



APRIL 2015

Q MAGAZINE

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Ex-gay/reparative/conversion therapy began in Australia

With recent developments in the United States, such as individual states banning ex-gay/reparative/conversion therapies and President Obama calling for the practice to be banned many people believe the concept to be an American invention. Apparently, conversion therapy was being practiced in Australia at least seven years before it was formalised in the US when Exodus International was founded in 1976 and was not an American evangelical import as has been assumed.

Anthony Venn-Brown, founder of Ambassadors and Bridge Builders International, detailed the horrors he experienced in a residential conversion therapy program in 1972, in his autobiography *A Life of Unlearning*. According to Venn-Brown, it was like a rehabilitation centre; to rehabilitate him from gay to straight.

"Like mental health professionals of the day, the leaders of this program believed I was homosexual because of my upbringing and that I could be cured," Venn-Brown said.

"In order to become straight, I had to pray a lot, read the bible daily, confess my sin and have demons cast out of me. They went through my wardrobe and took all clothing they believed was 'gay' and made sure I only did 'manly' chores in a concerted effort to masculinise me," Venn-Brown added.

Since 2000, Venn-Brown has worked with hundreds of survivors of ex-gay/reparative/conversion therapies and programs. It began with an online support group he commenced the same year with over four hundred members.

Venn-Brown says that the recent developments in the US are encouraging but wonders why we have not seen the same thing happen in Australia.

"Whilst I'm glad that ex-gay/reparative/conversion organisations continue to decline in Australia, legal protection for minors against these practices sends the right message. Firstly to LGBT youth but also a clear message to practitioners that their philosophy, that homosexuality is disordered, is archaic and will not be tolerated in an enlightened and accepting Australian society," Venn-Brown concluded.

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Brett Hayhoe t/a Q Magazine
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q feature: THE PRODUCTION COMPANY

The Production Company opens their 2015 season with their 50th show. Here is what you are in store for this year.

WEST SIDE STORY opens in Arts Centre Melbourne's State Theatre on July 11 for a season of ten performances. Inspired by Shakespeare's Romeo and Juliet, West Side Story is a poignant, provocative and emotionally powerful piece of theatre, its score features many of legendary composer Leonard Bernstein's most famous compositions - Maria, America, Somewhere and Tonight.



This landmark season is created by the acclaimed team of Director Gale Edwards, Musical Director Guy Simpson and Jerome Robbins choreography will be recreated by Michael Ralph.

Starring in West Side Story is a knockout line up of Australian stars. Returning from London to play Maria is Anna O'Byrne whose recent credits include Christine Daaé in Phantom of the Opera on the West End. Gareth Keegan, who starred in Show Boat last season, is Tony. In the role of Anita will be Deone Zanolto (A Chorus Line on Broadway and We Will Rock You on London's West End). Adam Fiorentino whose US credits include Bert in Mary Poppins on Broadway, is Bernardo. West Side Story is proudly sponsored by ANZ.

NICE WORK IF YOU CAN GET IT opens in Arts Centre Melbourne's State Theatre on August 15 for a season of ten performances. Set in the Prohibition era, Nice Work If You Can Get It features a snappy book by Tony Award winner Joe DiPietro (Memphis). A delicious, madcap and romantic tale, Nice Work features a treasure trove of George and Ira Gershwin's most beloved, instantly recognizable tunes including Let's Call the Whole Thing Off, Someone to Watch Over Me, 'S Wonderful and Fascinating Rhythm.

Rohan Browne (Strictly Ballroom) is Jimmy Winter, a wealthy and handsome playboy. Esther Hannaford (King Kong) is Billie Bendix, a feisty but beautiful bootlegger who is on the run from the law and steals Jimmy's heart. Christie Whelan-Browne (Rocky Horror Show) is Jimmy's fiancé Eileen Evergreen, the self-proclaimed finest interpreter of modern dance in the world.

Directed by Helpmann Award winner, Roger Hodgman (Show Boat, Grey Gardens) with Musical Director John Foreman (The Boy From Oz, Singin' in the Rain) and Choreography by Dana Jolly (Show Boat, Grey Gardens).

JERRY'S GIRLS opens in Arts Centre Melbourne's Playhouse on November 21 for a season of seventeen performances. Originally created to showcase his leading ladies, this new staging of Jerry Herman's JERRY'S GIRLS will feature the dazzling talents of twelve of Australia's leading ladies including Nancye Hayes, Rhonda Burchmore, Silvie Paladino, Christie Whelan-Browne and Kirby Burgess. More than most songwriters, Jerry Herman has put the leading ladies of his shows centre stage and Jerry's Girls affectionately celebrates them. Herman's hits in this musical feast include Hello, Dolly!, Bosom Buddies, Wherever He Ain't, I Won't Send Roses, The Best of Times and I Am What I Am.

The dynamic trio of Director Dean Bryant, Choreographer Andrew Hallsworth and Musical Director Mathew Frank are shaping this musical to be a wonderful night of celebration. Jerry's Girls is proudly sponsored by EY.

Subscriptions for the season are now on sale with a subscription costing as little as \$108 to see all three shows. For full details of the shows please visit www.theproductioncompany.com.au.

q play: **ANDY WARHOL IN THE RAW: THE COMPLETE PICTURE**

In January 2013 Noel Anderson's provocative play Andy Warhol's Fifteen Minutes of Fame sold out at La Mama Courthouse, Melbourne. Fast forward to 2015, Andy's back, taking over Saturday Nights at the Jewish Museum of Australia.

