

## Your **SUMMER** Body Awaits you

Start your personal training NOW!

RECEIVE

\$500 WORTH OF

PERSONAL TRAINING FREE



Vision Personal Training Prahran Level 1, 312 Chapel Street, Prahran (directly opposite Coles)

ph: 9510 8977

visionpt.com.au/studios/Prahran 🌃 visionptprahran



## We are welcome here.

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

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

Look for our logo to discover businesses that truly welcome us with open arms in all four corners of the globe.



A welcoming world awaits at

www.lgbt.travel













## InterPride AGM & World Conference 2014

Each year in October InterPride (the international association of Pride organisers) holds its Annual General Meeting and World Conference. Each year it is held in a different "member" city (members of the organisation bid to host each event generally two years in advance). This year it was held in Pittsburgh, PA, USA.

Approximately 200 delegates attended, representing approximately 60 member organisations with a combined reach in excess of 13 million people.



Publisher & Editor Brett Havhoe +61 (0) 422 632 690 brett.hayhoe@gmagazine.com.au

Editorial / Sales & Marketing editor@gmagazine.com.au sales@qmagazine.com.au

Uncle Brett Designs & Graphics

Contributing Writers Alan Mayberry, Tasman Anderson, Barrie Mahoney, Brett Hayhoe, Matteo Snooks, Evan Davis, Keren Wigley, Sam Chafin, Alessandro Russo, Mindy Copeland

Cover picture Model: Marcel Schmidt / www.malemodelmanagement.de Photo: Jerome Seibert / www.jeromeseibert.de

Photographic Contributions Alan Mayberry (q scene gh, q drag), Daniel Shelton Photography (q scene flamingos), Tom Donoghue (q circus), Saul Bromberger and Sandra Hoover (q prom), Leigh Klooger (q drag - pokies), Tim Marcus (q drag - robert dean / jacqui)

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

#### LEGAL DISCLAIMER

Q Magazine is a free publication and can only be distributed through selected outlets. Views expressed in Q Magazine do not necessarily represent the opinions of the publisher/editor. No responsibility is accepted by Q Magazine for the accuracy of advertisements and information within the publication. All material forwarded to the magazine will be assumed intended for publication unless clearly labelled "Not for publication". Reproduction in whole or in part without the expressed written permission of the publisher is strictly prohibited.

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

Due to natural time limitations of serving Board and Executive members elections are held to fill the vacant positions. This year was the Co-President (Male Identified), Vice President of Operations (Female Identified Non-US), Vice President Member Services and Secretary (made vacant by my completition of the maximum number of years served in this position - four).

I am extremely pleased and honoured to say that the membership chose me as it's new Co-President (Male Identitfied) making it the first time in the organisation's history that a Co-President has come from the southern hemisphere. I will now serve two years before going up for re-election in 2017 for a further - and final - two year term. I look forward to seeing all at the 2015 AGM & World Conference in Las Vegas, NV, USA.

If you would like to know more about InterPride, please do not hesitate to contact me at brett.havhoe@interpride.org or visit our website at www. interpride.ora

Pictured: Brett Hayhoe (Australia), Vincent Boileau-Autin (France), Juan Carlos Alonso Riquero (Spain) and Alan J Reiff (United States of America).





Gay and Lesbian Tourism Australia

.CO)YLAJJ

# q feature: VISION QUEST

Blind Author's Path Is Crystal Clear BY SAM CHAFIN

In the spring of 2007, Belo Cipriani was beaten and robbed of his sight at the hands of his gay friends. At the age of twenty-six, he was forced to relearn how to walk, cook, and date - in the dark. He wrote about the two years immediately following his assault in first book, Blind: A Memoir.

"When I became blind, I realized that everything I knew about blindness was inaccurate," he says. "Many of my erroneous assumptions about blindness had been created by Hollywood and I wanted to put something out that properly portrayed what it's like to lose your sight in the 21st century."

Blind: A Memoir became an international best seller, prompting Cipriani to delve deeper into his writing. This month he unveils his first novella, Midday Dreams, a short tale about a Portuguese family who discovers one of the uncles is gay.

Would you have been a writer if you had not lost your sight? If I had not lost my sight, I would still be working in corporate America. Even though I have always been a fan of books, it wasn't until I lost my sight that I realized I could write one of my very own.

#### Was writing your memoir cathartic?

It was deeply liberating. It allowed me to reflect on issues that otherwise I may have swept under the rug and not dealt with. The time I spent editing proved to be cleansing and it allowed me to move forward with my life.

#### Why were you attacked?

I don't know why someone I was once so close to would hurt me. However, I don't think it was planned. I don't think he woke up that morning and plotted against me. I do think he was mad at me though and that it was his anger that pushed him to assault me.

## Do you think he feels remorse for hurting you?

I would imagine he may feel some remorse but I am uncertain if he regrets what he did. He had some good in him and I am hoping he has found a way to deal emotionally with what he did.

Has he ever reached out to you to apologize?

No. he has not.

## Are you still angry?

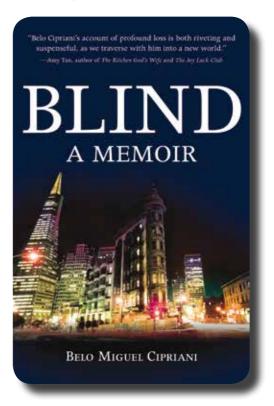
No. I have come to terms with my fate. I realize today that we can plan and organize all we want but at the end, life may take us on a completely different journey.

#### What do you hope to achieve in your fiction writing?

I hope to achieve a good story and introduce characters that people will remember.

#### What inspired your first novel, Midday Dreams?

I have visited several Portuguese cities and in one of my trips, I met a woman who shared that her brother had left the Azores twenty-five years earlier with a man. She explained that her brother lived in San Francisco with his so-called friend. Fifteen years later, I heard a song that reminded me of the woman and her brother. I soon began to work on Midday Dreams and allowed the story to write itself. Midday Dreams is not my attempt at piecing together the woman's story, it's a tale that was inspired by her but grew into something different.



What do you hope readers take away from the tale?

I hope my readers take away the knowledge that we can have LGBTQ literature that does not have to have erotic scenes or tragedy to be compelling. I hope they also walk away with a little taste of the Azores. These beautiful islands are rarely mentioned in literature and many people don't even know where they are located. Hopefully, Midday Dreams inspires folks to make the jaunt to the nine islands in the middle of the Atlantic Ocean.

### What are you most grateful for today?

I am most grateful for technology. Without my adaptive software and devices, life would be a lot more challenging.

## If you could say one thing to your attacker, what would it be?

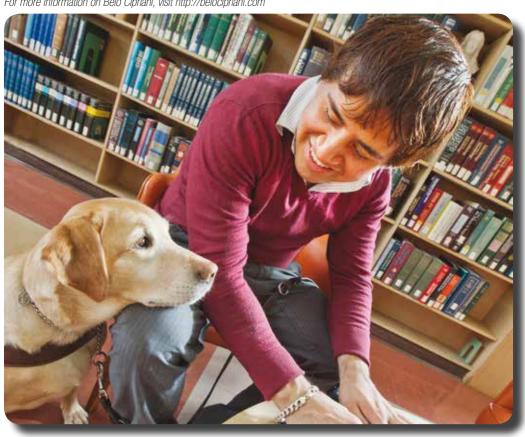
I forgive you.

