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Q MAGAZINE

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featuring
EXERCISE TIPS
for a healthier 2015



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q comment:



Switchboard drops "Gay and Lesbian"

Switchboard Victoria is the new name of Gay and Lesbian Switchboard Victoria, the volunteer telephone counselling service for lesbian, gay, bisexual, transgender, intersex, questioning and queer people that has operated for over 23 years.



The name change is accompanied by an overhaul of the organisation's branding, including a new logo and updated website.

Switchboard Manager, Leanne Renfree, said the name change accurately reflects the support Switchboard has provided to LGBTI people and their communities across Victoria and Tasmania since its inception.

"Switchboard's trained volunteer telephone counsellors have always supported LGBTI people, as well as their friends, families, allies and health care professionals. We're excited that our new name will now finally match the valuable work we do."

Switchboard will continue to provide a free, confidential and anonymous peer based telephone counselling, information and referral service to LGBTIQ people and will introduce web counselling in early 2015.

This year Switchboard will also launch its new service, "Out and About", a volunteer home visiting program for older LGBTIQ people across Victoria.

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

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q feature: **EXERCISE TIPS**

by Nathan Weidemann - Vision Personal Training, Prahran

HOW MUCH EXERCISE IS ENOUGH

If you, like me, find yourself short on time to exercise and cannot afford to spend hours of training in the gym, and are sick of following countless "guaranteed" workouts that you have found in magazines I have some good news for you! Obviously the amount of training you really need will be dependent upon what your goals are, and what your current level is. Now the two most common mistakes I see are:

1: The first mistake I normally see is that many gym goers believe that the fitter you are the more you need to do, unfortunately this could not be further from the truth.

2: The second mistake I normally see is people creating an exercise program so extreme that they fail right from the start, which leaves them in a poor motivational position.

The simple way to combat these two mistakes is to actually come to an understanding of the overload principle which is vital to making improvements. Now, when I refer to overload principle, I am not referring to vomiting and putting yourself into the fetal position after every session. All the overload principle requires is to increase the tension on either your cardio vascular or muscular skeletal system in each session. For example: if you completed 10 squats at 10kg last week, you would do 10 squats at 12.5kg this week.

Now you might be thinking it's not that simple. I am trying to achieve the overload principle every week but I cannot do it. The reason for this is probably due to your training schedule not allowing you to properly recover.

There are a few different systems you need to be aware of when looking at recovery surrounding your training: Your muscular system; your cardiovascular system; and your nervous system.

Now the first two are relatively easy to monitor. If you are sore, that is a general indication that your muscular system has not fully recovered. If you're puffed out, that shows your cardio vascular system is fatigued. However the system most people tend to neglect is their nervous system, which is responsible for managing the other two. If your nervous system is fatigued even if your muscular system is functioning effectively you will not be able to make proper increases.

How long does it take your system to recover - The bigger the exercise equals the bigger the result, but also the bigger the exercise the higher toll it has on your nervous system. If you do a big session of squats and deadlifts today then you will find that that will affect your benchpress tomorrow. Generally it takes the nervous system 48hrs to properly recover from a high intensity session. High intensity sessions could consist of:



1. Strength work (anything above 80% of 1m for lower body and "whole body" movements such as deadlifts, squats etc.)
2. Sprints
3. Combat sports - sparring and heavy bag
4. Any activity performed with heightened and competitive emotional intensity (competitions)
5. Any activity performed under the influence of artificial stimulants (Preworkouts, various energizing supplements)

So therefore, I would recommend that you space these training sessions out throughout your week so that you can see proper improvements - which means you would realistically be looking at doing these sorts of sessions only 3-4 times per week to get optimum results for your time. There are also other forms of exercise you can do throughout the week that will not greatly fatigue your nervous system, these include:

1. Aerobic work
2. Sub-maximal speed work with full recoveries (runs less than 80% top speed)
3. Pad boxing

There are also other factors that can affect your nervous system through stress and prevent it from running at its full potential - these include:

- High emotional reactions
- Financial problems
- Bad relationships
- Working long hours
- Stimulants like caffeine, sugar, alcohol
- Prescription drugs
- Poor and unhealthy diet
- Lack of sleep
- Poor digestion
- Hormone imbalance
- Exposure to toxins
- Degenerative changes in the body
- Poor posture



As you can see, there are a lot of things in that list that you may be suffering from at this very moment. The way in which these things effect your nervous system are not so much by the event itself but rather how you are reacting to it and allowing it to affect your stress levels. So the best advice I can give you, if you are facing any of these challenges currently, is to rest and do some light exercise. Don't compound your problems by setting really high expectations of yourself in the gym.

But once you feel your nervous system is properly recovered you will again be able to refocus on your training and to start setting some SMART goals for your progress. Remember the bigger the exercise the bigger the result. So try to base your program around the big compound exercises e.g. squats, deadlifts and bench-press. Aim to train 1-3 times per week looking at increasing the weight by about 1.25-2.5kg each week - which adds up to a lot after a 10 weeks period. Secondly, try to keep these sessions below 30-40 mins - as any time spent after that is a waste of time.

You can also focus on these improvements with your cardio vascular system through interval training, by either decreasing the rest period or increasing the speed at which you cover a distance. Working this in with your weights training, you might be looking again at doing this 1-3 times per week for some well-rounded results. Again, aim to keep these sessions between 20-30mins.

Now, after explaining all of that, don't think that if you cannot do 20-40mins a few times a week that it is a waste. Remember the key focus here was the overload principle so to increase the weight or intensity of that exercise. So if all you have is 5 mins, that will be enough. Simply look back on what you did in the previous sessions and beat that target e.g. if you did 10 reps at 10kg last week do 10reps at the best weight that you can today. Similarly with Interval training, if you ran 1km in 6mins last week and you only have 5mins to spare today, simply run as far and as fast as you can in that 5mins - ensuring you are doing a faster time than last week. This will be enough to continue your advancement in training on those days/weeks that you are short on time.

Q money: with EVAN DAVIS

Some things are certain and some uncertain. I was certain that my accountant was a staid, calm and risk averse 58 year individual. I was also sure that my quarterly GST return or BAS was due very soon.

BAS stands for "Business Activity Statement". A BAS is a reporting document in which Australian businesses calculate and record all their tax liabilities for submission to the Australian Tax Office (ATO). The BAS was brought in with introduction of GST in 2000 and is a regular, ongoing requirement for businesses once they become liable to pay business taxes.

I should have had less reason to be certain about my accountant. He was doing some extreme snowboarding and has broken an arm and shoulder thus making himself unavailable to help me with my quarterly lodgement. While he recovers I am left wondering what business he has snowboarding at his age.

For many self-employed individuals juggling GST reporting and quarterly business returns are an everyday function of running their own business. If you are working for yourself either as a sole trader, in a company or trust structure and your turn over is greater than \$75,000 you are required by the Tax office to collect GST on your sales and submit a quarterly return to the government and also pay the GST you have collected.

Managing this obligation for the newly self-employed or the long term disorganised self-employed can quickly become stressful or simply a massive pain in the backside if not well managed.

I am a firm believer in outsourcing where possible and affordable. Getting a great accountant is helpful. This will ensure that you get the work done properly and on time. Lodging the returns through a registered tax agent will also mean that you get an extension on submitting your BAS.

Many accountants also offer online platforms and software packages that allow you to enter your receipts and data as you go. There are also many accounting packages available for the self-employed to manage their tax obligations such as 'Xero', 'Quickbooks' and 'MYOB'.

