



MARCH 2006

Q MAGAZINE



In this issue:

Q Whispers, Q Says, Q Joke,
Q Wine, Generation Q,
4th part of Q Cosmetic,
Q Property, Q Movies,
Q Travel, Q Beauty, Q Theatre,
Camp Capers, Dear Dr Tiffany,
Q People with the talented
and lovely Kate DeAraugo,
and much much more

*He was our first "cover boy" and now Q! re-visits
the life of Molly Meldrum to get the latest goss.
Q Magazine - Made Locally! Enjoyed Nationally!*

A Throb for Men event

the suds party for men only

foam-a-sexual

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q comment: MY BIT

Welcome to Autumn and another issue of Q Magazine. Over the summer, I trust you indulged in all the festivities that made up Pride March, MIDSUMMA and the like - and did it safely.

This time of the year, of course, we welcome another world famous Mardi Gras parade and festival. If you are one of the many visitors this annual event attracts, please enjoy our country and our culture [GLBTi culture that is]. If you are spending some extra time here, I hope you visit as many of the cities and attractions we offer from Sydney to Northern Queensland and, of course, Melbourne.

We [the GLBTi community of Victoria] also recently said farewell to one of the most fabulous members of Victoria Police - Melinda Edwards. I attended her drinks at the Glasshouse and heard her friends and colleagues praise her work and friendship. Victoria's loss is certainly the Northern Territory's gain. Mel, I, for one, will miss you.

Another sad event was the passing of the Laird Hotel's mother possum. David, Ron and all the patrons at this Abbotsford watering hole, are mourning the passing, but trying to keep a stiff upper lip.



He (she) ruled the beer garden for 5 years and during that time gave birth to a plague of possum copies plus one stunning albino baby. If you know of a possum, who is patron friendly, polite, has good habits, is toilet trained and non aggressive, ask them to apply at the peanut box for more information.

I leave you this month with a perplexing question that arose at Diva Bar one Sunday afternoon for Beer Busters...[see pictures to the side]....who is the real Tiffany Stone?

Until next month, from all of us at Q!, we hope you enjoy good health, play safe, and enjoy your Q!



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q celebrity: MOLLY MELDRUM

This interview was conducted with Molly after he had just landed back in Melbourne from an eleven hour visit to L.A. and was then off to more "Dancing with the Stars" rehearsals. Q Magazine is truly grateful for his time.

Q – What do you think is the secret to your longevity?

M – It's just I have a genuine passion for music – I don't find it boring – as each facet of music comes through, I find something very exciting about it. I remember a couple of years ago, I was at DT's having a drink and collecting a copy of Q Magazine, and this guy stopped me at one of the tables and started on about Eminem – really having a go at me for liking him – the next day he went to Number One – and a couple of nights later the same guys were sitting there, so I went over and said "he went to number one etc. so why don't you go and get f***ed" – they just got me so upset.



Q – How do think the industry treats the younger "up and coming" artists – including Australian Idol?

M – Australian Idol is a media outlet of the process of what goes on – and I think the music business has been a bit harsh on them saying they haven't paid their dues etc., but my question is when do these young performers get exposure to move onto the next step? It's hard – people forget that we used to have shows like Bandstand and Countdown and Hey Hey – there were so many avenues for young performers to express their talent – today we only really have Rove [and they only have one act per show].so Australian Idol highlights the young talent in this country. There is only one danger, and that is because we are such a small country in comparison to the U.S. or the U.K., and as it is only on once a year, that we may run dry of talent that is coming up. You have to be 16 and over to appear on Idol, and I had a laugh the other day – there is a young Afro-American artist Chris Smith who has only just turned 16 – and he had the number one song a couple of months ago there and here only a couple of weeks ago – and now he has another single in the top 5 – and I was thinking that maybe they have to lower the age [to Idol].

Then on the other side of the coin you have young artists like Kate Alexa [and I've known Kate all of my life] who has only just turned 18, and the fact she is doing Mardi Gras is nothing short of astonishing.

Q – Moving onto your life – I believe you are doing very well in Dancing with the Stars.....

M – That is a lie [laugh] but I'm having a lot of fun with it. I looked at myself in the mirror and said "Don't Give Up Your Day Job".

and your new healthy living direction?

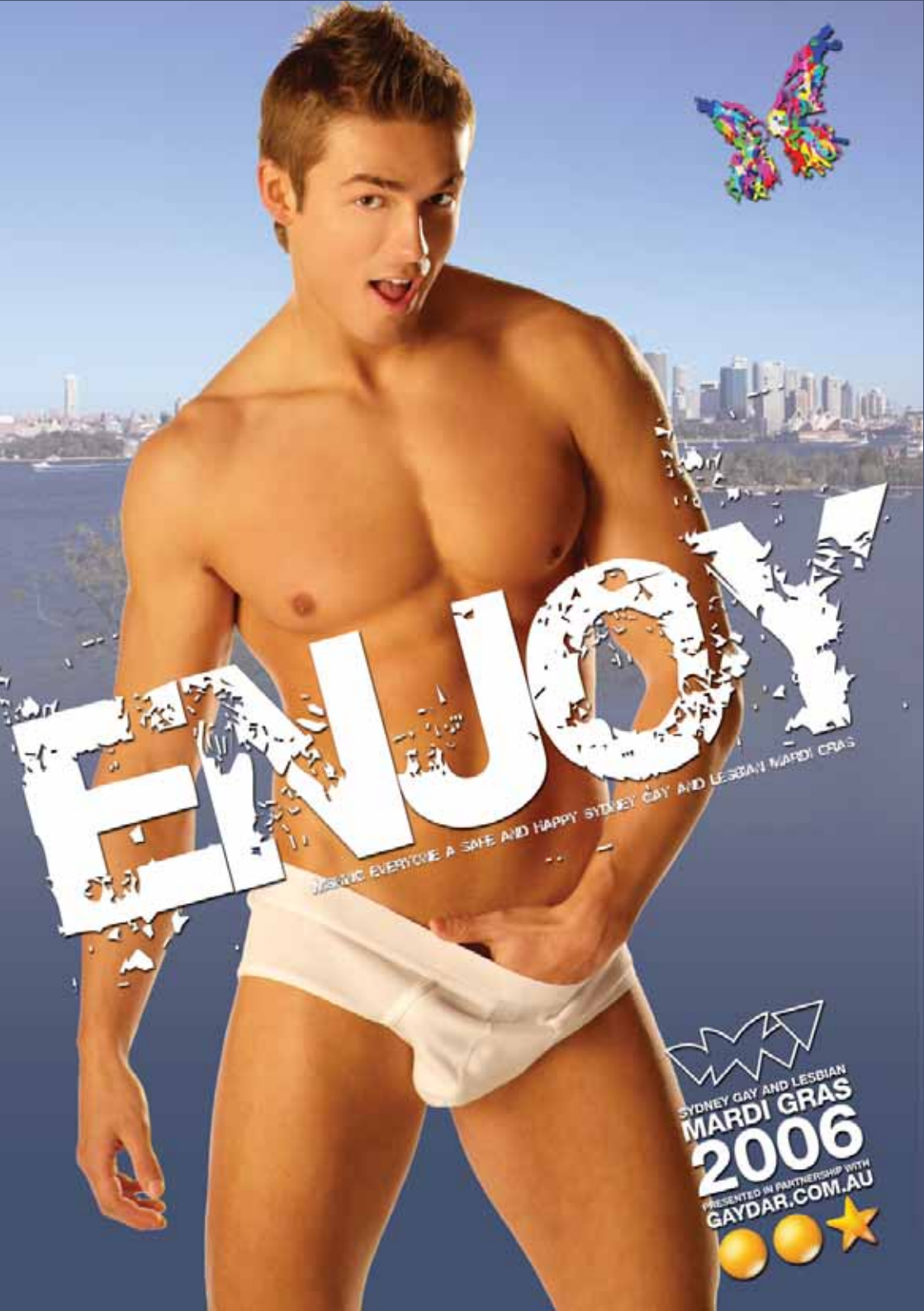
M – I made the resolution toward the end of last year, then the Dancing with the Stars gig came up, and it is a great time of the year to do it [Summer] cause you're not indoors all the time, you're out at the beach etc and I'm often overseas.....so it all worked hand in hand. Not that I really believed I would be able to do it, but it was a series of events – going to the cricket at the [non-smoking] MCG for the boxing day test – forgot my cigarettes, went to bot a cigarette afterward and thought "this is absolutely pathetic" so when I got home I threw away the packet. Then I went to Bangkok and Thailand for a holiday and was standing at the famous Balcony Bar, got the waiter to pour me a whole glass of Vodka and a minute to 12 skulled it, almost passed out, threw up, and I don't know whether it was that that turned me off Vodka... but I just stopped and started going back to gym. I was told how rigorous Dancing with the Stars would be and thought it couldn't be THAT hard, but it IS that hard.



