



NOVEMBER 2014

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*

featuring
MATT COOKSEY
coaching the lgbti community



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q comment:

Care for the community with cute Seeing Eye Puppies

If you are looking for a unique and rewarding way to give back to the community, why not consider volunteering your home to a seeing eye puppy?

These intelligent pups are currently experiencing a housing shortage and are in urgent need of loving homes.

Seeing Eye Dogs Australia (SEDA) are desperately searching for generous puppy carers to volunteer their time and love to help care for a puppy. These pups will go on to transform the life of a blind SEDA client.

With all costs covered by SEDA, the puppy caring program requires volunteers to care for a puppy in their home from the age of eight weeks until they are approximately 12 months of age. In a time where people's financial budgets are stretched, this is a wonderful opportunity for people to get involved with the organisation, without having to contribute financially.

SEDA is the only national provider of seeing eye dogs and rely entirely on generous donations from the community. It costs \$35,000 to raise and train just one seeing eye dog and with a yearlong wait list, there is increasing demand for their services.

If you are interested in becoming a puppy carer or would like to find out more about Seeing Eye Dogs Australia visit www.seda.org.au or call 1800 037 773.



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ISSN 1449-499X
Q MAGAZINE
PO Box 7479, St. Kilda Road,
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q feature: **MATT COOKSEY**

An exciting sense of purpose, a renewed feeling of self-confidence, along with new tools for coping better with life's ups and downs : this is 'Coach Matt's' innovative new recipe for gay men and women who want to live happier lives. Today we interview him about his Coaching practice, 'The Reinvention Studio' (spot the Madonna reference) which opened in January 2014.

Coaching is quite a new term, so what actually is it?

It's pretty simple really. Coaching is about getting what you want. It's for people who are fed up of making excuses and want to be equipped with the tools they need to achieve what they want in life; whether that be finding a partner, discovering a great new career, gaining self-confidence, or even sorting their finances out! I'm a man on a mission. As a society we're not very accustomed to asking for help. And even when we do, it can be really hard to find the kind of support that would actually make a difference. I'm on a mission to change all this!

So how did you come to be doing this?

It all started back in 2010, when I was 29. I was fed up and increasingly dissatisfied by my life. I was successful but unhappy in my career, I'd recently broken up with my partner of 4 years, and found myself being hyper-critical of myself and others. Although I was OK, it felt like a cross-roads and that I needed some help to make changes. I was really dismayed when I looked around at the options available to me. From the eccentric psychologist who wanted to spend hour after hour talking about my childhood, to the woman who suggested we sing and hold hands together during our first time of meeting, I tried them all.

I was so frustrated, as I just wanted someone who could help me clear my mind and help me learn the tools to create the life I deep down, knew I was capable of. However, every cloud has a silver lining, so the saying goes! I eventually found someone fantastic and decided to re-train so I could offer the real, practical, help that so many people I knew seemed to want! And I liked the idea of challenging the world of traditional psychology to do a better job of presenting its' amazing, life-changing approaches, in more appealing, accessible, even light-hearted ways. It's such a shame so few people ever benefit from the wealth of practical, simple, down-to-earth approaches that are available, which they can learn, and use through their whole lives. The Reinvention Studio is my way of addressing this, and dramatically widening the appeal of a profession which can help so many more than it currently does.

What led you to open your coaching practice and why did you decide to specialize in working with the LGBTI community?

Back in August 2010, there is no doubt about it, I was having a 'moment'. My 'moment' was basically the realisation that this was in fact my life and yet I had not been creating it in a way that particularly pleased me at all. Around that time I read an article in British Gay magazine 'Attitude' which featured a lot of information about a fundamental lack of self-worth among gay people, about a highly sexualized world of drug and alcohol abuse, and difficulties in forming lasting meaningful relationships. I recognised much of what I was reading about in my own experience, particularly the lack of self-worth having been bullied growing up. And I felt such an incredible connection with what I was reading, I was excited and energized by the idea of getting involved, and making things better.

So tell us about your practice 'The Reinvention Studio' ?

After completing a Post Graduate Diploma in Psychotherapy, I decided to set up a private practice helping gay people improve their careers, relationships and lifestyles. You don't have to be 'broken' to benefit from a little Reinvention! I thought the best way to explain what I do, was to get some of my clients to explain. So let me introduce you to Tim and Kim, who are both kicking ass!



TIM

What led you to seek some help?

Before seeing Matt I was happy in my career and doing what I love. I had been working towards gaining a promotion for around 18 months, yet had been to 8 interviews in which I had been ranked second.

This was starting to knock my confidence and really made me think there was something wrong with me. I also began thinking I wasn't enough for these roles. The last thing I felt I had time for was a partner, after all my experiences of relationships previously had been less than ideal.

So what was it like and how did it help?

Changing my mindset has made the most incredible difference to my life. First and foremost, I ended up receiving the promotion I had been seeking and have also made room in my life for a wonderful man! I now feel I have a renewed outlook on challenges as they present themselves, and also an ability to see different perspectives. As a coach, Matt is compassionate, empathetic, pragmatic and real. My confidence has certainly been renewed. Matt has equipped me with a treasure chest of tools which help me make my life even better. The future is looking very bright.



KIM

What led you to seek some help?

Before starting with Matt at the Reinvention Studio, I found myself at yet another crossroads in my career. At 38 years old I had tried a number of different jobs/careers, and although I was successful, I never seemed to be able to stick with anything for the long haul. My job at the time was far too stressful and too many hours for the pay, and this was taking its toll on my relationship. I knew it was finally time to work in an area that was my passion.

But what passion? And how to earn a living doing it? I just felt really unsure how to get there and what steps I needed to take to identify the answer to this million \$ question!

So what was it like and how did it help?

I know what I want, and I'm well on my way now to creating my ideal life! It's such a relief to be clear about what I really want, and to be building my business as a professional photographer. In fact it was me who took the photo for the front cover of this magazine, which is really exciting! Matt has a fantastic ability to encourage you to think a little differently and give you the strength to make the changes you need both professionally and personally. I have way more confidence in my ability, I no longer 'sell myself short' to others and am definitely the happiest I've been in a long time! Speaking of which, did I mention www.kimrielly.com .



So there you have it, from the horses mouths! (sorry guys) The Reinvention Studio is about offering practical help, to people just like you, who are trying to achieve what they suspect they are capable of. In the interests of appealing to both the Madonna and Kylie fans out there, let me close by saying that if you have been nodding your head while reading this article, then get in touch. Perhaps it's time to 'Confide in me' . . .

So what next for the Reinvention Studio?

It is a really exciting time, as we are about to offer group workshops, which will be hosted at gay bookshop Hares & Hyenas. The first in the 'How to. . . .' series is titled 'How to find and keep an amazing partner' Best of all it is free (only 25 places so turn up early) and takes place on Monday 17th November at 6pm. See : www.how2series.com.au for details There will be many more topics coming down the line, so watch out for news on our Facebook page and website www.reinventionstudio.com.au

We'll also be offering another free workshop as part of Midsomma, so check out the programme guide for more details.

q opinion: COLOURS OF MONTREAL

By Javier Pérez Mandujano

It is hard to believe that people always see things in colours, especially when we don't listen, we don't understand, we just want to defend our position and force others to obey and follow our ideas. In this way, I find animals more talented in terms of showing love and compassion, respect, loyalty and admiration, even though they just see in black and white.

However, during the last six months I have experienced the most exotic and surprising perception from people from Montreal. These are my first weeks walking in Downtown, the Old Port, the Gay Village, and of course La Petite Italie. It is not a secret that Canadians are a different society in terms of an open mentality, freedom of religious concepts and racism.