As my businesses have grown I have found that using a bookkeeper to assist with the regular BAS and reporting requirements has been beneficial. They initially were able to take away the headache of the data entry and also set up easy to use programs. Over time they were also able to train up one of the administrative staff members in my business to take care of the data entry function.

When starting off, this level of support may not be affordable for most businesses. In that case I would suggest keeping things simple. When collecting your GST try to keep it separately from the rest of your cash or working capital until you have to pay it to the ATO.

Holding it in a separate GST account or in a mortgage offset account can help you to avoid spending the cash which really isn't yours no matter how tempting it looks!



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q gay files: with MATTEO SNOOKS

Pretty Pretty Bang Bang

Recently I have been on the look out for a new car and funnily enough, I came across a mixture of emotions that felt quite familiar to me. Uncertainty, excitement, impatience and strangely but surely...horny! It wasn't until I approached the third car yard that I realised this car buying process was very similar to dating men...well, without dinner and sexually explicit contact.

I found the age of the car to be most important, because if you're a busy girl who runs around town, I'm sure you want it to keep up. I say this without total ageism...but we want that stick to change gears as easily as possible...if it needs a little jump start then pray to Jesus for some horse power to back up that engine. Yes, your family or friends may say, 'settle for something reliable...which pretty much means something boring. Keep in mind that age has its perks, like a sense of class and style with years of servicing and if lucky, some maintenance and a guaranteed good time.



Previously owned vehicles come with more experience and a few flaws. In relation to men, I find this to be most attractive, especially the fact that it has lived a little and will show you a thing or two. A brand new car may lack some character and usually has the tendency to look fake and plastic! Yes, it will be a dream to drive and have that new car smell with lots of new and unused things to try. Not to mention that having sex and de-virginising the back seat could be an adventure. However if you're like me who gets restless or bored very quickly with novelty's wearing off...You may find yourself moving to the next new and best thing. The young sporty ones can only bring so much to the table (such as a good time and ego boost).

The colour will tell you everything about the car and the person driving. Whether it's black, white, yellow or even purple. Colour tends to have meanings and as much as we aim to not generalise or be prejudiced...the stories or myths around particular colours usually tend to be true...so maybe have that wheel chair ready, if you know what I mean!

Next comes the question of size? Do you prefer something big that might be a struggle to back up and park? If you're experienced I'm sure you'll love a powered thrill...this could be hot! Medium cars are easy to work with- they display a few surprises with comfort and have the ability to fit into tight spaces. I'm not sure about tiny cars, as they have never worked for me. Like a tickle they can be funny, but I'm sure they serve their purpose within society and you'll notice a lot of them around...but as I always say, each to their own and what ever gets you off!

Buying a car should be love at first sight! Just like when you feel run over and reversed after seeing a sexy hunk! It absolutely needs to be perfect with everything that appeals to you. Some of us have a preference to the country or origin where the machine was built, like Asia, America or a personal favourite...Germany. What ever it may be and what ever makes you happy is what really matters. Just remember to always take it for a test drive and check for any leakage...but most of all rev that mobile and thrash that beast when going for a ride!

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 interiors: with AARON WONG



Marsala is Pantone's 2015 color of the year and I am thrilled! It is a beautiful shade that you can do so much with. It is a strong warm color that you do not need to be afraid of. Described by Pantone as "a naturally robust and earthy wine red," this hue is bold like berry meets a warm rustic brown.

Marsala is a cozy color that can liven so many spaces and make smaller rooms look larger. Because it is such a versatile color, you can achieve different atmosphere in the home depending on your taste: from gothic to modern and playful. Pair with gold or brass accents, or just accessorize with the color if you are not quite ready to paint your walls.



use Marsala with a matte finish to emphasize the earthy nature of the color, or add sheen to create an impression of glamour and luxury. Marsala looks rich and plush when used on textured surfaces, making it a good choice for rugs and upholstered pieces.

Whether Marsala is used on flat or textured surfaces, and regardless of the finish, the hue pairs dramatically with neutrals, including warmer taupes and grays and because of its burnished undertones. Marsala is highly compatible with amber, umber and golden yellows, greens in both turquoise and teal, and blues in the more vibrant range.



Marsala rendered in velvet is also a perfect choice for achieving a plush, luxurious look. The tufted back adds rich detail to this upholstered armchair.



Aaron Wong is the Principal Designer of Alexander Pollock Interiors.

For more information please go to www.alexanderpollock.com or call Aaron on 0414 269 571

q youth: with TASMAN ANDERSON

Tassie's Bucket List: #205 "Forgive and Forget"

It's 2015 and with the New Year, people have gone crazy with resolutions and sentimentality. I'm not one for resolutions, but the New Year did give me the perfect opportunity to tick off a very important item, number 205: *forgive and forget*.



According to sources (ahem Wikipedia) forgiveness is defined as "...the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offence, let's go of negative emotions and wishes the offender well." Although this sounds pretty clear, we all know how incredibly difficult it is to achieve this so called "forgiveness" – especially when the situation isn't as straight forward as the definition claims it to be.

A few years ago, I had a pretty good friend that I would spend every weekend with. We got along really well and even my parents liked him (let's be honest, my parent don't like any of my friends unless they're gay). However, we ended up falling out over something stupid and stopped all communication for four years. Although I put the incident behind me and focused on finishing my degrees, we ended up reconnecting this year as if nothing ever happened – which got me thinking.

Even though there was no real wrong doing, it took a while for both of us to get over what happened and learn to move on. Whatever was going on with him back then, it ended up consuming him to the point where he detached from a lot of people and put everything he had into his career. I also didn't handle the situation very well – considering I made it my mission to be melodramatic about everything back then. However, even with the apology, we both decided to let our friendship stay in the past and move on with our lives separately.

To me, forgiveness isn't about living the fairy-tale ending. It's not about falling into each other's arms and swearing never to let go again. It's not about picking up where we left off and seeing each other for weekly coffee dates. Forgiveness is about finding closure to what happened and letting yourself move past it.

I didn't want to fall back to how the two of us used to be because there was clearly a problem. In the end, we punished each other for something that really wasn't as big as we made it out to be. At least now, we have the ability to look back on how we were with fondness instead of that edge of bitterness that was threatening to taint every memory.

I know I must sound like one of those awfully clichéd sayings that urge people to let go of their anger and forgive everyone who has ever done us harm. However, forgiveness is more about the victim than it is for anyone else.

Holding on to that hurt and bitterness will only end up keeping you awake at night, not the person who did wrong. I'm not suggesting that you should forget what happened; only a fool would do that. I'm suggesting that you should let yourself move on from the person and live your life.

QUICK NOTE: an email address has been set up for you guys to comment on the content covered in Q: Youth, ask me questions or just to let me know what you're thinking. If you want to get in touch, shoot an email to qmagyouth@gmail.com

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q review: DRACULA'S CABARET

Thanks to the lovely Carly, I was fortunate to be invited to see and enjoy the new show at Dracula's Cabaret here in Melbourne...and they did not disappoint. From go to woe, the entertainment is non-stop, the fun is endless, and the enjoyment level is through the roof.

We lined up at 7pm (as directed by our VIP electronic ticket) and no sooner did the entertainment commence - on the street no less. Dracula's has a very novel way to check your booking - something you really have to experience to truly appreciate. We were then escorted inside, given a brief and funny introduction, then sent upstairs to enjoy complimentary champagne and canapes. It should also be noted that there is a full bar available at reasonable prices.



