



JULY 2006

Q MAGAZINE

## Inside:

Introducing Q Fitness,  
Q Culture, Q Sport,  
Q Health, Q Fashion,  
Q Events from Castlemaine,  
Q Money, Q Beauty,  
Q Art, Generation Q,  
Q Trends and loads more.

*A Truly Great Australian, John-Michael Howson,  
speaks exclusively to Q! about Love, Life and Career.  
Q Magazine - Made Locally! Enjoyed Nationally!*

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## q comment: **NEW CHARITY FUND** Issue 26

Born out of a memory and a belief that no-one in our community should live below the poverty line, the Michael Masters Fund will be launching this month in Melbourne.

Under the auspices of PLWHA (Vic), the fund will raise money to buy essentials for People Living with HIV/AIDS in Victoria. These can include beds, household white goods, crockery, cutlery - anything that is needed to improve the quality of life for those who truly can not afford to buy them. The fund will disburse twice a year - giving everyone ample opportunity to submit their requests. The fund's "board" will consist of the founder - Kye Poirier, PLWHA (Vic) Executive Officer - Sonny Williams, and yours truly.

Selection criteria will be kept very simple:

- \* applicants must be a PLWHA
- \* be on a DSP (or similar or show financial hardship)
- \* be a resident of Victoria

You can see information about both the fund and Michael Masters at [plwhavictoria.org.au](http://plwhavictoria.org.au) You will also be able to donate via a secure e-commerce link on the same site or by emailing [mmf@plwhavictoria.org.au](mailto:mmf@plwhavictoria.org.au) or via collection tins at Heaven@151 and other places throughout Melbourne.

The email address is also for people to send their requests to or you can do this by sending them in writing to the Michael Masters Fund c/- PLWHA (Vic) 6 Claremont Street, South Yarra 3141.

A lauch will be held at Heaven's Door on the 18th of this month. If you wish to attend, you can r.s.v.p. to the email address mentioned above. 100% of money raised through the fund will go to the people it is intended for.

We are also running a competition to find a logo for the fund. If you, or anyone you know, has a flair for design, send your ideas for a logo to the same email address. We will obviously have a fabulous prize for the winning entry.



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# q celebrity: JOHN-MICHAEL HOWSON

I finally got to meet a man whom I have admired and wanted to meet for years. We met at Cafe 151, had a bite to eat and chatted for quite some time. A page does not, in any way shape or form, give justice to this true Australian icon of the entertainment industry - someone who has done so much in his life and has so many fabulous stories to tell. Condensing what was essentially a luncheon conversation into an interview was not easy, but I hope [below] I have given you just a taste of what this man is all about.

I started off as a journalist in the country [best training you can get]. Of course, in those days, you didn't audition to be on television - you just wanted to be a good print journalist. I thought at the time I might go to RMIT and do a course in television - which was fairly new - but I didn't - I stuck to the printed word, and I am grateful for that because it taught me to research and be disciplined about the use of words...and at that time [in Mildura] they asked me if I would do movie reviews [well they didn't ask me, they told] and I thought this was matter from heaven - get to go to the pictures for free, then that led on to me doing reviews at the local little theatres. So, without me knowing anything, I was really learning a lot about the art...I joined the film society - so I saw films that I wouldn't normally have seen [classic documentaries or films from years before] - and my first celebrity interview was with the late, great, Australian icon Chips Rafferty. Then I came down to Melbourne - working at the ABC Newsroom and then the RACV - then I started to write comedy stuff for review theatres - we even started our own in St. Kilda. Then I went to England and worked for a fashion magazine - which kept me in a wonderful champagne lifestyle - covering all the various collections - and at that time, all the big designers were going into menswear - so I was there at that time of major change and got to meet a lot of top designers and had a fabulous life. At the same time I was writing comedy for television [I was there for four years]. As I was leaving, two of Britain's leading writers contacted me and invited me to join their writer's agency...but I had made my mind up to come back to Australia. I then created a show called the Magic Circle Club which led into Adventure Island - at the same time writing night time television...very avant garde stuff - sending up Politicians - then I wrote for the Mavis Brampton show - a very iconic television show with Gordon Chater and Barry Creighton.

One of the great things that's happened to me is that I got to know people like Sir Peter Ustinov and Sir Robert Helpman and Kenneth Williams and Gordon Chater - people who were great story tellers - and they influenced me accordingly because the art of telling a story is really acting - you're doing a one man show - even if it's at a dinner party - it's all in the timing and the words used. When I was watching television in England, it was full of that sort of stuff - it hadn't drifted into the mindless load crap it is today - they actually liked people to talk...I'm amazed for instance the number of times you do radio and they want you to fit everything into 30 seconds - you see there is a terrible thing that has happened where a lot of the people who run the media these days [because they're thick] think that the people they're broadcasting to only have an attention span of about 10 seconds...and it limits the sort of stuff you can do, and young audiences grow up without ever hearing a witty conversation or great humour for that matter [most of the bloody humour around these days is fairly facile].