But what is the real feeling within the minds of these guys? I guess is very different from the one I assumed, perhaps I should just ask them, but at this point, it is clear in my mind that locals have a casual attitude regarding diversity, not just about sexual preferences but more about any obvious difference in the public eye.

No matter if your skin colour is dark, your faith hangs from your neck, or your hair is covered with fabric, the fact of being different is acceptable in Montreal.

Perhaps black and white don't fight here, seems like you can see different colors all over the place, truly cosmopolitan when it comes to welcoming various cultures, combining different textures, sounds, words, thoughts and most of all feelings. A special mix of traditions surviving between the smoked meat, the poutine and the maple syrup.

The snow did not want to give up over here, and spring was knocking at the door with no clear answer for several weeks. It seemed like winter wanted to stay longer and to make us become all white and cold permanently. But not just the color white will remain here, because there is not invasion for people's privacy in the public eye here, they don't seem to care about how you look like at all, there is a quiet atmosphere of respect, understanding and support for everyone showing a different color.

Even though the colour pink is an international spot in the city, they seem to get along very well with other colors as well, and this makes me wonder what will happen if this place becomes independent. I just cannot believe how peaceful, respectful and understanding the people are here, even during difficult times of political and social issues regarding elections, at the end of the day, the permanent mutual respect, makes a difference, and a good one for sure.

Yes, every morning I struggle with French and the metro, but I still perceive acceptance from strangers around me, there is a silence of approval, and an invisible desire of living all together in the same land. So I hope to discover more colours, different colours that shape this metropolis, a place full of creative, artistic, friendly, casual and certainly charming people.



q gay files: with MATTEO SNOOKS

So you want to play boyfriends? (Part 2)

Last month, I spoke about a few crazy situations you may come across when entering the dating world. For some of us this may be old news, and others may need a sisterly refresh. Not only are there behavioural patterns and time wasting signs to look out for... But self-awareness and whether or not you are ready to settle down for all the right reasons is important. Bursting out of puberty into young queer-hood is scary, especially when you're new to this gay life that possesses totally different values and norms compared to the sheltered heterosexual upbringing some of us encounter. Ask yourself... how emotionally mature are you to see things for what they truly are?



It becomes confusing when blasting from ecstasy to zero. Some of us, including myself, jump onto this infatuated ride when cute boys are involved. It's sad when you dramatically rush into things; thinking you've found the one and it's now or never. Honestly, what is the hurry? It's understandable that young and newly baptized gays may experience this, also some fellas who (simply never learn) live trapped within a continuous cycle of desperation. If only we had a Fairy Godmother to guide us! I can assure you that immature mistakes make us stronger and wiser... but only if your clear beams are switched on.

We all know fake morons are invading and constantly evolving. There's nothing that frustrates me more than feeling embarrassed for others or when friends settle for absolute crap. So many insecure guys feed off men in order to fill that lonely hole. I've seen it endless times where guys commit, but only for their selfish lonely needs or personal acceptance while still hiding in that closet! The funniest thing I ever heard was "I'm out now and don't need a BF because I wanna see what else is out there..." Hunny, good luck to you and watch out for syphilis on the way. It's pathetic when guys comment "I want a boyfriend, I'm so lonely"... No! Pick up the phone and call your bitches for a few cocktails. Start getting used to your own company and loving yourself (in a healthy way of course)! No one is going to snag you unless you're out there enjoying life and smartly open to all healthy opportunities... why do some of us find it hard to keep it real and fart roses on occasion?

Maybe our life experiences and social environments force some of us to act in a peculiar manner. I'm sure at some stage a man (or men) have screwed our brains to some degree, which seems to happen at frail stages when we simply like the poor bastard. I can only assume that painful experience can trigger different responses.

Those of us who wear that heart stitched into the sleeve may learn the hard way and as I said earlier, even though we can become blind at times, scheduling in a reality check from time to time is non-negotiable! If you reach that point of hating the gay world just remember; you're not alone and the better of us have all danced those moves! In all honesty, we are animals and really it comes down to sex! The beginning of a potential relationship should be about fun without pressure or even seriousness to a degree. If he's not rooting you then most likely he's pulling out the weeds next door... Never settle for less than what you deserve because and if he sticks around even after discussing bowel movements and whether or not you fold or scrunch dunny paper... then he's a keeper!

Have a question? Need advice?... or simply want to share stories for future print ... Write to Matteo at thegayfiles@outlook.com



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q musical: **ANYTHING GOES**

Leading Australian theatre producer John Frost and Opera Australia Artistic Director Lyndon Terracini today announced they will present a new production of Cole Porter's smash-hit musical comedy *Anything Goes* next year. Winner of three Tony Awards, including Best Musical Revival and Choreography during its most recent Broadway revival, *Anything Goes* is a stunning nautical favourite. Directed by Dean Bryant and choreographed by Andrew Hallsworth, this brand new Australian production will dock in Melbourne, Brisbane and Sydney in 2015.



Anything Goes has been hailed by The New York Times as "musical-comedy joy" and USA Today called it "glorious and exuberant!"

"Anything Goes is a shining example of classic musical theatre, complete with amazing tap numbers, hilarious jokes, unlikely happy endings and of course, wonderful songs," said Lyndon Terracini and John Frost. *"After the overwhelming success of Rodgers and Hammerstein's South Pacific and The King and I, a revival of Anything Goes featuring the dazzling music of Cole Porter seemed the obvious choice. Since its Broadway premiere, it has become one of the best loved and most revived musicals of all time."*

"To head the creative team we have chosen director Dean Bryant and choreographer Andrew Hallsworth, both nominated for 2014 Helpmann Awards. Dean and Andrew have been doing amazing work on musicals worldwide, and are one of the most exciting creative teams in Australia today. Joining them will be musical director Peter Casey, set and costume designer Dale Ferguson, lighting designer Matt Scott and sound designer Michael Waters. All aboard for this saucy and splendid new production of Anything Goes!"

For decades, *Anything Goes* has captivated millions with its delightful story of madcap antics aboard the SS American. When the ocean liner embarks from New York to London, etiquette and convention get tossed out the portholes as two unlikely pairs set off on the course to find true love... proving that sometimes destiny needs a little help from a crew of singing sailors, an exotic disguise and some good old-fashioned blackmail.

This dazzling musical celebration, described by Ben Brantley of The New York Times as "a deluxe candy box of Cole Porter's best songs," features a hilarious tale of topsy-turvy relationships, mistaken identities and foiled plots, peppered with some of musical theatre's most memorable standards including *You're The Top*, *De-Lovely*, *I Get A Kick Out Of You* and of course the title song, *Anything Goes*.

For more information, go to www.anythinggoesmusical.com.au

TWITTER: @AnythingGoesAu

FACEBOOK: <https://www.facebook.com/pages/Anything-Goes>

INSTAGRAM: @AnythingGoesAu

SEASON DETAILS

Princess Theatre, Melbourne

From 31 May, 2015

Wednesday – Saturday 7.30pm, Matinees Tuesday & Wednesday 1pm, Saturday 2pm & Sunday 3pm

From \$79.90

Bookings: Ticketmaster.com.au or phone 1300 111 011

Groups of 10 or more call 1300 889 278

Lyric Theatre, QPAC, Brisbane

From 28 July, 2015

Wednesday – Saturday 7.30pm, Matinees Tuesday, Wednesday & Saturday 1.30pm & Sun 3pm

From \$79.90

Bookings: qpac.com.au or phone 136 246

Groups of 10 or more 07 3840 7466

Joan Sutherland Theatre, Sydney Opera House

From 8 September, 2015

Wednesday – Saturday 7.30pm, Matinees Tuesday, Wednesday & Saturday 1pm, Sunday 3pm

From \$79.90

Bookings: sydneyoperahouse.com or 9250 7777

Ticketmaster.com.au or phone 1300 723 038

Groups of 10 or more call 02 8240 2290

q youth: with **TASMAN ANDERSON**

Tassie's Bucket List: #175 "Meet a Movie Star"

Alright, so I'm aware that a normal bucket list is really only supposed to have a hundred items but I felt that was too limited so here we are with number 175, meet a movie star.