## You have forgiven him?

I forgave him on the day my memoir was published. Holding the paperback copy in my hands helped me see my past for what it is - the past - and allowed me to embrace my future.



For more information on Belo Cipriani, visit http://belocipriani.com



## q money: with EVAN DAVIS

G'day and Welcome to the LAST Q Money of 2014. Professionally, this is always a tricky time of the year. Deadlines mount, clients become more demanding, allegedly social happy functions rob of time, which disappears as quickly as 2015 approaches. We won't even get the chance to get over the 2014 work hang over, before the actual hangover from the Xmas party kicks in.

Dear readers, it is here again. The holidays are upon us. Welcome to the end of the working year and the financial silly season.

Almost universally, the holiday binge hits us all hard. Though this year I wanted to offer you all some help. More than just offering a quick 'HO, HO, HO' I am here to help you survive the pending HOLIDAY HELL!

Naturally I can always help with any home loan needs you have. Whether you are refinancing, buying your new home or indeed your first home I can make sure you enjoy some holiday cheer and that your holiday stocking is stuffed with some new lending.



I have a huge stocking full of fun new home loans for all good boys and girls. Great Low Doc loans for the Self Employed. I also have loans for First Home Buyers, Investors and everyone in between all with super rates!

If you need help in areas other than your mortgage let me know. I know excellent financial planners who will work with you to build wealth. They can look at your superannuation, help you invest or even budget. Remember that they are able to assist with life insurance and protecting your ability to earn an income as well.

I can recommend a terrific tax accountant. Getting a great accountant in your corner is a bright move. Particularly for the self-employed. Outsourcing this part of your business can give your business clarity and direction. Not to mention, it can also save you heaps at tax time.

Perhaps you really want to treat yourself over the holidays and splurge on a new car! I recently have used a great car finance broker to source a new vehicle and also the finance for the car. In both regards he was able to get me a better deal than me dealing direct with the dealership.

As always I am here to help. I love talking to the readers of Q Magazine and will no doubt be connected with many more of you in the new year, so please do drop me a line. I hope you all have a very happy, safe and with relation to your finances a prosperous holiday season. See you in 2015!



Home Loan

ses, conditions, including Value Arbandace Package conditions and lending criteria apply. 1% discount applies to the variable annual percentage rate ordinarily applicable to a full doc learn eligible for the Value Arbandace Package with an LVR of 80% or less with total custome borrowings of \$500.000 for more. Other discounts apply to package amounts less than \$500.000, higher LVRs and eligible low doc learn. No discounts apply where total exceptor borrowings is less than \$150.000 or no eligible loarnwhile the inferest rate is free from from an arbandace to policibious received terwieers. So October 2013 and 31 May 2014. Total Customer Borrowings is gate utated as the foot created that for each existing eligible IAAMS frome loan and any new eligible WMS frome loan being applied for however the 15% letterne discount only applies to the new eligible will be reposited for however the 15% letterne discount only applies to the new eligible will be reposited for however the 15% letterne discount only applies to the new eligible will be reposited for however the 15% letterne declared and a MMS vibror is loan and the product of the 15% letterne declared and a MMS vibror is loan and the 15% letterne declared and a MMS vibror is loan and the product of the 15% letterne declared and a MMS vibror is declared as a wind in a MMS vibror is declared and a loan account under the Value Arvandage hands from a MMS vibror (Lacars Metocumer South East is owned and operated by Mitathyleyou Ply Loc ARM 142 AS 157. Credit Provider. Viesgab Barroring Corporation, ARM SS 0017 457 144 AS

# q gay files: with MATTEO SNOOKS

Pa Rum, Pum Pum Pum, Me and my Gun.

Another year has gone by and again it's that manic time of the year with all kinds of rushing and demand for Barbies and bicycles. Clueless housewives along with their little monsters fill the city in hope of searching that perfect gift. Men buying their girlfriends love through expensive crap, whilst the homos take advantage of the designer sales and the senior citizens simply stroll along with joyous smiles and grace. There is always a sense of love and family that fills the air which is warming to feel but disappointing in comparison, as this "togetherness" effort is only made once a year...

I think Christmas is downright draining! Like Valentine's Day we schedule in love and then blow it way outta proportion, with useless gifts and cards from people who take the pussy approach by not using the phone. Without sounding like the gay Grinch, I absolutely despise Christmas because for some, it's an excuse to feel better about not seeing your so-called loved ones throughout the pervious year. Personally I don't need a day to express my love because I believe



it should be done always without a dead pig and a feast. To top off the frustration we can't forget those forceful fake smiles and sickening carols about povo virgins and sexually confused drummer boys...Not to mention the cast of Glee doing a cover will push me over the edge and I'd rather be passing out on Valium whilst being fisted my Freddy Krueger himself. On a positive note...when we find ourselves ironically related to siblings form another planet and don't have the option of choosing our families I suppose an annual catch up isn't much to ask for.

As the charismas frenzy dies down, we can allow for a moment to stop and think of the year that's blinked by. We can also gain positivity through the motivation of looking back on achievements we have accomplished. The lives we may have touched and all the things we have learnt with an awareness of areas we can improve on such as personal growth and health.

It can be tough and lonely for some of us who don't have family, friends or even romantic partners to share or mock this season with. Christmas can be depressing when loved ones have passed or even when we are single and constantly slapped in the face with the perfect happy family image. With all the excitement, stress and jolly confrontation, it's understandable why some of us cringe at the festivities. However, we mustn't focus on the negative because this is the perfect time to re-adjust those goals for the following year. Without sounding like Jesus, we can continue to be better lovers, to others and to ourselves.

I guess what I'm trying to say is that Christmas is not about how big or expensive your gift is, the amount of family friends or love you have in your life. It's about finishing off the year and knowing who the important people are. The ones you are going to see through to the next year who you truly love and vise versa. Even though we may not see these special people on this tedious day, knowing that your thinking of each other is worth more then a dildo wrapped for your box. So, if you're hating this time right now or single and feeling lonely, just remember that when in doubt don't lose hope because there are always next year's adventures. If Santa doesn't come down the chimney...hopefully he'll come all over your face.

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



## q circus: **ABSINTHE**

Following the hugely successful 2013/2014 Australian tour of EMPIRE by Spiegelworld, it has been announced that Spiegelworld will be bringing its smash-hit Las Vegas show ABSINTHE to Australia in 2015.

The thriving Las Vegas residency of ABSINTHE commenced in 2011, playing on the forecourt of Caesars Palace following several summer seasons in Spiegelworld's iconic spiegeltent in New York City. Now in its fourth sold-out year, the production has been hailed as "the most inventive and daring show to open on the strip in years!" (Las Vegas Sun), and was announced the "Best Show in Vegas" by Vegas Seven Magazine. Celebrity audience members over the past year alone have included James Franco, Olivia Newton-John, Neil Patrick Harris. Brad Garrett and Pamela Anderson.