Q – Finally, how do you think St. Kilda will go this year in the AFL?

M – St. Kilda has basically got to do it this year, cause otherwise our more experienced players will start leaving for other clubs. The year before I think we should have won it, so this is the year we have to do it.

Someone put it to me the other day – Molly, what is your priority - going to the footy or a must-go-to class of Dancing with the Stars.....and I said, if I could dance to "When the Saints Go Marching In" I'd go to dance rehearsals.

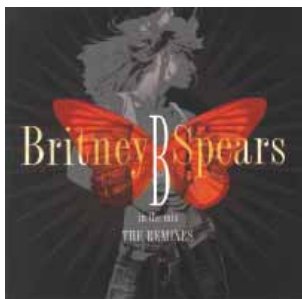


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q music: WHAT'S HOT THIS AUTUMN



Britney Remixes

Some of the best around have come together on this album to bring you all your favourite Britney Spears songs remixed. Dance floors will never be the same again. Out now from Sony BMG.



OC The Mix 5

From Alice and the team at Warner Music comes the 5th in sound track series from this top rating show. The album features 12 fantastic tracks including The Subways "Rock & Roll Queen" and Youth Groups "Forever Young".



WILD Gold Volume IV

Central Station Records have released the next edition in the GOLD series. A 3 CD set of pure clubbing gold from:

Bob Sinclar, The Source Feat, Candi Station, Mylo, Masters at Work, Herbie, Bodyrockers, Gorillaz Feat de la Soul, Prodigy, Praga Khan, Josh Wink, Ultra Nate, Deep Dish and much more.



David Hasselhoff 'sings America'

Shock Records are proud to release the next in a series of albums from this man. Featuring 15 tracks that epitomise the USA, including my favourites: Blue Bayou, These Boots Are Made For Walking, Love Me Tender and New York New York. It is actually a very pleasant easy listening CD worth adding to your collection.



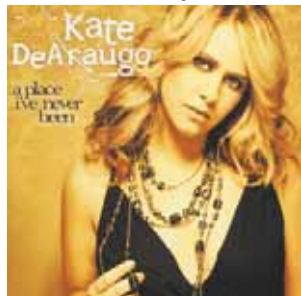
two Tribes 06

If you missed the actual two Tribes and future music festivals, now's your chance to have the music. Mixed brilliantly by Mark James and available now through Shock Records - 2 discs of pure greatness.



Tiga

From Beat Broker comes the eagerly anticipated album 'Sexor' from rising star Tiga. From the very first track to the last, this album gets you in and keeps you. His talent is as good as his looks are appealing. Dance floors everywhere will certainly be pumping when Australian DJs get a hold of this album. Out now through Shock.



Kate DeAraugo

Out now through Sony BMG is Kate's debut album. See q people for more information, but make sure you support this fabulous Australian artist.



The Flood

The Flood is 2006 Vocal Group of the Year after collecting their first Golden Guitar at the recent CMAA Country Music Awards in Tamworth for Hello Blue Sky. Written by Kevin Bennett, it is the first single from The Flood's 3rd album The Late Late Show and currently positioned at No 2 on the CMC charts and 19 on Country Tracks. Out now in all good music stores or go to theflood.com.au for further information. Regardless of whether you like Country Music or not you will like this album. I certainly did.

q win: GET SOMETHING FOR FREE



Shock Records

David Hasselhoff sings America - an album dedicated to the great songs of this country. You can have a copy for yourself simply by emailing getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Hasselhoff" in the subject line. We have 5 copies up for grabs.

Warner Music

OUT Now through Warner Music is this soundtrack to the hit musical "Rent". A fabulous score, a fabulous musical, and we have 5 copies to give away. Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Rent" in the subject line to test your luck.



Sony BMG

Following it's success at the Golden Globes, the Walk the Line soundtrack is something EVERYONE should have. With the compliments of Emily and the team at Sony BMG we have 5 copies for your to win. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "walk" in the subject line and you could have a copy for free.

Peel

From Tom and the team at the Peel, we have 5 double passes to the Foam Party on the 03rd of April. Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Foam" in the subject line to see if you'll be joining the rest of the Melbourne boys in the foam.



Ubiquity

If that wasn't enough, we have a photography book titled Bondi Classic and four 25.00 gift vouchers from Ubiquity DVD and Books. Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Ubiquity" in the subject line to enter.

Kingpin

And last but by no means least, we have 20 Free Games of Bowling + Shoe Hire passes @ Kingpin Bowling Lounge at Melbourne Central. Simply email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "kingpin" 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 Appt. 3, 15 - 17 Charnwood Road, St. Kilda 3182. 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 or SMS.

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q whispers: with ADDAM STOBBS



Who are the most horrid to gay men? Straight men? Straight teenagers? Homophobic religious zealots or politicians? They all have their degrees of horrendification, but the people who treat and regard gay men with complete contempt are....other gay men.

I know this to be so because I am the worst. I found myself at one of the awful filthy noise factories recently late at night, and looking at the passing parade of possibilities, and thinking "Yuk", "Yuk", "double yuk", "Oh God", etc. and it was at that point that I realised that I have, along with most other gay men, completely neutralised the persona of other gay men and regard them all as "it".