I hadn't really given this item much thought when I decided to complete my list for a number of reasons. Firstly, I really wanted my 'movie star' to be someone I loved and not just anyone who happened to be in 'that one movie that one time'. Lastly, I also wanted the place that we met to be something more than a signing, or event that fans would usually swarm. I know it sounds super specific but really, I just wanted to meet a movie star that I loved and that wasn't expected to be in their 'public persona'. I honestly didn't think I'd tick this off my list until I was in Los Angeles but like always, the universe had other plans.



Earlier this month, I was asked by the Gold Coast Bulletin to attend 'Fright Night' at Movie World. With the lead up to Halloween, we were invited to a media call at the theme park, where we could experience the terror mazes (seriously, look the event up) and rub shoulders with other media professionals as well as some of the Gold Coasts' biggest socialists.

I didn't care much for the rubbing shoulders part but I was extremely ecstatic to be one of the first to experience the mazes. I'm a huge fan of everything scary so the annual fright nights are like my heroin. This year was going to be even better since it included a maze based on one of my all-time favourite Australian horror/thriller films – Wolf Creek 2.

I seriously didn't think Movie World could outdo their Walking Dead themed Fright Night from 2012, but they did. The Wolf Creek 2 maze was designed exactly like the film and it felt like I was actually there as serial killer, Mick Taylor terrified his victims. Honestly, I would have been set for the night after the mazes alone but the Bulletin had one more surprise for me – I was going to meet Mick Taylor!

Okay, so his name isn't really Mick Taylor but my fan girl heart just wouldn't allow me to let it go. His real name is John Jarratt and his work includes the two Wolf Creek films as well as Rogue, Django Unchained and McLeod's Daughters. I wasn't sure what to expect but I was freaking out. I had never really met anyone that I had grown up being delightfully terrified by. However, there wasn't a whole lot of time to panic since I had about two minutes to be a professional and get a quote or two for my article.

Strangely, he was extremely nice. I'm not saying that I expected him to be arrogant or anything like that. I just didn't expect him to be such a polar opposite to his character. I know actors can play personalities that are completely unlike their own, but after going through the Wolf Creek 2 maze, all I could see was him massaging backpackers.

Thankfully, there were no massacres that night – or at least not any real ones. John was fantastic and happily posed for a photo after I had rushed through my interview and told him that I was a huge fan (that's a cringe worthy moment right there). Honestly, I think meeting John showed me that actors are just people who happen to play different characters as their profession.

Although I hadn't expected to meet John or any celebrity for that matter, ultimately I'm happy with how the night turned out and that I ditched class to attend it (hopefully my professor doesn't find this). The night was everything I had hoped for and more.



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q theatre: **HOUSE OF YES**

Little Ones Theatre in association with Theatre Works present
THE HOUSE OF YES
By Wendy Macleod

'Jackie-O' Pascal is obsessed with the 1962 Kennedy assassination, frequently re-enacting the moment of his death for her own deluded amusement. She is also madly in love with her twin brother.

An acidic satire about class, incest, innocence, and mental illness in the vein of Douglas Sirk's 1950's melodramas, *The House of Yes* is a disturbingly camp theatrical experience centred on a deranged family of JFK enthusiasts.

In Wendy MacLeod's obsidian-black comedy, *The Pascals*, for whom the clock stopped with the Kennedy assassination, are shut in as a hurricane swirls outside. Arriving ahead of the storm's eye are Jackie-O's twin brother, Marty, and his fiancée Lesly.

The obsessive Jackie is keen to renew her long-running incestuous affair with Marty; which is fine by the mother (who's still lamenting her husband's desertion) and by younger brother Anthony (who immediately desires Lesly). The resulting battle over Marty becomes something of a class struggle between the Pascals' poetic insanity, and Lesly's plebeian pragmatism.

Will Jackie-O and her beloved be reunited? Or will it all end in the same bloody mess created by one gunman on a grassy knoll?

Tackled by Little Ones Theatre, the team that brought *Psycho Beach Party* to Theatre Works in 2013, this production is sure to be a visual and comedic treat.



27 November - 13 December, 2014

Tues - Sat 8pm (Preview 27 November 8pm)

Tickets: \$30 Full, \$25 Concession, Grps 8+ and Preview

Bookings: 03 9534 3388 or online at www.theatreworks.org.au

Venue: Theatre Works - 14 Acland St, St Kilda

www.littleonestheatre.com.au

*80 minutes no interval

** Course language, adult themes and gun violence

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q festival: MIDSUMMA CHAMPIONS

Midsumma is pleased to announce the Festival Champions for 2015:



Professor Kerryn Phelps AM

Professor Kerryn Phelps AM is Adjunct Professor at Sydney Medical School and Conjoint Professor at University of New South Wales Faculty of Medicine and University of Western Sydney.

Professor Phelps is a pioneer in health communication in Australia, appearing regularly on television, radio and in the print media for almost thirty years, informing the public on health issues.

She was the first woman to be elected as President of the Australian Medical Association. She is a passionate advocate for human rights, particularly equality for the LGBT community and the rights of children.

Professor Phelps has written several books including a textbook for general practice. "Ultimate Wellness" was published in 2013, and her next book will be published in 2015.

Professor Phelps works as a GP in her two Sydney clinics. She is a keen sportswoman and in 2014 was appointed to the board of Hockey Australia.

In 1998 Prof Phelps married Jackie Stricker-Phelps in New York in a religious ceremony, then married again legally in New York in 2011. Kerryn and Jackie are ambassadors for Barnardos Australia and they have three children.



John Caldwell

John is the Australian of the Year 2014 in Victoria, is a CEO, author, film producer, Australian media personality and philanthropist. He is an ambassador for the Alannah and Madeline Foundation and is a board member with Brodie's Law Foundation.

Widely recognised for his youth protection work and for his endeavours in the anti bullying space, John also stands up for Gay Rights as a patron for Melbourne's Joy FM and supports initiatives against family violence as a White Ribbon Ambassador and Spokesman.

A regular on Studio 10 and Mornings on 9, John is a revered social commentator who also does work with the Australian Radio Network, The Hoopla and Mamamia. John lives in Melbourne.

The board of Midsumma introduced the ceremonial role of "Festival Champion" in 2014 to:

1. Recognise people (LGBTI or otherwise) who have contributed to the LGBTI community or diversity, particularly through reducing homophobia.
2. Provide a public face for the festival particularly opening ceremonies and a historical focal point; someone to remember the festival by.
3. Bring publicity to the Midsumma Festival and the work it does in celebrating diversity and reducing homophobia.

The inaugural Festival Champions were Louisa Wall, the New Zealand MP who introduced marriage equality in that country, and Jason Ball, an anti-homophobia in sport campaigner and the highest level AFL footballer to have come-out to date.



