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Q MAGAZINE

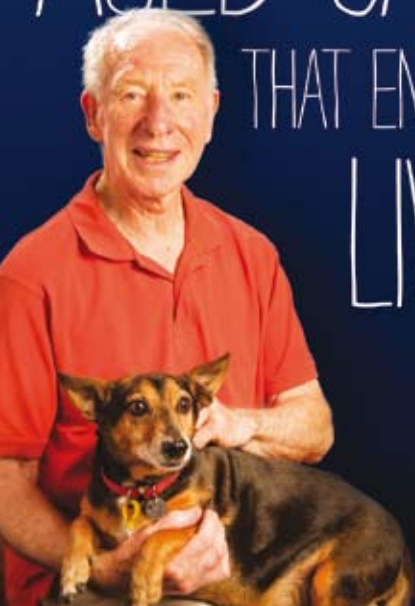
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## q comment:



### WHAT A DRAG 2016 – SHOW OFF AT CHAPEL SPECIAL

After a huge success in 2015, What a Drag Showcase Night is back with Melbourne's best Drag Performers all performing together for one night only to help raise funds for Australian Marriage Equality.

Performers include legends like Doug Lucas, Rita LaCoqueater, Barbra Quicksand and many more. If you're game enough to show-off your skills, please email [showoffatchapel@gmail.com](mailto:showoffatchapel@gmail.com) with your details.

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# q memoriam: **KERRIE LE GORE'S FINAL BOW**



*Kevin Minogue*  
**Kerrie Le Gore**  
11 February 1955 – 1 November 2015

On Sunday 1 November Melbourne lost one of its greatest drag performers and gained a legend. Who would have guessed that the Kevin Minogue who grew up in Reservoir in the 50s, would go on to become the mother of Melbourne drag, known simply as God. Working in a deli by day, by night he was the toast of Melbourne in the 80s and 90s. Alan Mayberry looks at that long and winding road.

Kevin was born on 11th February, 1955 at the Women's Hospital. He was the apple of Dad and Mum's eyes with 2 sisters Maureen and Judy, from whom his drag life was kept separate. Kevin attended St Gabriel's Primary School in Reservoir and Marist Brothers Secondary College, North Fitzroy. He then worked in the Public Service for a number of years before going into entrepreneurship and promotions.

Kerrie met lifelong partner Pearl at the Dover Hotel after the 1973 Carlton Richmond Grand Final. Who would have thought that Collingwood and Carlton could live together under the same roof for 42 years without killing each other? They dated mostly at the Union Hotel in Carlton or the Savoy Plaza and then set up home. Two things about their home that have always been obvious to all who visited – their love of the garden and their beloved dogs, that proved such company in time of ill health. Kerrie said 'Pearl has always been the love of my life – always has been and always will be. We're opposites. Except we both love our animals and garden, but the rest we're totally opposite.'

Kerrie loved entertaining and was a sensational cook. Their home was always full of friends. We'd joke it was Caramar B&B and mostly the Caramar Restaurant, with dinner parties of up to 14 people being wined and dined to perfection.

In 1975 they held their first big party – everyone had to cross dress and Kerrie accepted no excuses. What FABULOUS parties they were. The glitterati of Melbourne attended. He'd tell neighbours their theatre group was having a fancy dress to raise money. It reached the stage even they wanted to buy tickets. The entry criteria was strictly "change of sex", you had to be a cross dresser. It broke down barriers and people conversed – that was why Kerrie insisted on drag. But they grew too big for their backyard, so they moved to the North Melbourne Football Social Club – What a shriek to think a bunch of faggots were camping it up on their hallowed turf!

In 1983, Dukes Hotel in Abbotsford wanted 3 males to do drag. Kerrie jumped at it starting the Troll Dolls with Coco and Chanel and later adding Tall Timber. On Fridays it was *The Tonight Show* with great guests: Maggie Kirkpatrick, Bunney Brooke, and later Maria Venutti became a favorite.

At that time Kerrie was frantic all day at the Port's Own Deli in which Pearl was a partner. Queens would go there to help cook, one on salmon patties, another on coleslaw control. 'I'll never forget the time I lost my ring in the coleslaw. I couldn't find it anywhere.'

Tuesday morning a really good customer came in and said "Is that yours?" and burst out laughing — see that proves it was home made! It was beautiful food, before its time in actual fact.' They sold the deli in 1985.