Inspired by the absinthe-drenched cabarets of late 19th century Europe, ABSINTHE is an adultthemed cocktail of circus, burlesque and vaudeville for a 21st century audience, hosted by the outrageous Gazillionaire and his sidekick Penny. The exceptionally talented and sexy performers from across the globe have been described by notorious Las Vegas reporter Robin Leach as "naughty and nice, exotic and erotic, wild and wacky." Las Vegas Review Journal described the show as "hip and edgy, with breathtaking circus acts and a dash of raunch."

ABSINTHE will be presented in a 700seat antique spiegeltent, furnished with beveled mirrors, plush velvet seating



booths and a well stocked bar. Audience members will get up close and personal as the artists present their jaw-dropping acts on the most intimate stage in town. The Australian tour of ABSINTHE will feature several of the outstanding acts currently featured in the Las Vegas production with some additional new surprises.

Spiegelworld's Impresario, Australian Ross Mollison, says of the impending Australian tour, "ABSINTHE is now considered a must see for visitors to Las Vegas. I am thrilled to be bringing our biggest ever hit production home before we head off to tour the rest of the world."

For information on the ABSINTHE Australian tour please visit www.absintheaustralia.com

Newcastle - From February 17 2015, Wheeler Place Melbourne - From March 21 2015, Rooftop at Crown Melbourne

Brisbane - From June 2 2015, King George Square

Perth - From July 11 2015, Venue TBC

Sydney - From September 15 2015, Venue TBC

Tuesday / Wednesday - 8:00pm | Thursday / Friday / Saturday - 7:30pm and 9:30pm | Sunday - 5:00pm & 7:00pm

Bookings: www.ticketek.com.au

Group Bookings are available to groups of 6 or more. Contact the Ticketek Group Bookings Department on 1300 364 001 or email groupbookings@ticketek.com.au Show duration: 90 minutes with no interval

Absinthe is recommended for ages 15 and above. The performance features some nudity and strong language.

For more information about Spiegelworld please visit www.spiegelworld.com

# q youth: with TASMAN ANDERSON

Tassie's Bucket List: #137 "Overcome Fear of Needles"

It seems a little strange to have had an intense fear of needles when earlier this year, I was able to get a tattoo without any dramas (refer to list #97) but turns out it's not as simple as that. In fact, there are multiple variations of this fear. However, the correct variation that applied to me was Trypanophobia – basically, a fear of injections.

According to Health Line, a fear of needles is actually caused from a traumatic experience with injections as a child. I can't be certain exactly when the fear began but there is this one memory that comes to mind. When I was young, I had to get my "booster" shot. It was basically a needle that included 5 different vaccinations in the one. Since my sister and I had suffered bad reactions to vaccinations when we were babies, we had to go to the hospital to get the booster. I remember my mum telling me that there was nothing to worry about and that it wouldn't hurt at all. After waiting a little while, we were finally seated on a bench and given the shot.



I ended up screaming so loud that the surrounding patients and staff all stopped to see what was happening. Ever since then, vaccinations for me were equivalent to preparing for an execution.

Since then, every time I've had to have an injection, I would spend the time before it freaking out and imagining terrible things. Then when I finally get to the nurse's room, I would panic and cry uncontrollably until I was back at home. It was getting to the point where I was ignoring issues that I should have seen a doctor for because I was worried about getting an injection. However, after months of feeling exhausted and not knowing why, I decided I couldn't ignore it any longer and it was time to cross the item off my bucket list.

I knew I would have to get a blood test the minute I told the doctor what was going on. I was in a state of panic the whole time but the only thing that helped me get through it was that I would never have to do it again. However, the results came back and I was in a bit of trouble. I found out that not only did I have Hemochromatosis (i.e. too much iron in the blood) but that my B12 levels were so low that they were what would be expected of an 80-year-old, and not a 21-year-old. The good news was that I was only tired all the time because of a simple lack of vitamins. It was an easy fix; however, that was where the bad news came in. In order to fix the problem, I would have to have 6 weeks' worth of B12 needles as well as further blood tests to reassess the issue.

I didn't set out to conquer this fear but after the 6 weeks, I was able to get the injections without crying hysterically. I'm now able to get injections without that overwhelming feeling of panic setting in and suffocating me throughout the entire experience. Even now, I don't know exactly how I ended up kicking the fear but I'm incredibly glad that I did.

I think it's important that we work towards squashing our fears — or at least learning to overcome them when necessary — so that we can go about our lives without anything keeping us back. If I could give you guy's one thing from this, it would be that there is no room for fear in this lifetime — especially not one that could be dangerous to your health and wellbeing.



Business success takes TEAMWORK
Call us on 1300 TEAM4U

Is your business correctly structured to take advantage of any tax concessions?

For professional and timely accounting and tax services

## Contact us on 1300team4u

PO Box 6083 Point Cook Vic 3030

Shop 28A, 300 Point Cook Road, Point Cook & 104 Auburn Road, Hawthorn

Phone: 1300 team 4u 1300 832 648 Fax: 03 9395 0980 www.team4u.com.au Email: frontdesk@team4u.com.au

We offer a 10% discount on the first year's fees to new corporate clients if you mention this advert.

# q musical comedy: **SEXERCISE**

New musical comedy Sexercise – The Musical makes its world premiere at Melbourne's newest live performance venue on 24 February 2015. Written and produced in Melbourne, Sexercise – The Musical is the first performance to be staged in the new Alex Theatre, one of three theatres to be built in the former George Cinema complex in Fitzroy St, St Kilda.

It is fitting Sexercise — The Musical is to be the Alex Theatre's first show: Aleksander Vass wrote a popular cartoon book on the subject several years ago. Producer Malcolm Cooke was inspired by the title, and he commissioned writer and composer Derek Rowe to create a new musical creating a story and

characters based on the subject.

"I invited Alex to co-produce Sexercise — The Musical with me and he not only agreed but built a new theatre in which to properly launch it," Malcolm Cooke said. "Alex recognised the need for smaller theatres to create and launch original new works for the commercial theatre, and thanks to him Melbourne will now have the perfect 'Off Broadway' theatre complex in The Alex Theatre."

Rowe has written the book, music and lyrics to Sexercise – The Musical, a fun and playful show that explores a couple's journey to repair their relationship. The show features Nicole Melloy as Sam, Lyall Brooks as Joe, Lulu McClatchy as Tania, Fem Belling as Rhonda, Cameron MacDonald as Andy and Kristin Holland as Shane.



THE STORY is placed in the fast-paced world of married professional mid-30s couple Joe (Lyall Brooks) and Sam (Nicole Melloy). There's no place for seduction amid the juggling of school runs, work schedules and their personal exercise regimes.

Like so many things that are stretched to a breaking point, Joe and Sam are failing to deliver to each other what they used to give away so freely – time, affection, spontaneity and, of course, sex. Well-meaning friends Tania (Lulu McClatchy), Shane (Kristin Holland) and Andy (Cameron MacDonald) try to help Joe and Sam work through their problems. At couples' therapy Joe and Sam take a new approach to repairing their relationship when their counsellor, Rhonda (Fem Belling), offers them a self-help book about sexercise.

Why work out as individuals when they can burn kilojoules together to stay fit and find happiness?

