen to some of the world's best systems. Learn about the latest tech & how to stream music around your home, how to turn your computer into a high-end audio source, how to control everything from smartphone and tablet — or catch the vinyl bug and take the time to enjoy a 20-minute side of vinyl instead of the usual single-track shuffling from a smartphone.

See the newest 4K video technology from SONY and hear the secrets of Hi Res Audio. Listen and learn from the industry experts - a Turntable Masterclass with Telos Audio's Mark Doehman, Q&A with USA Stereophile Magazine Senior Contributing Editor Michael Fremer and Australian Hi-Fi Magazine Editor Greg Borrowman.

From new technology and digital delivery to classic vinyl and glowing valves, it's all at the Australian Audio & AV Show, at the InterContinental Melbourne Rialto Hotel, from 17th-19th October 2014.

It's all about the music and movies.





OF TOP HI-FI AND AV BRANDS The Australian Audio & AV Show is your only chance to hear ALL the world's best audio & AV in one place. New technology and digital delivery to classic

vinyl and glowing valves - compare hundreds of hi-fi, headphone and home theatre brands before you buy. Sit down and listen to the world's best systems many valued in the hundreds of thousands of dollars. Learn about the latest tech — how to stream music around your home, how to turn your computer into a high-end audio source, how to control everything from smartphone and tablet.

LIVE MUSIC

FROM FRIDAY 17TH **TO SUNDAY 19TH** OCTOBER.

Purchase your ticket on or before September 22nd for the chance to WIN one of ten (10) three issue subscriptions to either Australian Hi-Fi or Sound & Image magazines valued at \$29.85 per subscription. One lucky winner will also win an accommodation/breakfast package for two (2) at the Intercontinental Melbourne The Rialto Hotel for the Friday and Saturday Nights of the Show valued at \$700.00





q drag: ISIS - MISS DRAG.NET 2014

Melbourne is blessed to have a continuing array of new drag talent. The latest to achieve stardom is Isis who took out the coveted prize as winner of the GH's first Drag.Net competition, which will become an annual event. Alan Mayberry asked Isis about the rocky road to stardom.

I grew up in Melbourne's quiet outer-eastern suburbs, going to a small primary school and a large high school. I never really fitted in anywhere or with anyone until the end of high school when I finally started to blossom. It wasn't until I finished my fashion course that I had some time and money to start thinking and building skills to start my exploration into drag.

While at primary school I was harassed for being effeminate and for hanging out with girls most of the time. 'Poof' and 'gay boy' were regular slurs directed at me. The harassment rarely got physical, but the bullying was hurtful — enough to make me become very insular and often very quiet to others.

During high school I performed in the musical productions and did well in the arts. Both drama and art is where I excelled and where my obvious passions lay. It's kinda a no brainer that I ended up being a drag queen. I had an inkling that I wanted to be a drag queen ever since I saw Robin Williams transform into Mrs Doubtfire. Her character inspired a solo piece for school entitled Mrs Doubtfire in Oz. Other films such as Pricilla, Rocky Horror, Moulin Rouge, Paris Is Burning and Dream Girls inspired me to look further into the realm of female impersonation entertainment.

When I was 17 my parents asked me if I was gay. However, I wasn't ready to admit it in myself at that point. I was still scared and worried of the implications and trouble it may cause during the rest of my schooling. At the end of Year 12, after I had turned 18, I came out to my parents and brother. At the beginning it was a difficult process. I left home for a few days, staying with a friend and her mother. She happened to understand, as she had come out 15 years prior and was very supportive. After I gave my parents time to process what I had told them and what I had waited for so long to tell them, I returned home. At first, it was at



best, an awkward and anxious time for the whole family. After a while my parents, especially my father grew to accept and understand my homosexuality. The nail in the coffin, so to speak, was when I introduced my partner to him. Now my father gets along with my Ben more than me! Ben and I have been together for 3 years now and have a cheeky whippet named Klaus.

The first drag show I saw live was at The Peel with Paris, Rita and Miss Candee on the old central stage back in 2009. But wasn't until I finished my Fashion Course that I had some time and money to start thinking and building skills to start my exploration into drag. By that time *Ru Paul's Drag Race* had started to explode and one of my fist outings as a queen was to see the 1st tour of Sharon Needles, a recent Drag Race winner.

