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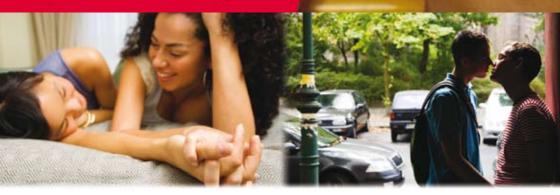
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q comment:

The Victorian AIDS Council presents 2014 SHORT & GIRLY (With A Bit Of Burly) COMEDY GALA



Gay and Lesbian Tourism Australia

CONLAU

For one night only Short & Girly (With a Bit Of Burly) brings together a shimmering line-up of the country's finest and most hilarious stars for a night of uproarious laughter — with all proceeds going to the Victorian AIDS Council.

Following its debut in 2006, Short & Girly returns in 2014 with a bit of a twist: this time they've invited the fellas onto the line-up. This all-star comedy gala features comedy legends Rachel Berger, Cal Wilson (Slide Show), Hannah Gadsby (Please Like Me), Claire Hooper, Fiona O'Loughlin, Tom Gleeson, Joel Creasey, Kevin Kropinyeri (Deadly Funny), Tom Ballard (Reality Check) and The Fabulous Adam Richard.

Many of the Short & Girly performers are long time supporters of the Victorian AIDS Council and are donating their time and talent to support this very worthwhile cause.

Produced by Janet A. McLeod (Cinema Fiasco, ABC 774 Overnights)

Saturday 25 October | 7.30pm National Theatre 20 Carlisle Street (cnr Barkly St), St Kilda Tickets: Full \$60, Students/Concession \$54, Group 8 + \$55

Bookings & Information: http://www.vac.org.au



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

q feature: MICHAEL EL-BACHA

"Oh My God Am I Alright? is the 'coming out' story of a young confused man growing up in the Western Suburbs of Sydney to strict Lebanese Christian parents. From the outside looking in, Michael El-Bacha seemed like any other Lebanese boy from a large family with strong values and an appetite for football, fast cars and chicky babes, but after his parents notice that Michael is not like other 'typical' Lebanese boys, he is whisked off to Lebanon to marry his first cousin. A young Michael struggles to deny his true sexuality and leaves his young bride and infant child to find his identity, before embarking on a downward spiral and losing a lover leads him back home. Sex, drugs, homosexuality and love potions are what make this tale of self-discovery tantalising. His story will make you laugh, cringe and cry."

Where were you born? Where did you grow up? Do you have any siblings?

Born at Parramatta District Hospital on the 18th May. I grew up in Western Sydney and I have 6 siblings (5 brothers & 1 sister).

When did you first know you were gay and did you have any issues with friends, family, colleagues in doing so? Did being of Lebanese heritage pose any specific issues?

I was an all-rounder. I was very sporty growing up and excelled at many sports, which in a way I was hiding behind these man-ly activities. Being from my cultural background and religious views, I really hadn't accepted my thoughts of men growing up. It was never the way I was brought up to believe. We were always taught to respect the wishes of our parents with no questions asked. There was no room for homosexuality in the Lebanese culture I must say.

I had thoughts of men growing up but I would try and knock them out of my thoughts. I married my cousin in an arranged marriage in Lebanon at at the age of 19. I was a virgin at the time, so she was my first. It wasn't until I ran away and went into a men's sauna I realised I was undeniably gay. That was my moment. I was aroused without envisaging thoughts of men in my mind.



Why did you decide you write your novel: Oh My God! Am I Alright? Is this your first book? What was the process? Would you do it again?

My first book and the process has taken me 7 years and its still ongoing. It's all about trial and error. Yes. I would definitely do it all again, and the reason is my book has inspired and helped many already. I have also learnt many positive things along the way, which ultimately I could pass on. The suicide attempt becomes the best and worst day of my life, and this is when OH MY GOD! AM I ALRIGHT? came into fruition. So it was talking about my life journey, writing it all down that was merely the best medicine for my depression - along with the unconditional love and support by my family.

What advice would you give young men and women of Lebanese heritage about coming out?

I would say to have the courage to be true to yourself cause you would have to confront your issues one day. Remember, there is always support out there and a light at the end of the tunnel.

Any other information you want to share with our readers?

If anyone is seeking support visit www.ohmygodamialright.blogspot.com where there is an open forum to discuss any issues and remain anonymous and I can steer them in the right direction for help. I am working closely with Plus Medical Clinic, so I am able to get assistance with professionals. There is also information on the blog of purchase details plus it is available at Hares n Hyenas Queer Bookshop Cafe. I will be in Melbourne Thursday 23rd October for 'Under The Skin' produced by Australian LBGT Multicultural Council & Hares n Hyenas (63 Johnson St Fitzroy) at 7:30pm.

My son and I have a healthy respectful and honest relationship. He is a true blessing and my gift of life. In order to have found myself, I lost myself and I just wished I had someone to understand the turmoil I was going through at the time. It's all about giving back for me. I believe arranged marriages are a big issue within my community and this really needs to be stopped, perhaps with a phoneline we are able to call in to for assistance. The working film title for my book is called 'Matters Of The Heart' I hope to have this released on film too.

My other dream, with so many elements to my story, I have had interest from Hollywood with it too. I want to make an Australian film, as it's primarily an Australian story.

q interiors: with AARON WONG

This month, we discuss Artificial Light and its uses.

When the sun sets, there are many ways to create drama and excitement in rooms that may have less of a light advantage by day. While some spaces are blessed with spectacular views day and night, even an ordinary suburban lawn or high rise balcony can become an exciting view or focal point with thoughtfully placed objects, wall washers and spotlights.

There are many ways you are used to seeing artificial light which are not the optimum end use:

Ceilings full of small halogen lights that are focused at the ground and shine in your eyes are a very common sight. This is not the best way to use an extremely useful and beautiful light quality. Yet this is the way it seems this type of light is used too frequently. Halogens provide a beautiful clear light, similar to the light at sunrise.

These superbly bright artificial lights, with a dimmer attached, can balance the light in nearly any space if used properly.

They should be used in conjunction with other lighting fixtures to create a soft, even light level in which other objects, spaces and activities can be emphasised.

The most artful use of light avoids "hot spots."

These are the burning spots of light that glare into the viewer's retina from halogen lamps facing in the wrong direction, or from lamp shades that are too low or too short. Hot spots are seen so frequently that most people in the modern world take them for granted. A perfectly planned and lit room does not have hot spots. It is possible to light a room with only reflected or shaded light. In a flawlessly lit room you never see the light source, even if the lighting fixture itself is an object of beauty.

In a properly lit room, what you do see is: Walls or ceilings washed with a glow of light, glowing lamps behind softening shades, pools of light emphasising objects and detail and possibly, patterns of light cast across walls and objects giving them dimension and mystery, causing the viewer to see something different than is seen in only natural light.

Do not be afraid to question the use of light as you can experiment with its possibilities. It can be direct or reflected, shaded, hooded or frosted.

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





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q money: with EVAN DAVIS

Okay Q Boys, Q Girls and all Q readers in between, we need to talk investment properties. I have been invited to co-host a property investment seminar and I want to invite you all along. It is totally cost and obligation free and designed to give you a couple of new ideas on property investment. The Seminar is in South Melbourne on the 15/10/2014 email me for more details or to secure your place, evan_davis@rams.com.au.

It has long been the Australian dream to own your own home. For many though, that dream has now extended to also owning the house next door and for some, all the houses in the street.