Sexercise — The Musical stars internationally profiled Nicole Melloy and Lulu McClatchy. Melloy was most recently seen as Georgie in the well-reviewed Spike Heels at Chapel off Chapel for Q44 Theatre Company, which she also co-produced, and as Ellie May in The Production Company's Show Boat.

Sexercise — The Musical's stage band is led by musical director Trevor Jones and sets the pace with a lively, rocking score of tunes and the choreography is by Dana Jolly, who most recently worked on The Production Company's Show Boat. Directed by Sara Grenfell and co-produced by Aleksander Vass and Malcolm Cooke, Sexercise — The Musical is a comedy about finding happiness and getting fit without lycra.

Sexercise — The Musical tackles a topic that has been proven to have many health benefits. Sexercise not only lowers your blood pressure and tones up your muscles, it can strengthen your relationship. Sexercise is also the latest buzzword in aerobic fitness, with even Kylie Minoque singing about "flexin" to get rid of the "uptight" in her latest video release, Sexercise.

Alex Theatre (former George Cinema) 135 Fitzroy St, St Kilda From 24 February 2015 - Previews 19, 20, 21 & 22 February 2015 Ticketek 132 849 or www.ticketek.com.au Tickets from \$49.90



# www.pridetv.com.au

a video entertainment destination

## q community health: MCHS

Merri Community Health Services (MCHS) has been working to provide services that meet the needs of their Gay Lesbian Bisexual Transgender Intersex and Queer (GLBTIQ) clients. They want GLBTIQ clients to feel safe and welcome when using their services.



MCHS formed a working group in May 2013 with staff from various program areas. The group reviewed how inclusive their services were for GLBTIQ people and how they could improve.

MCHS supports diversity in the community and respects the needs, wants and aspirations of all individuals. MCHS recongises that GLBTIQ people in general have worse health outcomes as a result of the discrimination and abuse they experience. The general health of gay men and lesbians is lower than the national average, and GLBTIQ people are at an increased risk of a range of mental health issues including depression, anxiety disorders, self-harm and suicide. The GLBTIQ community is well represented amongst MCHS staff

#### What MCHS has done:

- Run training on the needs and experiences of GLBTIQ people conducted by Gay and Lesbian Health Victoria. Over 85 staff, volunteers and students attended training to date with more sessions scheduled in 2015. There has been strong representation from the reception staff in the training.
- Reviewed over 80 of intake forms and brochures and found majority already used inclusive language and images
- Developed a policy and procedure for staff on providing GLBTIQ inclusive services
- Made their sites and reception areas more welcoming
- Consulted with the GLBTIQ community through face to face sessions and an online survey
- Looked at they could respond to feedback from the community
- Developed a team presentation to encourage discussion about how we can be more inclusive
- Surveyed staff about their attitudes and how we can improve our services
- Promoted a range of GLBTIQ specific services to staff so they can inform clients about other services options

MCHS provide a range of general services that are GLBTIQ friendly and that clients are welcome to access. In addition MCHS has some GLBTIQ specific services and projects including:

- YGLAM a GLBTIQ youth performing arts program
- Diversity Out North a social support program for GLBTIQ curious youths or those questioning their sexuality and/or gender
- The counselling team is organising a regional counseling network forum on working with same sex couples
- The human relations education programs in school include discussion around same sex attraction and gender questioning

In November 2014, MCHS was reviewed by under the Rainbow Tick Standards. The Rainbow Tick is an accreditation program developed by Gay and Lesbian Health Victoria in partnership with Quality Innovation Partners (QIP) and with funding from the Victorian Department of Health. The Rainbow Tick guides organisations through a cycle of self assessment and review by external assessors to determine the extent to which an organisation meets the needs of gay, lesbian, bisexual, transgender and intersex (GLBTI) people.

According to the preliminary results, MCHS met all six standards, comprising 23 indicators. Within the next few months, MCHS will receive a review report with an official result against the standards, at which time they will have the opportunity to be listed in a national register of LGBTI accredited organisations.

MCHS hopes that you find their services inclusive and that they meet your needs.

More information about their programs and services is available on their website www.mchs.org.au

They would love to hear from you if there is something they could do better. Also if you are interested in volunteering or being involved in reviewing forms, information and services please let them know. Phone Lara Watson on (03) 9389 2234 or email quality@mchs.org.au

## 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.



Wearing a Dress to Make a Point

The Canarian Island of Gran Canaria is well known for its 'live and let live' attitude to life, which is one of the reasons why I love this island so much. Whether you are straight, gay, bisexual, transgendered, or just plain confused, it really doesn't matter. If you happen to want to wear a dress instead of trousers few folk will raise as much as an eyebrow, although you would be well advised to have a decent hair do and a full facial to go with it.

Gran Canaria is not adverse to a little cross dressing from time to time, and the right to be flexible when wearing clothing is firmly defended by most generous thinking people on the island. However, a campaign by the taxi divers in our capital city of Las Palmas did raise a few eyebrows recently.

Sadly, the taxi drivers in Las Palmas have been a little upset, because of the policies and demands of the City authorities. They were also more than a little peeved at being asked to wear smart uniforms, which

the city authorities felt would improve their presentation when greeting tourists arriving at the airport. A number of other issues also meant that the taxi drivers felt that their work was not valued and that the authorities were undermining them. Anger built up and the taxi drivers felt that the only way that they could protest was not to strike, work to rule, or go on a protest march, but for the male taxi drivers to start wearing dresses, or a skirt and blouse.

Initially, the protesting taxi drivers announced that they would cross dress on Mondays and Wednesday, leaving the rest of the week for them to recover, as well as giving them the opportunity to refresh their wardrobes, or return items borrowed from wives and girlfriends.

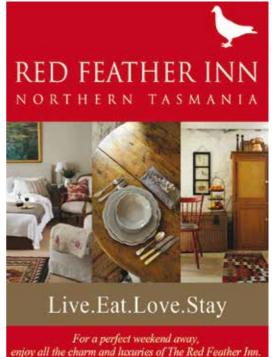
Feelings ran very high, since the taxi drivers felt that this was the only way that would command the attention of the City authorities, as well as a, hopefully, sympathetic public. Many drivers commented that they thought there were far more serious issues to be concerned about than wearing uniforms, as demanded by the city authorities. Indeed, the drivers felt that the area manager, whose Spanish name interestingly translates into 'Mr Tasty', should resign in favour of someone who could resolve the drivers' many grievances.

The president of the taxi drivers' association, who is a woman, commented that she was very proud of her members' actions, as it had started a street movement. In any case, as all holidaymakers to these islands are acutely aware, wearing a skirt is much more comfortable in the Canarian climate than trousers. Don't knock it until you've tried it, seemed to be the general view of these latest cross dressers.

So there we have it. Be warned that if your taxi driver is a friendly, but macho, hairy Canarian sporting a moustache and beard and a broad grin, but also wearing one of the latest frilly numbers from Zara, please don't panic. Just smile and tell him where you wish to go in the usual manner. Please also tip generously, because he may well be saving up for an extension to his wardrobe.

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.