My drag career is a little over a year now. My debut was on the Exchange main stage performing a My Heart Will Go On remix by Celine Dion. I had gone out before in a face and did a garage performance for a close friend's birthday. But Destiny's Drag Race was my first full-out performance on a stage. I was a bundle of nerves as I waited to go on. Lucklily the performance went fabulously. I was even complimented on my model figure and Louboutains, as well as the performance! It was one of the best feelings to be appreciated and applauded for my drag debut. I was elated and became addicted. After 15 weeks in drag race I collected 2nd place and an invaluable experience to my drag career. I wouldn't trade it for anything. One of the best parts was meeting Amelia Mole in week 4 when she came to watch me, and then I met Pashion through Amelia and hooray our group Qween was born five weeks into Drag Race. Thanks for the name Millie Minogue!

Qween first stared out performing at Argo Bar (formerly Heavens Door). Since then we have performed at birthdays, hens parties and many entertainment venues across Victoria. I would love to go on tour with Qween and show Australia our brand of drag! I have learnt so many performance skills from Pashion and Amelia and thank my lucky star that they saw a spark in me. Qween performs regularly at the Greyhound which, in my opinion, is the best drag stage in Australia.

Recently I entered the GH's Drag.Net competition. I competed in round four and took out the week with a saucy little number entitled *Pu\$\$y*. For the finals I produced an all-stops performance about many forms of love. Both fortunately turned out to be show-stopping performances, and I was crowned Miss Drag.Net 2014! I am still so elated and honored to have received the title. I can't wait to see what the next year has in store for me as performer and a Queen.

Drag today is an evolving and eclectic medium. While the drag performers are having to adapt to fewer stage opportunities, rising costs in make-up, wigs and costumes, we strive to bring the best to the punters. Drag has always been a tough industry, and more inventive methods of putting on shows will come about and the show will go on. Many young queens can learn from the best in the business and the recent Madonna show at the GH taught me a lot with Jessica James at the helm.

I gain a lot of inspiration from around me. I am inspired by movies, art, singers and their songs as well as fashion and other queens, past and present. Sometimes an idea will be abstract and I'll have to mull over it and I will see it or the idea will form in my mind almost instantly. Other times it will be a linear thought process while I designing different aspects of the performance.

I'm very lucky to have such a very understanding partner. He knows how passionate and how much I enjoy performing drag. He sometimes wishes I didn't have to go out to a gig but we get to have our movie dates and dinners. Sometimes he gets a little over it all, but he just brushes it off. I'm so lucky he is so very supportive and patient like that. I like to go for long leisurely dinners with friends or cook sweets. Coming from an Italian background I'm rather fond and good at cooking. I also enjoy watching marathons of seasons such as *Game of Thrones, Will and Grace* and *Ru Paul's Drag Race,* to mention a few. Going to art galleries and exhibitions is always good to keep my inspiration and eyes fresh.

In five years time I would like to be settled into my own couture business and perform regularly whether it be with a troupe or solo gig. I seem to be in a natural state when I'm on the stage and I like being on it, and it seems to like me too. I really admire the work of Paris, Tabitha Turlington, Millie Minogue and Nova China. All 4 have their own unique drag style and beautiful personalities. All are always totally professional and know their stuff when it comes to the art of drag. I look up to them and aspire one day to be regarded as a similar top Melbourne queen.

I am so proud of how far I have come in the past year and the friends and connections I've made. My thanks to all who helped guide me and support my work. I am eternally grateful. I wish to keep inspiring and entertaining audiences with my passionate performances.





You can find me on Facebook as Isis Dq and at the GH most weekends! You can also find me at Sinful Sundays in Geelong and many other venues Melbourne. So come say hi!



q tv: TRANS-MISSION ON BENT

Bent TV is proud to announce this exciting new series airing on Channel 31 on Mondays which started on the 1st of this month.

Trans-mission is a 13 part series that delves into the real world of people who do not identify with the sex they were assigned at birth. In a world first for a production of its kind, the series is made by and for people from gender diverse backgrounds in Melbourne. The series depicts the real lives of real people. It debunks stereotypes and preconceptions while celebrating the lives of ordinary people who live extraordinary lives. The process of changing gender or living in a fluid state between genders can be a difficult process for those living the experience and a confronting one for the general public. Through a series of candid interviews, public commentary and panel discussions

Trans-mission explores the many facets of the lived experience for people that identify as gender diverse. Through thirteen episodes, people dissect the parts of their everyday lives. Everything from growing up with gender questioning to medical



procedures and mental health issues to learning to manage identification issues to relationships, shopping and sexuality goes before the cameras.