Australian's love property. For the most part it is physical, well understood and considered by many investors out there to be pretty darn predicable. Investment spruikers have long chanted the mantra that good property bought in desirable locations, should double in value every seven to ten years. Throw in gearing benefits, tax breaks and tenants that help you pay your property off and it looks pretty good right?

There are so many different investment strategies out there, each with their own pros and cons as well as different property options, holding entities and tax implications. It can be daunting.



As always you need to do your homework. There are different ways of buying property, with different risks and potential benefits. Making money in property takes time, whether you are buying an established dwelling or something that is newly built or completed. Let's explore these two options briefly.

Established, these are basically properties that are already built and someone has lived in them. Just like the house or apartment next to yours. Typically they will have a higher cost to buy as they will generally attract the full government stamp duty costs.

Established properties typically have more immediate and higher growth than newly completed property as they will already will have depreciated post construction. They are also immediately available to rent out, so their initial holding costs are able to be offset by rent from your tenants.

'Off the Plan' or 'Newly Completed' properties are properties that at the time of purchase have never been lived it. They tend to attract investors as they often have discounts on the property stamp duty and they also have higher depreciation benefits.

Off the plan properties can be bought well before they are completed. In a rising market this can mean you make money on the property and may settle with a more valuable property that the contract of sale price you paid. Though the opposite of this can be true in a falling market.

I have my own views on property formed on my experience in buying, selling and holding different types of real estate as well as my ten years in mortgage finance industry. I think different types of property suit different investors for different reasons. Come to the Master Class, I'd love to explore investing in property with you!



Fees, conditions, including Value Advantage Package conditions and lending criteria apply. 1% discount applies to the variable annual percentage rate ordinarily applicable to a full doc loan eligible for the Value Advantage Package with an URL of 80% or less with total customer borrowings of \$500,000 or more. Other discounts apply to package amounts less than \$500,000, Inper LVRs and eligible loar doc loans. No discounts apply where total customer borrowings is less than \$150,000, or for an eligible loan the interest rate is freed. Promotional rate discount is available for applications received between 3 Corborr 2013 and 31 May 2014. Total Customer Borrowings is calculated as the total credit limit for each sesting eligible PAMS home loan and any new eligible RAMS home loan being applied to however the 1% Hetme discount only applies to the new eligible loan. There is no limit on the number of new eligible variable rate bars within a RAMS Value. Advantage Package is subject to an Annual Service Feet 93%, which is debited to a loan account under the Value Advantage Package. PAMS Home Loans Melbourne South East is owned and operated by Whathisteryou Ply Ltd ABN 142 645 127. Credit Provider: Westpac Barking Corporation, ABN 30 007 457 141 AFSI and Australian credit licence 233714.

g gay files: with MATTEO SNOOKS

So you want to play boyfriends? (Part 1)

What a fabulous night. Not only was the sex mind blowing, he stayed over and y'all spooned till drawn. The following week was more intense...He called every day and constantly wouldn't stop texting. He was interested in everything you did, even wanted to start watching your favorite TV shows. The next date was locked in and both you guys became stiff with anticipation like high fashion models or grandma's body at the morgue. Then out of nowhere he disappears. No phone calls, No explanation and No DATE!

Around this time you're thinking the inconsiderate fool is dead or a member of some underground drug smuggling corporation. You start eating everything in sight or work out twice as hard with doof doof music blasting your brain to escape reality and beat that anxiety. Endless questions of "WHY?" and "I don't understand" scratch at you.

To anybody who is new to the dating world, welcome and please keep your eyes open at all times. Your exits are when...men talk, talk and talk without any action. Negative old queens or basically a hot mess, is not on our priority list. So there are a few things we gotta look out for, in order to protect ourselves. Here are a few common examples of personalities and behaviours you may encounter on your journey...

Firstly you have the boy who enjoys the idea of a relationship but is too gutless, immature or promiscuous to follow through. Some fellas sickly enjoy the chase in order to feed their ego and others are plain bored and looking for attention. Most importantly we need to be aware of desperate rebound individuals who quickly fix their corrupt life by jumping straight into marriage, because they can't handle being alone. Clingy needy freaks are always covering up for something nasty that's brewing and sissy, "You got no time for that!"

There are many factors contributing to why men selfishly toy with our lives. Most of the time these savage worms have issues or simply realise they're not interested in you. If that's the case, then it takes a lot of balls to say, "I don't like you" and honey 99% of the time we have to work that out for ourselves...don't expect him to verbalise it.

But what can we do to minimize the amount of crap from men?...Well! Considering today's world of fellas meeting through social media, I recommend to delete them from the apps, after the second date! If he wants to contact you via the apps (so tacky) then gurl he ain't showing any signs of real interest. A personal message to your number is slightly more intimate. Also you wouldn't want to fall into a frenzy of always checking when he's been online! Really it comes down to a little effort and plain courtesy, because there are so many guys out there...But who is going to stand out?...

Testing his intentions and mentality by asking when his last relationship ended is a MUST! If over a year then maybe he's ready... yes I'm generalising a little because everyone is different, but think about it... If they broke up six months ago, he needs time to get over it and you wouldn't want to be picking up someone else's mess ...

But how much are you willing to put up with?...Don't let his good looks fool you. If you find yourself winding up in his messy emotionally unstable world...remember girlfriend...NEXT!

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



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q dance: **CELTIC LEGENDS**

XDR (Australia) Cultural Promotion presents Celtic Legends. Celebrating over ten adventurous years of touring worldwide Celtic Legends will be touring capital cities and regionally throughout Victoria from Monday 27 October – Sunday 9 November. Celtic Legends brings you 100% live traditional Irish dance, music and song creating an electric atmosphere which has swept countless international audiences away to the heart of Ireland.

Born in the wild and beautiful hills of Connemara in Ireland back in 2002, Celtic Legends recreates the art form in its own way by stripping it down to the bare essentials, presenting a traditional dance show which has a more vital feel. With cast members that are more creative and dynamic, audiences are more engaged and everyone leaves the show feeling they have been more involved and have had more of an insight into what Ireland really is.

The music is traditional at its core with all of Ireland's national instruments, the fiddle driving frenetic reels, the great Irish drum known as the Bodhran beating out the driving rhythms of the band, the plaintive uileann pipes calling back to days of yore with beautiful and haunting slow airs.

The musicians are the world's best with virtuoso quality and a love for their art unmatched.

The show features 6 amazing talented Irish musicians on stage along with 18 Irish Dancers, many of which have qualified in the top 10 best dancers in the world during the World Championship of Irish Dancing in London last April.

The Celtic Legends dancers take the stage with brilliant flashes of speed. All of them are experienced despite their youth, they have been performing from an early age winning many world championships and touring with shows like Riverdance and Lord of the Dance. The intricate group numbers are complimented by solo spots which are the hit of the night.