"Who'd get off with that thing" – a sample of my concerned comment as an ex physical acquaintance wandered by, and has been obviously losing the battle with gravity and weight. This attitude is the type of thing that sends us hurtling at light speed towards the bitter old queen state. Fortunately I am FAR too young to have to worry about that (toggles denial mode), but the question this begs is why are we like this? (And I know it's not just a 'me' thing this time).

Is it a gender based thing? Not assigning the "He" word and using the "it" word, I don't think so, more accurately I would declare that we are acting out generations of discrimination, without being aware of it.

Let's face it, we get heterosexuality rammed down our throats through every medium available in our culture, and more fool us for putting up with it. I make a point of noting to my family, things that are so rampantly heterosexual that they are offensive to me, as a young (cough) gay man. TV advertising is the worst; they grovel at the gonads of male heterosexuals to buy this and that. Occasionally there is a glimmer, but it never lasts. So blame 'them' for your lack of gender specific assignments when cruising. I do. "I am sometimes horrible to other gay men because of how I have been programmed by advertising on TV" – sounds good to me.

Why do a lot of gay men refer to each other as 'she'? A good friend of mine who is a noted publicly PC lesbian reckons that gay men do this to put women down. It's all too difficult, and who really cares! When I say "look at the head on that thing" I mean it in a cultural and considerate sense, not some bitter middle aged misery trying to sounds as though it can still make heads turn.

q says: with MS. JANE

Gay Mafia:

Has there ever been, and what is your changing face, today? Who are you, and what do you want? Why don't you come out to play, or do you already drink and sell to us? Are you my friend, or do you pretend to be my extended family? Do you support our Queerdom, or do you suck us dry because you're nothing more than a narcissist vampire? Big and scary, or were you the stupid one who used to take the lunch money? Are you politically driven, for whom some of our politicians bend over backwards for? Do you sponsor us? Are you the power behind the spoken and written word? Are you party boys, that disguise the real fight? What must you have, for what more do we have to give, and to what expense will you keep eroding us? If it is 'pink', then why does it seem to neither be entirely gay, and just disingenuous to blame? I was asked for 50 words....but got 166.....OH! Baby.



q joke of the month

"A bunch of guys are getting pretty pissed at a bar and starting to feel their oats when the conversation turns to the question of who has the biggest penis.

Sick of hearing their boasts, the bartender says, "Why don't you just pull down your pants and lay all your penises out on the bar so we can prove who is biggest?" So they all do it.

Then a gay guy walks in. The bartender asks, "Can I get you a drink?"

The gay guy says, "No thanks, I'll just help myself to the buffet."

q wine: with PETE DILLON

Midsumma has passed us by and sees some in a wine detox, but for the remainder, the next best thing about wine consumption is Autumn, and this is where we drinkers can start getting serious about the strength of our wines and our choices as we move into the cooler months.

Watching all of this Winter Olympics from Italy has given me a desire for some après ski. For me, the old sozz, this means lighter styles of red that still pack a punch. And this takes me back to a previous life in the Hunter Valley, and to a gorgeous little vineyard called Wandin Valley Estate (Not the Wandin Valley that we all know and love from the days of A Country Practice, with Dr Terrence Elliot, and Matron Sloane.) Wandin Valley Estate is in the old part of the Hunter, known as the Lower Hunter, and new winemaker Janelle Zerk, previously from St Halletts and Brokenwood, brings a beautiful style to the production of wine. The winery has been producing some quality drops since the 70's and, for those taking the time out when they finish at Mardi Gras, a visit to this winery is a must. There is extensive cottage style accommodation as well as a cricket oval, and Cafe Crocodile, serving great food. Rates are very reasonable and you will be well looked after.

Wines are available from their cellar door, and my recommendations from them are:

2002 Riley's Reserve Cabernet Sauvignon. It is a well crafted wine with lots of redcurrant, cassis and blackcurrant flavours, as every good cab sauv should have, and is both smooth and supple (like an athlete I picked up recently). At \$28 this is a great wine to indulge yourself with now (if you can't find an athlete) or to lay down on the rack for a few years to mature.

I also have a penchant for their Hunter/Clare 2002 Shiraz. It is a nice deep plummy colour, with beautiful flavour and great length (much like the aforementioned athlete) with a dark chocolate and black fruits on the mid palette. Quite robust yet surprisingly drinkable. You can see the impact the Clare Valley grapes from SA have had on this wine. It is bold, luscious and well worth \$18 a throw, as it is at the cellar door. I would suggest a little lie down for this one as well, but if you are thirsty, reward yourself with this one. If you are after a drop of white, their 2003 Verdelho is a must, and is great drinking now at \$17 a pop.

For further information on any of the wines highlighted in Queer Wine, please either email wine@qmagazine.com.au or call 0409142365

q hair: with FRANK DELLA GRAZIA

I have been living in London for the past 15 years. In coming home, what has surprised me most is the change in men's grooming. I am so pleased to see that the great Aussie straight male has finally come to their senses and have adopted the style and taste of their gay brothers. Australian men can hold their hair up high!

What's hot, What's not:

The look for hair this Autumn/Winter is more tailored. We are seeing the end of the Mohawk and the messy bed head hair for men. Hair is seasonal, Spring/Summer hair is generally light and disheveled, with texture. Autumn/Winter hair is more solid with low partings but with a little height.

- 1 - Colour for men is going to be darker natural tones, with shine.
- 2 - Product plays a major part in men's grooming. Make sure you choose correctly.
- 3 - Get away from using heavy pillow staining wax or paste, lighter styling products are the go.
- 4 - Look out for the Redken for Men range. The shampoos are great, they cleanse the hair without stripping the hair of its natural oils. The conditioners are light weight and yes men need conditioner too.
- 5 - The men's facial Cleansing Bar is wonderful to shave with. It restores, recharges and revives tired skin.

Until next time,
Ciao.

q property: ONLY 3 REMAINING



The New St. Kilda – Condominiums with No Stamp Duty and No Legal Fees. For A Limited Time Only!

O.H Life Property Investments and Bellbird Park Developments are offering a fantastic investment opportunity at Scarborough Walk in South East Queensland. Created for the astute investor, the offer includes brand new fully completed condominiums where, the developer will pay the purchasers stamp duty and legal fees (CONDITIONS APPLY). That's a saving from \$7,000 on a dwelling priced at \$323,000 (to approved purchasers).

According to O.H Life Property Investments General Manager Adam Renouf, this offer is a great opportunity for the first time or professional investor. "Condominiums are priced from \$323,000 and, under the current promotion, investors can save around \$7,000 in stamp duty and legal fees"



Scarborough Walk condominiums comprise stunning architectural facades and come in 2 or 3 bedroom options. Each dwelling contains European stainless steel kitchen appliances, reconstituted stone beach tops, floor coverings, exterior paving, car accommodation and private balconies.

Buyers will also be impressed with the location of Scarborough Walk with Scarborough Beach, retail outlets, cafes and recreational amenities all in walking distance of the development. In addition Scarborough is only 30 minutes north of Brisbane's CBD.