The eye to detail is one of the first things one notices about Dracula's - everything is themed, making the experience completely seamless.



As the name suggests, this show celebrates the music of the 70's. The spectacle however is not lost on anyone not old enough to remember that particular decade. I also have to say (although I won't spoil the surprise) their recreation of the Rocky Horror Picture Show is hilarious.

The show features amazing vocals, live music - from two of the most talented and versatile musicians you will ever have the pleasure of seeing, some colourful acrobatics, and a Dracula's portion of naughtiness. One thing I must highlight is the food.

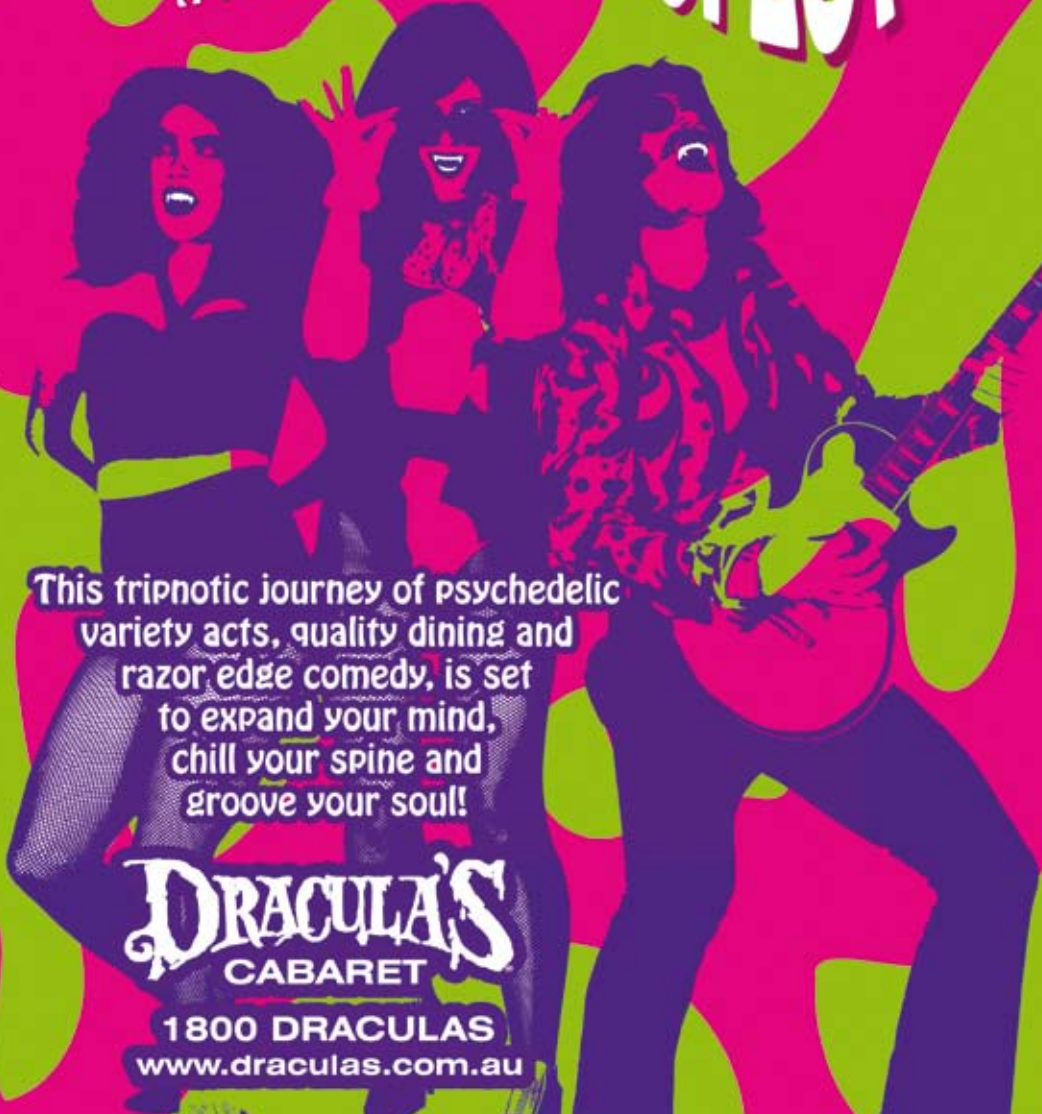
I have previously worked in theatre restaurants (as a singer myself) and the food at Dracula's excels all expectations. Guests have a set delicious entree, a choice of five amazing different mains, finish with the mouth-watering Dracula's dessert. All of which will tantalise your taste buds and more than amply fill anyone's hunger.

Telling you any further details would ruin the surprise and ultimately the experience. Do yourself a true favour and see it today! And if you have seen previous shows, then make sure you put this one on your "to do" list. It is completely different to all other shows.

RETRO VAMPT

A 1970s inspired

FANGFEST



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

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q fitness: with CHRIS GREGORIOU

Your Holiday Plan

Keeping fit and healthy after Midsumma.

So it's that time of the year where we look at ourselves and assess how we survived the silly season after all the parties, food and drinks. If you are like most of us and have enjoyed some of life's pleasures a little more than normal, here are four steps to quickly and seamlessly get you back onto the fitness path.

Step One: Get Real.

The holidays happened. Midsummer was amazing and you ate things from your "never touch these nasty things" list, you drank more than you should have, but now it's over.

Time to draw a line in the sand. Your bad eating stops now.

Don't beat yourself up for falling off the fitness wagon. Now is the time to start your new year's resolution. Leave the past in the past. Today is a new day and this is a fresh new year. Let's get real and make this year what you desire.

Step Two: Get Hydrated.

While bad eating and drinking is in so many forms, often it contains low nutrition and is either not hydrating or even dehydrating. Did you know alcohol is dehydrating? So the end result is most often dehydration and water retention. The only way to restore balance is to get hydrated. Standing around at Midsumma in the sun has seen so many friends dehydrated over the years. Make sure this is not you!

Your first priority in getting back on track is to drink plenty of water throughout your day. Sip water throughout the day, and carry a water bottle with you. You could even funk up your water bottle with the rainbow flag.

Be a trend setter and wave it around proudly during Midsumma.

Step Three: Get Picky.

For the next few days I need you to be extra picky about what you eat. Stick with only whole, real foods like fruits, vegetables, lean meat and fish. Whole, real foods will quickly help to restore balance.

Don't eat packaged foods for the next few days or for as long as you want to change your body shape. This means saying no to snack foods, processed meat slices, dairy, baked goods and yes, alcohol.

Step Five: Get Moving.

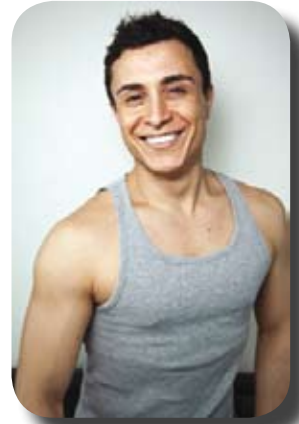
So you've put an end to the eating madness, you've hydrated, you've eaten only whole foods and you've gotten selective... it's now time to sweat it out.

Lace up your sports shoes, brush off the dust from the Midsumma carnival and put on your favourite exercise clothes. When you start your workout, ease into it slowly. Take the time to warm up and stretch your muscles before powering up to a solid 30-minute exercise routine.