Kerrie adored the football, and had a footy family outside of drag — revelling with his sisters in the vast Collingwood network. He made friends very easily with his very caring and nurturing demeanour. He was the life of the party, but the secret to his success was his ability to listen and take an interest in everyone he met. No matter what age or station in life, people flocked to him.

Kerrie met Ken Payne at Mandate. 'I worked for the old cow for close to 15 years — 15 years of torture, and I remind him of that every day. He had been to one of our backyard parties and said you've got great organisational skills. No wonder he'd heard of us — those parties left his club Mandate empty. I worked in his office by day, marketing limited edition prints and coin watches — people thought it was just an entertainment empire, but so much more was involved.'

Ken wanted the Troll Dolls at The Market Hotel and they crossed the Yarra to make it one of the hottest places to be seen at in 1985-86. With Kevin Attwood Kerrie started *Le Gore's Backyard* at Mainframe in St Kilda before transferring to The Xchange where it stayed from 17 September 1989 till 1 November 1992. Then it was full-time at Ken's new 3 Faces. The golden age of Commercial Road had begun.

Kerrie said 'When I perform I prefer intimacy with an audience. I like people being right next to me. Others have said to me, "how could you work with them looking right at you?" — but I love it. I don't like being removed. Celebrities never mattered to me at all. I've always been more thrilled and pleased, and rewarded by interviewing kids that bring their mothers to see the show. I really do love that. All those mums and sisters I've met, mean more to me than the celebrities. Mothers Day at Mandate and the Xchange all the queens brought their Mum's along. And how I loved rummaging through their Mum's handbags on stage. I loved compering. Forget miming, it's the mike I love. I don't mind it when I'm part of a production like "I Am What I Am" and the Lipstix signature "I Will Survive", but it is the talking I adore.

'Success is all to do with the rapport you have with the punters. You've got to rub shoulders with them — make them feel part of the show. I'd stand and have a ciggie with them. One said to me, "Thank you for making me feel confident to come to a gay bar by myself." Our shows gave him a reason to start up a conversation with someone nearby — something in common to talk about. You can get away with murder as long as the crowd sees you are having a good time. The shows were all outrageous and memorable, and just think people **pay** us to have this much **fun**!

The Commercial Road era ended on Sunday, 19 September 1999 in a mammoth show featuring every drag act that had ever appeared on the 3 Faces stage.

Kerrie's health had not been good over the last 5 years with foot problems, skin cancers, a dicey heart, a hip replacement and knee reconstruction — all without complaint. He just smiled and kept going and even started entertaining again and even performing occasionally at the Greyhound. He actually put together The Classics which went on to pack that venue for a decade.

Tabitha arranged a reunion at Dick's Hotel a fortnight ago with many of the people Kerrie used to perform with. I dropped Kerrie home at 11:30 and Kerrie turned and said, 'I've had one of the best nights I've had for years. It is just so brilliant that we can all catch up decades on'. Kerrie was so very happy, pain had vanished for a few hours. That was the last time I saw him — and what a high to go out on.

Kerrie did so much for others throughout his life. From voluntary acts for the Victorian Aids Council, to Belles and Fantasy Balls and Rainbow Awards. He helped numerous younger entertainers find their way. He cared for everyone despite his own adversity till the very end. As Ken Payne said, 'he was the Barry Humphries of the gay scene, using a frock and a bonnet, like Dame Edna, to create the Kerrie Le Gore we came to love and cherish. And, like Barry, it allowed him to do what he loved doing most, look at the world in general, and our scene in particular with a microphone in his hand, and make merry with it. And as we all know, he had no equal in that. I have no idea what the Universe has in store for any of us — but Kerrie if you are in the corridor to eternity and end up at St Peter's Gate I know you will be organising another *Le Gore's Backyard*. Please remember to leave a ticket at the gate for me.'

**Kerrie Le Gore**



**1955-2015—Simply the Best**



q memoriam  
in pictures:  
**LIPSTIX**







q memoriam  
in pictures:  
**TROLL DOLLS**



# q youth: with TASMAN ANDERSON

## Tassie's Bucket List: #8 "Visit Hollywood"

The last time I sat down to write for this column, I was in my bedroom with the air-con cranked up and Home and Away playing. Two months later, I'm now freezing my butt off in my Los Angeles hotel room.

It's official! I'm in Hollywood, baby. After fourteen years of dreaming, I finally made it onto the plane and have been here for almost 6 weeks. While it has been a dream come true, there is so much that I wasn't prepared for and a lot that you should keep in mind before coming to visit the City of Angels.