Midsumma Chair, Aaron Hockly, said: *"The board of Midsumma is delighted to welcome Kerryn and John as the 2015 Festival Champions. Both are high-profile advocates for the GLBTI communities as well as being very successful in their respective fields. Kerryn and John's appointment continues the board's deliberate strategy of raising the festival's profile and we look forward to working with Kerryn and John to promote the Midsumma Festival and its aim of celebrating diversity."*

For more information go to www.midsumma.org.au

q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



Expat Voice

My weekly blog 'Tweeters from the Atlantic' was initially intended as a brief follow up to my novel 'Letters from the Atlantic', which were published in a local newspaper. This weekly series has since appeared in magazines, newspapers and blogs in many countries across the world, and I have been surprised and heartened by the enthusiastic response that I have received from established expats, as well as from those considering 'living their dream' in a country of their own choosing.

After the first series of 'Tweeters from the Atlantic' was published, I began to receive requests from many readers who, for various reasons, had missed a specific article, asking if I could get a back copy of the newspaper or magazine for them. Eventually, it was suggested that I should publish the entire series of blogs for the year in one volume. That was ten years ago! I am now pleased to be able to publish the latest in the series - this time called 'Expat Voice'. I chose the title 'Expat Voice' since many of the incidents that are raised in the book arose from emails, letters and conversations with expats from a

number of countries, as well as from my own experiences. We all have our individual tales to tell, and I am always impressed by the enthusiasm and (mostly!) good humour that expats demonstrate when dealing with both challenges and amusing incidents in their new lives. This book is intended to be an echo of those voices, which I hope will prove to be of both help and inspiration to others.

Looking at some of the early 'Tweeters from the Atlantic', I am reminded of the huge enthusiasm that affects us all when we embark upon our new adventure. A new country, new customs and traditions, as well as often a new language, all add to the thrill of escaping from the country of our birth. However, as time and experience take over, most of us have to deal with new challenges in life, which we may not have originally envisaged. 'Expat Voice' attempts to deal with some of the challenges faced by expats following the World recession, which has left many without jobs, failed relationships and repossessed homes. For many, it has not been a wonderful experience, but I am a firm believer that, over time, such difficulties make us stronger if approached in a positive and realistic manner. I know of many expats who appear to have 'failed', but have 'bounced back' stronger and more resilient to the challenges that life throws at us all from time to time.

Unusually, in this book, I have tried to deal with other, more serious, issues that many expats have asked me to write about. Often taboo subjects, such as dealing with serious illness, death and wills have been raised in 'Expat Voice'. Despite my original anxiety, it is a relief to see that pages dealing with 'Death' and 'Wills' on the 'Expat Survival' website have received the most number of hits from readers this year, so I guess these articles have served a useful purpose for some; I hope so.

Life for an expat from any country, be it for reasons of work, retirement, or just following a spirit of adventure, is not always as easy as it may sound. A new life in the sun is often frustrated by having to deal with personal and family crises, health issues, language difficulties, confusing bureaucracy and cultural differences. This is all the stuff of expat adventures, which is part of the deal that we signed up for. The wise and seasoned expat eventually learns to accept and cope with a range of issues, which is part of our rich kaleidoscope of experiences. Personally, I wouldn't have it any other way.

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his book, 'Expat Voice' (ISBN: 9780992767174). Available in paperback, as well as Kindle, iBooks and Google Play editions. iPhone/iPad and Android Apps: ExpatInfo, CanaryIsle and CanaryGay now available.

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q interiors: **with AARON WONG**

As an Interior Designer, one of the important part of my job is to make the initial inspection of a client's space to gather as much information as possible about the client's personality, their lifestyle, assessing the space and where they have gone wrong and ways in which to correct them.

Here are some common mistakes, and tips for how to avoid making them:

Painting the walls before choosing furnishings: People tend to fall in love with a paint color they want to design a room around, but while you can mix infinite paint colors, you can't mix a fabric color. It can be more difficult to find upholstery, fabrics and accessories in a very specific shade than to have a paint color customized to what you've purchased.

Buying pieces out of proportion: The size of furniture should be in scale in comparison with the rest of the room. Furniture in retail stores, with very high ceilings and wide open spaces, looks very different in a home. Buyers can end up with an oversized or overstuffed sofa that looked good in the store. If the piece was custom made or made-to-order, there is no returning back or exchange.

Mapping out the room or creating a floor plan can prevent a costly mistake.

Choosing a rug that is too small for a room: This is another common error in scale and proportion that can be avoided by taking measurements into a store with you. You need to know the room dimensions and the size of the largest pieces in it that the rug will lie in relation to.

Hanging art too high: Artworks should be hung at eye level. The eye should rest in the center of the piece of art. If it is hung over a piece of furniture, it is best hung closer to the piece of furniture, so it reads as a cohesive vignette, rather than having the art float above it.

Using all matching furniture: What I find with my clients in general is that they have difficulty visualising the end result of the room so they play it safe. The same sofa is purchased as a love seat, as well as an occasional chair.

Sometimes the same fabric is used on all three pieces, with a second fabric used for the throw pillows.

It is better to mix styles and fabrics.

It adds interest to a room, so long as the fabrics all work together. Use each one in different amounts, thereby varying their importance.

A room should look like it evolved over time.

All the furniture in the room should coordinate but not match exactly.

Even the side tables and coffee table don't need to match.

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



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q fitness: with CHRIS GREGORIOU

What's YOUR motivation for wanting to exercise?

We are all driven by many different factors in life and when it comes to looking after ourselves, our needs and desires are all so different. The question is, "What is your motivation?"

As a Personal Trainer I get excited every day by what I am told and it all comes down to a few basic principles of wanting to have a better quality of life, to be happy and healthy as well as living a long life. I am finding that it's rarely about the beach body or getting that six pack. More often than not, people want to do good things for their health.

Often what a person first believes they want to achieve in the gym is not even close to what they truly desire. In fact, most of us talk about things that are on the surface, seldom knowing or even comfortable to delve deep into what really matters or motivates us. A common request I hear is "I want to lose weight", however this is often far from the real motivator. If a client is willing to explore deeper into what they truly desire, they often discover a motivator could be "My mother died of type 2 diabetes and I am scared of dying young". Another request that I hear when the warmer weather approaches is "I want to have a six pack". Again, this is primarily external and not worth focusing on. Once explored often the real motivation is "I want to feel comfortable with my body".



We are sensitive when it comes to our emotions and it is normal for us to have layers of protection. If we peel back these layers, we can begin to have a greater understanding of ourselves. With this greater understanding comes new motivation for achieving things we have been unable to do in the past.

I will also touch on negative (historical) beliefs that can be formed early on in life and can stay with us well into adulthood. We have all been told negative things from a young age. Some of that mud has stuck and some has not. Sayings such as "you are ugly" or "you will amount to nothing" are sometimes thrown around freely as well as things like "you will always be large" or "to be a good child, you need to finish your plate". Also known as negative presuppositions, identifying these and clearing them can be a fairly simple process, often with amazing results, almost instantly!

As we are in the warmest time of the year, I would like you to think about these two questions. What might be holding you back from looking after yourself? What are your motivators for wanting to get fit?

Setting goals is an important part of the process. What are your goals? Why do you want to get into great shape?

Take a minute to really uncover the real reason(s) that you want to be fit and healthy. Don't say something vague like you want to 'Be thinner' or 'Look more attractive.' Dig deeper — there is a very specific motivator in your life, you simply need to uncover it. Here are some examples of other people's motivators. The question is what is yours?

- I want to have more energy to keep up with the kids.
- I want to improve my health through weight loss to extend and improve my life.
- I want to restore my confidence to wear sleeveless shirts.

Feel free to ask for assistance through professionals that can help. A Neuro- Linguistic Practitioner (NLP) can help with identifying any negative presuppositions and a Personal Trainer as well as an NLP can help with setting goals and identifying motivators.

Have an awesome summer!