I think now, also, that experience doesn't count for anything. One of the big problems you have now with young people today is that they don't really want to be good at their singing or their acting or their dancing - they want to be famous...Fame has become everything. I mean Paris Hilton - who is a glorified slut - is famous, but for what? So you have all these kids out there who think that fame is all you need to have a wonderfully happy life - but not doing anything to be famous.

One of the things I learnt in Hollywood - which was great for me...I went over there not wanting to be a star, but just to work...but I wanted to find out if I could get a job without anyone knowing who I was [having had taste of the golden apple of fame in Australia] and I actually did get jobs - a lot of talk television shows - the Joan Rivers Show, Gordon Elliott's Show, other local shows in the local L.A. area, so I did alright...but sometimes I would have to audition and sometimes I got the job and mostly I didn't - but rejection didn't bother me and I will tell you why. I was fascinated by the process of the audition. I loved going along and being with people.

America taught me "never take no for an answer", "you're never too old to learn" and "have a very positive view about yourself" - particularly in Hollywood where if you didn't believe in yourself you would never work.

And I also met my partner in life - Alfie - who was born in Guatemala - started life in America making donuts, to when he left was the Vice-President of a banking company...he inspires me - he has made my life so rich! If I had never gone to the States, I would never have met him and I am always reminded of the Judy Garland number "Somewhere There's a Someone Who's a Someone For Me".



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# q music: SWEET NECTER OF LIFE

STEVEN JAYMES BLACK17



Steven Jaymes

Being a lover of Jazz, I enjoyed this album immensely. Sent to us by Rex Morgan Records in Brisbane, the first single "Don't You Know" is already receiving airplay in Australia, Sweden, Denmark, and Norway and deserves a real listen to - in fact the whole album takes you to another place - as all good Blues/Jazz should.



Christina Aguilera

Paying tribute to the music that inspired her, pop icon Christina Aguilera will release her third studio album, *Back To Basics*, Saturday August 12 in Australia through SONY BMG Music Entertainment. A modern take on vintage jazz, soul and blues from the 1920s, '30s and '40s, the album is wildly inventive with a throwback style creating a sound that's gritty and raw. The sexy upbeat first single, *Ain't No Other Man*, produced by DJ Premier and Charles Roane, was released to media Friday June 2 and was #1 Most Added track to radio in it's first week. The CD single will be released Saturday July 29.



Meat Katie

Well-known resident DJ at London's Fabric, Meat Katie has finally released his third full length album "Vibrator" - through Beat Broker, out now in all good record stores. Watch out also for Meat Katies tour in September to Melbourne, Perth, Sydney and Hobart.



Michael Franti

From a journey to war torn neighbourhoods of Baghdad, the West Bank and Gaza Strip comes an album recorded in Kingston, Jamaica and S.F. - a truly inspirational and brilliant collection of work - out now through Liberation Music.

Nokia Australia launched its new music initiative last month in Melbourne, Nokia Music Play, with a rocking performance in Federation Square by five times ARIA nominated band, Evermore [Warner Music]. The band performed four of their new album 'Real Life' and from Nokia Music Play is Nokia's dedicated musical talent and all things music



Nokia Music Play enables the best music Nokia's leading range of music handsets. range of premium multimedia devices, is will be using on tour to stay in contact with favourite music tracks. The superior audio 3000 songs, easy drop and drag transfer including MP3 and WMA, make it the market. Also available as part of Nokia's which combines the ability to store and and 2 megapixel camera functionality. The devices give consumers of all music

Evermore's Hume brothers commented on get the brand new Nokia N91s just before world video shoot for our song 'Running'. tracks, which was awesome for kicking about missing a call when you're in Egypt

ARIA nominated band, Evermore [Warner Music] tracks for the selected guests from the multi-platinum selling 'Dreams'. music program that celebrates the best and mobile.

experience on your mobile device with The Nokia N91, part of the Nokia Nseries Evermore's official mobile phone which they friends whilst having continual access to their quality, 4 gigabytes of memory holding up to of tracks and multiple download formats, most functional mobile music device on the music handset collection is the Nokia 3250 play up to 750 music tracks with smartphone breadth and range of Nokia music powered tastes the music experience that they desire.

Nokia's support: "We were lucky enough to embarking on a crazy 16-day around-the-It rocks! It's got heaps of space for music back and listening to music and not worrying and riding past the pyramids on a camel."