For more information, go to www.celticlegends.com.au Some of the dates and places in Victoria are:

Shepparton Eastbank Centre - Monday 27 October, 7:30PM Adult \$59, Conc \$49, Child \$39 Bookings: http://www.riverlinksvenues.com.au/ or call 03 5832 9511

Capital Theatre Bendigo - Tuesday 28 October, 7:30PM
Tickets: Adults \$79, Conc \$69, Child \$59
Bookings: http://www.thecapital.com.au/Home or call 03 5434 6100

Moonee Ponds Clocktower Centre - Thursday 30 October, 7:30PM
Tickets: Adult \$69, Conc \$59, Student/Child \$49
Bookings: http://www.clocktowercentre.com.au/ or call 03 9243 9191

St Kilda Palais Theatre - Friday 31 October — Saturday 1 November, 7:30PM
Tickets: Adult \$85, Conc \$75, Student \$65, Child \$65
Bookings: www.ticketmaster.com.au or call 136 100 http://www.palaistheatre.net.au/



g youth: with TASMAN ANDERSON

Tassie's Bucket List #64 "Win an Award"
You know, I can't even explain why this is on my list. I swear I'm the oldest
21-year-old you could ever imagine. However, the simple fact remains — I'm
a bingo player.

I honestly can't even remember the first time I played bingo. All I do know is that it was always a part of my childhood. My mum would spend every Wednesday afternoon at the Logan Diggers Club. When I was too young to play properly, I would either draw pictures with the pens or participate in the game by just playing one part of the full ticket. As I got older, I started playing for myself to the point where I was just as good as the elderly ladies who have been there for years. Yep, Bingo was an amazing part of my childhood.

I used to love how everyone knew each other and people from other tables would come over during intermission and gossip about whatever was going on at the time. One of my favourite memories was when I would make tea and coffee for everyone at my table

once there was a break in the game. However, the one thing I never got to do during all that time was yell 'bingo'.



Of course, I had won before in the past but my mum would call out for me so I never really got the chance to yell it out for myself. You can imagine why this would be on my list, no matter how dorky it is. Thankfully, I got to cross this off late last month. Mum, Dad and I decided to relive our old tradition and go for a game of bingo.

The first thing I noticed was just how different the atmosphere was. The room was a lot quieter than I remember but there were still plenty of people there ready to win some easy cash. Another thing I noticed was how much things had changed. Firstly, the cost of the game was twice as high as it used to be and although the prize money was also a little higher, it just seemed outrageous that a game meant for pensioners would cost \$50 to play. Also, the tickets were no longer just on paper, they were also digitally uploaded on game tablets called "PETS".

I'm not sure why but I kind of felt unsettled by this. I'm not sure why but I felt like bingo wasn't the place for technology. I didn't want it to lose the charm of colouring a sheet of numbers in and getting ink all over your hands. However, there was no denying that the vibe was exactly the same.

During this particular game, I was down to just a number and every time one was called, my heart would beat a little faster. I started doubting I'd get it because with every number called; the PETS of other players would start buzzing — indicating that they also only needed one number to win. Fortunately, my number was called and I got to yell 'bingo'. I admit, I might have yelled a little too loud and scared the lady next to me but I wasn't giving her much thought.

I won! You'd think the fact that I did would be enough but I'll be honest, it was the reaction I loved the most. The old lady across from me gave a filthily look and there was a collective groan when the caller announced the game was over.

People take the game way too seriously and I love it. Bingo for me is about being a kid again and spending time with my family. If that makes me a dork then I'm proud to wear that honour.



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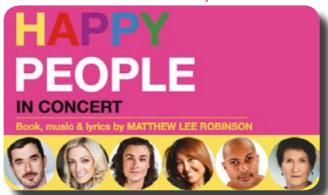
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q musical: **HAPPY PEOPLE**

HAPPY PEOPLE are so sweet they're acidic.



Helpmann-nominated composer/lyricist Matthew Lee Robinson is excited to announce the Australian premiere concert performances of his musical HAPPY PEOPLE, starring Bobby Fox (Jersey Boys), Gretel Scarlett (Grease), Tom Sharah (That '90s Show), Sun Park (Mamma Mia!), Bert LaBonté (The Mountaintop) and Robyn Arthur (Mother & Son), with direction by Chris Parker (Atlantis).

HAPPY PEOPLE reveals the onstage/offstage life of America's most popular children's television performing group as they descend into chaos during their tenth anniversary year.

Matthew Lee Robinson (please note the new use of his middle name due to professional reasons) says "I was inspired after a catching an episode of Hi-5 in the mid-2000's to write HAPPY PEOPLE. I was amazed at the relentless bubble and fizz of Charli Delaney in particular and desperate to know what the backstage life of a children's entertainer might be, what they must have to suppress to get on with the job. The whole show has a smile, a wink and a stab in the back."

America's HAPPY PEOPLE are four face actors (Sally, Sunny, Benny and Bobby) and the internationally famed suit character Edison The Elephant. They're all too old to still be at this game, underscored by a marital break-up between two members, one desperate to become a breakaway pop star, one addicted to illicit substances and one on the verge of nervous breakdown.

Originally a commission from the State Theatre Company of South Australia, the first workshop of HAPPY PEOPLE took place in late 2010 at the Melbourne Theatre Company studios. Matthew Lee Robinson then received a Churchill Fellowship to study composition, lyric and book writing under the mentorship of Stephen Schwartz through two New York City readings of HAPPY PEOPLE. These readings were hosted by producer Greg Schaffert (producer of Broadway's Peter and the Starcatcher) at Playwrights Horizons (known for the original productions of Sunday in the Park with George and Grey Gardens). The readings featured cast members from the Broadway productions of Wicked, Memphis and Jersey Boys. During this time, Matthew was signed to one of America's top five talent agencies, Paradigm.

In September 2013, HAPPY PEOPLE became the first musical entirely written by one Australian to ever be developed professionally in the United States. Village Theatre, best known as co-developers of Broadway's Next To Normal and Million Dollar Quartet, advanced the piece and presented a public reading in their studios.

As a result of the workshops in New York City and at Village Theatre, Washington State, Australia will now get an opportunity to publicly hear Robinson's new work developed with dramaturgical input from WICKED composer/lyricist Stephen Schwartz.

HAPPY PEOPLE IN CONCERT

Book, music and lyrics: Matthew Lee Robinson
Director: Chris Parker | Musical Director: Matthew Lee Robinson
Presented by Working Management Presents

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Saturday 18th October – 4:00pm & 8:00pm Sunday 19th October – 2:00pm & 6:00pm Chapel off Chapel (The Loft), 12 Little Chapel St, Prahran Bookings: (03) 8290 7000 or www.chapeloffchapel.com.au Tickets: \$39 / \$35 (concession)

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q tour: SHIRLEY MACLAINE

Producers John Frost and Phil Bathols today announced that actor, dancer, director, author, activist and legend Shirley MacLaine will tour Australia and New Zealand in December in her show If They Could See Me Now – Shirley MacLaine.



Shirley MacLaine has forged a powerhouse presence on the world stage that spans seven decades and countless indelible performances, from Irma La Douce and Sweet Charity to Terms of Endearment, Steel Magnolias and Downton Abbey.

With her razor sharp wit and scintillating insights into the brightest stars and deepest secrets of American showbiz, an intimate evening with this multi-award-winning icon of stage, screen and beyond is a head-spinning journey from the golden age of Hollywood to the modern celebrity era of Oprah and Glee, spiced with the fearless outlook that has made her a best-selling author.

From the Las Vegas Rat Pack to Broadway, Alfred Hitchcock to Peter Sellers, Elizabeth Taylor to Julia Roberts, the Oscars to the French Legion of Honour, Shirley MacLaine has forged a stellar career that shows no sign of slowing with her imminent role in Wild Oats opposite Demi Moore and Jessica Lange.

Fresh from her Lifetime Achievement honours from the American Film Institute and her 15th book, What If ... a lifetime of questions, speculations, reasonable guesses, and a few things I know for sure, she returns to Australia to weave a tantalising personal history of the silver screen and the shadows that dwell behind it.