Exercise is very personal, so make sure that when you do new things, ensure you feel safe and are comfortable. Always begin slow and ease into it. You can always increase the intensity and duration as you go. The most common mistake is doing too much too soon. Your body has terrific self-defence mechanisms built in. A common one I see a lot of is "DOMS" Delayed Offset Muscle Soreness, causing you to fatigue quickly and be overly sore for the first two weeks.

Oh and DOMS will not make you lose weight any quicker or get fitter faster, it will just make you feel stiff as a board so remember to start slow and work to a structured plan within your abilities.

A personal trainer is ideal in this situation.



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.



Drinking Foggy Water

I have always been a little cynical about the value of bottled water. It always irritates me when a waiter tries to palm me off with an expensive bottle of 'French Mountain Spring' water, when there are perfectly good bottled waters available in the Canary Islands. Not only is it a travesty for the carbon footprint linked to any product, but why is French bottled water better than anyone else's?

Of course the answer is commercialisation and profit. Over the years we have been led to believe that bottled water is somehow better for us than the water running freely from our taps, although I accept that use of a water purifier and filter is always a good idea to avoid stomach upsets. Yes, the addition of a fancy label and a posh French-sounding name adds up to quite an expensive bottle of water.

A few years ago I had the good fortune to spend an entertaining evening with an engineer who worked for a water company in London. His description of the chemical composition of tap water, including the side effects caused by some of the chemicals that cannot be removed, which can lead to the development of impressive breasts in men, led me to look at bottled water in a new light. It was then that

I discovered the joys of mountain mist.

Mountain mist is collected from the highest peaks of the Canary Islands, which is now being bottled and sold as drinking water. It is collected on the island of Gran Canaria from fog at altitudes of 16,000 metres above sea level and sold under the brand name of Alisios, which is the name given to chilly, damp tropical winds that give the Canary Islands their typical climate at high altitudes. As much as 20,000 litres of clean water is collected from the mist in 30 prism shaped containers each month. This cool, steamy mist is sold as 'Canarian Mist Water', a process that is also kind to the environment since it leaves no waste and there are no emissions from the process.

It seems that the collection of mountain mist for use in this way is not new since there are accounts of similar water collection processes in historical accounts that date back a mere 2000 years. Pliny the Elder gives an account of the Garoe tree being 'milked' in a similar manner, which filled man-made ponds – a kind of early reservoir. The water collected provided drinking water in an area with no rivers. More recently, in 1948, a man from the island of El Hierro avoided a devastating drought by collecting water 'milked' from trees in zinc containers, which was then sold to villagers.

So next time you are offered an expensive bottle of 'French Mountain Spring' water in a pricey restaurant, maybe ask for a bottle of Canarian Mountain Mist water instead? That should stop the waiter in his tracks.

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.



q queensland: CROSSFADE

METAMORPHIS THEATRE co PRESENTS
CROSSFADE
PERFORMED BY AnA WOJAK
AND JESSI LEWIS

THURSDAY MARCH 26TH
THE NEWGLOBE THEATRE
7.30PM

122 BRUNSWICK ST
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BRISBANE

CROSSFADE presents a collaborative exploration into dress ups, gender, transgression, the roles we assume and those thrust upon us. In a contemporary world obsessed with appearances and the superficial, it works with costume as a stimulus from which layered vocabularies of movement and image emerge, to be presented in a narrative of rich episodic tableaux. The garments not only represent constantly evolving/devolving definitive roles, but here in CROSSFADE have also become the basis from which the performance has been created.

CROSSFADE is a show that is to be developed within an intensive structure comprised of only 9 days, giving it a sense of immediacy and authenticity.

AnA Wojak is an award-winning artist, whose practice crosses the precipice of performative and visual art forms, creating visually poetic work that resonates with a visceral depth. She has been exhibiting for over 30 years and performing for over 20, both solo and in diverse cross disciplinary collaborations. With a strong interest in site-specificity, she has also designed sets and costume for theatre and opera.

Jessi Lewis has been creating solo performance for 10 years, having created some 14 works; he has most recently turned to collaborative explorations, with individuals from a broad spectrum of investigative, cultural and creative backgrounds. Alongside his performance work, he has presented 2 visual art exhibitions and is a writer for the online publication Melbourne Arts Fashion



The pair, based in Lismore and Melbourne respectively, share a keen sense of adventure and love for travel that sees them regularly present work both nationally and internationally. These two performers most recently worked alongside each other in Malaysia part of the Melaka Art and Performance Festival 2014 and previously together in Cairns on the performance RISE by Metamorphosis Theatre Co.

The commonality between these uniquely different artists creates a through line that assumes a deeper connection, which ultimately binds this performance. CROSSFADE is further inspired by and draws from these rich and evolving collective memories. We return to the sunshine state filled with intent and purpose to serve you with something hot, delicious and subversively glamorous.

Tickets are available online at thenewglobe theatre.com.au \$15 presale and \$18 on the door.

q arts centre: SWEET CHARITY

Arts Centre Melbourne in association with Luckiest Productions,
Neil Gooding Productions, Tinderbox Productions and Hayes Theatre
co-presents
SWEET CHARITY



The smash hit sell-out production – winner of three Helpmann Awards!

After premiering at Hayes Theatre Co in February 2014 Sweet Charity received rave reviews, played to a sold-out audience, and won three Helpmann Awards, including Best Female Actor in a Musical for Verity Hunt-Ballard. Now it's Melbourne's time to experience the rough, wrenching, and gorgeous musical theatre experience that left Sydney wanting more!

If you believe in something hard enough, then eventually it has to come true, right? Charity Hope Valentine is the eternal optimist - a worldview that puts her distinctly at odds with her co-workers in a seedy, run-down dance hall. Dancing with man after man to pay her rent, she dreams of finally being whisked out of there and rescued by love. But can Charity wish her way into making love come true?

Sweet Charity is directed by Dean Bryant, and choreographed by Andrew Hallsworth - both of whom won Helpmann Awards for their roles in the production, with Musical Direction by Andrew Worboys, and costume design by Academy Award and Tony winner Tim Chappel. It boasts an outstanding list of musical theatre stars led by Verity Hunt-Ballard, who won a Helpmann Award for Charity and her star-making role as Mary Poppins. Cast members include Helpmann nominees Martin Crewes (Dr Zhivago), and Debora Krizak (A Chorus Line).

Arts Centre Melbourne in association with Luckiest Productions, Neil Gooding Productions, Tinderbox Productions and Hayes Theatre Co presents SWEET CHARITY 25 February – 8 March , Playhouse
*Tickets from \$59** (additional fees and charges may apply) TO BOOK: www.artscentremelbourne.com.au*

q drag: WHAT A DRAG!

Midsumma is a time when drag shines in Melbourne. One highlight was *What A Drag - The History of Drag in Melbourne 1960s – NOW*, a Chapel off Chapel exhibition staged by Ricky Beirao (Rhubarb Rouge) from 18 January til 8 February. It focused on many of Melbourne's premier drag icons.

Alan Mayberry lived through that era and recalls: I first dipped my toe into the wonderful world of gay bars in 1968, when hotels shut their doors at 6 and there was a race to get from work in our best three-piece designer suit or heaven forbid in summer a Safari suit. We'd stand, often 3 deep, at bars like The Hotel Australia and The Graham to grab a beer, lining up a row of 3 'travellers' as 6 pm approached and the urgent need to find out what was happening later in the night. There were no mobiles so if need we would leave a note under a rubbish bin saying where we were headed later, be it a private party or one of the BYO dances run on a weekly basis, usually a Friday. Names like Johnny Farnham and Colleen Hewett made these star events — all accompanied by a cask of Coolibah wine! Venues with drag shows were virtually non-existent until along came Pokeys, and I thought I'd died and gone to heaven. Then for the next 40 years came a myriad of venues and stars, some good some totally forgettable. Oh for the memory of the annual Arts Balls of the 80s, The Belles, Acceptance and Fantasy Balls and the huge warehouse parties of the 90s when performers like Michelle Tozer and Debra Le Gae headlined in shows by Nigel Triffitt with 100s of volunteer dancers.