Full details of the Nokia Music Play events and Evermore appearances can be found on the website, [music.nokia.com.au](http://music.nokia.com.au).

# q win: UP FOR GRABS THIS MONTH

Congratulations to S. Davies of Perth for winning the Pink Financial Services prize of \$250 cash.

STEVEN JAYMES BLACK17



Rex Morgan Records

Read all about this fabulous new album in our review section. With the compliments of Rex Morgan Records and Steven Jaymes, we have five albums up for grabs. Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) OR sms 0429 88 OMAG with "Black17" in the subject line to win.

Sony BMG

He's one of the hottest young artists to visit our shores in quite some time - and he will also feature as our August cover boy. With his brand new album "Underage Thinking" on shelves now, Q Magazine has been blessed to get five copies for you. Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) OR sms 0429 88 OMAG with "Teddy" in the subject line to win.



UDG

UDG have long been recognised as the leader in the field of DJ bags but now their range has been expanded to encompass work bags for all of us style queens who like all the hi-tech trimmings. Their sexy new Courierbag deluxe is nothing short of fabulous with its storage options including room for a laptop, headphones, documents, mobile phone pouch, keys and even a drinks compartment. Everything you need while on the move! For your chance to win one of two UDG prize packs, the first consisting of a Courierbag deluxe and a UDG cd 24 wallet valued at \$129 and the runner up prize of a UDG cd 24 wallet worth \$30 email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) OR sms 0429 88 OMAG with "UDG" in the subject line to win.




Warner Music

As we sadly say goodbye to Alice from Warner Music this month, her parting gift to you, the readers of Q Magazine is five albums of the fabulous new release from one of the best bands in Australia right now - Evermore - "Real Life". Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) OR sms 0429 88 OMAG with "Evermore" in the subject line to win.



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\* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 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 Q Magazine. All monthly winners are notified by email or SMS.

# q art: with DAVID WESTLAKE

## Sourcing items for your collection

The best advice about deciding whether an item belongs in your collection is for you to gain as much information as possible. Look at other collections (private and public), read and research, ask questions, search the internet. Many reference books can be conflicting, but this allows you to form your own views. Summary: go with your gut feeling. Remember, many stores and dealers generalise, meaning you, the small collector, may have better knowledge on a specific area. Your extra knowledge about what's extra rare, special markings, or unique dates, is your advantage. OK, that was the serious stuff, now for the fun bit - finding that special piece.

Where to start? Firstly, check your local op shop. These are great for finding special pieces, and you never know what will turn up. A word of advice – just like you, other collectors and also professional dealers scour op shops for those hidden treasures. Get in early, and go regularly. If you can, check op shop on weekdays - really unique items will already be sold by the weekend. Get to know the staff and volunteers in your favourite op shops – the other collectors do. Let them know what you're interested in – they might know if something has just come in that might interest you. If you're really lucky, they might even put it aside till you come in next, or give you a phone call. The occasional coffee, or some chocolates or flowers might just earn that little extra assistance. Remember, the professional dealers are doing it too!

What about garage sales and the weekend markets? The humble garage sale is a collector's dream, although many people have watched too many TV shows and expect bags of gold for a tin object! Ok, the item was made by so-and-so but if it's cracked, damaged or is missing a part, it's not worth full price. Being objective at garage sales can also be difficult – the item you're looking at might have special personal memories for the owner, and this can distort their price expectations.

Another good hunting space is the markets. Camberwell Sunday Market is worth it just for the entertainment, but rug up and go early. In winter, this means getting there while it's still dark! Sellers include professional dealers but also ordinary folk just willing to off-load excess items from home. At garage sales and markets, be prepared to barter. Just like Asia, offer half the asking price and work your way upwards to an agreed price. The worst the seller can say is "no".

However, the ultimate modern collector's dream must be eBay! I personally have purchased a number of pieces and been happy every time. Using that knowledge I mentioned earlier, I knew if an item was a bargain or over priced. A tip for eBay users - never bid more than you're willing to lose, just in case. Relate it to a long weekend or night out. eBay is also a great research tool – the value of any item is what people are prepared to pay. Don't just check the Australian site – you'll be amazed how prices differ on the various international sites.

Remember, the best advice is to gain knowledge - this will allow you to make an informed decision. And enjoy your collection. It's value is more than just financial.

## q exhibition: NAOMI WHITE

In her second solo show - Scape, Naomi White has drawn her inspiration from time spent in country Victoria. The canvases



represent her enjoyment of the majestic landscape seen on her visits to areas around Gordon, Whittlesea and Tallarook. Naomi White is a gifted, self-taught artist who creates beautiful paintings, with a mature style that harnesses sophisticated techniques. Working in a variety of mediums, Naomi is particularly passionate about oils. She draws inspiration from her immediate environment and locations she has visited, exploring the beauty of light and form in a stylised realist way.