For further information please contact: Adam Renouf at Oliver Hume Real Estate Group
Ph: (03) 9669 5999 Email: a.renouf@oliverhume.com.au

q film: 15/15 CHALLENGE



The 15/15 challenge: make a short film of 15 minutes (or less) in 15 hours. No matter which part of the world you are in, you can participate in the 15/15 Film Festival.

On March 18 at 08:00 EST, all registered filmmakers will pick up their "Quickies Kit" at designated locations around the world. The "Quickies Kit" contains a quote and an object, which are to be incorporated into their film. Fifteen hours later, completed films are submitted to the Festival organisers ready to be screened throughout Australia.

The event is divided into three parts: Digital Story Workshop, Filming Day and the Screening and Travelling Festival.

"All filmmakers, regardless of age and location, have the opportunity to see their own film screened and talk about the process", said Amadeo Marquez-Perez, director of the 15/15 Film Festival. "It's important to provide opportunities to emerging filmmakers and open dialogue about the filmmaking process by talking about issues with equipment, budgets, locations, and the like." The Digital Story Workshop is the forum for these discussions, where filmmakers can source advice from producers and directors ready to share their secrets.

A selected program for 2006 collection follows the screening of films local to the area. Melbourne screenings take place May 26 & 27 at RMIT Capitol Theatre. The festival then travels through regional and metropolitan areas in Australia for a period of two months. Films will also be screened in Indonesia, Spain and Thailand. For more details visit www.filmfestival15.com

q invest: with LISA PARKER



Lisa Parker

How to get your tenants to look after your investment as if it were their own: Smart Investors know that having good tenants is an important piece of the investment puzzle, lets face it, without them, your investment simply won't work! In this months edition of Q Invest we will look at 6 simple strategies that will help you attract the best quality tenants.....and keep them!

1) Always ensure the property is in good condition and be sure to have a few extras other properties in the area may not have such as air con, an alarm system, add a remote to the garage, little things like this will give your property a competitive edge over other properties available and may see you collecting a few extra dollars per week in rent.

2) Fix any repairs as soon as they arise. Not only does this ensure your property doesn't fall into disrepair, but it will also show your tenants that you respect them and in return they are more likely to respect you right back!

3) Get tenants on side by sending them a welcome gift such as a gift basket or movie ticket when they first move in. A nice card welcoming them to their new home will instantly put them on side and have them respecting you and your investment as if it were their own.

4) Take the time to compile a welcome manual. Buy a display folder and place all the local take away menus into it along with a welcome letter, instruction manuals for all electrical items and a contact list of useful people in the area such as, the property manager, the local doctor's surgery, dentist etc.

5) Once a year send your tenants a letter, thanking them for looking after your property ask them if there are any items that need repairing or if there is anything that they would like done to the place to make their stay more enjoyable. They will be delighted and feel like they are genuinely appreciated and will be less likely to make unreasonable demands for minor repairs they could probably do them self.

6) Don't forget your tenants at Christmas time!! Send them a Christmas card, and if your feeling exceptionally generous, consider sending them a bottle of wine, movie tickets or a xmas stocking for their children.

Whilst these suggestions may sound simple, I can assure you, they work. To help you show your tenant how much you appreciate them, I have arranged a special 10% discount to all Q readers who order any hamper by end of March 06.

A special thank you to Ange from Hampers by Ange for this special offer. Ph (03) 9778 5770 and mention Q Mag or visit www.hampersbyange.com.au to choose your hamper.





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Free BBQ dinner

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Cosmo Slushies

in bed with: BEN



To make contact with Ben
email ben@qmagazine.com.au

"The Gay Man's Guide to Great Sex"

No not really! Seeing as I haven't been getting any lately, I decided to write about something different all together. I'm sorry to say but it seems that I'm running out of material to write about, so this month I thought I'd just crap on for the entire 500 words and just see what happens? I'm sure you'll all agree that each and everyone one of us has hit times in our lives where we're stuck for things to do, actions to take, or the direction in which our lives should move.

One of my most recent moments that caused me to look at my life and how I was living, was the sudden passing of my father a few short months ago, at the age of 52. Not only my role model, he was a major support in my personal and business life, more than he ever knew. A man that lived every part of his life to the fullest and didn't take anything for granted.

You see, even though he was 52, he did more living than most would by the age of 100. Cause for thought? Most definitely!

So why am I sharing this with you? Because you can learn from my life experiences and how I handle certain situations as I can from yours. This article is an opportunity for me to express my experiences and allow for learning within the community in general. It holds no barriers as to what we experience as individuals, from the outright funny to the outright extreme.

So you may be thinking, how does a young guy at the age of 24 (oh my God....25 soon) handle the death of a father?

That is a question I am still trying to answer for myself.

The last few months have provided an interesting experience. Even from the day of the service, in which he got a very fitting farewell with a 6 gun salute on the farm in which he grew up.... which brings me to a series of very important lessons:

Lesson 1:

If you decide to keep the empty gun shells as a keep sake from the service, remember to take them out of your pants before you go through airport security!

I won't do that one again!

Lesson 2:

Death for me doesn't equal devastation. To me it means digging deep into yourself and finding every ounce of courage to live life to the absolute best of your abilities.

Lesson 3:

Share your experiences with others, as you're not the only one going through what you're experiencing right now, whether that be a break down of a relationship or other personal challenges.

As you can see, I haven't lost my personality or sense of humour through this whole experience.

It has, in some essence, brought it out even more by going inside myself to find the courage to better myself and grow as a person as my Dad did.

In Closing:

Sometimes you never know where you're going to end up in life or even when writing an article, but at the end of the day, the only thing you can do is trust that things will work out just as they are meant to.....and you know what.....

They generally do! Even in the most desperate of situations.

Till next time, laugh and dance like nobody is watching, you have an amazing life to live!

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q travel: CRUISING THE NILE

Pictures and article by Shek Graham



Ever flown Egypt Air? We were on the way to Luxor in Egypt to join the MS Regency for a cruise on the Nile. Just as they were completing the safety briefing, all the doors for the overhead lockers popped open! I tightened my safety belt after that! Fortunately, the rest of the flight was incident free.



Did we have the right boat? There was this amazing 5 star floating hotel, resplendent in marble, polished granite and spiral stair-cases. A friend had booked our trip, so I had no idea we were going to be travelling in such style. After a good night's sleep, we had to get up at dawn for a visit to the Valley of the Kings and Hatshepsut's Temple.



The dawn sky was filled with hot-air balloons gliding serenely over the sights. We did a quick stop at the Valley of the Queens, but then went on to one of our main destinations, the Valley of the Kings. There we visited Tutankhamun's tomb. There are 16 other tombs to visit here, all of which are extraordinary, but cameras are banned inside the tombs. The walls are decorated with reliefs that looked as if they had been painted recently - fantastic for paintings that are over 3000 years old. It was spooky and amazing walking down the long tunnels and annexes. We crammed in the tombs of Ramses VI and Seti II, before setting off to Hatshepsut's Temple.