The evening consists of an audience viewing of the Warhol Exhibition Geniuses, followed by the raw reading and performance. The script has been especially reworked for the performance at the Jewish Museum with surprise moments directed by Noel Anderson. Josh Futchter from the 2013 production reprises his role of Andy. This is the complete picture of Andy Warhol, the man and his art.

In the era of Facebook, YouTube and short-lived overnight sensations, everyone is clamouring for their 15 minutes of notoriety more today, than when Andy ruled the world back in the 60's and 70's. Andy Warhol's Fifteen Minutes of Fame charts the artist's struggle for success and descent into madness by his hand-picked superstar, Valerie Solanas.

The Jewish Museum of Australia, Melbourne
Saturday Nights in May – 2nd, 9th and 16th
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Exhibition, Geniuses.
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q youth: with TASMAN ANDERSON

Tassie's Bucket List: #200 "Have a 'Home and Away' moment"

I'm sure a few of you are probably frowning at this page and wondering whether I've finally crack it or if I've just watched too many episodes of the soapie. Well rest assured, it's neither of those – although the first option is still debatable.

A 'Home and Away' moment is something my Dad came up with when I was 15. He had taken me and to get a vaccination one morning and because of my fear of needles, I ended up bursting into tears and begging my best friend to hold my hand. She was amazing – like always – and went along with it. Dad said it was so hilarious that I should have used it to audition for Home and Away. From there, anything remotely dramatic was known as a 'Home and Away' moment.



I've always wanted to have a moment that was truly worthy for the 'Home and Away' status but unfortunately, I wasn't prepared for what was coming my way. A few months ago, I decided to see the doctor after I was so low in energy that I couldn't even walk from the car park to my workplace without needing to rest. Also, I noticed that I was getting sick after dinner and would sometimes need to go to sleep straight after a meal, no matter what time it was or how long I had already slept for.

The first visit to the doctor reveal a B12 level that was so low that it was equivalent to an 80-year-old woman. I had several B12 shots – yes, I whinged for every single needle – and when those didn't work, I was sent in for more blood tests. My doctor was fantastic and she found something in my results that can often be overlooked. After months of blood tests and the symptoms getting harder to ignore, I found out that I have Coeliac Disease.

For those of you who don't know, Coeliac Disease is where the immune system reacts abnormally to gluten. Simply put, my small intestine is attacked by the gluten in a lot of wheat, barley and rye based products. If it is left untreated, the chronic illness can lead to heart failure, complications with as well as during pregnancy, and cancer.

I'll admit, I definitely didn't handle the diagnosis like a champ. I whinged, argued and cried because it was going to be a big life change and there was nothing that could be done to fix it. Coeliac Disease is a forever thing so the only way to maintain a healthy and symptom-free life, is to be completely gluten-free.

The prognosis isn't all bad. It's true that a lot of products – and I mean A LOT – has gluten in it but there is plenty of gluten-free products available today and not all of it tastes like crap. The new diet has also given me fantastic weight loss and I'm almost completely symptom free already.

The only thing that I'm really struggling with is finding a way to dine out with friends without my illness getting in the way. A lot of restaurants around where I live don't fully cater to people with coeliac disease and since something as small as bread crumbs can make me sick for days, I've had to leave places or work with the items they have. I know it could be a lot worse so I am incredibly grateful for what is available and the restaurants who didn't treat me any differently, no matter how difficult my order was.

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, email qmagayouth@gmail.com

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q circus: NICA'S PESCADO

The National Institute of Circus Arts (NICA) Australia's Centre of Excellence in Contemporary Circus Arts Training
presents PESCADO - A Circus Cabaret Fusion

A new circus work featuring NICA's second year artists directed by Hayden Spencer and Carita Farrer Spencer

NICA's talented second-year students will have no trouble fishing for compliments when they feature in this quirky aquarium of circus, cabaret and comedy. PESCADO - A Circus Cabaret Fusion will be performed in the National Institute of Circus Arts' intimate studio space. Co-directed by Australian cabaret and circus mainstays, Hayden Spencer and Carita Farrer Spencer, PESCADO will submerge the audience in a wonderful world of piscine characters, outstanding circus skills and tongue-in-gill silliness, all wrapped up in a 'Venice Beach' atmosphere.

The directors have plunged their creativity into the underwater theme. "We have created human characters that are based on elements from the ocean. Think aerial trapeze backing vocalists who strangely resemble both prawns and The Supremes, crab-like strong men, a Walrus-esque ringmaster, and scuba-diving DJs and dancers."

Audiences can expect a brave and edgy performance full of stunning character work, physicalisation, humour and a dynamic array of circus skill performances.

"We have responded to the skill-set of our ensemble and their creative passions and ideas, then we framed a show around that. The result will be a cavalcade of characters, some hilarious and quirky, some dynamic and extreme," said Hayden and Carita.

Twenty multi-talented artists will present high level circus skills including: Tight Wire, Hula Hoops, Acrobatics, Clowning, Aerial Straps, Handstands, Roue Cyr and Tissu along with a good dose of humour, live music and quirk.



NICA National Circus Centre, Movement Studio
39 - 59 Green Street, Prahran

13 - 16 May 2015 | Wednesday - Thursday 7.30pm | Friday 6.00pm & 9.00pm | Saturday 1.30pm and 7.30pm

Adult \$30 / Concession \$25 / Child U16 \$22

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q cuisine: with ALESSANDRO RUSSO



Pasta with Mussels Tarantina

Whether spaghetti, vermicelli or linguine has a great importance if they are of excellent quality; what makes the difference rather than the other similar recipes of the Italian tradition is on the one hand the variety of mussels and the other the procedure used to cook the sauce. The mussels tarantine fact, possess the particular characteristics, unique: are grown in sea-rich pools of fresh water such citri or cirrus clouds. The flavor, particularly delicate, is accentuated by short baking receiving:

less time is subject to heat, the greater the pleasure of tasting them.