Exhibition July 12 to 21 Goya Galleries Docklands 60 Lorimer St Yarra Edge Docklands Wednesday to Friday 12-5pm Sat 12-4pm. For further information, call the Gallery on 03 9646 6900 or visit either: [www.goyagalleries.com](http://www.goyagalleries.com) or [www.naomiwhite.com](http://www.naomiwhite.com)



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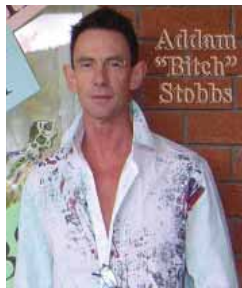
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# q whispers: with ADDAM STOBBS



Are we pervs?

I'm not, but almost everyone else is. You know how I know? Because almost every conversation I hear is about so-and-so on Big Brother. I dun get out on the scene much (HURRAH!) but on those times that I do, I cringe at the endless vapid conversations that go on about trashy popular culture.

It's not an ageist or predominantly scene thing, we get perv culture and reality rammed down our throats endlessly. The irony of all of this is as much as it is "this" live and "that" live, it isn't live, it's all recorded and edited and made to look live. The only LIVE media that remains is radio and most commercial radio and public (ABC & SBS) radio is even edited and delayed for fear of defamation. Community radio is about the only live electronic media left.

Why is our society so swept up in this dreary third rate crap? Well it's not because it's sexy - there are far more erotic well produced pleasures available on cable or off the shelf. It can't possibly be because they have 'real' people in them - they might be real as in 'not skilled actors', but they are hardly interacting in a real environment. It must be because the straight world is so starved for titillation that they have to sit and watch endless hours of trash to fill up their hollow lives. There might be a hint of a naked breast, or a half second nude full body shot, or a millisecond glance of a male member. Oh gimme a break!

Oddly enough the whole reality experience is so overwhelming that it generates it's own culture, and with convergence technology, the live feed is available on most 3<sup>rd</sup> generation mobile phones. On one of my recent (and thankfully rare) journeys on public transport, I was quite surprised to see how many dull-eyed minds were absorbed in watching these non-existent dramas unfold on their absorbing 2 inch screens.

I am not a perv, this has no appeal for me, nor did the sight of two young men frantically having sex at 3am at the bottom of my driveway in a parked car. I had to force myself to watch (for a few minutes anyway). THAT was a reality show, but I am too kind a person to ruin their night, so I slipped quietly passed them - they were so wrapped up in each other they were oblivious to anything else. Good for them.....(Wink Wink)

## q says: with MONTE

Q. Most memorable moment performing?

A. Once when I was performing on the bar at the kings arms in London I was getting riotous applause (thinking I was doing a good job). It wasn't 'till after the performance that I realised one of my testicles was hanging out of my underwear.

Q. What have you been up to recently?

A. I am constantly hung over, finding random men in my bed each morning, stealing clothing from charity bins, I have a strange rash in my crotch which is getting bigger and centrelink want me to fill out this job seeker diary thingy.

Q. When not in drag where do you like to hang out?

A. Bottleshop, The Lane, Centerlink queue, Savers Footscray.

Q. Where can people catch Monte in action?

A. Thursdays at the Commercial Hotel, Yarraville. Fridays Hotel BakPak, Melbourne. Saturdays Camp Karaoke at the Commercial Hotel, Yarraville.



## q joke of the month

On a golf tour in Ireland, Tiger Woods drives his BMW into a petrol station in a remote part of the Irish countryside. The pump attendant, obviously knows nothing about golf, greets him in a typical Irish manner completely unaware of who the golfing pro is.

"Top of the mornin' to yer, sir" says the attendant. Tiger nods a quick "hello" and bends forward to pick up the nozzle. As he does so two tees fall out of his shirt pocket onto the ground.

"What are dose?", asks the attendant. "They're called tees" replies Tiger.

"Well, what on God's earth are dey for?" inquires the Irishman.

"They're for resting my balls on when I'm driving", says Tiger.

"Fookin Jaysus", says the Irishman, "BMW tinkn of everyting!"

# q wine: with PETE DILLON

Aaaaah, I am always reminded of America at this time of year, and in particular, a big strapping blonde Texan, with an accent as thick as honey and ..... anyways, I love the 4<sup>th</sup> of July, the USA's National day of celebration for Independence Day. It's so cheesy and over the top and without any taste, and it's always a great excuse to drag a bottle of Zinfandel from the rack and hop into it. Or 'Zin' as it is known to it's many fans, and be reminded of good old Uncle Sam and the US of Ay!! Matthew Mondavi 's Zinfandel from the Napa Valley is the big daddy of the style.