Bent TV's President Paul is very excited by the start of production on the series. "A show like Trans-mission is very important to all people who identify as gender diverse," Paul said, "it helps break down the discrimination and alienation faced by many people who identify as gender diverse and is also a fantastic opportunity to develop the project with vital gender diverse community organisations Seahorse Victoria, Transgender Victoria, Genderqueer Australia, YGender, FTM Shed, Switchboard (Victoria), Zoe Belle Gender Centre."

Trans-mission is supported by a grant from the City of Melbourne.

For more details or information please visit the webpage http://www.benttv.org.au/html/transmission.html



q auditions: NICA NATIONAL AUDITIONS

NICA ANNOUNCES NATIONAL AUDITIONS FOR 2015 CIRCUS DEGREE The National Institute of Circus Arts (NICA) is now inviting aspiring circus artists to submit their applications for entry into the 2015 Bachelor of Circus Arts course, which is a three-year degree.

From 1 October 2014, NICA trainers will be holding auditions in Sydney, Brisbane, Melbourne, Perth and Adelaide for entry into the course in 2015. Those with a flair for the physical and a desire for a challenge should consider applying for this prestigious course. Those not yet ready for entry into the degree course can opt to audition for a foundation year in the Certificate IV in Circus Arts. Those in Year 11 or Year 12 considering a circus career can undertake a Certificate III in Circus Arts in partnership with the Victorian College of the Arts Secondary School. As the only circus degree in Australia, NICA's Bachelor of Circus Arts attracts applicants from across Australia and overseas. The course is a great career opportunity for those with some background in physical training such as circus, sport, dance, physical theatre, gymnastics, acrobatics, martial arts, diving or trampoline and who dream of performing.

NICA graduates have established successful careers in Australia and internationally in acclaimed companies including Circus Oz, Circa, NoFit State and Cirque du Soleil. An example of this is circus artist James Brown. He was one of seven NICA graduates who performed in the Helpmann Award winning stage spectacular, King Kong, which finished its world premiere season earlier this year. Brown says NICA provided him with the best training in Australia but also the opportunity to create, perform and develop his unique form of artistic expression, as well as small business and entrepreneurial skills. "While the focus for many is on physical skills and entertainment, it is important to forget the business side of the industry. Since graduating from NICA in 2003, I have worked very hard on setting up and nurturing my own entertainment companies; Acrobatica and ThisSideUp acrobatics. I love being a physical entertainer, pushing boundaries and making the impossible possible."



Mike Finch, Artistic Director of Circus Oz is impressed by NICA graduates and two NICA graduates feature in the cast of their current show, But Wait... There's More. Finch says that NICA's reputation for nurturing talented circus artists has put "Victoria among the top three international centres for contemporary circus training along with France and Quebec."

NICA is one of eight national arts training institutes and offers Australia's only Bachelor of Circus Arts. The course is accredited by Swinburne University and training takes place in custom-built circus facilities on its Prahran campus. Over 100 young people currently study at NICA's internationally-recognised facility in Melbourne, with a steely determination to graduate with a degree and a competitive advantage that will help them perform at an elite level.

Entry into the three year Bachelor of Circus Arts Degree course in 2015 is by audition, interview and physiotherapy assessment. Applicants must have completed Year 12 or equivalent to be eligible for this program and are required to apply for an audition via the NICA website at www.nica.com.au or by contacting NICA by email info@nica.com.au or on 03 9214 6975. Applications close on Monday 15 September 2014. DVD applications close on Monday 22 September 2014.*

2014 NICA Audition dates are as follows: Melbourne

NICA, 39-59 Green Street, Prahran: Wednesday October 1 (Bachelor of Circus Arts) | Thursday October 2 (Bachelor of Circus Arts) | Friday October 3 (Certificate III and Certificate IV in Circus Arts)

Sydney

Aerialize, 7-9 Close Street, Canterbury: Sunday October 5 (All courses)

Brisbane

Flipside Circus, 117 Mina Parade, Alderley: Monday October 6 (All courses)

Adelaide

Cirkidz, 27 Fifth Street, Bowden: Saturday October 18 (All courses)

Perth

Circus WA, 8 Philimore Street, Fremantle: Sunday October 19 (All courses)

*Applicants who live outside the cities listed above who are unable to attend the auditions are eligible to apply by DVD.