Don't miss this exclusive audience with one of the most dynamic and enduring of Hollywood legends, arch raconteur and provocative visionary, for one night only in Melbourne, Adelaide, Brisbane and Sydney on the 60th anniversary of her debut feature role.

IF THEY COULD SEE ME NOW - SHIRLEY MACLAINE

MELBOURNE

8pm Thursday 4 December
Arts Centre Melbourne, Hamer Hall
\$89-\$149
Booking details: artscentremelbourne.com.au or 1300 182 183
ticketmaster.com.au or 1300 136 166

ADELAIDE

8pm Saturday 6 December Festival Theatre \$89-\$149 Booking details: www.bass.net.au or 131 246

BRISBANE

8pm Monday 8 December
Lyric Theatre, QPAC
\$89-\$149

Booking details: qpac.com.au or phone 136 246

SYDNEY

8pm Wednesday 10 December State Theatre \$89-\$149

Booking details: ticketmaster.com.au or 1300 139 588

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.



The Case of the Noisy Dominoes

We live in a noisy world, and the opportunity to find near silence from time to time is a welcome and refreshing one. A recent report from the World Health Organisation claims that Spain is the noisiest country in Europe. Apparently noise levels are around 70 decibels, whereas the World Health Organisation recommends a maximum of 55db during the day and 45 db at night.

These figures do not surprise me. As much as I like most Spanish people, and generalisations are dangerous, I have always maintained that Spanish babies are born with their volume controls glued to the maximum loud position, and it stays that way for life. Travelling by bus, train, sitting in the theatre, dentist, hospital or doctor's surgery surrounded by "Silence" notices, always makes me smile. No chance; whenever a group of Spanish people get together they do what they like doing best, and that is to talk, and the louder the better.

One of my favourite Spanish cities, Seville, has decided to take action against excessive noise, and decided to ban the playing of dominoes and dice games in outdoor cafes! Well, yes, I guess it is a step in the right direction, but I can think of any number of 'calming' measures without banning elderly men, in particular, enjoying playing dominoes in the sunshine.

How about excessive revving of motorcycle and car engines? Loud televisions in cafes, bars and restaurants, as well as all night singing and dancing in residential areas? I would also add fireworks, be it a Church organised show of devotion to a particular saint during religious processions, or the endless explosion of fireworks from Halloween to January 6th each year, which terrifies most creatures living outdoors, as well as many people.

Seville is also looking to ban the rolling of barrels down streets and, strangely enough, drinking and eating whilst standing outside

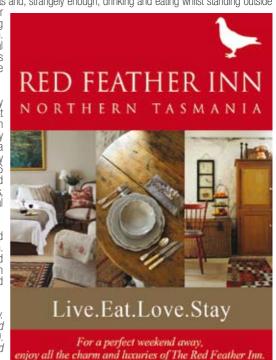
cafe bars and terraces. This new law, like some of Spain's other strange laws, such as noisy stag parties, and pianists playing loudly at home have led perpetrators to face prosecution. The new Seville law, like many others are often part of local democracy, voted upon by local neighbourhood associations and brought into law without too much consideration of the consequences.

Now to the real cause of all this noise. It is simple; it is mostly from noisy people. Interestingly, Spanish doctors report that around 7 per cent of all Spaniards have serious problems with their vocal cords, and among teachers the figure rises to nearly one in four, making it one of the main reasons why they take a day off work, as well as being one of the reasons why I usually avoid entering a Spanish classroom. World Voice Day, on 16 April, is when Spanish doctors spring into action to remind the public as to why they may suffer from throat problems, which also includes too much smoking. Sadly, those poor vocal chords stand no chance.

My message to Seville is simple; leave those poor domino and dice throwing players alone. They really are not doing any harm. How about encouraging everyone to speak a little quieter and to actually listen to what other people are saying, rather than speaking over them? This particular piece of advice would apply to many other nationalities too.

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 regional: OUT IN THE OPEN

By Jessica Peters, Media Liaison, OUTintheOPEN Festival, Shepparton

This coming 14 - 16 November Shepparton will play host to the 3rd annual OUTintheOPEN Festival. The Festival is organised by volunteers and is a much anticipated event for many people in the region. The message of the Festival is to embrace community diversity. OUTintheOPEN is a 3-day Festival celebrating community diversity with something for all - this event appeals to everybody!



The main event is "Carnival Day" on the Saturday 15 November with the wonderful Vanessa Wagner (previous entrant in Celebrity Big Brother) as emcee, in addition to many local performers to entertain including some traditional aboriginal dancers. Already Festival organisers have confirmed Nicolette Forte will be performing, as will The Murks, Daniel Reeves and Abandoned Elevator to name a few.

A variety of activities and attractions will be operating including face-painting and a large art project to participate in. There will be a jumping castle, market & info stalls and loads more. Many different foods will be available for a bite to eat as you enjoy the free entertainment.

Other events throughout the weekend include an all women's mind-boggling trivia night (with childcare facilities available), a book reading by Daniel Witthaus (author of "Beyond Priscilla"), a film screening of "GBF" (Gay Best Friend) which stars the hilarious Megan Mulally from Will & Grace, a glamour soiree/drag show on Saturday night, a Sunday morning community brunch at Lemon Tree Café, and an Equal Love Rally/Mid-Spring Vows Ceremony before an Australian Marriage Equality BBQ on Sunday afternoon.

For those coming from Melbourne, we have a treat in-store for you — The Ride To Pride - THE FIRST EXCLUSIVE LGBTI TRAIN TOUR IN AUSTRALIA! Sit back, relax and enjoy the on-board comforts of; a Club Carriage with wide picture

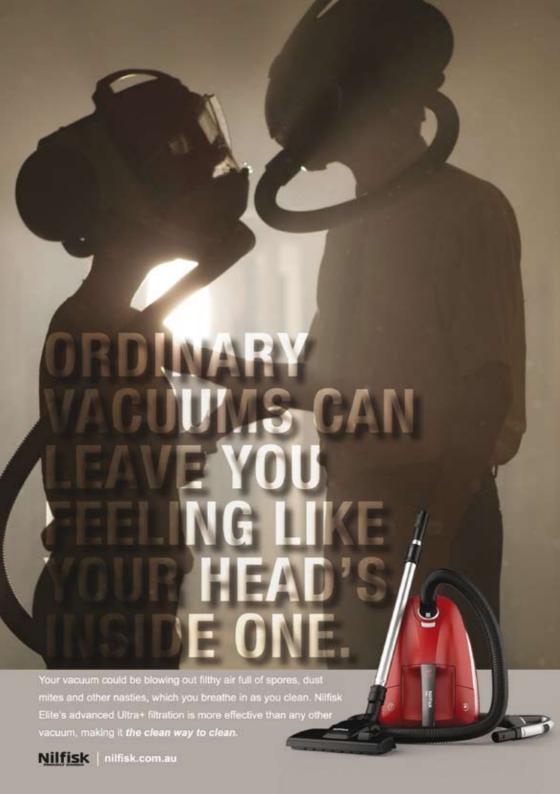


windows, Lounge carriage with full bar, or dance to the beat in the dedicated DJ Dance Carriage. You're comfortable Sleeping Cabin will be prepared for the journey ahead and be sure to experience the unique open air Observation van. On Saturday 15th of November we invite all LGBTI folk to join us as we "Ride The Rails" headed for the beautiful country town of Shepparton for a 'weekend away' to be part of the OUTintheOPEN Festival. More info @ http://www.theridetopride.com/

What more are you waiting for? Greater Shepparton not only boasts a PFLAG chapter and social-support groups for same sex attracted, sex and gender diverse young people (Diversity Group) and all LGBTI people (GV Pride), it is home to other attractions such as SPC Factory Sales, Mooving Art (our lovable, painted fibre glass cows) and now it's very own LGBTI Festival! If you hurry, you can still register to host your own stall at Carnival Day, or your own event during the 3-day Festival weekend.