Zinfandel is a wine that has grown so well in the hilly districts behind the coastline of California. Think Napa Valley, Mendocino, Sonoma Valley and Lake Counties for good measure. But it has quickly caught on here with aficionados of the variety and has found some true devotees. It is a ripe berry wine which is mouth filling (much like my drawly Texan) and can taste of leather, raisins, plums, prunes with hints of anise, licorice or black fruit jams. It is a thin skinned grape that performs best in warm dry conditions and WA in particular is producing some beauties. There should be more of it and I am surprised the variety has not been picked up by more winegrowers as it has in California. It is a grape that produces high alcohol and often dense (here's my Texan again) wines, but there are other Aussie producers using the grape to produce some lighter, spicier wines. And they are producing them very well.

So, if you are like me and continue to remember old lovers, like a sweet blonde Texan with big boots and a small brain, then wine can be just the way to do it. Try out the following:

Cape Mentelle 2002 Margaret River Zinfandel (2002) for that ripe prune and black plum taste and lingering mouth filled finish (WA)

Kingston Estate 1998 Victoria Zinfandel - Warm, raisiny, notes of anise and berries. Full berry fruit, juicy and tart. (SA)

Kangarilla Road 1996 McLaren Vale Zinfandel - Minty, peppery, Full, exuberantly fruity, juicy and sweet. Perceptibly Zin, but also unmistakably Australian. (SA)

Peel Estate 1994 Western Australia Zinfandel - Pruneey, herbal. Black fruit and sweet licorice, big and hot. (WA)

# q dining: KOBE JONES

With its unique heritage and influence, the modern Californian-Japanese cuisine at Kobe Jones is distinct due to its fresh ingredients and innovative menu options. First established in California in the United States (US), Kobe Jones proved immediately popular with diners craving delicious, creative Japanese cuisine complemented by an international drinks menu.



The modern and innovative interior provides the perfect setting to indulge in a true culinary experience that is inspired by the best Eastern spices mixed with the Californian flavours of the Western World. Kobe Jones also has a delectable cocktail and wine list on offer that comprises an essential element of the Kobe Jones experience, including ambient music and sunsets over Melbourne's spectacular city skyline.

The cuisine at Kobe Jones reflects the clean, simple yet sophisticated fare for which the Japanese are renowned. The signature dishes are melt-in-your-mouth delightful and offer a true point of difference amongst Melbourne's restaurants. Meals include sizzling sashimi carpaccio (salmon, scallop or snapper); green tea smoked salmon with wasabi mash and nori cream; and the seafood papaya motoyaki consisting of a baked papaya filled with seafood and vegetables and a motoyaki sauce. Other menu items include Edamame (Soya beans served warm with rock salt), Tonkatsu (fried breaded pork loin), and seared Hibachi tofu with roasted capsicum and macadamia nut pesto. An extensive sushi and Kobe roll menu is also a highlight; as well as the salad menu that consists of flavour combinations such as grilled and spicy seafood, salmon skin and a mushroom medley.

Kobe Jones seats up to 150 people and is also available for larger bookings. The delicious dessert menu perfectly matches the restaurant's stunning entrees and mains and includes Wafu cheese cake, Anko (green tea and mango crème brulee) and Yokan (chocolate sabayon on almond biscuit with vanilla ice cream).

Owner and Sydneysider Ken Suzuki has already launched Kobe Jones at King Street Wharf, Sydney. This recipe for success will now transcend to Melbournians dining at Waterfront City, Docklands. - a truly fabulous dining experience.

# q beauty: with GEORGE ALEXANDER

Need some body warmth?

With the cold winter weather upon us, if you don't have another body to keep you warm this winter, then I might just have the next best thing. Winter body beauty products! They might not have a pulse, but they can certainly be less expensive than a date at Jacques Reymond. (Mmmm Happy Anniversary to my hubby – being spoilt, I have both!)

We not only need to take care of our face, but also the skin on our body. Winter brings dryness, flakiness, rough patches and a generally dull, lifeless look to the skin.

So how do we remedy this winter dryness? Taking care of your body can be as simple or as complicated as you like. Other than the overall skin, the areas that you must target for being the driest are elbows, knees, feet and hands.