PREPARATION:

Wash, clean and open the mussels raw, depriving them of the shells, picking up their liquid and holding it by the fruits together.

In a saucepan heat the oil with the garlic along with a stalk of parsley; let flavor then remove from pan parsley and for those who so desire, too, even the garlic. Add in hot oil 3-4 mussels leaving fry just before you put in the pot tomatoes or the past. If using fresh tomatoes, this should be previously blanched, peeled and seeded: should not be used as it is.

Continue to cook the sauce by adding gradually the liquid from the mussels. Only when the tomato will be well done and undone, combine all the mussels with their liquid advanced. Bring the sauce to a boil and then turn off the stove. Boil pasta in salted water; drain with forceps a few minutes before the time indicated on the package and let finish cooking in the sauce with mussels, stir.

Serve Finally, complete the dish with chopped parsley raw well in hand and black pepper freshly ground.





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q fitness: with CHRIS GREGORIOU

Does a gym membership do it for you?

Ever had a gym membership and found that it doesn't get used? Even more to the question, do all of those machines really suit you?

The human body has not changed since the evolution of man, so why do we need funky new machines or complex strange exercises? Truth is we don't move like machines so why strap yourself into a piece of unwelcoming metal and strain yourself uncomfortably? This surprisingly does not convert to building strength across your body and does not translate to functional fitness (movements that we perform in everyday life reflected in the gym).

A gym membership gives you access to machines and classes however just how personalised and unique are these to you? Does it take into account any posture re-alignment, tight muscles that need to be loosened up, muscular imbalances for correction, and for the vain part of us, body sculpturing? The reality is no, as any personalised program should be changed within four weeks and ideally you should be assessed every time you exercise by a trained professional, making minor tweaks as you train to your programming to get the best results within the shortest amount of time, oh and most importantly keeping you injury free.

So when considering your options for exercising, consider what is functional so that you can be your fittest at home and at work.

Before making a start to your lifestyle or embarking on any fitness changes, my suggestion is to apply these five proven FIT principles that will ensure you make progress and get results.

baselineFIT - identifying where you currently are at and define your baseline

eatFIT - Your metabolism can do with exercise too. What you consume is important too.

moveFIT - Moving your body the way it has been designed to is and functionally.

targetFIT - Are you making progress towards your target? Setting targets up front is critical for tracking progress and you might find it motivating.

mindFIT - Enjoying ongoing exercise and a balanced healthy lifestyle begins in your mind.

So lets focus on the third FIT principle "moveFIT" is all about moving your body naturally with as many muscles and joints at any one time. Body weight exercises are awesome for this and all you need is you.

A great way to get the most out of your bodyweight is to perform a set of routines that alternate between upper body and lower body exercises, that allows you to get a great circuit going. There is a huge range of bodyweight exercises that can be performed, here are just a few.

Here are a bunch that cover most areas of your body, with the greatest impact, in the least amount of time.

Warmup:

Standing away from any obstacles, raising one knee up high at a time, start with a slow walk, knee up as high as possible and think of Fred Flintstone, yes



these have been called just that. As you start to warm up, move into a jogging pace and continue to lift your knees up high. If your fitness is high, move to a running pace or go even faster. Perform this for about 30 seconds or until slightly out of breath.

Depending on your level of fitness the next is a chest exercise and if you are just starting off with working your chest, start with pushing up with a 45 degree angle say against a desk, or progress to the floor on your knees. If you are more comfortable with working your chest and your back is not showing signs of strain perform these on your toes.

Remember to always have your hips slightly higher than your body at all times to protect your lower back. To progress even further with this exercise, elevate your legs and place them on something high such as the bed or coffee table and your chest will be under more pressure and will be worked from a different angle.

Next let's move to the lower body and start with a straight lunge.

If you have sore knees or a bad back, you can utilise the wall as mentioned in the warmup.

First step: Stand with your feet shoulder's width apart, spine long and straight, shoulders back, gaze forward.

Step two: Step forward with one leg into a wide stance (about one leg's distance between feet) while maintaining an upright spine, looking forwards.

Step three: Lower your hips until both knees are bent at approximately a 90 degree angle. Your front knee should not extend over your ankle, and your back knee should hover above the ground. Keep your weight in your heels as you push back up to starting position.

You can do this on the spot. If you have a great view from your room, enjoy, switching from left to right while following these three steps.

To kick it up a notch, perform step three however go up and down in multiples of 2 or 3. You can also add one to the count each time you change sides, so you lunge one, the twice then three time on the same leg until you cannot do any more.

Some other exercises.....

Intermediate: single leg step ups using a sturdy chair

Advanced: Spider man pushups

Bulgarian squats (with your foot on the bed)

This is a great exercise because it not only builds muscle and leg strength, but it also improves hip mobility and knee stability. Holding something heavy while performing this exercise increases the resistance and effectiveness. You can hold your weight overhead, in bear hug at the chest or out in front of you to work your abdominals. Don't forget, elevating your front leg on a box will extend the range of motion for this exercise. Also, an EQI in this position is amazing for rehabbing hip and knee issues.

Mountain climber are another great way to get your heart rate up.

Also if you have an elastic band - you can work your upper back with straight arms and stretching the band apart.