Humour is what made the early drag shows great. People like Kerrie Le Gore, Miss Candee, Dulcie Du Jour, Paris, Tabitha Turlington and Doug Lucas are masters of the art. Their razor-sharp wit enabled them to enjoy rapier games with their audience.

Doug Lucas ran one of the first gay bars at the Union Hotel in Carlton for 3 years before joining up with Jan Hillier to stage Pokeys at the Prince of Wales in October 1977. Pokeys provided for \$3 and later \$7, a top-class show, a meal, disco, and a sing-along piano bar. Sadly few of today's drag shows can compare to the lavishness that Pokeys provided. A most lasting memory is Doug's *You're My World* routine where the 800 strong Pokeys audience would mimic his every hand movement, and they still do whenever he reprises the number.

Kerrie Le Gore grew up in Reservoir in the 50s, educated by nuns and the brothers in North Fitzroy. 'One of the teachers at school realised I was one of the faith in more ways than one, and directed me in the right direction — the number 11 tram to Michael Bucci's City Sauna, and from then I blossomed. I never thought I'd enjoy my homework so much.' *Le Gore's Backyard* became a Sunday institution at the Xchange. Then came her legendary Lipstix shows at 3 Faces, Dukes in Richmond with the Troll Dolls, then the Greyhound and even Mandate and earlier Mainframe where the *Backyard* started in September 1989.

To Kerrie 'The closure of 3 Faces in 1999 probably marked the end of the golden age of drag in Melbourne, but it is heartening to see the resurgence of drag shows in recent months. The future is definitely with the young, and their looks and presentation is outstanding. It never ceases to amaze me how immaculate and stunning they are, many working the venues several nights a week, even if they are not in huge production shows. And remember it is the natural order of things that youth takes over.' Kerrie remains the undisputed matriarch of drag even though a replacement hip and knees and heart problems have curtailed her high kicks in recent weeks. Her mantra is still the Lipstix signature tune *I Will Survive*.



Dulcie Du Jour is remembered by most as a Midsumma icon hosting the amazing *Dulcie's Midsumma Dog Show* for 20 years. She is one of Melbourne's most honored drags, her TV sagging under the weight of a swag of Rainbow, DIVA and VAC Lifetime Achievement Awards. She's had 30 years of Laird Auctions, Belles Balls, Fantasy Balls – in fact any ball you care to mention – under her mini! She was chef at the Xchange, and for 18 months cooked up a storm at DTs where her Saturday nights were packed every week. Now retired to Mildura, Dulcie still makes regular cameo appearances.



Rita and Paris have been two of the major faces of Melbourne drag for over 25 years. In years gone by the Fab 3, PZR, and the Classics all bore the mark of their creativity.

Rita comes from the Pre-Priscilla queen of the desert era when drag was very much a hands-on sport - My introduction to the world of drag came when I was taken to Pokeys when I was 17. I then got into visual merchandising at Myer; it was the old school of window dressing and I received the best training. Pokeys absolutely blew me away and I realised there was more to life than dressing dummies at Myer. I started frocking up to go to parties, where I first met Paris. We hit it off immediately, and have been fighting ever since!

I can't believe it is over 25 years ago that we both performed at Candy's Bar at the Cadillac Bar. We arrived with over-the-top theatrical make-up when everyone else was still in girlie make-up and taffeta dresses – very 80s. It was a different world then before Ebay and the internet. In hindsight we were VERY lucky, as today's drags are so very polished by comparison. Looking at photos from that time I'm amazed we got anywhere. Our outfits were made of tinfoil and glitter, anything really – it was a real creative challenge. We had to make every thing from the ground up. You couldn't just log on and buy clear dance shoes, fully sequined dresses from Bangkok and a wig already styled. We literally had to style ourselves out of nothing, which actually brought about all kinds of creativity.



In 20 years we will probably still be struggling onstage with a walking frame and pacemaker – that's how strong the lure of the greasepaint is. We absolutely love drag and always will. We NEVER dreamed at the age of 25 we would still be doing it well into our late 40s.

And never forget the great entrepreneurs without whom the stars would not have had a sandpit in which to play.

Jan Hillier

Jan and Doug Lucas started Pokeys in 1977. The Sunday night shows attracted the biggest gay nightclub audiences in Australia's history. For over a decade Pokeys was the show to see every Sunday, giving Melbourne its most spectacular drag shows ever.

Ken Payne

In the late 80s Commercial Road was the hub of the Melbourne gay scene. Mainly due to the vision of Ken Payne who opened the Market Hotel on 20 September 1984. The Troll Dolls were the major attraction, opening in November 1986. When Ken finally sold 3 Faces in 1999, it ended nine years of stunning entertainment. It nurtured some of Australia's best drag groups – The Lipstix, The Troll Dolls, Skye Brook's New Wigs on the Block, The Fab 3, and PZR. The era came to an end on Sunday, 19 September 1999 in a mammoth show featuring every drag act that had ever appeared on the 3 Faces stage. Ken also opened the Laneway Sauna and Dukes Hotel in Brighton Road.



Kevin Attwood

Kevin started as a Pokey's DJ then became one of the original partners of the Xchange. He saw it grow from a guys-only bar in 1986 through *Le Gore's Backyard* and the Lipstix in 1990, ushering in the great drag take over of the 90s, with its the rooftop xtravaganzas and mammoth drag shows like *Taboo*, *Grease* and *the Rocky Horror show*.

May the memories be as great and continue for the next 50 years!

q launch: TOONTASTIC 4

Midsumma would not be complete without Brett Willis launching a fabulous array of new Toons in his Toonarama 4. The event never fails to impress with a capacity A-list crowd attending on Friday 16 January.

It is always the celebrity-must attend HOT ticket and one event Alan Mayberry never misses. This year's bonus was Sue Ridge wowing the crowd with *You're My World* and a Dolly Parton tribute, made all the better with DJ wiz David Virgona on the decks.

Entering the Hall of Fame this year were *Q Magazine's* Brett Hayhoe and *Pokey's* megastar Terri Tinsel.

Entertainment icons Dolly Diamond and Luke Gallagher were also starring along with tribute Toons for Michael Hutchence, Robin Williams and Joan Rivers. An added bonus was the team of hunky firefighters selling their charity calendar and raising funds for the Children's Hospital Burns Unit.

See next year's Toons and many other great exhibitions at the ArtBoy Gallery at 99 Greville Street, Prahran.



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q ballet: THE RED DRESS

CHINA ARTS AND ENTERTAINMENT GROUP (CAEG) PRESENTS THE NATIONAL AWARD WINNING PRODUCTION OF THE RED DRESS



A tale of loyalty, tradition and love

The Chinese National award-winning ballet The Red Dress heads to Melbourne for an exclusive season at the Palais Theatre 10 and 11 March 2015. The world premiere was held in New York in March 2014 to excellent reviews. CAEG is excited to return to the Palais Theatre having previously presented critically acclaimed productions of The Embroidery Girl and The Peony Pavilion.