Firstly, there is no need to be scared. For several weeks before I left, I was told by everyone to be careful and that there was so much violence and chaos here that I needed to protect myself. I was told to never go out at night and that I needed to be weary of absolutely everything. While you should be cautious regardless of where you are, there is no need to fear crime or the people here. Sure, there has been some incidences where I didn't feel safe but a little bit of common sense is all that is needed. If you do want to go out at night, stay in populated areas and do not make yourself a visible target by carrying large sums of money or wearing a lot of jewellery.

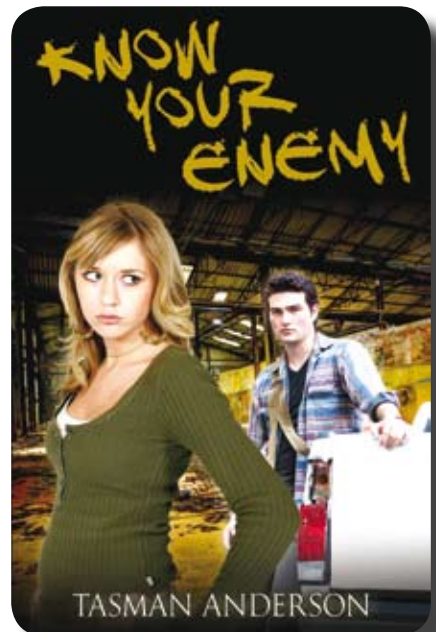
Secondly, it can be difficult to make friends in Los Angeles but it's not impossible. I travelled to America alone and didn't know a single person in the area. In order to make friends, I went to events and chatted to the people around me. I know that can be very daunting and not everyone is comfortable with talking to strangers but it really is necessary. I found that Americans were pretty friendly and once they knew I was alone, they instantly wanted to make sure that I knew to come to them if I ever needed anything or wanted to hang out.

Thirdly, don't believe everything you see or hear. On my first day to Los Angeles, I decided to venture out onto the Walk of Fame and do some shopping. While I was there, a man approached me about purchasing his CD. He was incredibly charming and said that the CD was free but they were asking for donations of whatever we could give to help out. Seeing nothing wrong with this, I donated money for his CD. Next thing I knew, I had six other 'performers' pushing their CDs into my hand and asking for donations. Turns out, these people are hustlers. There is nothing on the CDs and if you refuse to give a donation, they will demand their CD back or get angry towards you. The best thing to do is politely decline and never touch the CD.

Finally, there is no right or wrong way to travel. I originally planned to do a 3-month holiday because I truly believed that Los Angeles was where I belonged. I thought that once I arrived, I would make new friendships, find a dream internship and settle in as if it was home. Truth is, it wasn't what I expected and I decided to cut my trip in half. While homesickness played a large part in my decision, my main justification for coming home was that I went to Los Angeles without a purpose and just ended up feeling even more lost than I already felt. Instead, I took the pressure off and decided to spend six weeks just having fun, working on my novel, and experiencing new things.

Ultimately, my advice to those who want to go to Los Angeles is to go with no expectations. The Hollywood you see on TV is not the real Hollywood and you will be confronted with things you've never seen before. But hey, that's where the adventure comes into play. Los Angeles has some of the most amazing food I've ever tasted and some truly breathtaking views and museums. Check it out, you will be pleasantly surprised.

*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](mailto:qmagyouth@gmail.com)*





# q cuisine: with ALESSANDRO RUSSO

The recipe for the turnovers Puglia with mozzarella and baked in this case prepared as if they were a stuffed focaccia.

## Method

Start by preparing the dough: mix in a large bowl flour, warm water, yeast, salt and a pinch of salt and if necessary, more flour or water. Formed dough is smooth and homogeneous and give it the shape of a ball.

Divide the dough into two equal parts and each break down into two other parts, making sure that one is larger than the other: so in the end you'll have to get 4 pieces of dough. Two larger and two more tiny.

Formateci of the balls and let rise one hour.

Meanwhile cut the mozzarella into thin slices and prepare the sauce by adding a pinch of sugar and salt. You can take on with the job very well too, oiling the pans.

Elapsed time, roll out the dough, spread on a baking sheet circulated by 24 cm one of the two pieces of dough larger. Stuffed with mozzarella, cooked and tomato sauce and cover allargandoci above one of the two smaller pieces of dough. Seal the edges well, even the oiled surface and let rise another hour. Repeat the same procedure for the second cake.

Bake in a ventilated oven at 200 ° C and cook, with the grid located at the bottom, for about twenty minutes. Baked panzerotti Puglia and serve hot or cold.