The mortuary temple of Hatshepsut is exceptional. She was the only female pharaoh, and had to wear a false beard to maintain her position, perhaps the first drag king in history! It is absolutely huge, consisting of three terraces and a series of phenomenal statues. This whole thing is carved out of the cliff face, and has to be seen to be believed. She reigned from 1479 -1458 B.C. and her temple is a majestic testament to the engineering and carving skills of the artisans of the time. On the way back to the boat we had a photo stop at the Colossi of Memnon. These two statues are all that left of a temple on this site. They are 18m high and absolutely awesome.



After a sumptuous lunch we sipped cocktails on the sun-deck as we cruised up the Nile, passing scenes that had changed little since biblical times. Children waved from the banks and fishermen fished from the small dhows using hand lines. It was simply beautiful. Each day was filled with visits to more extraordinary temples, Esna, Edfu, and Kom-Ombo to name a few, each with its own fascinating history. Every sunset was magical, with silhouettes of the numerous minarets filling the skies, and the cries of the Imams calling the faithful to prayer echoing over the water.



Finally we reached the town of Aswan, and the great Aswan Dam. This provides a phenomenal amount of power to the Egyptians. On the other side of the dam we boarded small dhows to be transported to the Temple of Philae. This entire site had been rescued from the flooding when the dam was built, and rebuilt stone by stone on higher ground. It is a beautiful place - full of history yet calm and majestic. Here we had to leave the boat. We were left with fabulous memories of amazing history, warm and friendly hospitality and views we will never forget.



q cuties: MORE EYE CANDY



Our MIDSUMMA Q Cuties title goes to our boys from Diva Bar - Commercial Road. You have won a \$50 drink voucher at Diva Bar - which can be collected anytime by simply identifying yourself to one of the friendly staff - congratulations.

The idea is YOU choose the picture you think has the cutest guy or guys in it and sms 0429 88 QMAG with the corresponding number. The pic with the most votes will win a fabulous prize with the compliments of one of our advertisers and Q Magazine. So get your fingers working and vote today!!



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Conditions: All Qmagazine competitions are open to everyone, except those that specifically state you must be over 18 to enter. Competitions close on the final day of each calendar month with all prizes being drawn at 5pm the following day at Apartment 3, 15 - 17 Charnwood Road, St. Kilda 3182.

Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of Qmagazine. All monthly Q Cuties winners will appear in the following edition of the publication.

q people: KATE DeARAUGO



We started by Kate explaining her Australian Idol Journey:

Idol for me was huge the 3rd time round because of the first two years and being rejected and being told I wasn't good enough and I would never get there.

What do think you did the 3rd time that was so different?

I'd worked really really hard and made some huge sacrifices as an 18/19 year old to get where I wanted to be – I decided that's what I wanted and there wasn't much that was going to stand in my way, but I think the 3rd year was more that I went with the attitude that I was not preparing myself for Idol, I was preparing myself for life – for whatever door opens.

Do you think Idol gets a bad run in the public eye?

I think Idol gets a shocking run.and I was guilty myself before I was involved in it.

I used to watch the show and say "what are you whinging about, you're on a TV show, you go through it, you win, you get an album – shoosh, stop your whinging"and I think until you go and live it – it's probably one of the most difficult things you do because you go from a complete unknown to being completely in the public eye every minute of the day. You have to learn and make your mistakes in front of the whole Nation and people judge you on that automatically.

How much of an influence on the public judging do you think the Judges comments make?

I look at that there are 3 people behind a panel that the public look at and go well they are respected members of the industry – so in a way I think it does, but in another way it doesn't (if someone makes a really harsh comment). I guess I am a perfect example – Kyle (he was my favourite judge) made a comment to me that other people didn't like, so that automatically made them go "how dare you say that to Kate" and they voted for me. At the end of day though, people are either going to connect with you or they're not, so if you have a fan base, it's not going to matter what people say.

How difficult is choosing the songs each week?

Hard! You get told what the theme is, and there's so many songs to choose from, and you have to think about so many things – you only have a minute and a half and you've got all this into it and you've got to show people and impress people in that time. You haven't got a whole song to build it and make it special and you're thinking have I picked a song that people will like and know, does it suit me – there's so many things to think about. I just go OMG what am I going to sing.eanie meanie minie moh.that'll do.

Did visits from past winners like Anthony Callea and Guy Sebastian help at all?

Yeah sure – I speak to them all and I've been really lucky with other artists outside of Idol who will sit down and actually give me some advice.and I suppose they all give the same advice and that is to be yourself.and I think that is the easiest piece of advice you ever get given.and the truest.

Your album – loved it by the way – how much influence did you have over song choice?

This particular album I got to choose the songs, but I didn't write any of them because basically you have the Grand Final then you go straight into the studio and we had 5 days to do it. At the same time you take ownership of them, and they feel like my songs anyway. You look at each of them and I find my connection with them. I'm really proud of the album – it was 5 days to get 10 songs down – quite a bazaar experience.but sensational.

How good is Sony as a record label?

I wouldn't say anything else but amazing – I wouldn't choose any other record company – you look at the artists who sit behind Sony and things that come out of it. I think the key is teamwork – if you put in your work and show them you're working hard, they'll work hard for you – and I think that's the same in any business.

So.....another album / tour for Kate?

Finalising a tour now which I am really excited about because I miss performing, and hopefully right after the tour we will start recording the second album – cause I am a writer and I do love to write, and I have requested a little more than 5 days to do that one though.

Finally, would you recommend Idol?

If you're up for it yep. I have learnt so much about myself – both good and bad and I have walked away from it – I thank it and I love it – but my real goal now is to become Kate the musician not Kate the girl from Idol (that is my mission), but Idol was an experience I will take with me not just as a musical one but as a life one – it taught me many life things – about people and situations and all sorts of things, so I recommend it if you think you can do it.



From the Dr's desk...

You can't beat honesty.

A very quick thank you to the cab driver who returned the kidney and bottle of Campari left on the back seat early Sunday morning.

If you would like some advice from Dr Tiffany, or share something with Dr Tiffany, email deardrtiffany@qmagazine.com.au and make sure you pick up the next issue of Q! to read her reply.

dear: **DR TIFFANY**

Dear Dr Tiffany

I wondered if you have seen the new gay cowboy movie, and what did you think?

Signed, Warren

Dear Warren

Two scene queens (Benny & Claude) asked if I would go back to their place for a private viewing after a successful Pride March. Of course I said YES! Well! I do not know how it got nominated for any awards let alone into main stream theatre. They practice unsafe sex, let alone the threesome with the Bear. It was just horrific. NO! I'm afraid I must give Bareback Mountain a minus 3. It was just filthy, filthy, filthy.

Thank you very much if you don't mind!

Dear Dr Tiffany

I have just moved to Melbourne from Italy – the north of Italy to be exact – so I have that tall, blonde, blue-eyed, northern Italian look. Back home I dated girls up until I left, but since I have been in Australia I seem to be looking more at the men, around the 25-30 years of age. The other night I went to a fancy dress party - put on by Cartier for the launch of their new shop in Melbourne. Because of my height, I decided to go as Bodicea (Queen of all the fairies). I was such a big success I had gentlemen friends everywhere, kissing me, and some even touched my 'private' parts (but of course IN private).