## Step 1: Exfoliating

By using an exfoliating product on your body 1-3 times a week, it will not only slough away dry dead skin, revealing a smoother, softer underlining, but will also keep your skin firmer and more youthful looking. Concentrate on elbows, knees, feet and hands, as these tend to be the driest and roughest. Body exfoliants come in gel and cream forms and include small gentle micro spheres that automatically exfoliate whilst you massage the product onto your skin. Using circular motions on a DRY skin, apply all over, then simply rinse under the shower. Due to the mechanical action of the micro spheres, blood circulation is increased, helping to speed up the skin's metabolism, allowing your skin to naturally detoxify itself. (Perfect for those who attended the line up of the Queen's birthday

long-weekend dance parties – Oh Mr. Luke Huggard, caught out again!) Must Try Products: Kusco-Murphy Body Scrub (\$29.95), Clarins Eau Dynamisante Body Scrub (\$55.00)



## Step 2: Daily Body Cleansing

Daily showering with soap and water will definitely contribute to your skin's dryness, roughness and flakiness. Soap contains caustic soda which also destroys your skins natural pH balance, creating a tight and uncomfortable feeling to your skin. It's also recommended that soap not be used on our nether regions and this can also attribute to cracked skin that can promote or increase the likelihood of HIV infection. So always use a soap-free alternative. Body washes that are designed to moisturise and gently cleanse the body are

highly recommended. These products usually come in a gel or cream form. Anything that comes in the form of a bar of soap is generally not recommended. A body wash is as easy as soap to use, however more gentle, convenient and hygienic. Must Try Products: Kusco-Murphy Body Wash (\$29.95), Clarins Eau Dynamisante Shower Mousse (\$38.00), Clarins Relax Bath Concentrate (\$38.00)



## Step 3: Daily Body Treatment

Now that your skin has been exfoliated and cleansed, you have the perfect canvas to truly treat your skin. There are a myriad of treatments you can use in regards to achieving your body needs. There are products that can firm, revitalize, soften and give you a general feeling of well-being. These results can be achieved by using products based on aromatherapy (essential oils) that not only work on your skin, but also on your senses, to create a feeling of relaxation or invigoration. Body moisturisers will create a film on your skin, working to protect it from moisture loss, whilst helping to increase skin cell-renewal, promoting a healthier and younger looking skin. Must Try Products: Kusco-Murphy Body

Cream (\$29.95), Clarins Eau Dynamisante Body Lotion (\$57.00), Clarins Eau Dynamisante Treatment Fragrance (\$62.00) Clarins Relaxing Body Oil (\$66.00)

## Step 4: Hands & Feet

Hands and feet are always in use. They can get particularly dry, sweaty and can look prematurely aged. Specific treatments can be used to keep your hands and feet in optimum condition. These tend to be slightly more aggressive in their action; however with continued use the results can be miraculous. Must Try Products: Barielle 60 Second Manicure/Pedicure (\$46.00)

Keep warm this winter and hope you enjoy the tips! Cheers George.

For you nearest stockist please call; Kusco-Murphy Products 03 9706 5599, Clarins 02 9663 4277, Barielle 1800 004 507. To contact George, please email [beauty@qmagazine.com.au](mailto:beauty@qmagazine.com.au).

# q trends: MID-WINTER ADVICE

Break the rules!

We all know it's about being individual – so invest in a touch of whimsy and urbanized shabby chic into even the most modern of interiors. Break the rules to introduce a juxtaposition of design eras, countries and colours.

Accessorise with a balance of nod of symmetry. Retro colored glass vases arranged with crystal bowls and fine china. Brass lamp bases with plexiglass light shades and ornate gilded mirrors with computer generated or op art prints.

A collection of old bound books on a clear or polycarbonate coloured surface. Use a style defining backdrop for your decorating experiments and you are well on your way to creating a cohesive yet eclectic interior that has only your stamp of style on it.

Don't be afraid to mix it up! Tone-on-tone and small, all over patterns work well together, like a clever blend of understated stripes against pretty, multi coloured florals. Introduce a mix of rough and smooth materials, hand crafted items – soft silks and airy voiles used against warm winter heavy velvets in

Hugh Hefner boudoir inspired colors together with suede's and classic leather.

villa & hut stores offer a content eye candy of products to inspire your unique home fashion styles with ever changing products from countries around the world in contemporary and reproduction pieces.

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# q fashion: with CRAIG MICHAELS



For further information please email Craig at [fashion@qmagazine.com.au](mailto:fashion@qmagazine.com.au)

How to tie the Windsor (Double Windsor) knot.

Wide and Triangular.

A full knot best suited for spread collar shirts.



1. The wide end "A" should extend about 12 inches below narrow end "B". Cross wide end "A" over narrow end "B".



2. Bring wide end "A" up through loop between collar and tie; then back down.



3. Pull wide end "A" underneath narrow end "B" and to the left, and back through the loop again.



4. Bring wide end "A" across the front from left to right.



5. Pull wide end "A" up through the loop again.



6. Bring wide end "A" down through the knot in front.



7. Using both hands tighten the knot carefully and draw up to collar.

How to finish off a great look for a suit:

Following on from last month's article, we're now going to look at the best ways to really make a suit look great. So where do we start? Well, we already have the suit, so what next?