For more information, guidelines and application forms visit: www.nica.com.au

q win: TRAVEL GLAMOUR

Guinot Institut Paris

Travelling within Australia or overseas is made easier and a lot more glamorous with this month's great prize in Q WIN.

Guinot Institut Paris is offering you the perfect grooming pack for the travelling man - including:

Firming Body Care Travel Pack includes 100ml Tropic Tonic energizing shower gel, 30ml Longue Vie Corps body crème and a shower sponge. Guinot's energising shower gel, awakens senses and invigorates skin with its vibrant orange color and delightful stimulating tropical mango scent. Longue Vie Corps is a moisturising and intensive and deluxe body treatment.





Baume Apres-Rasage

This moisturising and soothing after shave balm promotes healing and reinforces the skins natural defences, which have been damaged by shaving. This product will also rehydrate the skin. Ideal for men wanting specific skincare. Suitable for all skin types.

Defatigant Gel Yeux

This gorgeous French men's eye gel acts against the signs of ageing. Fresh gel-cream, light, instant absorption. Does not leave an oily film on the skin. It reduces puffiness diminishes dark circles. Ideal for men wanting specific eye care

Total prize value is: \$180

Guinot Institut Paris is the no. 1 skincare in France and the international brand for skincare and beauty, Guinot Institut Paris acknowledges changing times and continue to make scientific break throughs in skin technology remaining at the forefront in salon treatments.

L'Institut Guinot – Paris was founded by French biochemist Rene Guinot in1963 who introduced a revolutionary professional skincare treatment based on deep cleansing, supplying skin care treatments to Parisian beauty salons.



He believes that in beauty you have to use the same medical approach that is used with a patient when making diagnosis and prescriptions.1990 Guinot begins international expansion, establishing distribution partnerships throughout the world.

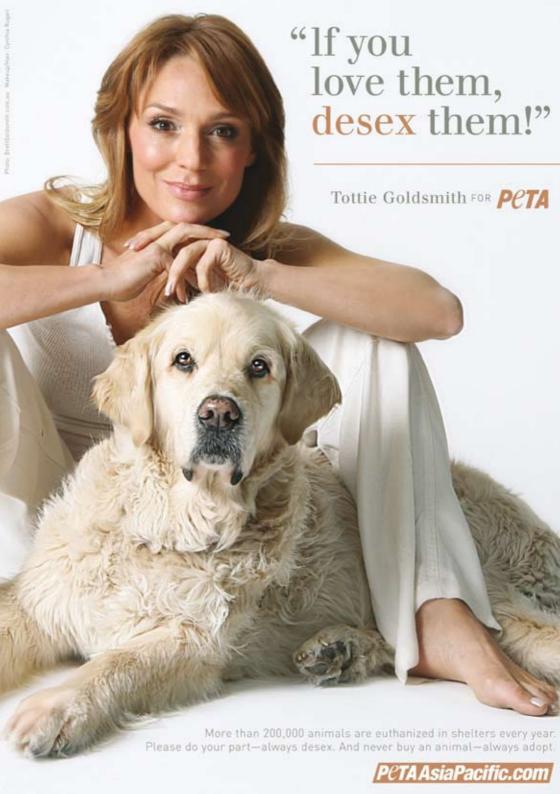
Today, Guinot treatments and products are available in over 70 countries worldwide.

We have one of these amazing packs to give away. Email getfree@qmagazine.com.au with *guinot* in the subject line to enter.

For further information on the full range of products from Guinot Institut Paris, go to www.guinot.com.au

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MARRON S'NER
MARRON S'NER
MARRON S'NER

* 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 musical drama: **PARADE**

The Collective will present the first Australian professional production of Tony Award winning composer Jason Robert Brown's rousing musical drama PARADE, the tragic true story of a man accused of murder, at 45 Downstairs.

PARADE opened on Broadway in December 1998 and received multiple Tony and Drama Desk nominations and wins that season—including Tony Awards for Best Book, by Pulitzer Prize winning writer Alfred Uhry (DRIVING MISS DAISY), and Best Score, for Jason Robert Brown (SONGS FOR A NEW WORLD, THE LAST FIVE YEARS, 13, THE BRIDGES OF MADISON COUNTY), as well as Drama Desk Awards for Outstanding Actor and Actress in a Musical. The Collective will present the London Donmar Warehouse version of PARADE, which premiered in 2007 and features additional songs.