Melbourne amazes with Midsumma, Daylesford delights with ChillOut, and now Shepparton shines with OUTintheOPEN Festival — be there!

More info @ http://outintheopen.org.au/ or contact Damien Stevens, Festival Co-convenor on 0437 134 625 or enquiries@ outintheopen.org.au



q film festival: 2014 JIFF

Festival International Jewish

GOTTA "GETT" TO JIFF!

Following the spectacular success of JIFF 2013, the annual Jewish International Film Festival returns to Melbourne and Sydney – and, for the first time Perth, Gold Coast and New Zealand - with an incredibly rich global selection of 49 award-winning features, documentaries and shorts - all of which lay bare the soul of this fascinating and continually evolving culture.

Under the vibrant guidance of Festival Director, Eddie Tamir, JIFF is proud to present 47 Australian premiere screenings within 11 enticing categories that encompass drama, comedy, breathtaking adventures and introduce us to

notable Jewish figures past and present, from the irrepressible vaudeville headliner, Sophie Tucker, cultural critic, Susan Sontag, renowned Israeli writer Etgar Keret and beloved Israeli poet Chaim Nacham Bialik to legendary actor Theodore Bikel, the greatest living performer of Sholom Aleichem, whose writings celebrate the joyous medley of Yiddish culture.

Striking a bold chord, the provocative, universally acclaimed drama Gett, The Trial of Viviane Amsalem, will open JIFF in each city. Recently named Best Picture at both the 2014 Ophir Awards (Israeli Oscars) and Jerusalem Film Festival, this compelling French/German/Israeli co-production, which screened as part of Directors' Fortnight at the 2014 Cannes Film Festival, affords a rare insight into the rabbinical court and its treatment of women as we follow the five-year quest of Viviane Amsalem to obtain a 'gett' (Jewish divorce) amidst a process where tragedy and absurdity abound.

Above and Beyond, a riveting documentary that encapsulates the indomitable Jewish spirit, will screen on Closing Night. In 1948 as rumours swirled re Israel's emergence as an 'officially' recognized Jewish state, surrounding Arab armies began to circle. This led to the formation of the "Machal" — a group of WWII plots who volunteered to fight for Israel in the War of Independence.

Ironically using discarded German uniforms and planes abandoned by the German army, which they repaired with scavenged parts, these fearless men changed history and lay the foundation for Israel's modern-day airforce.

What lies between these two masterful offerings is a selection of outstanding features and documentaries sourced from Israel, Germany, France, USA, the Philippines, Switzerland and Ireland that will enthrall, inform and captivate audiences from both within and beyond the Jewish community.





The 2014 Jewish International Film Festival will screen as follows:

SYDNEY: 29 October – 16 November Event Cinemas, Bondi Junction MELBOURNE: 5 – 23 November Classic Cinemas, Elsternwick GOLD COAST: 15, 16 & 23 November Event Cinemas, Robina PERTH: 15, 16 & 23 November Event Cinemas, Innaloo NEW ZEALAND: 16 & 23 November The Bridgeway, Auckland

For further information visit the official website at: www.jiff.com.au Download the Festival Programme here: http://jiff.com.au/wp-content/uploads//2014/09/JIFF_2014_Program_small.pdf



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q drag: **REMEMBER WHEN**



Ah the good old days! Alan Mayberry looks at the changing face of drag to see how the crowd pullers of the 90s cope today. In that era going to a drag show was definitely more of an event, because there were so few alternatives. But the love affair with old-school drag is far from over. It's just a different world now, and you either embrace it or you're left behind. And it is sad to hear the Candee's Bar at the Peel is finishing, bringing to an end a 6 week season of legends that started 2.5 years ago – not a bad run in drag land!

Sadly most of the big-name drags of yesterday realise it is almost time to go to pasture, looking on every gig as maybe their last hurrah! Luckily that time is not yet. The audiences still love them and laugh, but really the young crowds, while Grindring and SMSing, often think to themselves 'who is grandma on stage'. Let's face it many performers are in their late 40s to 60s and the punters in their low 20s. The beauty of the drag icons of yesterday is the chance to again use their sharp wit. Most still don't rely on lace-front wigs, RuPaul make-up and huge rubber breasts to carry their act. They still have razor-sharp wits that enable them to enjoy rapier games with their audience. Often denied to younger comperes who are burdened with the chore of plugging upcoming shows.

Humor is what many of the new shows need and it takes years to hone these skills. People like Simone Troy, Carlotta, Kerrie Le Gore, Miss Candee, Dulcie Du Jour and Doug Lucas are masters of the art. Crowds would come out several nights a week for their shows. Today the scene is down sizing, more like the Kit Kat Klub of *Cabaret* with a small band of girls and a loud mouth MC. Gone are the days when venues splashed \$40 000 on a show like Pokeys did in the 80s. Even the GH with its swag of drags and dancing boys have scaled shows back. When punters aren't spending mega bucks at the bar and are reluctant to pay \$20+ entry fees, huge production shows are no longer sustainable. Oh for the memory of the huge Warehouse parties of the 90s when performers like Michelle Tozer and Debra Le Gae headlined in shows by Nigel Triffit with 100s of volunteer dancers.

Rita Le Coqueater has stood the test of endurance. Starting out at The Cadillac Club in the 90s she has moved onto weekly shows at the GH and The Peel. She agrees the old stuff was great in its day, but it was a totally different landscape then. Everything we did was fresh, mainly because there was no internet or anything to compare it to. We looked like Hollywood. Now in retrospect it all looks a bit amateurish. Many of the new girls are streets ahead of where we were. We were very lucky to be in that place at that time. These days the crowds have seen it all before and can log onto the net and watch it on their phone at any time. We were so very lucky to have their undivided attention. Also people HAD to go out to catch up. There were no mobile phones and messaging for hooking up or meeting friends. You literally said, 'I'll meet you at 3 Faces on Saturday', or you left a message on an answering machine.



I certainly give credit to shows like Pokeys, The Lipstix, Miss Fitz, The Troll Dolls, The Skye Brookes shows, Drag Squad, and The Fab 3, but all that has passed. It's time to move on. What we did then was great for it's time but the whole thing's changed — aesthetics and technology and absolutely everything.

Queens who bang on about the good ol' days bore me! That was 'then' this is 'now' — otherwise you're yesterday's mash potatoes. I'd hate to be starting out now as the standards are so high. Many carry on about the rivalry between young and old performers. I don't see it. There's room for both and it's great that in this city there's still a place for the 'oldies'. As it says in *Sunset Boulevard*, 'Norma, you're a woman of 50. There's nothing wrong with being 50, not unless you're trying to be 25!' I think the audience knows we are older and 'get it'. It's the ones who still try to be 25 and aren't age appropriate that are a worry.