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# q health: with KEREN WIGLEY

## MEDITATION.... so what is it, REALLY?

First of all, you don't need the hype and romanticism. Forget the stereotype of a devout Yogi sitting atop a mountain in a loincloth. While it might be fun to give it a try (unless it's winter time), the truth is that meditation is something that anyone can do at any time, in any place, and in any way. Just think about taking time-out.

Meditation is simply concentrating your focus on one thing in order to increase awareness of the present moment. It could be your breath, an object, a sound, a movement or a visualization. This has the effect of bringing your mind home, instead of allowing it to race like a wild thing to the past or the future. It's a great way to reduce stress, promote relaxation, improve performance and enhance personal and spiritual growth.

The paradox of meditation is that while it does relax you it also helps you to stay alert and focused. Simple meditation can be done in any place and at any time (except if you are driving or operating machinery!).

**Meditation benefits everyone.** It produces a state of deep relaxation, a sense of balance and acceptance of self and others. Through regular meditation you will gain greater understanding of your thoughts, feelings, and actions. These insights will enable you to feel more confident and in control.

**People who meditate regularly report that they experience improved health, less anxiety or depression, more joy in life and improved relationships with others.** Meditation can be used with other forms of medical treatment and is recognised by the medical profession as an important complementary therapy for many stress-related conditions. Regular meditation can reduce the number of symptoms experienced by patients with a wide range of illnesses and disorders.

### Things to remember:

- Deep, relaxed breathing allows your body to self-heal
- You are not your mind. You can control your thoughts.
- The positive thoughts that you hold in your mind have the power to transform into healthy physical responses
- Through repeated meditation you will notice positive physical changes

### Things you need to know:

- Your body has the ability to heal itself and is capable of manufacturing the right amount of neurochemicals required for healing
- Science has proven beyond doubt that your thoughts and emotions influence your biochemistry
- We can consciously influence the body's output of healthy chemicals through meditation

*There are many different types of meditation available. If you would like to know more, or would like to have a transcript or MP3 of a meditation that is just right for you, please feel free to call Keren at Holistic Health Melbourne on 0409706727 or email [holistichealthmelb@bigpond.com](mailto:holistichealthmelb@bigpond.com)*



**SIA** AND **PANTERA**  
FOR **PETA**



**TAKE A  
BITE**

OUT OF ANIMAL  
OVERPOPULATION:

**SPAY OR  
NEUTER  
YOUR DOG.**



# q drag: **AYSHA BUFFET** **MISS DRAG.NET 2015**

**Aysha Buffet, aka Iyan Difuntorum, hit the headlines winning the GH Drag.Net prize this year. Alan Mayberry remembers the first heat when Aysha stopped the show and left Paris gasping with a stand-out performance of 'I Am Changing' from *Dream Girls*. Alan asked Aysha about the road to stardom.**

I'm a proud Filipino. My family jumped ship and moved to Australia from the Philippines. First living in Patterson Lakes, we moved to Berwick, where I have been living since, and where I went to Hillcrest Christian College. Aside from the occasional school productions, I was never big on theater at school. I loved watching but rarely participated. Admittedly, I was never out at school. But I did get picked on occasionally for having quite a high-pitched voice (sadly, nothing has changed). I was very religious growing up and religion was my life outside of school.

My family isn't a crazy large family but I have 2 younger biological brothers and 2 older adopted brothers and adorable little nieces and nephews. Growing up was VERY religious – church every Sunday, youth group every weekend, and any other church activities in between! It took me a while to find myself and disillusion myself from religion, so coming out was a big shock for my family. It also didn't help that I did a triple whammy on them – quitting university, no longer believing in God and coming out gay. I figured it was best to rip it off like a band aid! We went through some tough times but eventually my family, especially Dad, came around and we have never been closer!

Although I wanted to study law, I couldn't bring myself to stay at uni so I left and started travelling. Five years ago, I took my first solo trip to New York and when I came back decided I wanted to work in fashion. I'd snuck into a fashion magazine party one night and made some great friends who helped me network my way around. I became a social whore attending every event under the sun, wearing the most outrageous outfits (for a boy) and eventually someone noticed me and asked if I was interested in styling something. I hadn't styled anything at the time but you have to fake it until you make it so I agreed and now, 5 years on, I'm still styling and in that time have been lucky enough to work and travel OS a few times a year. I love fashion as a way of expression. I believe it to be a great trait to be able to put together an outfit that says exactly how you feel without saying it out loud. Now seeing clients leave my personal shopping session with a brand new confidence just by taking them shopping and giving them a little helping hand is pure bliss.