Amid religious intolerance, political injustice and racial tension, PARADE explores the endurance of love and hope against all the odds. It is a moving examination of one of the darkest corners of America's history. Daring, innovative and bold, PARADE is filled with soaring music and a heart-wrenching story, offering a moral lesson about the dangers of prejudice and ignorance that should not be forgotten.

PARADE tells the controversial yet true story of the 1913 trial of Jewish factory manager Leo Frank, who was accused and convicted of raping and murdering a thirteen-year-old employee, Mary Phagan, in Atlanta, Georgia. The show's title refers to the annual parade held on Confederate Memorial Day, for it was on that day in 1913 that the murder took place. The parade (which is seen at the start, middle and end of the musical to mark the passing of years) was a rallying point for proud Southerners still affected by their defeat in the Civil War.

PARADE will feature a strong line-up of local performers: Luigi Lucente (PIPPIN) as Leo Frank and Laura Fitzpatrick (FLOWERCHILDREN) as Lucille Frank head up the cast of 14, with Cameron MacDonald (GODSPELL), Tod Strike (LOVE NEVER DIES), Amelia Christo (MOTHERHOOD THE MUSICAL), as well as Andrew Doyle, Timothy Springs, David Price, Paul Dawber, Cle Morgan, Jemma Plunkett, Michelle Smitheram, Bonnie Page and Emma Jones.

The creative team for this production will include James Cutler as director, with musical direction by Cameron Thomas and choreography

by David Harford.



Tickets are \$45 full and \$40 concession (all prices include booking fee).

Bookings: (03) 9662 9966 or

www.fortyfivedownstairs.com

Tuesday to Saturday at 8pm, Sunday at 7pm

September 17 - 28, 2014

g health: with KEREN WIGLEY

HIDDEN DANGERS AND DIET PRODUCTS

Terry came to see me in clinic a few years ago. He was on crutches, and putting any weight on his right foot caused excruciating pain. He had spent more than 3 years going to Doctors and Specialists, none of whom could help any more. He had tried many medications, most of them leaving him feeling worse in other ways and only masking the pain temporarily. Doctor's suggested that due to other symptoms he was beginning to experience, he may have MS. He was just a few hops away from a wheelchair and was desperate. Using Kinesiology to test his muscles and get Yes/ No answers, his body was very clear about what was going on.

It indicated, among other things, that one of the contributing factors was the 4+ cans of diet drink, and other diet products, that Terry consumed every day in an effort to keep his weight under control. As a truck driver, he didn't have much movement in his life, allowing the toxins to accumulate in his joints, muscles and bloodstream. His weight was steadily increasing and his body was becoming more overloaded. Understandably, he was also feeling more and more miserable.

Terry decided to make a few changes, so together we set some goals and designed a Holistic Healthcare Program for Chronic Conditions that suited his lifestyle, After all, he had nothing to lose. We also had a chat about Aspartame (see below) — a common ingredient in most diet products.

A couple of months later Terry was feeling great. "I'm off the crutches, my foot is fine and I'm running 5km a day when I can. Feeling good and have dropped 9 kg, Thanks mate". Today, he's fitter and healthier than he has ever been before. There was no looking back for Terry and he is literally kicking goals! So how much did the diet products contribute to Terry's chronic condition? Read on. and you can decide... Why is Aspartame so dangerous?

When the temperature of this sweetener exceeds 86o F, the wood alcohol in Aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants. The methanol toxicity mimics Multiple Sclerosis and Systemic Lupus. It is also implicated in cases of tinnitus and fibromyaloia.

Other symptoms of Aspartame toxicity include:

- numbness in your leas spasms.
- shooting pains
- fibromyalgia symptoms
- Cramps
- Vertigo
- Dizziness - Headaches
- Tinnitus
- Joint pain
- Unexplainable depression anxiety attacks
- slurred speech
- blurred vision
- memory loss



These symptoms may be an indication of other complaints and it is essential to talk to your Doctor. However, if they are due to, or exacerbated by, aspartame toxicity they are reversible if you cease aspartame intake. Be alert for Aspartame on food labels — many products are fortified with it.