Tasmanian boutique accommodation and food at its finest

www.redfeatherinn.com.au - 03 6393 6506

# q diversity: SWINBURNE LEADS

Lee Taube is, in my opinion, an amazing human being. We often get bogged down in our own personal struggles in life but Lee has inspirationally turned every lemon sent by life into a whopping great bottle of lemonade. This is the latest in the lemonade-making journey of Lee's life.

When did you start your studies at Swinburne University, what are you studying and what is your position within the campus regarding the LGBTI community.

I began my diploma of liberal arts with Swinburne University in 2010. Since completing that, I discovered my passion for psychology which I am majoring in with a minor of sociology. I have been elected as the Queer Representative of the Swinburne Student Union for 2014 and 2015.

## When did you identify the need for Gender Neutral Bathroom facilities?

There has always been a need for gender neutral bathrooms. I experienced fear myself when I began using male bathrooms at university in 2010. The choices to me seemed to be, get weird looks and unpleasant comments in



female bathrooms and feel awkward or risk potentially getting attacked with violence in the male bathrooms. I began consulting other students asking for their opinions on gender neutral bathrooms in mid-2013 which had a lot of support. I heard from a number of students that they wouldn't use any public toilets and would hold on all day until they got home because they didn't feel safe or comfortable using female or male toilets. Some people had experienced verbal, physical and sexual assault using public gendered toilets. One person told me that she had experienced a person taking photographs of her over the cubical to see what genitalia she had. When I researched the topic, I discovered a female to male transgender student who used the male bathrooms at Cal State University in the USA who was confronted by another male in the men's bathroom about his gender, had his shirt pulled over his head, was pushed into a cubical where a knife was pulled on him and the word "IT" was carved into his chest. Such experiences are just awful and violate human rights. The more I heard, the more I had to do something to

change what was happening.

## Given the nature of the establishment, how difficult or easy was it to implement and what process did you need to go through?

It wasn't difficult at all which is another reason for other universities to follow! After getting input and opinions from others, I formulated a gender neutral bathrooms proposal late 2013 and got it endorsed by the Swinburne Queer Department, the Swinburne Student Union, National Union of Students and Jeffery Smart (Vice-President of International and Future Students). I sent the proposal to facilities and cc'd a bunch of people who support the proposal including Jeffery Smart who is an openly out and proud staff member. I got a meeting with the vice-chancellor who was in full support of the proposal and just as promised, weeks later it was implemented. I wrote the proposal for a cisgendered straight audience, explained what gender neutral bathrooms are and how they aren't a new and scary thing (like did you know that most family homes have gender neutral bathrooms!) and gave the reader instructions of how to implement them such as signage and where to purchase them as well as referenced links to articles where violence had occurred in bathrooms due to transphobia so that there was evidence to support the need of having them. I think it also helps if there are staff members who also support it and will fight for the cause too.



## Now that you have been successful, is this a model that you have presented to other educational institutions and what has been the response from your fellow students?

At first, some Swinburne students didn't understand what "All Gender Restroom" meant and were a bit confused. After explaining it, the response from students has been overwhelmingly positive. Students have worked out the benefits for them such as not having to travel as far and not having to wait in a queue for a cubicle because any gender can use the bathroom. There is also the added benefit of an extra door in between the entrance and the urinal that provides more privacy that many other bathrooms don't have and there are extra sanitary bins to use. It's basically a bathroom that anybody can use which is a benefit for students. The Hawthorn campus has three gender neutral bathrooms and students who prefer female and male bathrooms have the option of using the many other gendered bathrooms on campus. This initiative has been a complete success and other universities are encouraged to follow and also be inclusive and progressive.



This tripnotic journey of psychedelic variety acts, quality dining and razor edge comedy, is set to expand your mind, chill your spine and groove your soul!

DRACULA'S CABARET

1800 DRACULAS

## q ballet: **SWAN LAKE**

Hailed from London to Paris, the internationally acclaimed St Petersburg Ballet will arrive in Melbourne in June 2015 to present their full-length classic production of the world's most loved ballet, Tchaikovsky's Swan Lake.

First performed in St Petersburg in 1895, the immortal and enchanting Swan Lake, with its unrivalled "white acts", its spectacular and dramatic ballroom scene, sublime music and deeply moving story, is the ballet that towers above all others.

Swan Lake will be presented at the new performance venue, Plenary at the Melbourne Convention and Exhibition Centre from Saturday June 20 2015. This will be the first time a ballet presentation will be hosted at Plenary, a plush, state-of-the-art theatre space that has previously hosted performances by Melbourne Symphony Orchestra and other major theatre events.



Founded in 1994, The St Petersburg Ballet is renowned globally not just for its beautiful Vaganova trained dancers but also for its stunning, grand, full-length productions. The Company travels internationally complete with breathtaking scenery and magnificent costumes. It is the only classical ballet company in the world that is completely independent of government financial aid or sponsor funding. The Company has in its repertoire the classical masterpieces Giselle, Don Quixote, La Bayadère, Les Sylphides, Paquita, The Nutcracker and Sleeping Beauty. The incredibly popular company is in such demand that it gives 200 to 250 performances every year.

As producer of the tour with decades of experience in presenting quality Russian ballet in Australia, Andrew Guild said, "The St Petersburg Ballet is truly traditional Russian classical ballet at its very best. This is the real thing, grand-scale Russian ballet. A complete classical full-length work. If you see only one ballet in your life, let it be this."

The 55 member St Petersburg Ballet continually collect rave reviews around the world. Since inception, the Company has toured to six continents with performances in Spain, Germany, Belgium, The Netherlands, Great Britain, Ireland, France, Italy, Austria, USA, Brazil, Turkey, South Africa, South Korea, New Zealand, Japan, China, Macau and Taiwan. The Company first performed in Australia in 1999. They are regularly seen in Paris at Théâtre des Champs-Elysées and have been seen on such celebrated stages as the Royal Albert Hall, Bunkamura Hall in Tokyo, the National Theater in Tapei and the National Theatre in Beijing.

The 2015 Melbourne season is part of an international tour that includes performances in Johannesburg, Cape Town, Singapore and Perth. In Perth the company will be presenting Swan Lake and Giselle at His Majesty's Theatre.

SWAN LAKE
THE ST PETERSBURG BALLET
Presented by Andrew Guild & Simon Bryce
Saturday 20 June 2015, 2pm & 7:30pm
Plenary, Melbourne Convention and Exhibition Centre,

1 Convention Centre Place, South Wharf, Melbourne \* next to the Hilton
Melbourne South Wharf
Go to: www.mcec.com.au
Book now at www.ticketmaster.com.au | Phone: 136 100
Prices: \$69-\$199
Groups discounts available- phone 1300 889 278



For information: st-petersburg-ballet.com or facebook.com/stpetersburgballet



# TIME FOR A CHECK UP?

## Check in at Telstra Store Malvern

We understand that your needs may be changing and at Telstra Store Malvern, we're here to provide you with the latest information on Telstra's products, plans and services.

Our local team in Malvern are ready, so come in store for a chat today.