It is so good to see us integrating and working alongside the young. It's indicative of how diverse the drag industry is here. Don't get me wrong, it is not that the oldies are the only ones who have a sense of humor, and the young don't. It isn't true, the young just have a different kind. True there was more comedy onstage years ago, but it's still there. Look at Amanda Monroe and Jessica James who've toured the world on their comedy talents. And the antics of Art Simone, Philmah Bocks and Polly Filla are hilarious. It is great to see #Qween, The Sisters of Sequin, The Size Queens and young fresh groups like that, doing what we did — getting a show together and offering it to a venue. That's the very essence of drag.

Nova China who has survived for over a decade, agrees: It's a completely different landscape with internet, Grindr etc. That is what today's shows have to contend with. My argument is that 'now' could be a lot better than what it is. Drag should be going through a real renaissance at the moment with the whole RuPaul's Drag Race phenomenon. Drag has always been something that can be done well on a shoestring budget. That's part of the mystique for me. At the moment a lot of venues are chosing to finance spot shows or smaller productions. Even in the days of Virgin Mary's Rita always smashed up some sensational costumes that exuded heaps of glitz.

I think due to the declining patronage venues have gone into panic mode and have adopted a 'rotation' mentality that sees shows rotating and providing quantity over quality. The effect of this is that performers are less likely to invest time and money into making noteworthy shows because they have no job security, which in turn results in a decline in the quality of the shows and therefore patrons are less likely to come. Melbourne has some of the best stages for drag in the southern hemisphere and should be a world-renowned destination for gay tourists, like the ladyboy shows are in Thailand — but sadly this just isn't happening.

Rita adds: Most of us 'older' girls were taken in as gangly awkward 20 somethings with no clue. We were shown the ropes by the likes of Kerrie Le Gore and Miss Candee and simply by watching shows like *Pokeys*. That was a lesson unto itself right there. It saddens me to see some of my peers getting around now thinking they're Princess friggin' Diana and turning their nose up at the young. We are all at the end of the day 'men in dresses'. Remember years ago we had the likes of Wendy Sunday as part of the scene — pure entertainment. There was a lot more comedy in the early days. Everything evolves and no doubt still will.

Paris, Miss Candee, Barbra Quicksand and Tabitha Turlington are others who continue to command a presence each time they perform. Even the legendary Dulcie Du Jour, despite her retirement, continues to work in Mildura at fundraising local events. It is their great wit and ability to work the room that enables them to survive, along with an unwillingness to give up the limelight! Even with the death of Commercial Road as the centre of the drag world. Tabitha maintains that hanging onto every punter in the audience is what counts now. Kerrie Le Gore agrees: The closure of 3 Faces in 1999 probably marked the end of the golden age of drag in Melbourne, but it is heartening to see the resurgence of drag shows in recent months. The future is definitely with the young, and their looks and presentation are outstanding. It never ceases to amaze me how immaculate and stunning they are, many working the venues several nights a week, even if they are not in huge production shows. And remember it is the natural order of things that youth takes over.

Norma Desmond was so right in Sunset Boulevard: 'I am big. It's the pictures that got small!



q business focus: HELLYERS ROAD

Hellyers Road is the country's largest boutique distillery with the first flow of spirits taking place on 29 January 1999 and first product sales in 2006. The Distillery is located in pristine dairy farming country on the outskirts of Burnie in north west Tasmania and is the only one of Tasmania's nine major distilleries operating in this part of the State. It is a fully-owned subsidiary of Tasmania's second largest milk processing company, Betta Milk, and was established following deregulation of the Australian Dairy Industry in 1996.

Hellyers Road Distillery came about through the foresight of Laurie House, the former general manager of the milk business who today remains a company director. House took up the lead set by local industry pioneers Bill Lark and Patrick Sullivan to produce single malt whisky leveraging on Tasmania's burgeoning reputation for producing high quality food and beverage. Eighteen years on, the vision of these men has proven to be inspirational with Tasmanian single malts quickly becoming a major force domestically and overseas.

Like Sullivans Cove, Hellyers Road has been heralded internationally for the quality of its whisky. At last year's prestigious Whisky Live event in Paris the distillery's Pinot Noir Finish variety was judged 'Best New World Whisky' in a series of blind tastings.

In 2010 our Peated variety was recognised by the Malt Whisky Association of Australia as the nation's best single malt and in 2012 we released our first aged statement whisky - 10 Year Original with a release of our 12 Year now only a matter of months away.

We have established a strong and growing foothold in Europe through a partnership with major French wholesaler, La Maision du Whisky. This relationship has resulted in Hellyers Road varieties becoming available in Holland, Belgium, Sweden, The United Kingdom, Denmark, Switzerland, Romania, Lithuania, Greece, Portugal, Andorra, France and Chilli. A wonderful promotion of our country and its fine produce.

Year on year our sales have doubled and in the next 12 months our contribution to Federal coffers, through excise payments, will exceed 1 million dollars - a significant feat for such a relatively small operation. The annual distillery capacity stands at 100,000 litres of pure alcohol with bottling capacity at 9000 per week. The current Bond Store inventory stands at 3000 x 200 litre casks.

Our Burnie Visitor Centre attracts upwards of 25,000 people each year, many of whom take advantage of a fully interpreted 'Whisky Walk' which also offers the opportunity to pour and wax seal your very own 'Distillers Choice' single malt. In fact, our Nation's Foreign Affairs Minister, The honorable Julie Bishop, took the walk and poured her own bottle of Hellyers Road in 2012.

For more information and to view the full range of products, go to www.hellyersroaddistillery.com.au





- · Largest boutique distillery in Australia
- 100% Tasmanian owned and operated
- · Awarded Best New World Whisky (Pinot Noir Finish) at Whisky Live, Paris 2013
- Distillery is an award-winning tourist destination with 25 000 visitors annually
- · Distillery was Highly Commended at the 2011 Tasmanian Tourism Awards
- · The 10 year Single Malt was released in 2012, with the 12 Year in July 2014
- · First single cask release in Henry's Legacy Range, The Gorge launched in June 2014
 - Annual Distillery capacity 100 000 litres pure alcohol
 Distillery Bottling capacity 9 000 bottles per week
- · Single Malt varieties are exported to 21 countries in Europe with distribution expanding internationally
- Single Malt is available nationally through Dan Murphy outlets, First Choice, Vintage Cellars and independent outlets



SINGLE MALT RANGE

Twelve Year Aged 700mL with canister

The most significant milestone, to date, from Tasmania's emerging Hellyers Road Distillery. This superb whisky imbues a calming softness, reflective of its age. An elegant, gentle spirit that extols an oily sweetness over tones of vanilla and citrus. The mellow aftertaste provides reward for effort and a subtle reminder of the pleasures this hallmark spirit embodies.

Ten Years Aged 700mL

Tasting Notes: A rich and elegant single malt delivering delicate vanilla citrus fruits on the palate combined with a toasty aftertaste, albeit with a delightful balance of sweetness. A hallmark achievement in Australian single malt distilling.

Original 700mL

Hellvers Road flagship product, distilled from Tasmanian grown malted barley, pure Roaring 40's rainwater and yeast. Matured in American white oak barrels and bottled at 46.2% alcohol volume with no artificial colouring and not requiring chilled filtration. Our distilling process ensures an enhanced single malt flavour delivering a well-balanced and very smooth spirit.

Pinot Noir Finish 700ml

Our Original Single Malt Whisky finished in premium pinot noir casks provides a tantalising point of difference for single malt lovers. Imaginative and unique, this delightful spirit evokes all the complexities of a Tasmanian rainforest. Dare to be different.