How to progress:

Depending on your level of fitness, regular body weight exercises are a good way to form your base however where do you go once you have concurred your own body weight. Progressing to plyometric movements such as jumping squats, clap pushups, skipping etc, then instead of increasing weight we would change movement style. Alternating pace for long slow movements, such as taking 10 seconds to perform the downward movement of a pushup, with a burst of speed to get back up.

These are great beginner to intermediate exercises however they do not take the place of a trained fitness professional assessing your posture, flexibility, muscular imbalances to be your healthiest, most flexible, strongest and amazing ever!

Editor & Publisher: If you're looking for a personal trainer in a welcoming environment please call our supporters: VisionPT Prahran.

q dance: SYDNEY DANCE COMPANY

AUSTRALIAN PREMIERE SEASON
SYDNEY DANCE COMPANY'S
FRAME OF MIND
WILLIAM FORSYTHE | RAFAEL BONACHELA

As part of its Australian premiere season, Sydney Dance Company is set to present a limited run of its acclaimed double bill, *Frame of Mind*, at Southbank Theatre, Melbourne. This is an exceptional opportunity to experience two mesmerising danceworks - legendary American choreographer William Forsythe's acclaimed masterpiece *Quintett*, and Rafael Bonachela's newly created *Frame of Mind*, direct from its world premiere Sydney performances.

Created in 1993, William Forsythe's *Quintett* is one of the most renowned contemporary dance works of the 20th Century. This highly poetic and powerful work, developed in collaboration with Ballet Frankfurt dancers Dana Caspersen, Stephen Galloway, Jacopo Godani, Thomas McManus and Jone San Martin, was a final love letter to Forsythe's wife, dancer Tracy-Kai Maier, who succumbed to cancer in 1994, aged 32.

Quintett is set to a hauntingly beautiful soundtrack by renowned post-minimalist British composer, Gavin Bryars; his iconic 1975 composition, *Jesus's Blood Never Failed Me Yet*. Inspired by a grainy, chance recording of a homeless man singing, the looped vocals begin as a barely audible, distant melody, and acquire a slowly evolving, growing orchestral accompaniment, which with its insistent optimism, tinged with tragedy, creeps under the skin and magnifies the intense poignancy of the choreography.

In *Frame of Mind*, Rafael Bonachela brings the presence and power of 17 of Australia's most accomplished dancers to the stage for an emotionally charged performance. In a faded room - created by designer Ralph Myers, time passes from day to night, and over again, as the dancers transition from impassioned solos to tender duets, intricate trios and high energy ensembles, or lounge silently, observing from the sidelines.

Inspired by the desire to be in two places at once, *Frame of Mind* is performed to a pulsing contemporary-classical soundtrack by US composer Bryce Dessner, best known as a member of hit rock band The National. Recorded by internationally renowned The Kronos Quartet, the music - from Dessner's acclaimed 2009 debut CD *Aheym* - travels the gamut of human emotion, from love to folly, compassion and fury.



Frame of Mind opens at Southbank Theatre, Melbourne, May 6, with just nine performances until May 16.

Wednesday to Saturday, 8pm; Saturday May 16, 2pm.

Tickets from \$45. Group packages available. Under 30s, \$30.

Book now at Melbourne Theatre Centre, 03 8688 0800

www.mtc.com.au/plays-and-tickets/other-companies-2014/frame-of-mind/.

For all of the latest Sydney Dance Company news and behind the scenes happenings subscribe at www.sydneydancecompany.com, or follow us at www.facebook.com/sydneydanceco | www.twitter.com/sydneydanceco | www.instagram.com/sydneydanceco | www.youtube.com/sydneydancecompany.

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.



That Eurovision Feeling

It's that time of the year again; time for the annual Eurovision Song Contest when Eurosceptics and Eurovision haters band together to pour sneering snobbery and scorn upon the UK's song entry, whatever it may be. Listening to the Eurovision haters is actually great fun, particularly since they are truly passionate in their hatred of the song, and the performers, regardless of talent that they may have. Such critics tend to forget that the Eurovision Song Contest will capture the attention of citizens of many nations for one enjoyable evening in May. They will add into their argument comments, such as, "We won't win anyway, we never do", or "It's a stitch up", and even "It's nothing like Sandie Shaw", with the supposed killer comment being, "It's all based on politics". Well really? Now, that's a surprise! Didn't their teachers ever tell them that it's not winning, but the taking part that is important?

The Eurovision Song Contest is, in many ways, rather like Blackpool, Benidorm and Marmite; you either love them or hate them. In my case, I love them all, and particularly Eurovision, which I have watched and enjoyed since childhood. This annual extravaganza taught me a lot about geography, since I would check out the countries represented in the contest in my atlas, and the people and languages represented would always fascinate me. Maybe it also set the seeds of curiosity that eventually led me to live a life outside the UK. Of course, I still remember that old trouper, Katie Boyle, a personification of BBC professionalism, as she would make contact with the faceless juries in Rome, Madrid and Paris, whilst dreading those awful words, "nil point".

I value the cooperation and friendship that Eurovision stands for. It is refreshing to hear Europeans discussing songs instead of the usual arguments and debates about budgets and unemployment. My usual response to the Eurovision cynics is "If you don't like it, don't listen to it". They seem to miss the point that it is not to be taken too seriously. It is just an evening of cheesy fun, high camp, glitz, and catchy showcase spectaculars. It is rarely about the quality of a song and its music. How could it be with so many countries and languages and cultures represented, and does it matter anyway?