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q drag: **PASHION**

How lucky is Melbourne to have a new breed of drag talent that are not only sensational performers but are also amazing designers and costume creators. Alan Mayberry caught up with Pashion who is also a member of the extremely popular group #Qween.

I grew up in Adelaide, South Australia and was very fortunate to have an incredibly happy and supportive upbringing. I was a very strange teenager, knowing from an early age I was different, at 6'4" I was never going to fit into the norm, so I didn't bother trying — although I don't remember ever being bullied for being gay at school. There were plenty of other obvious aesthetic abnormalities to chose from. I was a goth, in a big way, and once I left high school the make-up and the interest in the darker side of the world eventually paved its way into my drag persona.



Out of high school I wanted to study psychology but I chose to screw up Year 12 instead, it seemed more rock'n'roll, so I applied to study fashion purely because a friend was also doing it and the Year 12 score was irrelevant. It would become a life-defining skill. Not a day goes by when fabric isn't a major part of my life, whether it's my day job at Spotlight or when I get home and collapse onto the lounge room floor to cut out a new frock for some diva of stage and screen, or laying in bed catching up on all the latest catwalk shows. I love it.

I studied fashion for 2 years then costume for another 2 — who knew I'd be any good at it! All that while I was introducing Adelaide to Pashion. My first introduction to performance was working at the Festival Theatre in Adelaide. As a child my favorite thing to do was to build little cardboard theatre sets and now I got to work in a real-life one on some of Australia's biggest shows that would travel through, as well as meeting fabulous celebrities along the way.

As soon as word got around the Adelaide gay scene there was a new queen who could sew, the orders starting coming through, and have never really stopped. My first professional sewing gig came from Rochelle and Fifi, doyennes of the infamous Mars Bar for the past 25 years. I worked for their company *Essential Talent* making costumes that would be sent around the world in shows. I am forever grateful for the opportunities they gave me, on stage, but more importantly off stage. My last job, in Adelaide, was working in the wardrobe department for the famous Christmas pageant held annually in November. It was a massive year-long job, but a once-in-a-lifetime opportunity, and a lot of fun.

Although I pride myself on being a self-taught drag queen, there were a few people in Adelaide who helped shaped the queen I am today: my closest sisters Cleo and Molly; my drag mother Gabrielle Scott who taught me MANY old-school sewing and performing tricks; Raven who encouraged my darker personal style; Vonni for always believing in me; and Pennii who taught me that 'Pashion' could be her own character — a character with a story and a point of view, completely different to my own. It's so important to keep in touch with other generations of performers. If I've learnt anything I know you never stop learning with drag. My costumes, the make-up, the performance is constantly evolving thanks to the world around me — always remain open to it.



In 2012 I moved to Melbourne. Previously I had visited as often as I could, I loved the town and knew I needed to be here. Even today, every time I travel around town and catch a view of the city I get tingles. I love the European feel of it — it's so unique to the rest of the country. I heard a quote once 'Sydney

is about the body and Melbourne is about dressing the body'. I needed to be where they dressed stuff!

One of the fantastic things about social networking is you can now arrive into a new town and everyone already knows your business. They've already watched what you can do for years and this proved beneficial to me. I started working pretty quickly, To this day I still pinch myself being lucky to be able to chat to a Rita a Polly or a Robert Dean about costuming, having a cackle with Tabitha, or Paris is congratulating me on a good show. It's so important to have that connection with the past to make a successful future for yourself, learn from those who came before you, their triumphs AND mistakes!



It has to be said, the most exciting part of my Melbourne drag career so far has been meeting Amelia Mole and Isis and forming our girl group #QWEEN. I've never been apart of a group where the workload was shared so equally, I think we have a very modern and fresh look to our shows, mixed with nods to the past which will hopefully be our recipe for success in the future.

I really enjoy travelling with drag. Whether it be regional gigs or travelling interstate for special events, I believe it's no longer about the 'Adelaide drag scene' or the 'Melbourne drag scene'. Now with cheap travel and internet we've truly become an Australian drag community. The initial awkwardness and defensive attitudes you used to encounter when visiting different cities have disappeared. My favourite trip so far would have to be to Darwin to enter the *Queen of the Galaxy Pageant*, which I won and since returned to judge the competition. You will not find a friendlier breed of people, you become instant family.

Even in the short 10 years I've been doing drag I've seen the gay/drag scene drag evolve tremendously, even in Adelaide. Ten years ago there were plenty of venues to party in, as there were in Melbourne, and now we're dramatically restricted in our choice. It's a double-edged sword. I'm proud that we as a community are at a point we don't feel the need to socialise in strictly gay venues, but it does restrict the opportunities for drag queens. However, this in turn demands higher-quality performances – if you have a good product to sell you can still make an impact. I hope you enjoy our next season at the GH.

Drag is expensive, there is no way around it. If you want to keep up with the best you will always spend more on drag than you make from it. As my drag mother taught me, cheap will look just that. Don't get me wrong, I get a lot of my supplies from 2 dollar shops, but that camp 50 cent flower will only work on a drag queen if you buy \$50 worth. Take advantage of the internet for wigs, fabrics, make-up and shoes, 'wholesale from China' is the future. My advice to new queens is to learn a basic understanding of every facet of drag, not only should you be able to paint a face, glue on a wig and mime, but learn to sew, learn to backcomb a wig, throw in some rollers, set it, have a small collection of hot-glue guns – a glue gun can turn any off-the-rack frock into a 'costume'. Then go see Tabitha and she'll teach you about nails – you're not a Melbourne girl (and I do feel I am one now) till you've got those nails on! Tabitha's tips and her *Friday Night Project* has been such an amazing mentoring place for so much new talent.

I don't think 'Pashion' will ever leave me, I'm so grateful for the confidence, the independence and experiences she has given me. A few years ago I performed at the 80th birthday of an Adelaide legend 'Rouge Shepherd', and I thought, this'll be me in 50 years. Still as fabulous and having as much fun as the day I started – just a little bit shorter.



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q novel: **RISE OF THE FALLEN ANGELS**

By Shane Gallagher

"My husband and I traveled throughout India where we encountered many homeless children on the streets and witnessed how easily they were abducted and sold into (sexual) slavery," says the celebrated LGBT fiction writer, Hans M. Hirschi. In his new novel, The Fallen Angels of Karnataka, out now, he tackles the subject of trafficking. Like his previous works, Fallen Angels is a hopeful tale. It depicts the quest for love and the belief that embracing it – in all its colorful forms - will make the world a better place. Hirschi brilliantly sets the story at the start of the HIV/AIDS pandemic, when many gay men were afraid to love.

Where *The Fallen Angels of Karnataka* separates itself from his previous works is in its boldness. Hirschi's decision to write the child predator as a gay man has some up in arms, arguing it perpetuates the myth that pedophiles are gay. Hirschi, himself a victim of child molestation (at the hands of a female perpetrator), stands by his work. *"I am gay and I write about gay stories," he says. "It wasn't a conscious or political decision, just as most straight authors do not consciously make their main characters straight. In my mind, Charles was gay. It would have been cowardly to run away from the true story in my mind."*

We sat down with Hans M. Hirschi to discuss the novel and the controversy behind it.

Why are children in India among the worlds' most vulnerable?

I think it's an unfortunate combination of sheer population size combined with a very corrupt system. As Hindus and Buddhists believe in re-birth, the current life, while important and a necessary learning process, isn't as valuable as it would be for someone who believes that the present life is the only shot we have. If you die, you'll come back, you'll get another shot, therefore it's not that big a deal. Combine that with the fact that children are the weakest members of society and it becomes a very dangerous situation, where parents may even be happy to assist in the disappearance of a daughter because it alleviates the cost of a dowry they may not be able to afford.