Slightly Peated 700mL

Blending Hellyers Road Original Single Malt with a pinch of the Peated spirit, this whisky delivers a tangy fruit flavour that lingers delightfully in the aftertaste. Slightly Peated is a refreshing alternative single malt experience that is most definitely worthy of your attention.

Peated 700mL

Recognised as the nation's best at the Malt Whisky Society of Australia Awards for Excellence. We won the award against strong competition from a number of distilleries from around the country.

Henry's Legacy Range 500mL Cask strength 59.4% alc/vol 288 bottles only

Non-chill filtered and matured in American Oak, this sublime spirit announces itself on the nose over a whiff of buttery vanilla. The mellow rounded tones are characterised by a sweetness that imbues green apple and dark, dried fruits with an aftertaste that arrives on hints of warm spice, or mild nutmeg.

WHISKY CREAM Original, Coffee or Hazelnut

A blend of fresh Tasmanian cream and single malt whisky, providing a tantalising alternative to the more traditional cream based liqueurs.

SOUTHERN LIGHTS VODKA ALSO MARKETED AS 666 VODKA Original, Apple, Orange or Lemon

Our cold grain distilled vodka is made from pure Tasmanian ingredients to deliver a clean, crisp taste and what we believe is one of the best white spirits

q culture: **G20 CELEBRATION**

The Queensland Government is hosting the G20 Cultural Celebration, ahead of the G20 Leaders' Summit in November, and will include a three week jam-packed entertainment line-up including parades, city-wide lighting displays, music programs, dance programs, artist exhibitions, kids' activities and loads more.

OVERVIEW:

This year the international spotlight will shine on Queensland as world leaders visit the state for the G20 Leaders Summit. The G20 Cultural Celebrations will celebrate Queensland's enviable lifestyle and showcase this beautiful state. Free events hosted by the Queensland Government kicked off in Cairns with a vibrant outdoor concert on 16 September, while from 24 October to 16 November the G20 Cultural Celebrations will offer a diverse and exciting three week program of events in Brisbane. Colour Me Brisbane, a luminous interactive lighting installation, will colour and transform our skyline and city landmarks. A showcase of local musical talent will extend throughout the city and satisfy all musical tastes, while a range of community events, including dance, circus performances and visual art will be on offer.

G20 Cultural Celebrations Brisbane and Cairns 24 October – 16 November Free entry



For more information visit http://g20cultural.initiatives.qld.gov.au



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q opera: OA SPRING SEASON

Dine with the Opera!

Opera Australia celebrates all things Italian, with opera on stage and romantic, themed dining off stage. New packages now available at Arts Centre Melbourne.

Tosca Don Pasquale Falstaff

Italian food and Italian opera — a match made in heaven! Opera-goers this Spring will have a wonderful new opportunity to dine before the show at opera-themed dinners at the Tram Bar, in the forecourt of Arts Centre Melbourne. Three courses inspired by Italian opera, will be available each night (max 100) with matched wines, for \$55. To set the scene, the Tram Bar will be transformed with props from the operas, turning it into the perfect prelude to a night at the opera.

So now, the only question is which opera to see....

Tosca (12 November - 13 December)

Featuring one of the most spectacular opera sets in recent years, John Bell's production of Tosca is simply captivating. The glorious set by Michael Scott-Mitchell has been extended to make the most of the spacious stage in the State Theatre. Its glittering gold leaf and ornate paintings- recreated from the famous Sant'Andrea della Valle cathedral in Italy - will flicker by candlelight.

Equally stunning will be the much celebrated soprano Svetla Vassileva who returns to Opera Australia following acclaimed performances last year in The Force of Destiny, to perform the title role. Opposite her, star tenor Diego Torre is her lover, the courageous and passionate painter

Cavaradossi; and Italian baritone Claudio Sguro in an absolutely chilling portrayal of the menacing Scarpia who wants Tosca for himself. A simply stellar ensemble of international singers at their peak will make this first Melbourne season of Bell's Tosca, a dramatic and unforgettable night.



Conal Coad is perhaps opera's most loved bass, renowned for his mastery of comedy combined with immaculate singing. His perfect match is lovely soprano Rachelle Durkin, alternately dazzling and self-deprecating. Together again and ably assisted by Samuel Dundas and John Longmuir, the comedic pair are thrown into the colourful streets of Italy in the 1950's for a fresh take on a much loved classic, directed by Roger Hodgman.

Don Pasquale (Coad) is an aging grouch who decides to disinherit his nephew by marrying and producing a new heir. His bride of choice (Durkin) isn't thrilled by the prospect and relishes the task of dissuading him... A laugh-out-loud performance by some of Australia's finest.

Falstaff (1 December – 11 December)

Falstaff's ornately stylised fat suit and outfit is one of the most glorious male costumes in Opera Australia's vast collection. Awash with ginger curls, striped knicker-bockers and bejewelled slippers, Warwick Fyfe is transformed into the mischievous old rogue that is Falstaff! Joining him are a raft of much-loved Australian singers including Jane Ede and Taryn Fiebig. Verdi's comic masterpiece is funny and fast-moving, requiring immaculate musical performance to pull off the comedy without a hitch. Falstaff's hilarious libretto and rousing climactic chorus — a fitting finale to the composer's lifetime of dedication to music — is certain to delight audiences this Spring.

Tickets from \$79.

Visit opera.org.au for bookings and more information.







g health: with KEREN WIGLEY

Finding Nirvana in the Supermarket

Way back in the 80's, "Lounge Lizard Larry" was born. The two things I remember about this computer game were cringe-worthy pick-up lines and dark alleyways where sinister business took place. Luckless Larry was a middle-aged male virgin who desperately tried to "get lucky" in the fictional American city of Lost Wages. Larry was looking for love in all the wrong places and became increasingly disconnected from his own personal power. Just like losing your car keys and forgetting to look in your pocket.

Giving someone else the power to make you happy or unhappy is a dodgy game to play. One day they may withhold their approval, take away their love, leave, die or find someone else, leaving you feeling Larry-like unless you have a strong sense of self.

An inner sanctum of peace is your passport to emotional freedom which allows you to share your life, time and love without feeling needy or





Can you buy Nirvana in the supermarket? You can certainly find it in the supermarket, however you cannot buy it. You have it already. In order to find it, you may have to take a few things out of your crowded inner-shopping-trolley first. Let's begin with your shopping list of "Shoulds". Whether they belong to you or someone else, X them out. Next, if you have packages of Guilt and Worry get rid of them. These are useless and serve no purpose. Digging deep, see if you can find any "Fix Others" – it usually comes with double-sided adhesive that keeps you both stuck. Pitch it out and learn the art of asking questions that encourage others to find their own answers. "Fix Others" is usually packaged with an "Attachment to Outcomes" package. This comes with a free roller-coaster ride which has more downs than ups, so you can throw this out this as well. The "Shoulds", "Guilt and Worry", "Fix Others" and "Attachment to Outcomes" products automatically come with the anxiety, suffering, pain and fear that makes people sceptical, afraid of change, judgmental and negative. They miss out on meaningful interactions and potentially life-changing opportunities.

Got the idea? Empty out anything else in your inner-shopping-trolley that you don't need. Now you are in the "Letting Go" aisle where ego, pretence, competition, comparisons and judgements no longer seem necessary. You will find yourself connecting with others at an authentic level which gives them permission to do the same.