My first ever time in drag was November 2014 at the GH's *Derelique Runway Parade*. Only during the rehearsal did I find out that I was going to be doing a lip sync during my runway – first time in drag and first lip sync ever. It was an incredible experience and am so grateful to have a place like The GH that makes young Queens like myself at home. A special shout out goes to my dear friend BJ – I can't thank him enough for pushing me to participate in *Derelique* and *Drag.Net* and giving me the opportunity to shine as a drag queen. If it wasn't for him, there would most likely be no Aysha Buffet.

Aysha Buffet wasn't always my drag name. I was originally going by Jessica Freeman, inspired by my two Australian faves, Jessica Mauboy and Cathy Freeman. Having to explain this to everyone proved difficult and it never really sat right with me. A London friend pointed out that I would be one of the very few Asian Queens in Melbourne who loves food and is also on the bigger side so we came up with Aysha Buffet.



Drag is a serious business and you really don't realise it until you're among the seasoned Queens in the scene. I wanted to use *Drag.Net* as a way of meeting other Queens as I felt like an outsider and was quite shy, staying clear of clubs. I'm not a choreographed dancer and I knew that my strengths were playing a character. *I Am Changing* by Jennifer Hudson has always been a song I've wanted to perform – I ache for a big ballad. And for the final I decided on a dance number based on *Weight* by Latrice Royale – a song about food, being fat and being fierce, and with my dancers we put together a fun number. My mentor for the show, Suzy Akiko, built my confidence, teaching me a lot about drag and fine tuning the small details. Deep down, I'm quite a nervous person but getting the chance to work with Akiko was so great.

I've only performed at 2 venues before, The GH and The Commercial Hotel in Yarraville. I can never stray too far from The GH because they really gave me my first opportunity. But performing at 'The Mersh' is great fun too! Now I'm back Fridays with a fun GH Friday Dinner Show *The First Queens Club*. I hope I get the opportunity to perform at more venues as I grow as a drag performer and hopefully come February 6th 2016, I can take home the crown for Victoria and be crowned Miss Dragnation 2016 and win the opportunity of performing a solo show nationally.



I pride myself in two things: my lip sync and my outfits. I have a great appreciation for fashion but realised very quickly that the outfits I wanted to wear as Aysha were going to cost me thousands so of course I learnt to sew. I'm fortunate enough to have a stylist wardrobe for my normal work so I have just had to make A LOT of room for my drag.

Sadly, with the popularity of *RuPaul's Drag Race*, the expectation of drag queens has shifted. Crowds expect Queens to look fishier and bring more than just a frock and a camp number to the stage. I think sometime Queens lose a little bit of themselves to ensure popularity and I think it's important to always stay true to who you are in drag. If you can't take the heat, then it's best to stay well away from the kitchen. Unless of course you want some of my fried chicken which I'm *more* than happy to make at anytime.

With drag slowly taking over my life, plus work and travel, there really isn't any room for a partner in my life now. It may sound excessive but I can never really relax unless I'm away overseas and I try to get away at least twice a year, mainly to the US, so for the time I'm at home, the hustle is real! I was really fortunate to be sent on a working trip to LA and NYC. It was fabulous but a lot of hard work trying to help a brand break into the US.

I LOVE to cook, surprisingly more than I love to eat! Cooking gives me peace and keeps me calm. I love to entertain and throw fabulous dinner parties so cooking is a big deal for me. Dining out I love Graze Bar in St Kilda and Eau de Vie just off Flinders Lane. I can't sit down for a meal without a cocktail or glass of wine.

I've actually given myself a 5 year deadline for a few things in my life. I definitely want to be living back in the US in 5 years time. I would love to have finished a culinary course and be on my way to owning a little diner of my own. Also, I'd love to have found a partner or at least set aside the time for dating. As for drag, I hope to still be in love with drag and to always bring something fresh and different to the scene, as you will see Fridays at the GH.



# q arts centre: **ASIA TOPA**

**Created and presented by a Consortium of Melbourne's leading cultural institutions, Asia TOPA: Asia-Pacific Triennial of Performing Arts is a new festival-style celebration of Asian-focused performance and culture, from the hottest contemporary performance to the boldly iconic and sublimely classical, presented over four months from January to April 2017.**

Featuring some of the most anticipated contemporary performance makers and thought leaders from the Asia-Pacific region, Asia TOPA will position Melbourne firmly on the Asia-Pacific cultural map in terms of innovation, new ways of working and exciting inter-cultural commissions and collaborations.