Telstra Store Malvern 86 Glenferrie Road Malvern 3144 PH: 03 9509 4188



## q drag: CREATING THE LOOK OF DRAG

Melbourne has a truly amazing array of costuming talents. They are our Gallianos, Diors, Alexander McQueens, and Gaultiers. Some of their work will be showcased by Midsumma at Chapel off Chapel, in *What A Drag - The History of Drag in Melbourne 1960s – NOW.* An exhibition staged by Ricky Beiroa (Rhubarb Rouge) from 21 January. Ricky has been doing drag in Melbourne for a couple of years and came to learn some of our drag history and icons like Lottie in the 60s, through to Kerrie Le Gore, Doug Lucas, Paris and others. 'I thought the history was so rich that it should be preserved and shared. It is fascinating to see how drag has changed from then till now and how far it has come. The exhibition is a great way to bring the community together and also for the different generations of drag to learn more about each other.'

Alan Mayberry spoke to some of our talented designers and asked their favourite costume

Debra Le Gae was one of several dressmakers who made the Pokeys legend what it has become. Her favorite set of costumes was the whole 'Can't Take My Eyes Off You' finalé for Flash Trash in the 80s! Renée Scott just floated in her fishtail feathers. All my costume making was so crude, from the beginning mum taught me to sew, and I started with Cherry Ripe's show, at Bojangles with no money, jersey, tulle, glue and glitter, feather dusters and strip sequins!

Rita Le Coqeater started creating costumes when 8 years old! And started making show outfits in the mid 80s. Sadly it's ALL available online from Thailand at half the price now. That's killed creativity in the industry — buy it all online, shipped in a week — hey presto instant drag queen! Like sea monkeys, just add water or booze. When you are talking about

dresses Ldid for Zowie. Paris and Lfor PZR.



in a week — hey presto instant drag queen! Like sea monkeys, just add water or booze. When you are talking about hundreds of costumes churned out week in week out over the last 25 years it's a BIT hard to pick one favourite. But when Vivien St James walked out in the Marie Antoinette look I did for the Greyhound Classics, with the foam wigs with boats in them and a full-sized clipper ship on Paris's head to a collective GASP from the audience it was a highlight. I also love the mirror

tile catsuit [great for its day but my catsuit days are now over]. I also loved the pop art 'name'





Robert Dean was very much a lost soul and didn't know where I fitted in until the wonderful Renee Scott introduced me to Pokey's.

And the rest is history. I will always be grateful to Doug and Jan for giving someone with a let's call it 'shady past' a job and a chance. It was through Pokey's and the inspiration from Debra Le Gae that I found my passion for costume making in the late 80s, but didn't make my own until the early 90s with Vivien St James. The biggest problem for costumiers today is that there is not enough work because we don't have the big production shows anymore. So there is no longer the budgets we once had. Also most of the good suppliers of fabrics, beads and trims have closed. When it comes to models, it is hard to choose between Vivien St James and Jacqui Roberts. Both have been my muse. With Vivien my favorite would probably be the black velvet and crystal gown she wore to hostess her first Rainbow Awards in 1995. With Jacqui it would be the hand-painted and beaded gown.





Jessica James started making costumes — or more precisely ruining fabric, in the late 80s. I'm completely self taught and have slowly picked up the art over the years. Although I'm still learning it's always a thrill to see something amazing that's made by my peers. The fabrics and trims available today are amazingly abundant and cheaper than they were 20 years ago. I remember a meter of sequin was \$60 — and that was the cheap stuff! Drag seems to be less and less on stage and so the kids want clothing more than costume. AND — it's so easy to get a Bangkok frock and jump on stage. Unless you're able to sit down and design something in Thailand they all have a sameness about them that I find terribly bland after all this time. I think my favourite costume is always the one I've just finished. With so many over the years it's hard to keep track!

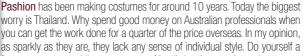








Warren Stainbridge first started making costumes for shows and other drags from 1998. 'The biggest problem for costumiers today is ebay and low budgets. Everything these days is cheaply made and from overseas, no one wants quality and nice fabrics. I have many favorites, like the sets I did for Zoxie Knox and Kerrie Le Gore for *Divas of Decades* at the Market Hotel and for Miss Jane at the Dome. I've loved making for Candy Stratton and Kathryn Cole — but really don't have a favorites. I've liked what all I've made and Neru does have some favorite gowns too.







**Polly Filla** — since moving to Melbourne from NZ in 1997, and now working for Creative Costumes, I get plenty of scope for my inspirations. I've made Polly this kooky post-modern retro character aged somewhere between 40 and death — part Auntie Mame — frenetic, crazy and totally fabulous, part Witchiepoo. Iiving in a Barbie dream house in Stepford with Ann Miller's wardrobe.



Ben Gillingham started creating show costumes roughly 6 years ago for the Xchange and now working with the Size Queens and A-Team at the GH. To me the biggest worry today is the ever-rising price of fabrics, the ultra-quick turn around required while the whole time trying to keep costs down to work within budgets. But I manage as this is what I love doing and seeing the finished product on stage is the icing on the cake. I do love Taylor Made's silver gown and matching fur, as well as the A-Team's YSL inspired Bang Bang set which are quite simple, yet very effective onstage.



Isis started creating costumes in 2011 during high school and have been perfecting my craft through uni and work since then. The biggest problem is budgets. Creating an amazing costume on a shoestring budget can be difficult as sometimes money comes out of labor wages to cover materials. My favorite creation to date is my diamonds corset. It is a black corset I made with specifically placed hand-sewn jewels that accentuate my womanly curves! After all diamonds are a girl's best friend!

# q prom: by MINDY COPELAND

Under the Disco Ball - America's 20th Annual Gay Prom

Hayward a small town in the San Francisco, California Bay area is host to the longest running gay prom in Northern America. The Chabot college campus feels like a high school when cheerleaders incite team spirit with metallic red and silver pom poms before chaperones open the doors to the gymnasium. Beautiful glimmering balloons and Lambda Youth Gay Prom is written elegantly in light on the dance floor. A magical night where teenagers and young adults sparkle under the disco ball.

Crowds that previously had stood behind police lines wearing plastic gloves and masks protesting 20 years ago are replaced by cheering crowds of supporters. In the history of Gay Prom an uproariousness crowd screaming hate slurs at the youth as they were ran in by volunteers resembled an American 1960s anti-segregated rally. The protestors that had outnumbered the youth slowly faded into a single man who babbled faintly under his breathe while holding a sign. Even now - he is gone. Prom founder Ken Athey of Project Eden, Horizon Services Inc. laughs "it only took 20 years" as high school teacher and original prom chaperone Mike Dwyer yaunts "there were no protesters this year."



The prom is a looking glass of a high school prom with the exception that lesbian, gay, bisexual, transsexual youth and their guests are absence of school district policies and social prejudices. "I wasn't comfortable enough to go to my original prom" crowned prom queen Zohal Sharif said "but gay prom allowed me to come out of my comfort zone."

High school style spirit team practice their cheers, chaperones walk with queens and kings of the prom ballot voting, punch tables, shiny streamers, slow dancing holding shoulders or jumping hands in the air to the music. Teenagers laugh that they are going to dance alone or together in groups. "I am going to make him dance tonight" Skyler Gordan says looking at Brendan Allard "although

neither one of us can dance" he laughs. Gordan and Allard who finish each others sentences and every few seconds look at each other instantly bursting in uncontrollable smiles win 'Cutest Couple.'