Signed, Renaldo Capulet

Dear Renaldo

I understand your position completely, but in Australia we detest fake people who pretend to be what they are not. So, just be yourself, and enjoy Melbourne for the beautiful city that it is.

PS – I have to pop into Cartier next week to pick up an earring that's being reset. We could meet and have a Grand Marnier & Champagne together.....

God Bless Italy!



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This month I've decided to dedicate my little poetic column to the subject of moderation; perhaps even abstinence; and probably a bit of will power thrown in.

"Why?" I hear you say...or perhaps that's...."Morag we don't give a hoot."

Anyway, arriving at the Q office last week, I couldn't help but notice my old friend Molly M. is on our front cover – again! This time, he's a leaner, keener, and very, very sober cover boy. And it's his story that we should ALL take to heart and be inspired by – God! That almost sounded sincere!

Firstly though, let me try and remember the escapades that we all got up to at Midsumma. Now, as I wasn't inspired in the subject of moderation at that time, my memory isn't too clear, so if any of you lot happened to have seen me around, a little email explaining what I got up to just might help with my stories... and apologies to the men in blue...

I suppose the rot started with Pride March. Pride. Was I proud? I was proud that I managed to haul this old heffer down the few blocks without having a stroke! Mind you, without the inspiration of having a gorgeous couple of chefs walking behind me with a meat cleaver in their hands, I don't know if I would have made it (I was sure that they were after me to turn my rump into a fine piece of Aged Angus Beef). Another piece of inspiration, of course, was the fact that there was a bar at the end of the rainbow. A very, very, very limited bar; but a bar none the less. After sampling their fine wares, we decided to head back up the street and try and find a Vodka. As the Prince was jammed packed with queens and backpackers alike, we thought we'd try the bar that was hosting JOY FM. Now I can't quite remember the name of the place, but as we thought they were a pack of homophobic pricks, I guess it's perhaps better that I don't remember it's name – but you know the place, opposite the George on Fitzroy St. Maybe, we were being too judgemental, but I've never been in a bar in inner city Melbourne where you would have thought that they had never seen a few poofs before. The barman was cute, the vodka was nice. I guess that's somethin'

One thing though. Is there a chance someone on the Pride committee could hassle the council or traders on Fitzroy St, for the traders to chip in a wee bit?

Can you imagine how much money they make out of us poofers? No offence to our lesbian sisters, but let's face it, the girls bring the slabs of beer, and the boys just find bars to spend their hugely disposable income in.



On a much lighter note, last month I managed to savour the delights of a group of sperm. That's right; it was the Golden Siletto race at DT's. Although my little sperms didn't win the race, they were certainly the highlight of all the kiddies in the park opposite.

As for Midsumma Mooning, we now know the answer to one of life's all time mysteries. Which came first? – the Chicken or the Egg? Unfortunately, the editor won't allow me to print the pictures of the contestant who managed to pull both the chicken AND the egg out of his butt. As for which came first.....well that'd be telling. You'll just have to ask a Laird barman.

“.....the contestant who managed to pull both the Chicken AND the Egg out of his butt.....”

Carnival day. Well done to the boys & girls who put this little soiree together. Although the location was sort of forced upon them, it turned out to be a fantastic park for the event. Especially with a bottle shop only minutes away! The only negative on the day was the fact that Dulcies Dog show was on a stage that was within the Xchange arena and a LOT of people missed out. As for the DT's, Laird, or Peel bars...well, maybe they're just not trendy enough for the committee.

Enough bitchin'. ENJOY your Labour Day weekend. There's heaps of parties and places to play, but as I'm a tight fisted Scottish bitch, I'll be playing with my sisters Ms. Jane & Mizdomina at the Labour of Love party at the Peel. For those of you who ONLY go to the Peel, I may as well plug their 'Foam-a-sexual' foam party next month - sorry ladies this is a Very Strictly Men Only event.

Love, Hugs, and Happy Foaming.

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q fashion: with CRAIG MICHAELS



If you have any questions for Craig, please email craig@qmagazine.com.au

How do you finish off an outfit?

Recently I was sitting at the Prince of Wales, on a hot Sunday afternoon, having a few beers with friends watching all the cute boys walking past when Robert asked me "so what finishes off a great look?" I told him to look around and tell me what all these people have in common with the outfit that they had created.

To paint the picture: there were guys in shorts and no shirts (pretty hot look), there was a wedding party with girls in fabulous dresses (and some not so fabulous) and all the guys were in suits. Then there was the St. Kilda group having a few beers, kicking back enjoying the afternoon. The one thing they all had in common was sunglasses. Yep it is the perfect way to create an individual look.

It was amazing - you would see to guys dressed in an amazing suit, shirt, and tie, but one would have a designer set of sunglasses and his mate had his beach Oakley sunglasses on.

There is a time and a place for which sunglasses you are going to wear. The obvious solution is to own a couple of pairs. Your favourite pair for just bumming around - that you feel great in - and then that amazing pair to be seen in.

So to finish off your outfit, you need to find that perfect pair of Sunglasses that works for you. So where do you begin:

- * The first thing that you need to do is find a pair that suits the shape of your face.
- * Are they too big or too small?
- * Do you choose black or brown lenses?
- * What style of frame will suit your face?
- * Is it a look that you can wear anywhere?
- * How much do you have to spend?
- * Do you buy originals or copies? (Should we mention that word, only as long as nobody can tell they are fake then you're OK)

After you have answered all of these questions, then you need to take a friend and try on a variety of styles.

There are some great new places with lots of new brands on Chapel Street.

Try them all: Versace; Gucci; Prada; Christian Dior; Armani; and D&G. Then compare them to the cheaper brands.

Most brands are made by the same manufacturer, just 'labelled' under license for the fashion brands.

There are only a few sunglass manufacturing plants in the world and it is expensive to set up shop making sunglasses.

You need to consider whether you want a classic look or make a statement.

If you want to make a statement, then the way fashion is progressing this week is the bigger the better. (Well I think most boys think that about more than just sunglasses).

So next time, before you head out, you need to think more than just about what outfit you are going to be wear, you need to think about what look and statement you want to make.

It is time to go shopping and find that fabulous pair of sunglasses.



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q cosmetic: with DR. PAUL SPANO

"Testosterone Supplementation and THE ANDROPAUSE"
- final installment - some FAQs

What exactly do you do with TRT treatment? Shots? Pills?

There are several different methods for administering TRT: testosterone gels and creams, patches, pills, implantable pellets and injections. Each has their respective benefits, and shortcomings. Which testosterone delivery system to use has as much to do with each individual's lifestyle as it does the medical condition. That is why this decision must be made TOGETHER by the physician and the patient. In my professional opinion, the best two methods are the gels/creams, and injectable testosterone.

What is Anti-Aging Medicine?