If I go into a German, Scandinavian, Irish or Spanish bar and ask "Who likes the Eurovision Song Contest?" the overwhelming response will be positive. If I tried that in a British bar, I guess I would be booed and laughed out of the premises. Yet come the big day, Brits will also head off to bars and parties to watch the event on the big screens, as will their European counterparts. It is almost as if Brits are afraid or unwilling to applaud anything that is remotely European, or maybe being seen to enjoy it.

In many ways, the Eurovision Song Contest represents British suspicion of Europe and its institutions. The dislike and distrust of Europe that is now gaining ground in the UK is the result of entrenched insular attitudes of many of its citizens; flames fanned by immigration issues, unemployment and a range of other social issues, which are now finding a political voice. Sadly, I guess that the UK will never be a true and willing partner that is comfortable within Europe and sharing the European dream; negative attitudes towards Eurovision reflect many of these issues.

I am delighted that Australia is taking part in the contest this year. I have many Australian friends who are great fans of the contest, and it is my hope that Aussie enthusiasm and their usual pragmatism will help to lighten some of the more cynical British attitudes. I will be watching the contest, supporting both the UK and Spain, although I am not that bothered who wins the contest. However, I do know that it will be a good evening spent with friends from a range of countries. Personally, I would love to see a Worldwide Song Contest, which would be a refreshing change from viewing the world through the barrel of a gun.

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his book, 'Expats Voice' (ISBN: 9780992767174). Available in paperback, as well as Kindle, iBooks and Google Play editions.

iPhone/iPad and Android Apps: ExpatsInfo, CanaryIsle and CanaryGay now available.

q drag: DAY TONA

Day Tona has been providing Melbourne with cutting-edge drag performances for several years. Now, working as entertainment manager at the GH and basking in the glow of the latest spectacular *Glamazon – Once Upon a Dream*, Alan Mayberry found out how she had the chance to put her stamp on its outstanding weekly shows, and the influences on her life to date.

I realise many of you know me as Day Tona, however a lot may remember me as Cory McKinnon, boy back-up dancer and choreographer in the *Spiced Girls* at the Xchange years ago. My time performing in Melbourne's gay venues began way back in 2007 only a couple of years after I moved to this fabulous city, when Commercial Road was the bustling heart of gay Melbourne.

My family, including a younger brother and sister, live on the Gold Coast but I moved to Melbourne when I was just 18, after completing high school and a year at university. Studying just wasn't for me, and I moved to access more opportunities in dancing and performing. I've been performing since I was 10 and always wanted a career in the performing arts. High school was tough, especially being involved in music, dancing and performing arts. I was bullied a lot, but persevered and by the end of high school was somewhat accepted and elected school vice captain. My move away from home was career driven, however, it was also to allow me to become comfortable with myself. I am lucky to have a very loving and supportive family, but for me the Gold Coast didn't have what I needed to grow professionally and personally.

My performance experience includes working for Royal Caribbean Cruise Lines in 2005, being part of various Australian TV and national touring shows, and performing in many of Melbourne's gay venues including the Xchange and the Market. After the close of the *Spiced Girls* Shows in 2009 and exhausting the podiums around Melbourne, I grabbed a pair of heels and a tube of lipstick and Day Tona arrived to take on the world. Sensation and I came up with my name after quite a few drinks at the bar at the Market one night. So, named and wigged by my drag mother Sensation, I started performing at the Xchange, and Heavens Door and was lucky enough to be chosen by Zowie Knox to be apart of the *Lady Gaga* Market Show. Shortly after I was contracted with Carnival Cruises and spent 4 years travelling and performing on the high seas, and of course donning the 'look' every now and again to keep Day Tona alive.

I never specifically decided on what type of performance career I wanted. If anything I wanted to be a Las Vegas showboy, however at 5'7" my dreams were crushed when I came to realise showboy minimum height was 6 feet. All I wanted was to make a living being creative, and working in the entertainment industry. So lucky enough, upon my return from working overseas, I was cast into the A Team, and shortly after began choreographing and creating shows that have been pounding the GH stage for the past year.

I guess you could say I'm a bit of a work-a-holic, so my hobbies include going to dance class and mixing music. All the show tracks for the A Team and the new *Glamazon* and *Boyz* shows are mixed by me. I love finding new mixes of things and mashing them together to create great mixes. Dancing, teaching class and choreographing for most of my life has kept me fit. After dancing non-stop for 4 years on ships, I've taken the past year off any intense fitness régime as I accumulated a couple of injuries including a bulged disc and most recently a partially torn hip, so needed a bit of a break. I do my best to eat a healthy balanced diet, however those late night runs to the Hungry Jack's drive through are all too frequent.

I love the movies and try to get there as much as possible, usually with my sisters Amena Jay and Aaliyah, who is also my flatmate. I love any movies with explosions, car chases or superheroes. I'm definitely a secret geek boy movie fan.

Creating shows today is much more of a challenge than 5 years ago. Social media has enabled audiences to access entertainment at the swipe of smart phone, so shows need to be different, fresh and exciting but still keeping true to the 'classic' drag performance. Also, with the success of *RuPaul's Drag Race*, drag has become more mainstream. Which is fantastic, but means audiences expect more than just painting a great face and knowing the words to the latest Beyoncé release. So again, it makes creating shows



challenging, but fun and exciting to have to push the boundaries and come up with new concepts. This is where a show like the A Team's *Pirate Show* came from. I took a well-known theme and twisted it to create a show no one had really seen before. I also like to have a loose story throughout shows. It makes them easy for the audience to follow and get drawn into. Though sometimes it's fun just to mix a heap of camp 90's songs together and put on a show as in *Glamazon*. The bottom line is, you need to give the audience something that they can't find on the Internet or TV and give them that enjoyment that only live entertainment can give.