How to choose the right shirt

When you are purchasing your next business shirt, stop and think about these few points:

Do I always buy the same thing?

If the answer is yes, does it look fantastic or merely ok? If it only looks OK, then it is definitely time to change. Try looking for a self-striped shirt. What I mean by self-striped is selecting a shirt that is not only the same colour, but has a texture or herringbone effect through the fabric.

Now what about the fit?

Be aware of your body shape. If you are slim then choose a fitted or "urban" shirt (this is a slim line style without all of the extra fabric). If you love good food and wine and you are carrying a little extra weight, go for a classic fit. This will give you a very flattering look, creating the illusion of looking slimmer.

How about the sleeve?

Instead of just an ordinary sleeve, choose a French cuff shirt so you can wear a fabulous pair of cufflinks.

What cufflinks should I choose?

You need to think about the occasion that the cufflinks are for. Will they be worn at a function, corporate event, or just for an evening out with friends? If it is for work, think about the industry you are working in. Can you get away with a fabulous pair of "bling" or do you need to tone it down?

You may well be thinking "this will cost you a fortune" and yes - it can, if you buy them in selected designer stores. In my Studio we retail French cuff shirts from \$59 and cufflinks from \$49.

Now about that Tie?

Stripes and colour are still popular and there is no need to pay a fortune. Manufacturers have now been able to produce a tie that looks and feels like silk, so why pay \$100 upwards when our New York and Italian coloured ties are only \$38?

Wallets

Ditch that chunky wallet, get rid of all of those video cards etc and buy a fabulous business card holder. The great thing about this is that you can take a credit /eftpos card, business cards (because you never know who you might meet).

This will remove the bulk from your pockets.

Cash

Carry your notes in a fabulous money clip. This is much smarter look then ripping out some cash out of a trashed wallet when you are buying that boy a drink.

Shoes

And finally to finish off that look, spend a little extra and buy some fabulous shoes to create that wow factor.

For all of you guys that think this is just too hard we are giving 1 hour free consultations at our studio, including a glass of bubbles - so call now and book your appointment on 03 9383 5747.

# generation q: with LUKE HUGGARD



To make contact with Luke, send an email to [luke@qmaga-zine.com.au](mailto:luke@qmaga-zine.com.au)

## Diamonds are a Boys Best Friend

These days it seems you do not have to venture far in order to hear those once blasphemous words "gay marriage" being mentioned in conversations by people who belong to the most diverse of social circles. Once considered merely the absurd pipedream of left-wing hippies and ultra radical gay liberationists, the issue seems to be gaining somewhat of a momentum in this country, obviously following the European and North American trend. However, recent political developments do not exactly support my theory of an increased momentum and I only have to turn to some of my closest friends to realise that attitudes on this issue amongst gay people are extremely diverse. Now relax, I'm not about to get political - I'll save that for the many misguided, out of touch, and, might I add, fashionably impaired politicians in Canberra (and because, for some reason, I always end up looking like a typically dumb blonde in such discussions!) Nevertheless, as I opened the immaculately designed invitation to my friends "British Civil Partnership and Commitment Ceremony", my mind was overwhelmed with many thoughts. I couldn't help but realise how far gay rights have come, and whether I had enough room left on my credit card for the stunning new suit I will be wearing for the occasion - maybe PRADA...if not definitely SABA. I mean it's not like the thought of whether I might be committed one day hasn't entered my mind once or twice during the past (as I'm sure the thought has entered the minds of most of those who know me) yet suddenly the issue began to take on a new meaning within the realms of my extremely complex mind. Surrounded on all sides in my small street by attached gay couples, it doesn't take much to be reminded of my single status, especially when arriving home a little late on a Sunday morning with yet another "friend" to introduce to your housemate. After several eventful weekends recently and having reckoned that a boyfriend would surely keep me off the streets for a little while, I went on a date with someone I'd been meaning to for weeks.

The date went brilliantly and the sex was even better, and I thought to myself later that if there was anyone I could see myself with at this time in my life it would be him. However, for someone who preaches true love, I can't help but feel uncomfortably enveloped at the first signs of commitment. Is this detachment from sex a sociological condition

adopted by gay people due to a lack of recognition of gay relationships by mainstream society, or more simply...Are we all just sluts? I used to be of the opinion that true love could never flourish properly in an "open" relationship, yet many couples whose true love I would rank on the scale of Romeo & Juliet, have since proved me terribly wrong. During my weekly body balance class - a mix between palates and yoga (and a nice way of having a gym membership and going there regularly yet rarely breaking a sweat!) - I couldn't help but realise how much easier it was to increase my physical flexibility and balance, yet emotionally it requires a little more. I knew I wasn't ready to attempt a certain exercise because the muscle in my lower back couldn't take any more strain, but how do we know when we are not ready for an emotional exercise, like commitment to a lover? Suddenly the hypocrisy of claiming to be ready to run away with my French Canadian dream man, yet not being able to commit to my real-life Australian dream man becomes all too apparent. It seems the Man in the Mirror is sometimes not the same man elsewhere.