Asia TOPA is a joint initiative of the Sidney Myer Fund and Arts Centre Melbourne. In 2014 the Sidney Myer Fund awarded Arts Centre Melbourne a \$2 million seeding grant to develop and inaugurate what will become a triennial event celebrating Melbourne as a creative hub for Asia-Pacific performance culture.

In China overnight, an extra \$250,000 from the Victorian Government was announced for the project by the Minister for Creative Industries, Martin Foley, in an event at the National Centre of Performing Arts in Beijing.

Minister Foley said the Victorian Government's contribution to the event would focus on commissioning new works by Victorian arts companies in collaboration with Asian partners, and on engaging a broad cross-section of the community in the triennial. Mr Foley also announced the first international act on the Asia TOPA bill - Ping Pong Production's ground breaking Tao Ye Dance Theater, a highlight of Arts Centre Melbourne's recent Supersense festival.

"Asia TOPA is an exciting and ambitious program that will bring the best contemporary performing arts from across our region to Melbourne in 2017. Extending over four months, Asia TOPA will provide an unprecedented immersion in the contemporary culture and creativity of the Asia Pacific – and a new major arts event for Australia's creative capital," said the Minister for Creative Industries, Martin Foley.

"Asia TOPA, presented through a pioneering Consortium of major Victorian arts organisations focussed in the Southbank Arts Precinct, will be the first event of its kind. It represents an exciting opportunity to celebrate Australia's place in our own rich and diverse neighbourhood. I hope this will be seen as the beginning, as the first of the Triennials", said Carrillo Ganther AO, Chairman of the Sidney Myer Fund. "Asia TOPA is emblematic of the Sidney Myer Fund's longstanding commitment to closer Asian-Australian engagement and will be a highlight of Australia's 2017 cultural calendar," he added.

"We are thrilled that the Victorian Government is investing in this unique and innovative model designed to deliver great Asian infused cultural experiences across all art forms. We will achieve this by exploring new ways of working together, supporting international artistic partnerships and reaching new and diverse audience," said Claire Spencer, Chief Executive Officer, Arts Centre Melbourne.

Led by Arts Centre Melbourne, Consortium members include Australian Centre for Contemporary Art, Australian Centre for the Moving Image, Chunky Move, Federation Square, Malthouse Theatre, Melbourne Recital Centre, Melbourne Symphony Orchestra, Melbourne Theatre Company, Museum Victoria, National Gallery of Victoria, State Library of Victoria, The Australian Ballet and the Victorian College of the Arts.

Celebrating Melbourne's identity as one a global leader of arts and culture with vital and dynamic connections throughout the Asia Pacific region, Asia TOPA will also feature partnerships with a host of local independent artists and producers from the small to medium sector including Next Wave Festival, Melbourne Writers Festival, Arts House, Bluebottle and Footscray Community Arts Centre among others.

*Asia TOPA is a joint initiative of the Sidney Myer Fund and Arts Centre Melbourne. With major seed funding from the Sidney Myer Fund, Arts Centre Melbourne has initiated a landmark collaboration with Melbourne's community of culture makers and national arts leaders to introduce powerful new voices from Asia to our stages.*



# q travel: **with BARRIE MAHONEY**

**'Tweets 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 and books for expats.*



## **Island in the Sun**

**When I published 'Letters from the Atlantic' five years ago, I thought that would be the end of it. It was meant to be an account of part of my life, and intended to inspire other people to take control of their lives and head towards a life in the sun. It was an account of my dreams, and the delights and challenges that helped to turn my dream into reality.**

We do not have to head to an 'Island in the Sun' to fulfil our dreams. It can be wherever we wish; whatever we envisage to be our own personal paradise. It may be a villa in a Spanish village, an apartment in a French town, or a semi detached in North Wales. The important thing is that it is where we have chosen to be and that we have taken control of our own lives, and not just where we are programmed or expected to be. Life is short and we need to take control.