As well as choreographing and performing I was Performing Arts Course Coordinator and dance teacher at Patrick Studios Australia. I love teaching and working with the students at PSA was a great experience, however, I was looking for a more creative path in my career. Working at a performing arts school, especially in the role I was in, has a lot of responsibility, which I wasn't ready to take on yet. Though, it is something I look to take on in the future. So I was delighted to take on the Entertainment Manager position at the GH Hotel when it was offered back in February. The job can be challenging at times, but it has been rewarding working on projects like relaunching *Boylesque* in conjunction with Jason Coleman's Ministry of Dance, which now includes amazing live vocals and of course staging *Glamazon* and the *Boyz*, which includes 8 Queens, 7 Boys and the 'Once Upon A Dream' midnight stage spectacular. It is to be seen to be believed and I'm so elated so many are saying it is one of the most spectacular drag shows ever to be seen here. I was just thrilled a couple of 'old broads' like Paris and Rita had confidence in me and agreed to be in the show.

I also oversee all of the GH in-house entertainment from Wednesdays to Sundays. I have definitely made a point of adding in avenues and nights to feature as much talent the Melbourne gay scene has to offer. For example, reintroducing guest spots for *Ghetto Fabulous* Thursdays and Tabitha's *Friday Night Project*. These nights give queens, both up-and-coming and experienced, the chance to strut their stuff — something that they used to be able to do at many of the clubs on Commercial Road before they closed. We are not forgetting the boys, our MR GH model competition will be running this year, searching for the next sexy boy to be the face of the GH. We will also be running *Drag.net* again this year, which really brings out some of the amazing local drag talent. Personally, I think drag and nightclub entertainment is a unique part of our community. Something special we get to experience each and every week whether it be good, bad, funny or glamorous. In saying that we then need to support each other. Each person has their own creative expression and each of us should be supportive of one another whether it's your type of performance or not. The one thing I know for sure is that drag, performance art, nightclub entertainment and even those hot podium boys, definitely have a very important place in keeping things camp, fun and fabulous. And hopefully 'when you wish upon a star your dreams come true!'



q fundraising: RAINBOW INITIATIVE

Australian LGBTIQ Charities join forces to create the Rainbow Initiative.
Using your online shopping to donate to LGBTIQ community groups



15 Australian LGBTIQ Charities and community groups have joined forces with the Global Fundraising Initiative to create a new online donation service called the "Rainbow Initiative".

The Rainbow Initiative, <http://www.rainbowinitiative.com>, is an online shopping site where people can shop for products and services from Australian retailers and donate for free to their favourite LGBTIQ charity. The free donation is created from the sales commission paid for purchases via the Rainbow Initiative website.

"Shopping with the Rainbow Initiative's participating retailers doesn't cost shoppers any more than buying from them direct and the donation comes from the commission we are paid on the sale," said Mr Alex Jordan, CEO of the Global Fundraising Initiative. "We have created a way for our community to donate to charity for free."

The more than 100 participating Rainbow Initiative retailers sell clothes, shoes, beauty products, flowers, sporting goods, office supplies, book hotels and even credit cards, insurance policies or mobile phone account. There is also a food home delivery service participating.

"Australians are spending around \$30 billion a year through online shopping, we are hoping that the community will use the Rainbow Initiative first to find their online retailers before going anywhere else so that the community charities and groups get the support they need," added Mr Jordan.

Charities and Community Groups participating in the Rainbow Initiative include Bobby Goldsmith Foundation, Twenty10 incorporating GLCS, WA AIDS Council, Positive Life SA, NSW Gay & Lesbian Rights Lobby, GLWA the Matrix Guild of Victoria, Living Positive Victoria, InterPride, The Pinnacle Foundation, the Gender Centre, pflag Perth and the Transgender Anti-Violence Project.

"As a part of the community myself, creating the Rainbow Initiative to benefit these organisations has been a personal goal of mine", said Mr Jordan. "Our Charity Organisations have done so much for the community and it is my personal hope that we will have all community groups come on board to be a part of the Rainbow Initiative. We have invited them all to participate but are still waiting for some to respond."

People buying products via the Rainbow Initiative will have the option of joining the site. If they do join, the commissions generated by their shopping is donated to their nominated charity in their name and they will receive the tax deductible receipt for the donation amount.

"The Rainbow Initiative is the one making the donation, not the shopper," explained Mr Jordan, "we make the donation in the shoppers name as our way of saying thank you and encouraging them to come back and shop again so even more money can be donated. It is the shopper after all that is spending the money."

The Rainbow Initiative provides all participants with an email confirmation of their purchase and the donation amount with the tax deductible receipt from the charity sent to the shopper being the confirmation that the donation has been paid.

"Too many businesses ask people to shop with them and they will donate but how can the shopper be sure what has actually paid to charity? With the Rainbow Initiative, we donate on behalf of the shopper so that they can confirm that the donation they have created has in fact been paid," said Mr Jordan.

The Rainbow Initiative went live in Australia on the 20th of February. Current plans are to expand the Rainbow Initiative into the USA in March / April this year. Q Magazine is proud to support The Rainbow Initiative.

q money: with EVAN DAVIS

Credit cards have their uses though can cause unwanted financial stress. The ability to spend now and then pay back later can help with tough financial times. If you can't repay your credit card balance in full at the end of your cycle (often 55 days) you will get lumped with a very big interest bill. Loads of people who own a credit card will more often than not fall into this trap. This will mean that the debt can be paid back over time though the interest rates are often anywhere up to and can exceed 20%!