It typically includes the tenets of Preventative Medicine, such as diet, nutrition and exercise. These efforts are meant to reduce the risks of serious diseases such as cancer, diabetes and heart disease. But it goes far beyond that, to the optimisation of hormone levels, in order to maximise health, fitness and happiness. This includes not only testosterone, but also growth hormone, thyroid and even adrenal hormones. This is why patients who want to maintain-or regain-their "edge" need to seek out the care of an Anti-Aging Specialist.

After recognising that I have the symptoms of hypogonadism you describe, I asked my doctor about possibly getting on TRT. He told me I should not get TRT, because it is natural for men to have their testosterone levels drop as they age. Is that true?

You might want to respectfully ask your doctor if he/she prescribes HRT for aging women. After all, it is "natural" for their estrogen levels to drop during menopause, and this is what causes their profoundly uncomfortable symptoms-which dramatically affects Quality of Life. Yet doctors routinely prescribe estrogen replacement for them, even though this is treating a completely "natural" condition. It has been said that female "menopause" is like falling off from a cliff, while male "andropause" (loss of male sex hormones) is more like rolling down a hill-it happens more slowly and insidiously. But the dangers of hypogonadism with respect to tremendous loss of Quality of Life is undeniable. More so, it is associated with increased risk of cardiovascular disease, cancer, diabetes, osteoporosis, depression, dementia (including Alzheimer's) and Erectile Dysfunction. The fact most doctors feel it is perfectly acceptable for them to treat a drop in sex hormones in women, but not men, may be thought of as a form of bias against men's health. When thyroid hormones get low (hypothyroidism) we give thyroid medication. When insulin gets too low (diabetes) we give insulin. Why should it be any different for the sex hormones? On the second point, there is not one shred of evidence to suggest that TRT causes cancer. Not one. In fact, multiple studies have shown that LOW testosterone levels are strongly associated with a higher risk, and worse form of, cancer. Both points demonstrate why you need a doctor who really understands this stuff. The risk of being subjected to unnecessary disease is too great. And why not live life to its fullest, for as long as possible?

Why should I enlist the help of a genuine Anti-Aging Medicine physician to test for hypogonadism, and administer my TRT?

In the first place, God bless any doctor who is willing to provide TRT. But there are so many new developments in this exciting new kind of medicine that you want someone who is specially trained in this type of therapy. That is the only way to truly optimise one's health and fitness.

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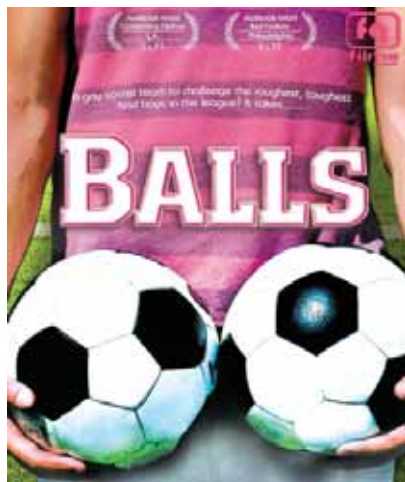
q movies: TO RENT OR BUY

Balls - German

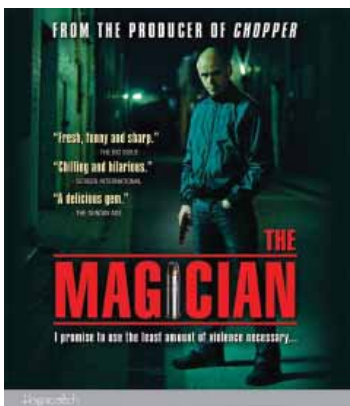
Generally speaking, I have to really be in the mood to watch a foreign language film - it has to be witty, intriguing, at least interesting. Balls kept my attention from beginning to end. Although in German with English subtitles, it was not that difficult to follow the story line.

Basically, a soccer player in a small town discovers he is Gay. Taunted by his team mates and the rest of the town, and ignored by his father, he decides to take up the challenge of forming a Gay Soccer Team and play against his homophobic team at home. The team he puts together is nothing short of hilarious - a trio of leather queens, a very attractive Nurse, a queenie shop attendant, an "in the closet" worker, and the list goes on.

The end of the story is reasonably predictable, but the journey is filled with some very funny moments and some serious ones, as the lead actor not only battles to keep the team together but also has to handle his coming out.



I highly recommend this to anyone truly interested in Gay films. Out now from FQ (Force Entertainment) Films.



The Magician - Australian

Shot in Melbourne, this film was featured in the Melbourne Film Festival and is a story about a hit man. Filmed in a very "hands on" documentary style, it is good wholesome Australian film making at its best.

Not dissimilar to Chopper [in fact it is from the Producer of Chopper], the main character speaks with a very broad Australian accent and sets about doing his job in a very matter of fact way. With a hand held camera, you are taken on a blow by blow journey - including several murders - as the Magician "makes people disappear".

In true documentary fashion however, it also highlights the more human side of the Magician and his relationship he develops with the camera man. It has often amused me that film makers need to show the more human side of killers - but this film does it with a certain style rarely seen.

In stores to rent from the 29th of March - I highly recommend it. Rated MA through 21st Century Pictures.

Enduring Love - British

Released through Hopscotch Films, this story is one of intrigue, obsession, unrequited love, and how two very different men deal with a situation.

Following a disastrous hot air balloon incident, the two main male characters end up in a situation where one is trying to put his life back in order while the other is convinced that he is being sent "secret messages" from the happily heterosexual man. He follows him around - turning up in the class he lectures, sitting next to him in restaurants, and hanging around outside his apartment [which he shares with his female lover]. Needless to say, it causes major problems both with the characters mental stability and his relationships [with his circle of friends and his girlfriend].

Dramatically powerful, extremely well acted, incredible story line.



The ending is as disturbing as the rest of the feature - but I found this film to be extremely entertaining and well worth a look

q theatre: LIFE IS A CABARET

Courtney Act & Enda Markey in BOYS LIKE ONE NIGHT STANDS

Courtney Act and Enda Markey will join forces to present a double bill featuring their two hugely successful solo shows. Act one is ONE NIGHT STAND, starring Enda Markey. Act two is BOYS LIKE ME, Courtney Act's debut solo show.

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JUTE Theatre, Centre of Contemporary Arts, 96 Abbott Street, Cairns: 11 April @ 8pm Bookings: (07) 4031 9555 or ticketlink.com.au

* Courtney & Enda will also make a very special guest appearance at Skinny Dips Resort and Spa, 18 – 24 James St., Cairns on Sunday 9 April. Call (07) 4051 4644 for details.



Reuben Krum is OUT OF LINE

Inside his head there are lots of voices. Loud voices. Restrained for far too long, Reuben Krum steps OUT OF LINE to let rip a wry holocaust about Jesus guilt, the unkind cuts of Jewish life and Attention Deficit Disorder (left unmedicated for far too long). Dates: Wednesdays to Sundays, 12 April – 23 April Time: All shows at 9.00pm Tickets: \$20 and \$15 concession-holders Bookings: Telephone (03) 9690 2000

Enda Markey - Home Thoughts From Abroad

Enda shares stories about his homeland [Ireland] that are sometimes moving and often hilarious along with his experiences of setting up home in Australia and the cultural differences between the two countries. Enda's repertoire will include traditional Irish songs like Danny Boy, and contemporary songs by writers such as Burt Bacharach, Stephen Sondheim and Peter Allen.