How did you first come upon child trafficking in India?

My husband and I traveled to India to get to know the country and find a cause we could help with. It was during our research that we learned about the plight of hundreds of thousands of children that were literally disappearing. Girls were being kidnapped and forced into slavery and marriage. Boys were being forced into child labor. In a country with 1.4 billion people, where hundreds of millions are so poor they cannot pay the bribes it takes to get the police to investigate the disappearance of a child in a village, the numbers of missing children is quickly rising to staggering numbers. It's an industry, not just in India, but in Africa and other Asian countries as well. We found work at a school for street children.

Did the children in the school know that Alex was your husband?

I'm not sure. We weren't overly affectionate, but we certainly never made it a secret. Since the children only spoke Hindi, we relied on the translation services of friends and the people on site.

How is homosexuality viewed in India?

A supreme judge recently overturned the 2009 ruling legalizing homosexuality, making it illegal once more. That was a major set back. Being gay in India is difficult. Several of my best friends are out to their peers and colleagues but remain closeted to their families. One friend is even legally married to his American husband, but his family knows nothing and still hopes to marry him off to a suitable girl.

Is it true laws are more favorable for the trans community?

India has an interesting tradition of looking favorably at transgendered men, hijra, and recently, the supreme court recognized them as a third gender.

Did you set out to expose the vulnerable youth of India through your new book?

The original purpose of the book was to be a travel adventure that showcased my main character's inner journey to maturation through his trips. Travel has always been a passion of mine and I wanted to write about some of the places I had seen. I set the story during the eighties at the start of the AIDS pandemic so I could imagine being a young gay man in the eighties.



When did the story turn to one of trafficking?

When an acquaintance was convicted of owning child pornography. It had been four years since my husband and I had last seen him, but he had once been a friend! I imagined him at home with my son, sitting on our couch, eating at the table. Although a figment of my imagination, the images were so disturbing that I had a breakdown in public. The next day, my story started to change, and Charles started to morph, from an eccentric dandy to something entirely different.

Do you worry that making Charles a pedophile may perpetuate the myth that child molesters are gay men?

I did, and to a degree, I still do. Pedophilia is by definition a sexual orientation in its own right, set apart from the straight and gay. The woman who molested me was happily married and by all terms and definitions "straight". But yes, of course it worries me. However, I couldn't shy away from the story. It needed to be written. I hope to have successfully managed to showcase the difference between being a criminal and being a gay man.

What did you learn from writing *Fallen Angels of Karnataka*?

The controversy that has come from the book has taught me that, as a community, we are capable of discussing heavier subjects than coming out and marriage equality. LGBT literature is growing and now allows us to delve into many topics, freely and openly.

What do you hope readers learn from the book?

I hope readers think about what they can do to help a fallen angel. We can all open our hearts to children: as mentors, foster or adoptive parents, or through monetary donations. There are children in need, right where you are, and we can make a difference, even in the smallest way.

The Fallen Angels of Karnataka by Hans M. Hirschi is available digitally and in softcover on [Amazon.com](https://www.amazon.com), Barnes & Noble (Nook), and at selected local bookstores.



q comedy: JEZA BELLE'S COCKTAILS



Internationally known New York City drag queen, actress, comedienne, columnist, and cocktail connoisseur Jeza Belle has made her publishing debut with *The Harlot's Guide To Classy Cocktails*.

Part drink recipe book, part he-larious drunken memoir, the coffee table book contains Jeza's own classy (The Dietrich) and, uh, not-so-classy (Mai Cock is TAI-ed Back) cocktail recipes along with the favorite drinks and messy memories of some of the world's most famous drag queens, among them, Sherry Vine, Latrice Royale, Barbie Breakout and Rupaul's Drag Race contestant, Yara Sofia. (See the full list of twisted queens here.)

Other queens featured include a #1 Billboard artist, reality show winners and contestants, social media sensations, rising pop stars, and a bevy of other bevy lovers from over a dozen countries on six continents.

New York's own Lady Bunny wrote the book's hilarious introduction.

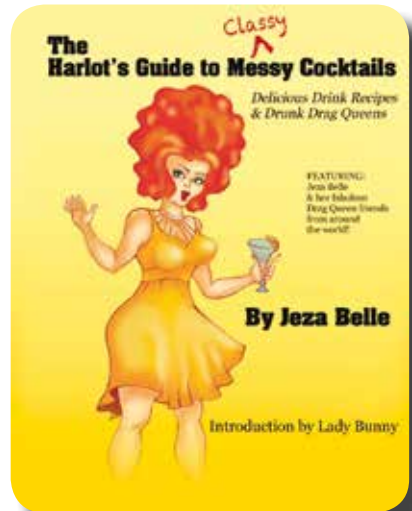
Drag queens featured in *The Harlot's Guide to Classy Cocktails*: Art Simone, Barbie Breakout, Carlotta Carlisle, Coco Pop, Cynthia Lee Fontaine, Glitz Glam, Gloria Glamour, Heidi Liscious, Jeza Belle, Kevin Aviance, La Chiquitta, Lady Bunny, Latrice Royale, MargOH! Channing, Merrie Cherry, Miss Hope Springs, Morgana Loren, NORIStar, Oddiva, Peppermint, Prada Clutch, Sherry Vine, Sister Roma, Tekemaya, Twixi, Chardonnay, Tyra Sanchez, Uriel Yekutieli, Yara Sofia.

Pink Panty Dropper

12 ounce container frozen pink lemonade concentrate.
12 ounces vodka
Lemon twists
Pour container of frozen lemonade concentrate into a blender filled with ice.
Fill the empty container with vodka and add to blender.
Cover and blend until the consistency of a slushy.
Pour into glasses and garnish with lemon twists.
Serve immediately.

Bloody Oh Mary!

2 ounces vodka
7 ounces tomato juice
2 splashes Worcestershire sauce
3 splashes hot sauce, such as Tabasco
2 lemon wedges
1 shrimp, cooked, deveined, and cleaned.
1 celery stalk
Seasoned salt
Rub a lemon wedge onto glass rim.
Dip rim onto a plate of seasoned salt.
Squeeze the remaining juice from lemon wedge into the glass and fill with ice.
Add vodka, tomato juice, Worcestershire sauce, and hot sauce to glass and mix with celery stick.
Garnish with celery stick, shrimp, and a fresh lemon wedge.