The banking and finance industry is highly competitive. There are many providers trying to attract the same customers and many lenders are trying to win new credit card business with balance transfer credit cards.

Balance transfer credit cards are designed to tempt consumers with the promise of a very low, or even ZERO % interest rate for a honeymoon period. When this honeymoon period expires (Often 6 to 24 months) the card will revert to a traditional and much higher interest rate.

Let's take the example of a credit card owner who has a limit of \$30,000. Over time the individual builds up a balance (debt) of \$24,000. This balance if not cleared in the monthly interest free period will now attract interest at the annual interest rate of 20%.

An average month will cost the account holder roughly \$600 as a principle and interest repayment. Of this amount \$400 a month just pays the interest. So the account holder is only clearing roughly \$200 per month from the balance. So this repayment will only reduce the debt from \$24,000 to \$23,800 in the first month. This is obviously pretty slow going and on a continued payment of \$600 per month would take the card holder approximately 5 years to clear the balance entirely.

Should the card holder be accepted for a balance transfer card (pending successful application and approval) they would be able to transfer the debt of \$24,000 to the new card. Let's assume this card had a two year interest free period in which time the rate charged is ZERO %. With the same repayment of \$600 over 24 months the account holder would clear \$14,400 from the balance!

Sounds amazing, so what's the catch? The sad truth is most people fall into the same trap with the new card as they did with the old. They don't budget, overspend and only pay the minimum required repayment. This will simply mean that they carry the new debt until the honey moon period is over and then start paying huge interest all over again. Worse still they max out the limit on the new card.

When working out if a balance transfer card is right for you make sure you consider the fees on the new account and spend within your means. A balance transfer card may help you get on top of your finances but is not a magic bullet solution. Budgeting is boring but essential.



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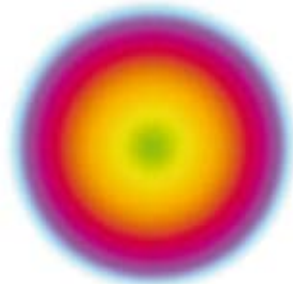
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q pride: RIGA TO HOST EUROPRIDE

special report by Briand Bedford

EuroPride 2015 will take place on Russia's doorstep!

EuroPride - one of Europe's main, annual LGBT events, inaugurated in London in 1992, will be hosted this year by the city of Riga in Latvia and will coincide with the Latvian Presidency of the Council of the European Union. This EuroPride marks a historic occasion as it is the first EuroPride to be held in a post-Soviet country on the EU's Eastern border with Russia. The Latvian capital, Riga is located only 300 km from the Russian border. The local increase in tension, resulting from the Ukraine crisis, is very evident in the Baltic States. We're seeing a massive military build-up in the Baltic states as NATO launched one of its largest-ever military manoeuvres last June in the three Baltic states and the United States recently started deploying a 3,000 strong infantry unit in the Baltics, with over 100 armed vehicles. The NATO forces will hold a three-month exercise with the local armies in Latvia, Lithuania and Estonia.



EuroPride in Riga is of huge importance not only for Latvia but for the entire region, including the post-Soviet countries, where freedom of speech and assembly are under attack every day. The Russian LGBT propaganda law (also known as the gay propaganda law or the anti-gay law refers to a Russian federal law "for the Purpose of Protecting Children from Information Advocating for a Denial of Traditional Family Values" was unanimously approved by the State Duma in June 2013.

**EURO PRIDE
2015**
Riga Latvia

The situation in Latvia is similar to that in Russia. Anti-LGBT groups have spent the past year collecting signatures for a referendum that would implement a similar law to ban "gay propaganda." The new law would limit sexual education to the traditional understanding of marriage, which is seen as the union between one man and one woman. Latest public opinion poll reveals that Latvian society remains hostile towards LGBT people and legal recognition of same-sex partnerships.

EuroPride 2015 – Riga has been organised by the Association of LGBT and their friends MOZAIKA (mozaika.lv/en), the only LGBT organisation in Latvia. Baltic Pride 2015 will be held together with EuroPride 2015 and the organizers are expecting around 10,000 visitors to this important event, which was held in Oslo in 2014. This would be over 15 times as many visitors compared to the last Pride parade held in the Latvian capital city in 2012. A successful event of this size would be a fantastic move forward in a country which is generally speaking quite openly homophobic. Even though Latvia's foreign minister came out as gay last November, the Council of Europe's Commissioner for Human Rights, recently criticized comments made in a newspaper interview about homosexuality and society by the Latvian President.

Despite local opposition from anti-homo groups, who are trying to prevent this event taking place by staging their own, absurd events (such as one to "promote smoking, alcohol and drug use, unhealthy food and lifestyle, sexual deviations and various perversions, as well as other strange things") or a group wanting to stage a festival promoting "family values" and thereby aiming to block the EuroPride route, the organizers remain optimistic that the planned route can be used as originally planned. Sadly the LGBT community cannot expect any support from the local, homophobic Ministry of Justice officials, who has openly defamed the LGBT Community, calling it the "faggot mafia". Demand support for EuroPride in Riga by sending an e-mail to the Latvian Prime Minister, Mrs. Laimdota Straujuma, (vk@mk.gov.lv) insisting that she respect LGBT Rights in her country and stipulate that the EuroPride 2015 must take place in Riga using the route as planned by the organisers.