The Red Dress tells a bittersweet and beautiful love story in Southern China. In an old town, a boy named Ayong (played by Zeng Ming) and a girl named Yue'er (played by Cheng Lin) are childhood playmates, and, in the first bloom of love pledge to marry. Ayong promises Yue'er he will "return home in silken robes and take her as his bride" and leaves town to make a living. Time passes and Ayong himself disappears without a trace. Yue'er, alone in her imagination, longs for the festivity and joy of the "ten-mile red dowry" of her wedding day, and waits in her beautiful dreams.

Director Wang Xiaoying is deputy director of the National Theatre of China and has a unique understanding and method of presenting Chinese traditional culture on stage and along with more than 45 dancers bring this astonishing tale to life through grand spectacle and movement.

Through the unique language of Chinese folk dance this production conveys the grandness and exquisiteness of China's folk culture, as well as the Chinese dream and pursuit of peace and happiness. With a combination of southern China's folk customs such as "Daughter's Wine" of Shaoxing, "Descendants' Bucket" of Ningbo, "Rolling Silkworms" of Jiaxing, and others - the production paints a vivid picture of a most cherished ceremony of a Southern Chinese girl's life. It consists of four acts including "Dream Love" "Dream Farewell" "Dream Return" and "Dream Wedding".

Palais Theatre, Lower Esplanade, St Kilda
Tuesday 10 and Wednesday 11 March
Ticketmaster www.ticketmaster.com.au or 136 100
7.30pm
Tickets from \$24.00 to \$70.00
www.palais theatre.net.au

q adelaide: THE NAKED MAGICIANS

Following SOLD OUT shows across the country the worlds boldest and cheekiest magic show "The Naked Magicians" is making its way to South Australia for an exclusive statewide tour including a two week run at the Adelaide Fringe Festival.

This boisterous R-rated magic show, strips away the top hats and capes, promising full frontal illusions. Good magicians don't need sleeves. Great magicians don't need pants.

For bookings and venue dates and locations, go to www.thenakedmagicians.com.au



q tour: GREAT WOMEN OF COUNTRY

To celebrate the release of their #1 Australian Country Music album *Great Women Of Country And The Songs That Made Them*, Melinda Schneider and Beccy Cole have announced a string of national concert dates from February 2015. Following on from successful capital city shows in Brisbane, Adelaide and Sydney in late 2014, these shows will see the girls perform together right across the country from Hobart in the south to Townsville in the north and Albany in the west. All 22 tracks from the album will be performed live, including such classics as *Stand By Your Man*, *I Will Always Love You*, *Blue Bayou*, *D.I.V.O.R.C.E.*, and of course, the first single off the album, *9 To 5*.

Melinda and Beccy are music royalty in Australia. Renowned for their successful solo careers, between them these outstanding talents have amassed 18 albums, five of them Gold status, together with numerous awards and accolades. Fifteen Golden Guitars adorn their mantle pieces, with both of them having taken gongs for Female Vocalist Of The Year and APRA Song Of The Year. They both also proudly boast a swag of songwriting awards and Entertainer Of The Year awards.

It seems only fitting and natural that these firm friends not only record an album of some of the all-time great country songs by women but also perform them live and in concert. The album and the performances are an opportunity for Melinda and Beccy to pay a heartfelt homage to the songs, the songwriters and the singers behind these timeless and heartfelt hits.

As Schneider puts it "Both Beccy and I had always thought about doing an album like this individually . . . but I woke up one morning and the idea wouldn't leave me alone, so I called Beccy and asked: wanna do it together?". And so they have.

"I loved revisiting the songs that were such a big part of my childhood, they're timeless, they were old even then!" says Cole. "These are some of the songs that I drew from to make my own music, to get to pay tribute to them by recording and performing new versions is a great responsibility but such an honour."

Great Women Of Country And The Songs That Made Them, was released on 7th November 2014, and debuted at #1 on the ARIA country music charts and #9 on the ARIA album charts. The first single, *9 To 5*, reached #1 on the CMC Video airplay charts and continues to receive massive support across radio nationally.



THE GREAT WOMEN OF COUNTRY 2015 TOUR DATES INCLUDE:

Wednesday 25 February – Princess Theatre, Launceston
Book on 03 6323 3666 or theatrenorth.com.au

Thursday 26 February – Burnie Arts & Function Centre
Book on 06 6430 5850 or burniearts.net

Friday 27 February – Wrest Point Entertainment Centre, Hobart
Book on 1300 795 257 or tixtas.com.au

Sunday 1 March – Canberra Theatre
Book on 02 6275 2700 or canberratheatrecentre.com.au

Friday 27 March – Arts Centre Melbourne, Hamer Hall
Book on - 1300 182 183 or artscentremelbourne.com.au or 1300 136 166 or ticketmaster.com

Saturday 28 March – Her Majesty's Theatre, Ballarat
Book on 03 5333 5888 or hermaj.com

q exhibition: GOLDEN AGE OF CHINA

Hidden treasures from Beijing's Palace Museum in the Forbidden City will come to Melbourne for the first time, in an Australian exclusive exhibition. The Golden Age of China: Qianlong Emperor (r. 1736–1795) tells the story of China's foremost art collector Qianlong Emperor, one of China's most successful rulers and longest living emperor of the Qing dynasty (1644–1911).

This exhibition provides an unprecedented opportunity to explore a rich concentration of more than 120 works from the Palace Museum's art collection, which is built on the imperial collection of the Ming and Qing dynasties and holds some of China's most rare and valuable works of art in its collection.

Tony Elwood, Director, NGV, said, *"This exhibition tells the fascinating narrative of one of China's most influential rulers and a great champion of the arts, whose passion saw him become one of China's foremost collectors and conservators of art. It is a once in a lifetime opportunity to see exquisite works from Beijing's Palace Museum in Australia and visitors will be able to see stunning ink on silk paintings, dragon-embroidered silk court robes, precious objet d'art in gold and jade, as well as Qianlong's own paintings and calligraphy."*

The Qianlong emperor's long 60-year reign (1736–1795) was a particularly fascinating time in China's history. During his reign, China was the wealthiest and most populous nation in the world. Qianlong's ability to preserve and foster his Manchu warrior-huntsman traditions whilst adopting the Confucian principles of political and cultural leadership, resulted in the successfully governing of 150 million Chinese people.

It was his ability to adopt Chinese ways, yet honour his Manchu traditions that made him one of the most successful emperors of the Qing dynasty.

The Qianlong Emperor studied Chinese painting, loved to paint and particularly loved to practice calligraphy. The Emperor was also a passionate poet and essayist and over 40,000 poems and 1300 pieces of prose are recorded in his collected writings. Qianlong wrote more poetry in his lifetime than all the poets in the Tang dynasty (618–906) combined, a dynasty known for its Golden age of poetry.

Aside from his own art practice, Qianlong combined his passion for collecting art with his role as preserver and restorer of the Chinese cultural heritage. He also embraced the arts of other cultures, European, Japanese and Indian. Giuseppe Castiglione, an Italian Jesuit brother, exerted a great deal of influence in the arts of the court academy of the Qianlong emperor.

The exhibition will put the spotlight on Qianlong's reign and art in five separate sections; Manchu Emperor, Son of Heaven, Imperial Art under the Patronage of the Emperor, Imperial Art of Religion and Chinese Scholar, the Foremost Art Connoisseur and Collector.

Visitors will enjoy a lavish display of paintings in silk and paper, silk court robes, precious-stone inlaid objet d'art and portraits of the Qianlong emperor, empress and imperial concubines; paintings of hunting scenes, court ceremonies and private lives of the Qianlong emperor and paintings of the emperor as scholar and art collector.