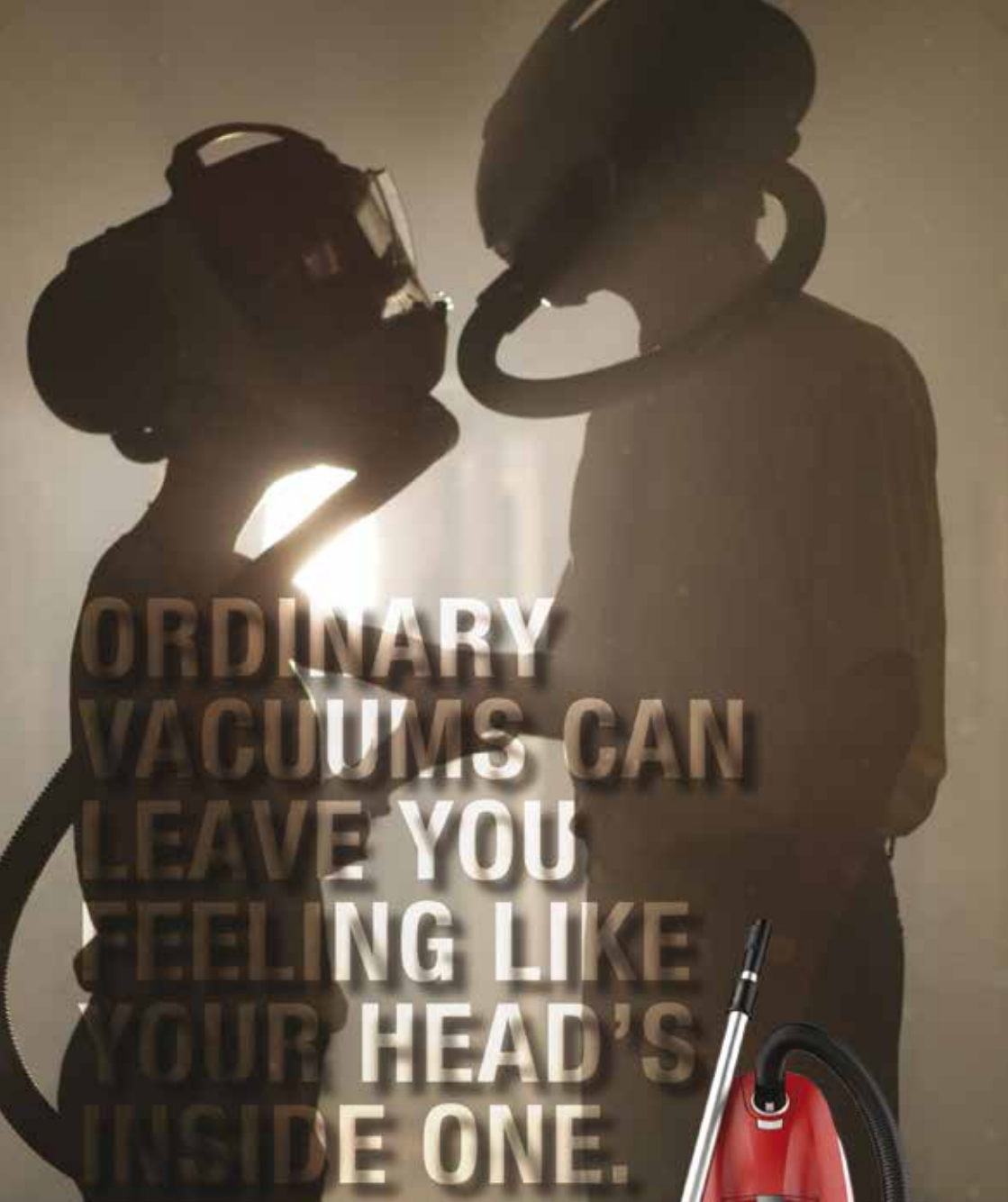


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Hardcover, 8.5 x 11 inches
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Distributed by Ingram and Baker & Taylor
ISBN: 978-1-478732-81-5 hardcover
ISBN (Apple iPad): 978-0-578-14915-8
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q cuisine: **by ALESSANDRO RUSSO**

Orecchiette are a tradition of Puglia Sud Italia, are known primarily for turnip greens, but the lugs are a paste that can be seasoned in any way. And 'feature in Apulia, and definitely good to try when you come for a holiday in Puglia.

Ingredients: orecchiette with turnip tops

300 gr. orecchiette

1kg. turnip

4 anchovy fillets in oil

4-5 tablespoons extra virgin olive oil

breadcrumbs

garlic, salt.

Preparation Orecchiette Cime di Rapa

Peel and wash the turnips, removing leaves and the coasts harsher (using, of course, the "peaks" of turnip ...).

Put the water to boil and bubble just tuffateci turnips, cover and boil the second tuffateci the orecchiette and cook you need.

While the pasta is cooking, prepare a sauce with olive oil, 2 or 3 cloves of crushed garlic and private skins, anchovies in oil (to undo the oil with a fork).

Take the bread crumbs, and pass grattata nice oven under the grill.

Drain the pasta and turnips, and put them back into the pot off the heat where you add the sauce and the breadcrumbs, stir and serve.

Dish of the Italian region Puglia the puglia and southern Italy Zone Bari.



q health: with KEREN WIGLEY

Take the acid test!

I have heard that it is better for your health to be more alkaline than acidic, but what exactly does this mean? In order to burn fat effectively, have a healthy immune system and to repair itself, your body needs an alkaline environment which is a pH balance of about 7 to 7.4. When the pH of your bodily fluids, digestive system and tissues is consistently pushed out of that comfortable neutral zone, health problems can arise. The most common form of pH imbalance is excess acidity.

Research has shown that many diseases thrive in an acidic environment. As an example, osteoporosis may be caused by a chronic intake of acid-forming foods consistently outweighing the intake of alkaline foods. This leads to the bones being forced to give up their alkaline minerals (calcium and magnesium) in order to buffer the excess acid. Also, if cells are not healthy, they are not as effective at absorbing nutrients, eliminating waste products and transferring oxygen within the body. This can result in overall fatigue and a lack of energy. Infectious organisms have a better chance of affecting these cells. So if these mineral losses and metabolic abnormalities continue, the risk of many conditions increase, such as:

- Hormonal imbalance
- Obesity, slow metabolism and inability to lose weight
- Chronic inflammation
- Sensitivities and allergies
- High blood pressure
- Diabetes
- Bladder and kidney conditions
- Weakened immunity
- Premature aging
- Osteoporosis
- Joint pain
- Low energy and chronic fatigue
- Mood swings
- Slow digestion and elimination
- Candida and fungal infections

So what causes excess acidity? Excess body acidity can be caused by poor diet, insufficient exercise, over-exercising (too much cardio contributes to stress) and chronic stress, causing depletion of vital minerals such as potassium, sodium, magnesium and calcium.

How can I find out if my system is alkaline or acidic?

You can test your saliva or urine using litmus paper strips purchased from a health food store or chemist. Saliva 7-7.4 and urine 6-7.4 is a healthy range.

OK, I get it. So exactly how do I become more alkaline? Quite easily, just eat more alkaline-producing foods than acid-producing ones, move your body regularly (there is no need to overdo it), and relax whenever you can. The acid foods are the ones you already know are bad for you (cola, chips, chocolate, sweets, burgers, dairy) and the alkaline foods are the ones you already know are good for you (fresh foods, leafy green vegetables, salads, nuts). Back this up with 2-3 litres of good quality water each day and you will soon start to feel fantastic!

It can be confusing that a food that tastes very acidic, such as apple cider vinegar or lemon juice, is actually alkaline once your digestive system has had a chance to digest and assimilate it. A food that does not seem at all acidic, such as table sugar, can be highly acidifying inside your body. It's worth noting that although most fruits have a high sugar content, your body can metabolise it if you eat the whole fruit rather than juice it. Once you juice the fruit, it has an acidifying effect on the body. So that fresh breakfast orange juice is extremely acid.

It's important to remember that, like everything in life, it's about balance. You need to eat some acid-forming foods too. For more comprehensive information and a list of alkaline and acid foods, and a few other simple suggestions, find the full article at www.holistichealthmelb.com.au

So why should I care about this stuff? Have you ever wondered why so many people experience aches and pains and disease as they get older? It has more to do with the accumulation of toxins in their body and lack of movement, than old age. I find it ironic that most people plan for their retirement by contributing to Superannuation, but don't consider educating themselves about health and making changes to their diet or lifestyle until they begin to experience ill-health or get that dreaded diagnosis from their Doctor. Planning for optimum health so that you can enjoy your Superannuation starts now! Talk to Keren about simple changes that you can make now so that you can enjoy an adventurous, healthy and vibrant old age.

q win: MENS GROOMING

Precise in more ways than one

King of Shaves understands that men grow hair, and lots of it. They also understand that some of that hair isn't in the easiest of places to get to. That's why they have just introduced their new Precision Trimmer, allowing man to conquer the most sensitive and hardest to reach places; the nose, eyebrows and ears.