Since that book was published, I have received many requests from would be and existing expats for more information and help about their life in the sun, and it is always a privilege to

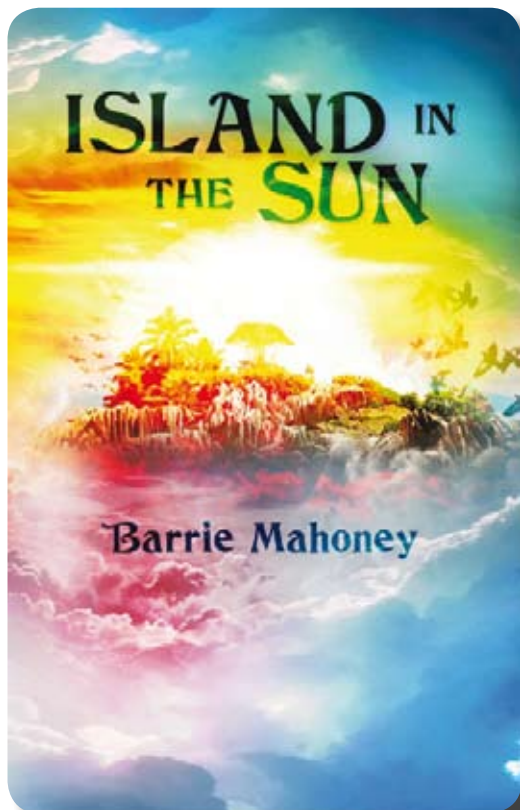
help when I can. Some questions are easy to answer, whilst others are challenging and sometimes worrying. Answers to many of these questions, as well as accounts of the challenges that I faced as a newly arrived expat were eventually published in a series of 'Tweets from the Atlantic', 'Letters from the Atlantic' and 'Tweets from Spain' in a number of publications in several countries, including 'The Leader'.

I began to be asked for back copies of articles with more worrying titles, such as 'Death in Spain' and 'Wills and Inheritance' being some of the most popular requests. It soon became easier to put all the articles into a book at the end of the year, which would provide easy access to the weekly 'Letters'.

Five years on, 'Island in the Sun', is the latest book that offers advice and suggestions, as well as revealing some of the mistakes that I have made as an expat living in Spain and the Canary Islands. Some stories are 'tongue in cheek' reflections of a life that I sometimes find challenging, as well as exciting.

Although I now live in the Canary Islands, I continue to receive emails from many expats living in Spain, as well as other countries, and many of the stories are based upon conversations with people that I have never met. We all have one thing in common; we are all trying to fulfil our own dreams, yet we do not have to live on an island to create our own 'Island in the Sun'.

*If you enjoyed this article, take a look at Barrie's websites: [www.barriemahoney.com](http://www.barriemahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his book, 'Island in the Sun' (ISBN: 9780992767181). Available in paperback, as well as Kindle.*



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# q libation: with MARK LITTLER

## APPRECIATING WHISKY – NEVER BITE OFF MORE THAN YOU CAN CHEW

I recently attended a very private, very exclusive whisky event at one of the country's most spectacular and discreet resorts. I was there with several of my whisky producing colleagues, each of us charged with presenting a selection of our finest single malts to a group who had paid considerable money for the privilege of tasting and appreciating whiskies of the world.

It was during a mingling session at this event, I was asked the question "How does one actually appreciate a good whisky?" It was an interesting question and while the response came quite naturally for me it got me thinking about all those thousands of consumers out there that love their whisky and would love to have greater insight into how one actually appreciates a fine single malt.

Appreciating a good whisky comes mostly with experience and does not necessarily mean that the whisky you are appreciating is to your personal liking. Astute whisky judges will be able to discern between an appreciation for the whisky they are sampling and the personal sensory attributes they extract from it.

Everyone has different tastes; it's why our world offers so much variety, and single malt crafting is no different.

Until you have experienced different whiskies, blended, single malt, bourbon, Scotch, Japanese or Tasmanian, it is difficult to have a balanced and true appreciation of what constitutes a top-class spirit. You may like the nose and palate of a particular drop but that doesn't necessarily mean you have a true appreciation of it.

Whether you like the taste of a particular whisky over others is entirely subjective but you can form an appreciation simply based on an understanding of what constitutes a good whisky.

Most traditional whisky pundits wouldn't consider the bottle or branding elements of a whisky as part of an appreciation but personally I think presentation is a key consideration. If you are paying a reasonable dollar for a good whisky then it should present well on the shelf, after all first impressions do count.

At Hellyers Road, we love the consistency, look and feel of our branding as much as we do the taste attributes of the whisky itself. Here are a few tips to help you become more appreciative of your whisky – from a single malt maker's viewpoint!