The exhibition will also show paintings and calligraphy by the emperor himself as well as classical paintings in his collection.

There will also be a sumptuous display of ceremonial weapons of swords, bows and arrow, a chair made of antlers' horns; silk court robes and ceremonial hats, amongst other ceremonial and palace treasures.

There will be a sensory element within the exhibition, complete with music and Forbidden City-like interiors, immersing visitors in a day in the life of Qianlong, to evoke the experience of the imperial court.

The NGV will devote 1,100 square metres of its gallery space for this exhibition. Qianlong Emperor uncovers the richness of Chinese history and culture, and reveals the human interests of a governing emperor.

The NGV is grateful to Rio Tinto, principal partner of The Golden Age of China: Qianlong Emperor (1736–1795).

The Golden Age of China: Qianlong Emperor (1736–1795) will be at NGV International from March 27 – June 15, 2015. Please visit ngv.vic.gov.au for details.

Giuseppe CASTIGLIONE
Italian 1688–1766, worked in China 1714–66
Qianlong Emperor in ceremonial armour on
horseback
Qing dynasty, Qianlong period 1739coloured
inks on silk322.5 x 232.0 cm
(image and sheet)
The Palace Museum, Beijing (Gu8761)



q advice: with AMANDA NASSIF

YOUR LIFE IS SO PRECIOUS AND YOU ARE LOVED. It is so sad when you hear about people committing suicide and we need to work together to prevent such tragedies from taking place as life is the most precious gift that we can have.

People who have thoughts of suicide need to be protected and assisted in every way possible as when they are thinking these thoughts they are extremely vulnerable. If you know anyone that is thinking of hurting themselves in any way please contact a mental health professional or nearby hospital immediately as there condition could be life threatening.

Often times when people are thinking of committing suicide they can not see light at the end of the tunnel, they do not see a future for themselves and that is why it is so important to get emergency help at this stage and never leave such a person alone. This is the time when such a person needs all the love, care and support they can get in order to come out of the suicidal ideation and become stronger healthier individuals.

Suicidal ideation can be triggered by a whole range of circumstances and often these individuals have not developed the proper coping strategies at an early age to deal with difficult situations, these thoughts can also becoming from inner wounds. Wherever the thoughts are coming from it is crucial to make sure the person is safe and not at any risk of hurting themselves.

After the emergency period has been moved through ongoing professional counselling is crucial to equip the person with adequate life skills and coping mechanisms to live a happy healthy and fruitful life.

Some of the reasons for suicidal thoughts could be and are not limited to:

- Relationship breakdowns
- Drug and alcohol addictions
- Grief and loss issues
- Mental health issues such as depression and anxiety
- Child sexual abuse
- Domestic violence

Suicide is never the appropriate response to difficult situations so if you know anybody who has suicidal thoughts please intervene to help save a life because it is at this point where the person needs you the most. Do not stand back and say they are responsible for their life or judge them or condemn them but intervene with a loving and compassionate heart as life is so precious and needs to be valued and nurtured.

If you are personally thinking of hurting yourself please contact a nearby hospital or emergency on 000, loved ones, friends and reach out to get help because **YOU ARE LOVED AND WORTH IT.** If you feel lonely, depressed and unworthy and having thoughts that nobody cares please reach out because somebody out there loves you and cares.

There are so many loving and caring people out there so please reach out.

**GIVE YOUR WORD. PROMISE
TO STAND UP AGAINST HOMOPHOBIA,
TRANSPHOBIA & BIPHOBIA. ALWAYS.**

q health: with KEREN WIGLEY

My body said WHAT??

It's interesting that your body will always tell you when something has been bothering you for too long. However, unless you are aware of this and good at listening to your body, your initial solutions will probably make the problem worse.

Consider that your body parts are symbolic of what they represent. If you have a pain in your neck, who is literally being a pain in the neck to you? Have you heard someone you know to be quite inflexible complaining that they have a stiff neck? How often have you seen someone stooped over looking as though they are carrying the weight of the world on their shoulders? Similarly, back issues can be about not feeling supported. Issues with your legs or feet could be related to your future direction. Your hips are your headlights, and your legs and feet carry you forwards. Your knees do too, and they are also about having flexibility of direction. Problems with your arms or hands? What are you holding on to that you no longer need? Throat and thyroid issues are often about creativity, communication and self-expression that have been stifled, just as jaw problems can reflect a hypothetical difficulty in chewing over an issue, or biting off more than you can chew. The list goes on and on. Internal organs also reflect emotional issues.

Chronic conditions can be the result of an unrelenting, long-term and unseen hammering.

Of course this is a very simplistic way of looking at it. Your body-talk is a physical manifestation of the inward imbalance in the energy flows (meridians) in your body. Think of rivers or streams being blocked, or flowing too quickly and the long-term impact on the environment around them. In exactly the same way, each flow of energy in your body is continually affected by your physical, emotional, nutritional and energetic world.

Each meridian is directly related to specific organs, muscles, attitudes, emotions and beliefs.

The good news is that there is a way to talk to your body and find out what it is trying to tell you.

The science, yes SCIENCE, of Kinesiology can gently and quickly find out what your body wants you to know. In a Kinesiology session, Keren gets yes or no answers from your body by applying gentle pressure to a muscle (usually your forearm) as you relax and chat. This biofeedback bypasses your conscious mind and talks directly to your body and unconscious mind. Keren also tests specific muscles and acupressure points on your body (much like an acupuncturist without the needles) to find which meridians are affected and why. It's often the source of a few a-ha moments for clients... and always empowering.



As a simple example, Julie's arm movement had been restricted for many years. Her body indicated that there was still unexpressed grieving following her husband's death eighteen years ago. With this conscious awareness, some tears and Keren holding a combination of acupoints to restore energy flow, Julie felt better and could comfortably move her arm in every direction with full range of motion and strength, and continued to do so over the months that followed.

Gently, kinesiology finds what is needed to restore balance. It might be holding acupressure points, a flower essence, sound, colour, a visualisation, affirmation, specific nutrients, Hypnotherapy, Reiki or NLP. It may simply be the conscious awareness of the issue and dealing with it in the required manner. Sometimes a few sessions are required to get to the root cause of the issue so that healing can be complete. Clients get the most profound results if they are willing to discuss issues openly and honestly, maintain an inner mental and emotional image of how they would like to be and are willing to commit to any changes that their body indicates.

By dealing with the source of the problem, Kinesiology facilitates the healing process. It balances and harmonises all aspects of the your being, allowing your body to heal itself.

To get some help in translating your body-talk, call Keren on 0409 706727 or email holistichealthmelb@bigpond.com See this article and more at www.holistichealthmelb.com.au

q win: **HAPPY MUSICAL NEW YEAR**

Rufus Wainwright

Melding both the beautifully moving with the powerful and bombastic; the broad spectrum of Rufus Wainwright's talents will be on full display when he returns to Australia in 2015 to perform his most revered and beloved songs. Following the release earlier this year of *Vibrate: The Best Of Rufus Wainwright*, this will be Rufus' first headline Australian tour in nearly three years.

Already announced for WOMADelaide, he will perform across the country including Melbourne's Palais Theatre on Wednesday 4th March, the State Theatre in Sydney on Monday 9th March and Brisbane's QPAC Concert Hall on Thursday 12th March. Wainwright will also perform at Taronga Zoo as part of their Twilight At Taronga series.