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The efficient snap-on bi-directional trimmer head and guides allow you to accurately trim eyebrow hair (and can also be used for your nose), whilst the rotary trimmer head quickly removes unwanted nose and ear hair.

Got sensitive skin? Well King of Shaves has thought of that as well, by designing hypoallergenic stainless steel blades that won't irritate the skin. Powered by one AA battery, the compact and discrete Precision Trimmer is ideal for home, gym and travel.

Once all the action is over cleaning the device is as easy as using it, just remove the trimmer heads and guides, rinse under running water and wipe clean with a dry cloth.

For the man who is tired of painful plucking and wants something a little easier, the Precision Trimmer will help you in more ways than one.

Inside each pack:

- Precision Trimmer
- Angled Bi-Directional Trimmer ideal for eyebrows
- Compact Rotary Trimmer ideal for ears and nose
- 1.5 and 2.5mm Trimming Guides
- 1 AA Battery
- Instructions

King of Shaves Precision Trimmer RRP: \$ 22.95

You can find the Precision Trimmer in Shaver Shops nationwide and online at www.shave.com.au

We have five to give away. Email getfree@qmagazine.com.au with **valor** in the subject line to enter.

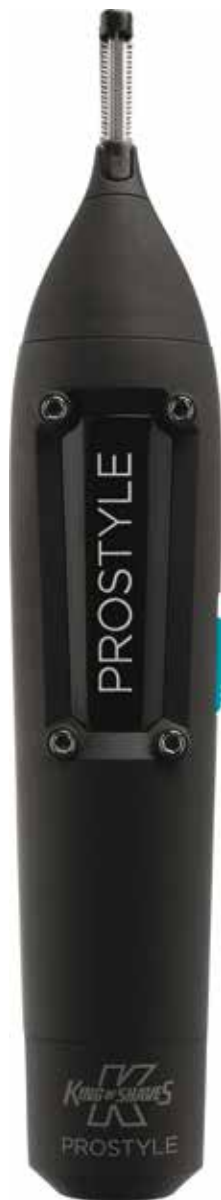
About the company

Paul and Dave formed Creative Partners in 1996 after trying and getting an amazing shave from the Original King of shaves Shaving Oil. After many a late night discussion on how to go about starting a business we approached Will King, the founder of King of shaves in the UK about getting the rights to his brand for New Zealand. Our plan was centred around shaving guys in Shopping centre with a beautiful group of girls called the ShaveSquad. He loved it and loved the passion and gave us a chance.

King of Shaves loved what we were doing so they gave us Australia in 2000 and we went about educating the Aussies on how to get "The worlds best Shave".

Now in 2014 King of Shaves is a global brand and is the only male-centric brand to provide a total grooming solution, from shaving preparations and skincare, through to high performance system razors and electrical grooming and styling products. We always look forward to trialing the latest innovations From the brand. We have learnt a lot and over time and have found a number of other great brands that are on our site or have there own sites such as FISH, HEADBLADE and CLEVERWHITE and SCI-MX Nutrition.

We will continue to add new brands and products and bring you the best of what the world has to offer in Mens Grooming.



* 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 lgbt asia: VIETNAM BY SUNNY HO

In 2014 the Vietnamese government was considering legalising same sex marriage. Who would have expected that a country with a communist government would do this? After I moved to Vietnam to work with the LGBT community, my preconceptions about this country disappeared.

When people think of Vietnam, most think about the Vietnam War (it's called the American War by locals). They might assume it to be just like any other 'Asian' country: individuals repressed by it's government and family values.

It's been a long time since Saigon fell and was renamed Ho Chi Minh City. But most Vietnamese alive today were not even born when the civil war ended. There are about 93 million people living in Vietnam today, about two-thirds of the population is less than 35 years old. For people in this city, life goes on at a frenetic pace. A lot of that energy, particularly in the LGBT activist sphere comes from the youth.

'Information+Connection+Sharing' (ICS) is the only organization working exclusively with the LGBT population in Vietnam since 2008. It's a only few staff and hundreds of enthusiastic young volunteers from Saigon and other provinces in Vietnam. I worked with them to develop their much needed counseling service to the LGBT community. After some initial teething issues, we now have a dedicated group of staff and volunteers from the PFLAG association trained to provide counseling service to our community.

We have had cases from every section of the community. From helping parents struggling to accept their LGBT children; to long-term couples who are thinking of coming out to; and families seeking advice on how to help their transgender children in a country where gender-reassignment is illegal.

Family and relationships are incredibly important for people in Vietnam. In English we use the word "you". In Vietnamese "you" is often replaced with "friend" or "brother/sister". The language is imbued with a deep sense of relationship.

The centrality of family to people's lives has its pros and cons.

Yes, many people have conservative (and negative) views about LGBT people. I remember going on a motorbike tour with a straight Vietnamese friend. When we pass a café, she whispers to me with a giggle, "A lot of ... gay people go there."

We have also heard many horrible reports of LGBT children being locked up in their home, chained to their beds, or taken to doctors to be "cured".

But then again, many more people have shown their incredible ability to accept LGBT people, in a society that didn't even know they existed before the work of ICS.

Recently, we had a PFLAG mother explain on national television that she thinks her son was born gay because she worried too much during her pregnancy. She finished with, "But I love him anyway because he is my son."

People do things differently here in Vietnam, I know this young woman who has been dating her trans-male boyfriend for almost 10 years now. They spend so much time together, through many people's eyes they are a couple. Yet, neither the couple nor the family have ever openly acknowledged their relationship. They go by a code of: live and let live.

I've discovered that almost anything is possible in Vietnam, because the people believe it's possible. It's a strange place where a thriving LGBT community is working very hard to change the views of society. But then again people are just getting on with life, living day-to-day. Families have been making up ways to bring in LGBT people into their fold all along.

Sunny Ho is an Australian social worker volunteering with AVID program (Australian Volunteers for International Development) funded by the Australian Government. Feel free to contact Sunny at sunnyho000@gmail.com for further information.



q scene: **OUT & ABOUT**



q scene: **OUT & ABOUT**



Gaylord Blade

by KICHI

So much death in the world. Do you ever think about dying, Gaylord?



Once, during the funeral scene at a revival of "Evita" I had a vision of my eventual trip to the boneyard



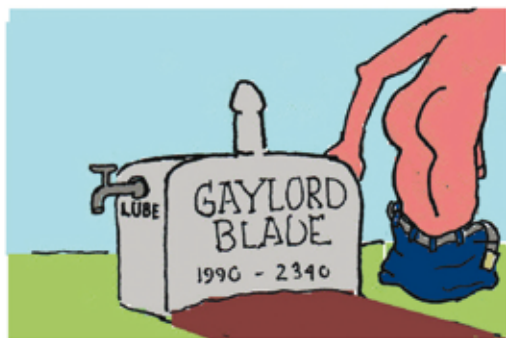
I saw my lavender casket glide into a white hearse on a conveyor belt of pallbearers' lubed stiffies



but not before some steaming hot college gymnasts were stuffed in to be buried with me



.... my headstone became a beacon summoning sturdy young men to sit and meditate on my fine qualities !



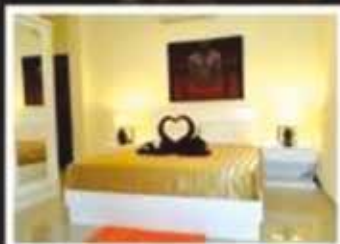
That is HOT, Gaylord !! I can't wait till you die!



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