### MARK LITTLER'S TOP TIPS FOR APPRECIATING WHISKY

- Be attracted to the overall presentation and shelf presence. Study the content details and tasting notes on the packaging. In this case you are looking for the words single malt as you are buying the purest form of whisky, crafted from a single grain type, always malted barley.
- Look at the colour of the whisky – in your opinion is it reflective of the taste profile or age on offer? Crisp, golden hues or rich treacle tones might be words that spring to mind when eyeing off a drop.
- The best whiskies have no added colouring; their toning and flavour profiles are derived purely from the grain and the timber casks used for maturation.
- When tackling the subject matter, always use a good quality whisky glass – it really does make a difference.
- A good single malt can be enjoyed neat and a little water is quite acceptable (don't even mention carbonated accompaniments, which is pure heresy!)
- Always nose the whisky before tasting it. Taste only serves to confirm what the nose has already informed. A gentle swirl of the glass will help this process and be careful not to inhale too deeply; some high ABV spirits can pack a punch! Place the glass to your nose and relax. It's thinking time.
- From nosing the whisky, an opinion should already be forming. Typical aromas that will present in the core range of Hellyers



Road single malts are citrus - orange and lemon, Christmas cake, or a steaming Christmas pudding, coastal salt or stacks of freshly cut hay.

- Now for the all important tasting. Take a modest sip of the spirit and hold it in your mouth. Count to ten and let it slide down.
- Once it's gone, begin to chew. Yes chew — masticate! Just for a few moments.
- Then wait, and appreciate. The finish, or aftertaste, should linger on the palate as the spirit warms you from inside and reveals its final secrets. Did it deliver a long finish? Was it dry or smooth and did it reinforce what the nose had earlier promised?
- The best tastings are those shared with friends, especially if everyone is up for a chew! You can compare different single malts, discuss them, rate them but most of all enjoy the experience and develop your own appreciation of what constitutes a good single malt whisky.
- Last but not least, always drink responsibly!

Mark Littler is master distiller at Hellyers Road Distillery, Tasmania. [www.hellyersroaddistillery.com.au](http://www.hellyersroaddistillery.com.au)

## q win: HELLYERS ROAD WHISKY CREAM

Hellyers Road whisky cream - coffee liqueur is made from their famous single malt combined with the fresh Tasmanian cream. It offers aromas of rich espresso and biscuit. The palate is rich, full-bodied and pristinely balanced. Alcohol volume 17%

We have two (2) bottles to give away. You can throw your hat in the ring by emailing [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with WHISKY in the subject line. Please note: you must be over 18 years old to win this prize.

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# q scene: OUT & ABOUT



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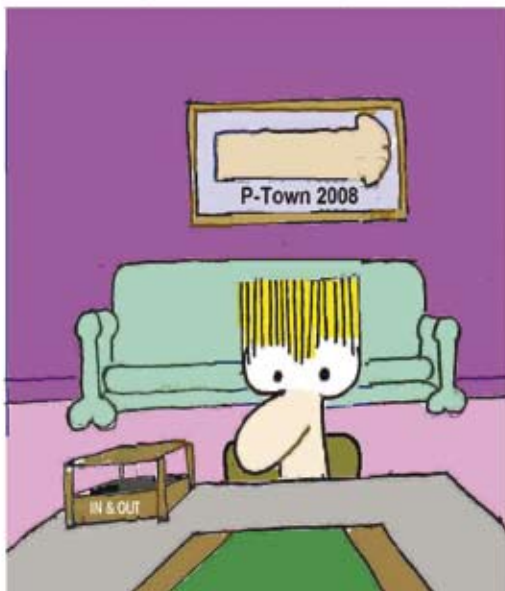
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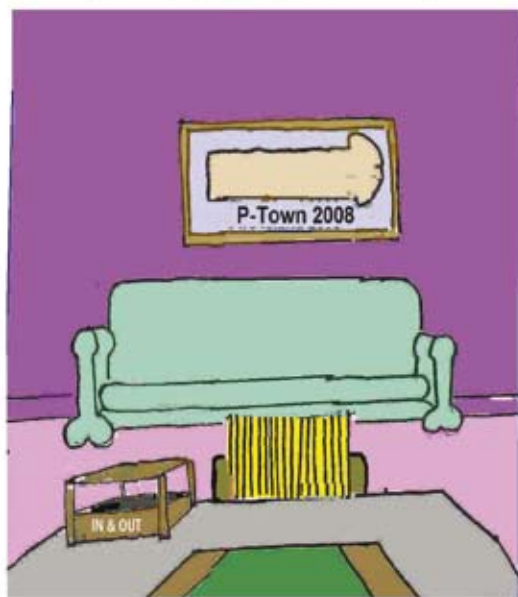
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