Now for the good part. Take a few deep breaths, feel your shoulders drop as you breathe out and simply allow yourself to "be" for a few moments without any particular thoughts. Just notice the movement of your body as you breathe and surrender to the experience of it. You will begin to experience a feeling of peace and be unaffected by the dramas unfolding around you. It gets easier with practice. As you do this you may notice a feeling of....can it be peace?....beginning to spread inside of you. Just as the supermarket is lit from the inside, love begins inside of you.

Love is who and what you already are. It is not some state that you have to try to attain through effort, finding the "right" person, passionate romance, or even years of therapy. It is what you already are naturally and it is achieved by simply letting go. The sun does not struggle to provide heat and light, nor judge who it allows to receive this energy. It knows it is already a naturally powerful energetic channel. You are like the sun. Feel the warmth inside of you from this relaxed peaceful space. You may be pleasantly surprised to find that it is reflected back to you by others you meet.

You really can achieve Nirvana in the supermarket, or anywhere else at any time, for that matter. Simply become aware of your thoughts, take a few deep breaths, let go and bring your mind home to the centre of your being.

What does it mean to "Let Go"? It's a well-worn cliché, however for some it's not always that simple and they need a little help. There's a little blog at www.holistichealthmelb.com.au/LetGo where you might find something that Larry couldn't!

If your name isn't Larry, you can call Keren at Holistic Health Melbourne on 0409 706727, or email holistichealthmelb@bigpond.

q win: **KEEPING IT CLEAN**

Wash Like a Man Should... with Valor

Most guys will realise that one of the most important element of any grooming regime is a decent face and bodywash. So whether you're washing your hands, face or all over your body, men's organic grooming brand Valor is making sure that men around the country start every day looking their best and smelling fresh.

Valor's Castile Face, Hand and Body wash is the latest release from the Byron Bay based company and is perfect for all over washing as an alternative to a soap bar. And because all of Valor's products are made with all natural and fair trade organic ingredients and no Palm oil, your skin will thank you and so will your conscience.

Made from the finest organic Australian Olive Oil, cold pressed coconut, sunflower and avocado oil, the liquid Castile Soap is dispensed as foam for the face, body or hands for an invigorating wash. The refreshing soap, with original scents of sweet fennel, lime, clove leaf and patchouli, is also free from synthetic foaming agents.

Simply shake the bottle well before use and apply to your face, body or hands for a smell that will remind you remind that you that a natural soap is essential to any man's grooming arsenal.

Check out their range of beard, face and body care paraphernalia at www.shavewithvalor.com

Valor Castile Face, Hand and Body Wash RRP - \$24

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The Valor Organics Story

Born from an obsession for organic, natural soaps, Valors' beginnings were humble: sellling at local markets in the Byron Bay hinterland, our products were an unexpected hit. More and more men (often with their partners encouraging them) were looking for simple skin, shaving and beard care products that weren't chockablock full of nasty and unnecessary chemicals.

Victoria Clayton, Head Honcho of Valor Organics, has many years experience in traditional soap making and using organic oils for health and wellbeing. She's an ardent warrior for the Earth and truly lives her message of saving the planet, one face at a time.

Nowadays, our successful mens shaving and beard products are conveniently available in a growing range of speciality stores, and worldwide online.

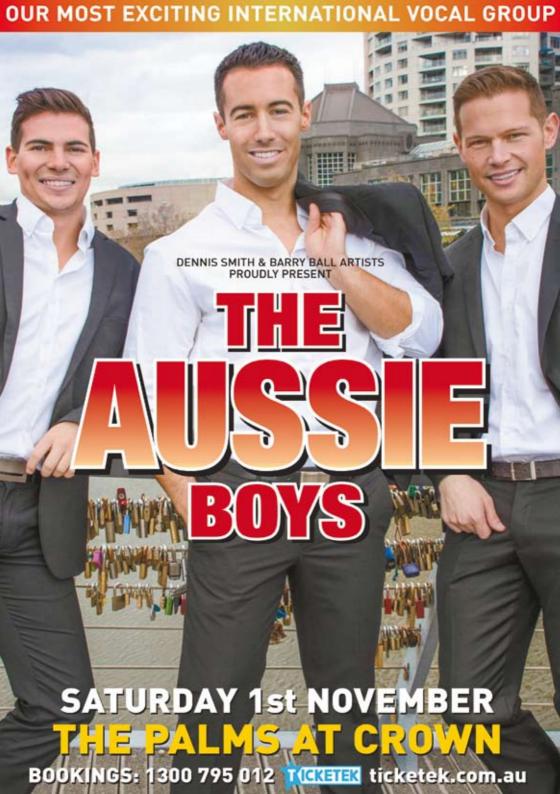
We use No Palm Oil ('sustainable' or otherwise — see "Whats the Fuss about Palm Oil"?), NO Synthetic fragrances, No parabens, sulphates or dodgy preservatives. All our products are safe for our waterways and septic systems.

We also don't want to contribute to the enormous waste management problem the Earth has. There are 'continents' of plastic floating in our ocean. At Valor Organics, we carefully consider the packaging of our products, and recycle wherever possible.

We use recyclable glass where ever possible and our labels are recyclable PET. So you may receive a product wrapped in bubble wrap, or newspaper as padding, but we are just giving it a 'second life' — we hope you agree.

We encourage you to reuse and recylce the wrapping too, and so on. Plastic lasts a long time.





q scene: **OUT & ABOUT**



















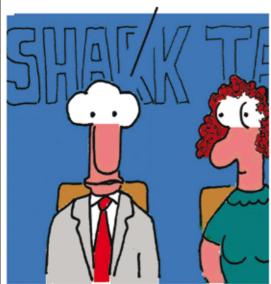




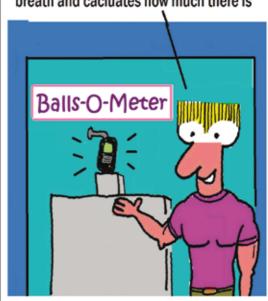


Gaylord Blade by KICHI

You're asking us Sharks to invest in a device that does WHAT, Mr. Blade !?!



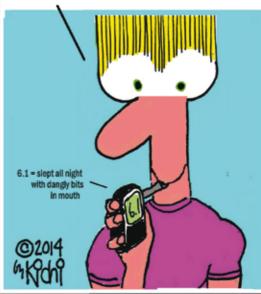
It detects the odor of scrotum on your breath and cacluates how much there is

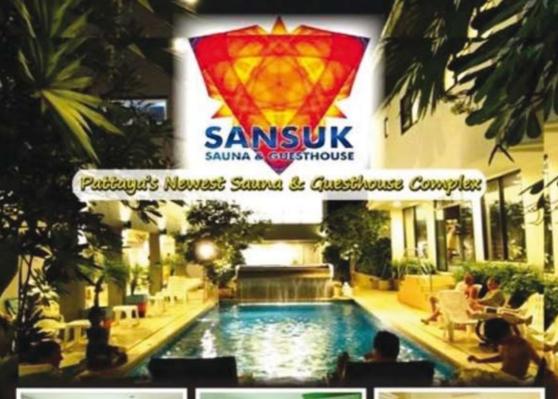


It tells you your breath still smells from the last time you sucked balls so you can gargle before your next date



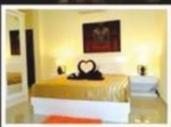
Actually, it's so Gay men can be sure their breath smells sufficiently of bollocks to be attractive at the bar

















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