Whatever the outcome of this legal battle should be, EuroPride in Riga will take place June 15 to 21, 2015 – using the planned route or in the worst case an alternative one. This date is just a few days before Midsummer celebrations, one of the most important holiday periods in Latvia. The festivities will feature a wide variety of events, including an international conference "Freedom of Speech and Assembly World Perspective", where LGBT activists from post-Soviet countries will attend, an LGBT Business Forum, several exhibitions (including one from a Tom of Finland), the "Black Carnation" film festival and a wide range of workshops celebrating inclusion and equality.

The official parade itself will take place on the 20th June and the planned route will cover a distance of around 2.2km on the most important streets of the city.

Fund raising parties for the EuroPride 2015 will be taking place in several locations worldwide, including New York (in Therapy on the 22nd April) and in Bern on the 5th June. Other locations and the latest information on the route and the outcome of the legal battle can be found on the Facebook page mentioned below.

Support for the EuroPride has been received from several embassies as well as some large local companies, the most important being airBaltic – flying from Riga to over 50 destinations worldwide (www.airbaltic.com), offering low cost flights to this event - as well as local Latvian prominence, including world famous Opera singers, fashion designers and shoemakers. Participation in the parade is free - but putting all the EuroPride activities together is costly and the local government refuses any funding of this event! If you wish to make a donation or support the parade in any way, please contact the organisers at: office@mozaika.lv

"VIP" as well as "Friends Cards" will be available for this event and can be purchased in advance. In addition a list of gay-friendly accommodation as well as local businesses which support EuroPride, offering special discounted packages have been compiled by the team from MOZAİKA and this is available online at <http://book.kolumbs.lv>



If you only go to one Pride event this summer please consider the EuroPride in Riga. Your solidarity and support for the Baltic States will be much appreciated by the local LGBT community.

In previous years Pride events in the Baltic region faced threats of violence and attempts to be banned by local authorities. In 2006, a LGBT Pride march in Riga was banned owing to what the authorities' referred to as "security threats" against the participants and violent protesters threw eggs and human excrement at people elsewhere. In 2007, the Pride march was allowed to go ahead, but inside an enclosed park. Outside the park, crowds of counter-demonstrators shouted abuses at the Pride marchers and threw two explosive devices which exploded in the park. In May 2009 Riga City Council initially revoked permission for the Baltic Pride march.

Follow the EuroPride 2015 on Facebook at www.facebook.com/EuroPride2015

The advertisement features a central white box with text and several surrounding images of diverse people. The text reads: "Grab a coffee, take a survey, change the world." followed by "Making a Difference is Easy." in blue. Below that, it says "Take the 9th Annual LGBT Community Survey*" in red and black. At the bottom of the box is the website "LGBTsurvey.com" in blue. The surrounding images include a smiling man, two women looking at a phone, an older couple embracing, a family with children, and two men in athletic wear.

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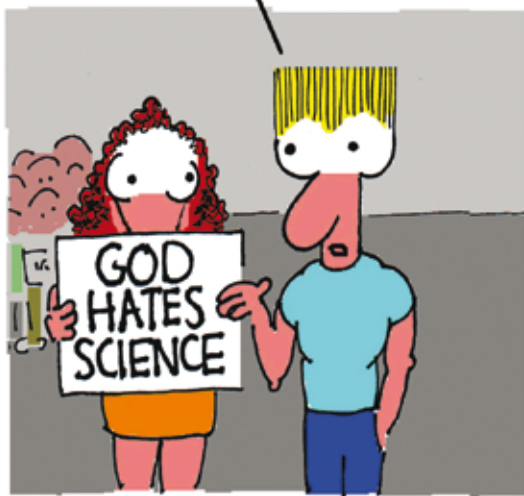
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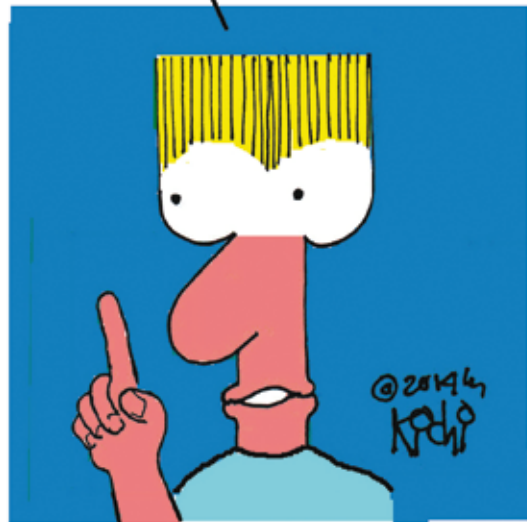
What these zealots DON'T know will someday kill us all!



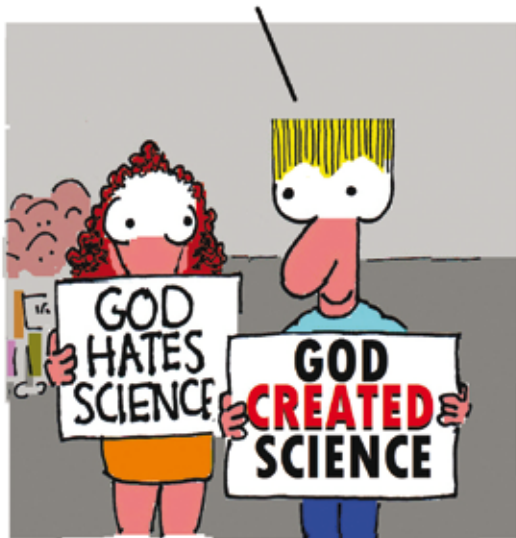
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