11 March 2006 - Salamanca Arts Centre, Hobart 24 March 2006 - Adelaide Festival Centre
31 March 2006 - Canberra Theatre Centre - Bookings through venues.



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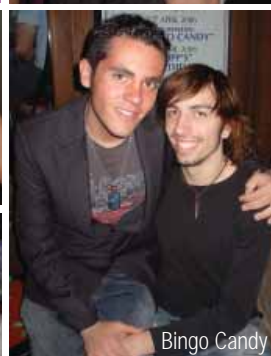
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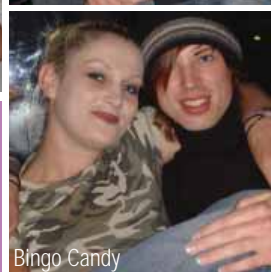
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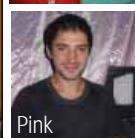
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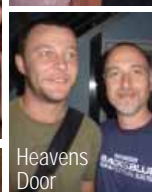
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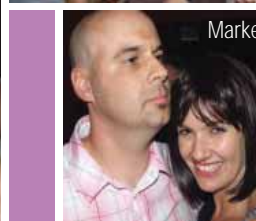
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"Let's talk about sex"

Okay, so I know it's not exactly original, but I sense a more than relevant urge to explore a topic that applies almost unanimously to all young, gay people these days. Let's face it, everyone wants it, most people are having it and despite those with aspirations within the clergy or various religious sects, sex isn't exactly perceived as sinning anymore. In fact, it is arguably one of the most central aspects of the gay scene/culture - getting sex, having it, enjoying it, celebrating it etc.

In the past, while holding onto my holier-than-thou image of sexual conservativeness, intent on "saving myself" for Romeo, I must confess I secretly raised myself on a pedestal above those, including many friends, who were much more liberated in their sex lives. Having once read a statistic which claimed the average 35 year-old gay guy had between 50-1000 sexual partners, I dismissed that seemingly exaggerated figure as ludicrous, however, fast approaching my twenty-first birthday, those statistics, I admit, are gaining more and more credence.

Today, promiscuity seems to be acceptable, while sexual conservativeness seems to bare the social stigma. It's not so much about labels anymore as it is about what sex can offer us to improve or sustain a healthy lifestyle. Let there be no illusions, sex like life, can only be what you make it and, sometimes realising how much of a good thing is too much, can be quite tricky....or is there such a thing as too much?

Many of us have been guilty, and possibly still are, of looking to sex for things or answers it can't possibly give us. Countless times I have painted the perfect picture in my mind of a guy I have barely known a few hours, unable to comprehend how two people can work so well together in the bedroom yet so disastrously in a relationship, or even just on a date, even when our star signs are the perfect match!

And maybe sex is so addictive because like most things that provide us with euphoric pleasure, it is purely an escape. In the bedroom, we can go places and convey ourselves in ways which just aren't practical or realistic in our everyday lives.

Sex, like most hedonistic things in life, has become a billion dollar industry. Late night advertisements target the desperate and dateless, while the "dot com" era has cashed in on its ability to sell sex to anyone, anywhere, anytime. That gets me thinking.... when I instinctively purchase another pair of jeans or the latest Dior sunnies on my credit card, is it purely my love of fashion that drives me to buy things I simply can't afford, or is it subconsciously their appeal towards my sex life? Maybe there are more similarities between myself and a call boy than I thought - we both give ourselves to strangers and are driven by materialistic needs that are intertwined with sex. Is sex possibly a diversion from the thought of what we really want or from the realisation of what we don't have?

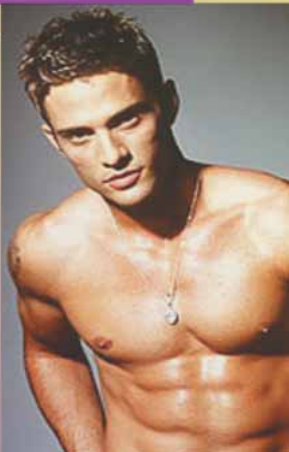
While another generation of gay people struggle to define its meaning and boundaries, one thing is for sure; it is fabulous and for all its faults, effort and ambiguity, it continues to keep us smiling.



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"Got the dirt?"

How dirty are YOU? Have you checked those pores lately? No sleep? Filthy nightclubs? About to burst from toxic overload? Well it's time you get a GOOD, DEEP CLEANSE!

I Like it Twice a Day

Daily cleansing is not only for aesthetics, it's also for good skin health. Clean skin is healthy skin. Skin should be cleansed gently at least twice a day, morning and night. At night, you need to cleanse skin to remove pollution and general grime from the day, whilst you sleep, your skin naturally excretes oils and toxins, so in the morning a light cleanse will prepare your skin for the day ahead.

How About 'A Little on the Side'

In addition to daily cleansing, weekly deep cleansing is vital. As your skin naturally renews itself (which takes around 28 days), it sheds dead skin to facilitate the arrival of new skin. This is called the skin's natural exfoliation process. Here's where an exfoliating product is necessary. If your skin has a build up of dead skin, it may look lacklustre, uneven in texture, clogged, pimply, flaky and basically a wreck! Exfoliating products will aid in removing the dead skin layer, revealing clean, soft, new skin underneath. Most exfoliating products contain spherical micro beads (little balls) that you gently massage over skin trying not to use too much pressure (products with jojoba beads are preferable to plastic beads). Your skin shouldn't move during application, so make sure you add some water if necessary to give more slide. Be sure you don't get any product in your eyes and when you're ready, rinse it off thoroughly with lots of

water and a facial cloth. The drier your skin is the more you should exfoliate.

How Deep Is Your Pore?

Now that your skin is clean and exfoliated, your skin will be ready to be deeply cleansed using a mask. This is the perfect time to use any mask, as the treatment benefits will be enhanced due to the fact you are treating new, vital skin, rather than layers of dead skin. Pores also relax allowing masks to get in that little bit deeper...and who doesn't like going that little bit deeper at least once a week! Using a clay based mask will help to draw impurities and clear bacteria. Consider this your weekly vacuuming, like you give your carpet.

Read the directions on the products for correct usage. Generally masks are left on for at least ten minutes, avoiding the eye area and are generally water soluble. The oilier your skin, the more often you should use a deep cleansing mask.

Usage per week:

- Exfoliator: Combination / Oily/Normal skin, once a week
Dry Skin, two to three times a week
- Mask: Combination / Oily skin, two to three times a week
Dry / Normal skin, once a week

At the end of the day, why not give yourself fifteen minutes a couple of times a week to relax with a bath, mask and glass of champers (well essentially, it is fruit juice!) Because you're worth it!

Cheers!!

For your chance to win a Q Cleansing Pack, containing Guinot Homme products email beauty@qmagazine.com.au with "beauty" in the subject line.



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