Prom director Rochelle Collins energetically looks around and comments "It is great to see the community come together, to see there is still a need to this day even in the [San Francisco] Bay Area to have a gay prom and support our youth. They are the future!"

"I think it is wonderful what we are doing for our youth" said Samota Valentini of Premiere Drag Queen Entertainment in Oakland, California. Many adult volunteers and financial supporters include local department stores, city funding, non-profit contributions, and churches. Reverend Dr. Arlene K. Nehring wearing a rainbow cloth stands with her volunteers from Eden United Church of Christ. "We are here to let them know that they are welcomed. That God loves them just the way they are" continues Nehring "They are welcomed in our church, in the schools, and in the community."



In the girls bathroom teenagers can take turns at the mirror reapplying eye shadow or straitening a tie before re-buttoning a suit jacket. A balloon floats in as a small group takes a selfie. The prom-goers are liberated from local school district prohibiting gender nonconforming prom attire. Isabella Black with a strong slim athletic frame is adorned with an olive green evening gown with sparkling overlay. Teenagers elected prom queen Zohal Sharif poses for her prom photo in a black tie, white dress shirt, black dress pants while her prom date elected queen Kalee Kennedy wears a spunky white and black party dress. "No one takes a double look; you just feel comfortable like we're like everyone else" Chienna, wearing a long red velvet coat dress with animal print smiles as her date Taryn Thomas wearing a matching suit with red bow tie laughs "Gay Prom is a way to express yourself and be able to be free and happy."

Gay Prom is held annually in Hayward, a small San Francisco, California Bay Area town. It is the creation of the Mt. Eden's Lambda Youth Project. The longest running gay prom in Northern American recently celebrated the 20th anniversary June 7, 2014. Founder Ken Athey of Project Eden, Horizon Services Inc. originally wrote a grant that the United Way funded. It was the youth of the organization two decades ago who decided they wanted to spend it on a prom. The prom has grown from under a hundred to a multitude of youth from age 14-20 who attend each year. Capturing the 2014 Gay Prom are photographers Saul Bloomberger and Sandra Hoover whose collection has been published by True North Editions and currently on display at PhotoCentral Art Gallery in Hawward. California.

# Twig & Grace



Nestled in the Noosa Hinterland,
Queensland
Is the bespoke florist
and creative emporium
Twig and Grace.

We are whole-hearted in everything we do, we love the old, the new and the unique.

We provide
an amazing styling service
with lots of creative suggestions.
We keep a keen eye on
what's "on trend"
and aren't afraid to
push the boundaries
or can just as easily create
something beautiful, classic

Flowers create memories.

The colour,
the texture,
the fragrance
combine to create
an unforgettable moment
in time.
It's about the
little things.



15 Diamond Street, Cooroy, Queensland

P: (07) 5442 5440 E: info@twigandgrace.com W: twigandgrace.com

# q cuisine: with ALESSANDRO RUSSO

First course:

Spaghetti with mussels

Difficulty:

low

Preparation:

15 min

Cooking:

20 min

Serves:

4 people

Cost:

low

#### Presentation:

Spaghetti with mussels are a first dish of the culinary traditions of many Italian seaside town.

We have followed the advice of a grandmother of Taranto(Puglia): simple and quick moves to prepare a tasty tomato sauce, flavored with the water released from the mussels, to dress the spaghetti.

Finally distributed on spaghetti with mussels a sprinkling of parsley and pepper: a dish that smells of the seal.

#### Second course:

Buffalo Mozzarella with tomatoes and a filet of olive oil Extravirgin.

A great Mediterranean dish.



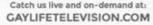






QUALITY BROADCASTING FOR THE LGBTQ COMMUNITY



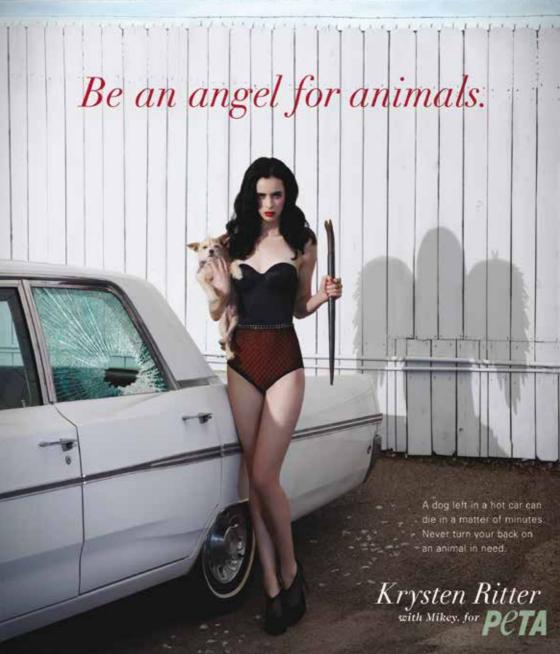








# DO WHATEVER IT TAKES



# q arts centre: **FREE COMMUNITY EVENT**

Arts Centre Melbourne presents HOME: an interactive community arts project 7000 little houses. One big house. A free public arts program.

They all ask the question "what does home mean to you?"

7000 colourful wooden houses are set to pop up across Melbourne in January 2015 as part of Arts Centre Melbourne's huge interactive community arts project Home. The project follows the hugely successfully free music installation Play Me, I'm Yours, which saw 24 colourful, decorated pianos placed throughout the city to inspire spontaneous recitals by approximately 100,000 people over 18 days.

Devised by Melbourne artist and designer Darryl Cordell and Arts Centre Melbourne, Home explores and celebrates the idea of 'home' and what it means to individuals, families and communities. From October to December Cordell and Arts Centre Melbourne will conduct a series of workshops with more than 60 groups including community arts organisations, councils, schools, The Royal Children's Hospital, immigration detention centres, disability service providers and transitional housing groups that ask participants the question, "what does home mean to you?" The results will inspire the decoration of 7000 small, wooden houses.

'Home' means many things and raises many emotions to different people — it may not be the place you are born but the place you become yourself, not the place you sleep but the place you stand. It may symbolise happiness, sadness, grief, loss or anger which all contribute to who we are and our place in the world.

Arts Centre Melbourne will collect and display all the decorated houses in the Big House, a huge replica of the small houses built on the Arts Centre Melbourne Main Lawn for a large free public exhibition and celebration on January 10.

At the end of the opening celebration members of the public will be asked to take a house, place it in a public space, photograph it in the new location, upload the image to the Arts Centre Melbourne website and share it via social media. The public are encouraged to move the house around and share stories, photos through the website and via social media. This will be a gorgeous celebration of Victoria's community, both in real life and online.

After opening, the Big House will also host a music, performance and workshop program from 11 -26 January 2015.

Home is the second of four large-scale public participation events produced by Arts Centre Melbourne as part of the Betty Amsden Participation Program, a four year creative program supported by a \$1 million grant which seeks to celebrate the inherent creativity in all Melburnians.