Without doubt, Rufus Wainwright has established himself as one of the great male vocalists and songwriters of his generation. The New York born, Montreal-raised singer songwriter has released seven studio albums of critically acclaimed chamber-pop, and two live albums including his fantastic, Grammy nominated *Rufus Does Judy At Carnegie Hall*.

Rufus has also collaborated with many artists including, most recently, Robbie Williams co-writing and dueting on the title track of his *Swing Both Ways* album. He has also worked with the Pet Shop Boys, Elton John, Antony, David Byrne, Joni Mitchell, Robert Wilson, Lou Reed, Boy George and producer, Mark Ronson.

In 2009 his first opera, *Prima Donna*, premiered at the Manchester International Festival, followed by a run at Sadler's Wells in 2010, and an American premiere for New York City Opera in February 2012 at the Brooklyn Academy of Music. He has just been commissioned to write his second opera by the Canadian Opera Company based on the story of the Roman Emperor Hadrian and Antinous. The new opera will premiere in October 2018 in Toronto.

Expanding the ever-colourful musical pedigree, joining Rufus on all these dates, will be his sister, Lucy Wainwright-Roche. Born into a musical family in Greenwich Village NYC, Lucy's parents, various aunts, uncles, and cousins are all musicians. In addition to two EPs and one full-length album already under her belt, last year Lucy delivered *There's A Last Time For Everything*. Recorded in Nashville with friend, collaborator and producer, Jordan Brooke Hamlin, they create a dreamy landscape, with Lucy's distinct voice and truthful song writing serving as the centrepiece of this rich tapestry.

With the tour following the release of *Vibrate: The Best Of Rufus Wainwright*, audiences can expect music drawn from his wildly eclectic career, including all of the fan favourites. Bear witness to this incredible artist and don't miss a momentous experience.



RUFUS WAINWRIGHT : TOUR DATES
Wednesday 4th March Palais Theatre, Melbourne
www.ticketmaster.com.au 136 100

Monday 9th March State Theatre, Sydney
www.ticketmaster.com.au 136 100

Thursday 12th March QPAC Concert Hall, Brisbane
www.qpac.com.au 136 246

We have 1 x Best of Rufus Wainwright "Vibrate" CD, 2 x Rufus Wainwright - Live from the Artist's Den DVD, 2 x Rufus Wainwright - Live from the Artist's Den CD and 2 x First Aid Kit "Stay Gold" CD to give away. Email getfree@qmagazine.com.au with **rufus** in the subject line to enter.

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

q film: PRIDE

Based on an incredible true story, *Pride* is a film about two seemingly opposite communities who form a surprising and ultimately triumphant partnership.

Set during the Thatcher era, the Welsh mining community struggle to make ends meet during the 1984 miners' strike. In London, a group of gay and lesbian activists decide to raise money for the miners in solidarity. The group call themselves 'LGSM' – Lesbian and Gays Support the Miners – and approach the Union of Mineworkers to pledge their support. But there is a problem – the Union seems unwilling to accept their help. Undeterred, the LGSM members single out a small mining village to make their donation in person.

A terrific ensemble cast, including Bill Nighy (*Love Actually*) and Imelda Staunton (*Vera Drake*), portray the real people who stood up and fought for their place in society. A rousing British crowd-pleaser in the spirit of *Billy Elliot* and *The Full Monty*, *Pride* is a funny, affecting and truly inspiring film.



Rating: M – Mature themes, coarse language, sexual reference & brief nudity. PRIDE will be released nationally on March 4 and available on Blu-Ray, DVD & iTunes.

BONUS FEATURES: Making Of, The True Story, Deleted Scenes, Audio Commentary with Director Matthew Warchus and Writer Stephen Beresford



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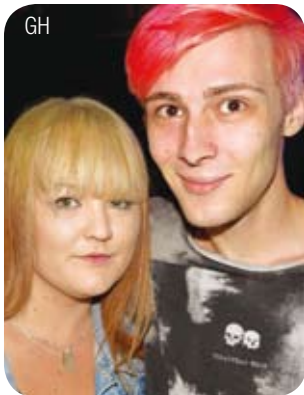


Flamingos



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q scene: OUT & ABOUT



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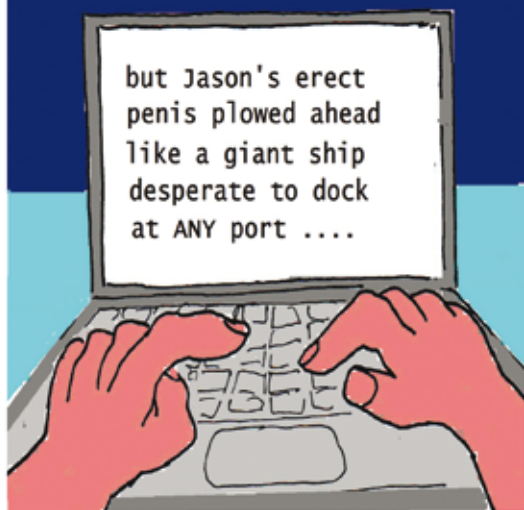
Gaylord Blade

by KICHI

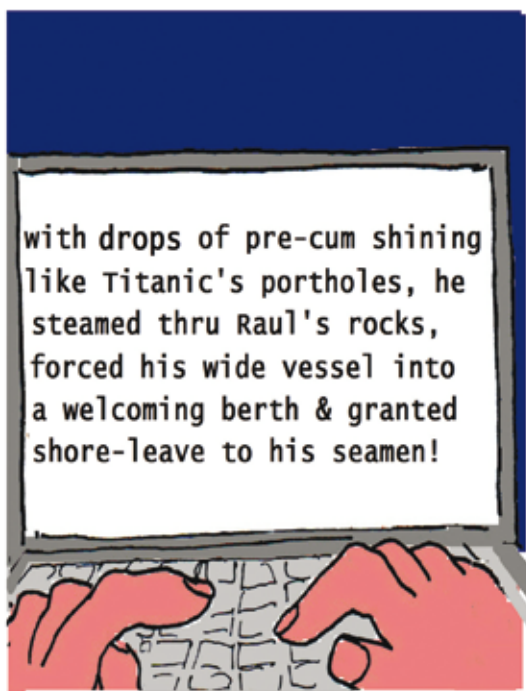
"It was a dark
& stormy anus ...



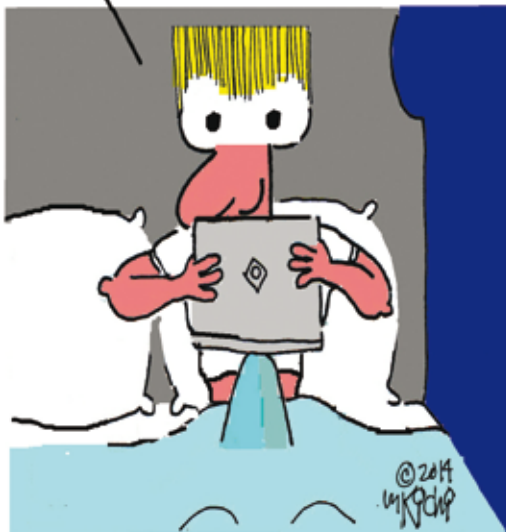
but Jason's erect
penis plowed ahead
like a giant ship
desperate to dock
at ANY port



with drops of pre-cum shining
like Titanic's portholes, he
steamed thru Raul's rocks,
forced his wide vessel into
a welcoming berth & granted
shore-leave to his seamen!



Writing an erotic Gay
novel is HARD work!





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