Aspartame food ingredient codes are: 950 & 951, Products containing Aspartame can make you crave carbohydrates, increasing the likelihood of weight gain. They contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is a toxin and is used primarily to preserve 'tissue specimens.' Aspartame is especially dangerous for diabetics. Aspartame toxicity may mimic symptoms of retinopathy. Aspartame also affects the blood sugar. Diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are neurotoxic when taken without the other amino acids necessary for a good balance.

Aspartame passes the blood/brain barrier and is linked to neurological disorders as it can affect the neurons of the brain with the potential to cause various levels of brain damage, including seizures, depression, manic depression, panic attacks, uncontrollable anger and rage, It is possible that people who have been diagnosed with MS and similar conditions actually have Aspartame poisoning, Many children, and adults, diagnosed with ADD and ADHD had complete turnarounds in their behaviour when these chemicals were removed from their diet.

If you're not sure what is going on in your body, a Kinesiology session will help you to find out more. Give Keren a call on 0409706727 or email holistichealthmelb@bigpond.com

q circus: CIRCUS OZ STYLE

The Melba Spiegeltent launches at the new Circus Oz Collingwood home with a legendary program of cabaret, circus, theatre and more! The 100-year old Belgium-crafted The Melba Spiegeltent has now settled at its permanent location on site at the new Circus Oz Collingwood home.



Through its history, the Spiegeltent travelled across Europe and saw numerous performances through its beveled doors, including Edith Piaf and Kurt Weil in the 1920s and 1930s.

In 2006 it came to Australia and was renamed — The Melba Spiegeltent — after Australia's fabulous opera soprano, Dame Nellie Melba. Purchased by Circus Oz in 2010, The Melba Spiegeltent has spent the last few years in Docklands, operating as an independent venue for hire, before being permanently moved to Circus Oz near the Johnston Street entrance, adjacent to the Keith Haring mural.

The Melba Spiegeltent will be used to showcase a range of Circus Oz programs: including classes; a venue for hire for corporate, private or community groups; the Indigenous BLAKflip programs; Sidesault — a new initiative that supports emerging artists through the provision of rehearsal space and subsidised venue hire; and as an additional opportunity for audiences to enjoy the intimate spectacle of a Circus Oz show, outside of the Circus Oz Big Top season.

As part of Circus Oz's role as a leader in contemporary circus, The Melba Spiegeltent will also function as a venue for emerging and established independent artists, and solidify the Collingwood site as a cultural hub in the north of the city.

Upcoming seasons in The Melba Spiegeltent include:

Fringe Festival at The Melba Spiegeltent

A new venue for the Fringe Festival. The Melba Spiegeltent hosts seven fabulous shows across the three weeks of the festival.

Season 17 – 28 September 2014
Isabel Hertaeg – Death by Soprano
Long Answers to Simple Questions – LEFT
Agent Cleave – Show Stopper
Season 1 – 5 October 2014
Justin McGinley – Radio Control (family day shows)
All Day Fritz at the Spiegeltent (3 and 4 October 2014 only – family day shows)

Quippings – Freaktastic Fringe

Skve Gellmann - Snow

Bookings melbournefringe.com.au

Circus Oz BLAKflip – 2014 Season

The third year of this successful program that has seen a series of masterclasses and three participants engaged by the Circus Oz ensemble through 2012-2014. This year BLAKflip evolves into a three-week show development featuring incredible First Nation Australian artists from around the country, followed by a short season in The Melba Spiegeltent.

Season 5 – 7 November 2014 *Bookings circusoz.com*

Dislocate - Curiosity

Presented by Circus Oz and created especially for children from pre—school to year 6, Curiosity is a one-hour theatrical performance — a collision between Dr Seuss, Circus Oz and Alice in Wonderland.

Season 11 – 21 November 2014 *Bookings schoolsforshows.com.au*

q scene: OUT & ABOUT

























q scene: **OUT & ABOUT**

















q scene: **OUT & ABOUT**



Gaylord Blade by KICHI

We're single guys, heading out to a bar to pummel butthole, and you're wearing a WEDDING band? Really, Derrick?!



You mean this conspicuous symbol of the sexually-desperate, Gaylord?



If you're out for married-man PITY SEX, you'll be limited to mates who resemble Golem from "Lord of the Rings"



This ring IS very "precious".. it gets me HOT young men who mistakenly believe that I can pay their rent with my kids' college bank account





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