Home was developed from a concept by artist Darryl Cordell in 2001. The idea of decorating and sharing small houses sparked some big ideas that have led to this huge project! Cordell's theatre work has been presented by Ilbijerri Aboriginal & Torres

Strait İslander Theatre Cooperative, The Malthouse Theatre, Black Swan, St. Martins, Handspan, Vitalstatistix, La Mama, Melbourne Workers' Theatre, Red Stitch, The Torch Project, Terrapin Puppet Theatre and Polyglot Puppet Theatre.





Arts Centre Melbourne presents HOME

Various locations around Arts Centre Melbourne, the city and surrounds
January 10 – January 26 2015
Connect via #homemelb and artscentremelbourne.com.au

## g health: with KEREN WIGLEY

WHY NEW YEAR'S RESOLUTIONS RARELY WORK AND HOW TO MAKE SURE THAT THEY DO

Lots of us have had the same New Year's resolution for as long as we can remember. Losing weight, quitting cigarettes, drinking less alcohol, spending more time with family or friends and being nicer to yourself are probably ringing a couple of Jingle Bells for you. These are also among the resolutions that are most commonly broken.

You probably know that the reason traditional approaches to making changes don't work for long is that they do not address the complicated underlying reasons people that behave the way they do.

Mark Twain said "I don't know why people say it's so hard to quit smoking. I've done it hundreds of times myself!"

The idea that you can change is empowering, but it's sustaining the change that matters.

Consider using a different approach to change. The New

Year is a wonderful time to think about lifestyle change, but consider a totally different approach this year for the important ones that you want to sustain. Sure, make a list of things that you want to achieve, prioritise them and then allow yourself time to build a strong foundation rather than trying to achieve change immediately and setting yourself up for failure.

With failure comes a sense of disheartenment, leaving you less confident about achieving your goals next time.

Set a few frivolous NYRs that you are going to achieve immediately such as "This year I will walk wherever I am walking, without staring at, using, or listening to my phone".

Or "Talk to telemarketers with a robot voice"





Remember that if you're serious about making a permanent change, Kinesiology can help to identify and clear underlying reasons that are preventing your New Years Resolutions from sticking.

Quitting cigarettes is a bit different because it is linked to your survival mechanism. In this case, hypnotherapy has been proven to be the most effective way of allowing you to keep this important New Years Resolution for many years to come.

Keren at Holistic Health Melbourne www.holistichealthmelb.com.au can help you to make sure that this years resolutions last forever.

Email your funniest NYRs to holistichealthmelb@bigpond.com for the chance to win a Complimentary Kinesiology session as a New Year gift. We will post them on our FB page.

In the meantime, have a safe, happy and joyous Christmas. Make 2015 everything that you want it to be.

# q win: **SUMMER [UNDER] WARDROBE**

#### aussieBum

aussieBum has always been at the forefront in product design and product development, consistently looking for new styles, fabrics and methods in making the best garments for its customers.

Coming up to its 15th year, the brand is now releasing a new product every week to ensure constant variety and innovation in ranges. Chrome is the latest in classic, stylish and comfortable underwear by aussieBum.

The product features a never before used vertical wide-ribbed fabric which allows for maximum extension and results in the fabric moulding to your body and shape. The design features a vintage cut in both the brief and hipster styles with a traditional black and white waistband and comes in four classic colours nave, grev, black and white.

Available at aussieBum.com now, this is truly a strong style for the classic man!

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



\*All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

## **AUSSIEBUM'S GLADIATOR**

Introducing Gladiator... The newest in design innovation by aussieBurrd Inspired by the Roman warriors and featuring our wide waistband and super-soft modal fabric this range is available in 4 styles including the cup, bikini cut, original hipster and the brand new toga. The black fabric fuses with a bespoke gold waistband to bring out your inner Gladiator. Get ready to fight!









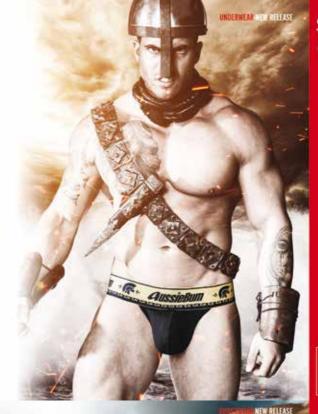








www.aussieBurn.com



# **AUSSIEBUM'S WJBARE**

favounte aussieBum features in one product. Made with the exclusive Wonderjock technology, an original aussieBurn waistband and our super-soft modal fabric. style. Available in 4 classic colours, W/Bare comes in a traditional brief and the popular long-leg styles



# q scene: **OUT & ABOUT**

















# q scene: **OUT & ABOUT**













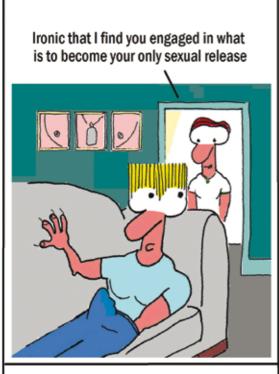








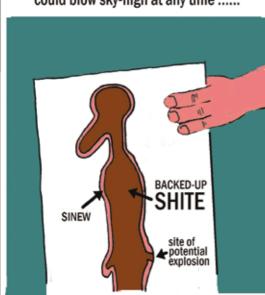
# Gaylord Blade by KICHI



acquiescing to your demands, I visited
"The Clinic for the Anally Rententive"
and as you guessed, I'm not well ......

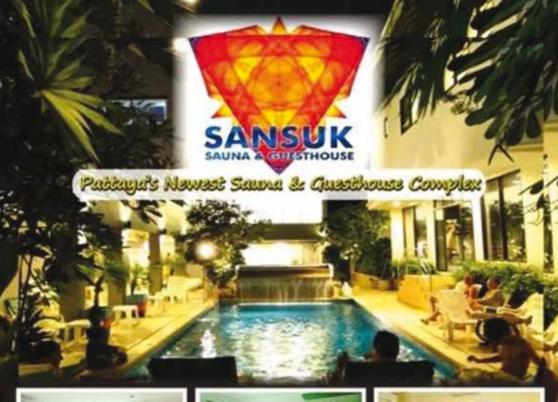


a SCAT scan showed I've retained so much anal debris over the years that I could blow sky-high at any time ......



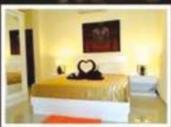
to avoid killing us both, the doctors say no butthole pummeling for six months!

















## SANSUK SAUNA & GUESTHOUSE

391/49 Moo 10, Soi 11 Thappraya Road, Jomtien Nongprue, Banglamung, Pattaya, Chonburi 20260 Thailand Tel: 038-364-355 (Sauna) - 038-364-356 (Guesthouse)

E-mail: info@sansukpattaya.com Website: www.sansukpattaya.com



Liverpool Street, Hobart www.flamingosbar.com

Wednesday 24th December: Flamingos FLAMily Christmas Eve Party

Thursday 25th December: Flamingos' FLAMily Christmas Day Party

Friday 26th December: Flamingos FLAMily Boxing Day Party

SATURDAY 27th DECEMBER: Flamingos ELAMily Sassy Saturday Silly Season Edition

Wednesday 1st December:

Flamingos New Years Eve Masquerade Party

Flamingos FLAMily EVENTS from 10pm