Right now, marriage (or a civil union if you prefer the term) seems a long way away. Although, after being allowed to briefly wear a prominent Melbourne QC's 7ct diamond ring over the weekend, I may be more ready than I thought. Whether we are ready for such a commitment now or in the future or for some maybe not at all; there is something unequivocally warm and satisfying in the recognition of true love, the silly formalities that go with it and yes of course...diamonds!

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# q travel: DIVING CAIRNS & THE G.B.R.

Pictures and article by Shek Graham

## East Coast versus West Coast

Some friends and I were sitting having a discussion about diving over a few drinks one night. Now, I hasten to add before you get all excited, that we were talking about scuba diving.....We were discussing the merits of diving on the Great Barrier Reef (GBR) versus Ningaloo Reef in Western Australia. Most of us were Queenslanders and had not dived on Ningaloo, but we were pretty convinced that the GBR comprised some of the best diving in the world. A couple of the others were from WA, but either weren't divers, or had only dived one or the other area themselves. None of us had dived both reefs. It came to me that it would be pretty cool to dive some of the best dive sites on the GBR and then cross Australia to investigate some of the best diving Ningaloo has to offer.



I have written about diving on the GBR before, but I could write a years worth of articles and still not cover a fraction of all the wonders of the reef. On this trip that I took in March of this year, we visited ten different dive sites, three of which rate amongst the best dive sites in the world - The Cod Hole, Pixie's Pinnacle and Steve's Bommie.

Our first dive on this trip was at the Cod Hole. The boat's captain was going to feed pilchards to some pretty massive, but friendly and gentle fish i.e. potato cod, and we were going to kneel on the bottom of the ocean and watch these 300+kg fish pass within centimetres of our eyes. Just for added fun, the potato cod had stiff competition from much smaller but very fierce red bass with amazingly sharp teeth – not so good when they are only a fraction from your face! They also are attracted to fingers, as they look like pilchards to a hungry red bass. We were told to keep our hands hidden – difficult when holding a camera! The whole experience was thrilling, and I was in awe of these graceful giants of the ocean, and rather wary of the toothy red bass.

The top of Steve's Bommie boasts six different species of anemone or clown fish, and that is not counting the True Clown Fish (more popularly known as Nemo), seen at other sites on the GBR. I could float here for hours just watching these fish go about their lives. They are so cute! It is also teeming with myriads of gorgeous coloured anthias – tiny little fish that dart about in the watery sunshine of the top of the reef. More often than not, the hunters are on the prowl, darting into the shoals of small fish, scattering them in order to pick off a choice morsel. Among the hunters are the blue fin trevally, barracuda, and of course the reef sharks!

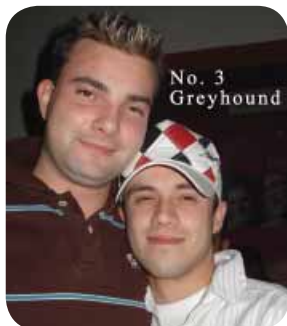
The GBR offers some of the best visibility of any dive sites in the world. On average, you can see for 25 to 30 metres on the reef itself, and the water temperature is a balmy 28oC in summer, and only falls to around 24oC in the depths of the Far North Queensland winter! The corals are very colourful, and the fish abound in every shape, colour and form you can imagine..... now what could possibly beat that? Well, we had to cross the continent to check out the diving on Ningaloo. That was going to be a big adventure too!



# q cuties: AREN'T THEY LOVELY

Send your entries into [cuties@qmagazine.com.au](mailto:cuties@qmagazine.com.au) for your chance to be our monthly Q Cutie.

Our June Q Cuties title goes to our couple from DT's - Richmond. You have won a \$50 drink voucher at DT's to share - which can be collected anytime by simply identifying yourself to Bruce or the staff anytime from now - 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!!

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.

## WHO'S GOT A GRIP ON YOUR HANDLES.....?

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# q fitness: with CLINT McDONELL

Welcome to the first edition of q fitness! Over the next few months we'll be discussing general fitness, training and exercise principles with as many applications as possible for the varied audience of this spunky new publication that we're all so excited about!

A quick apology for the beefcake advertisement for our club on the next page! I've always been irritated by the clichéd gay advertising featuring unclad male torsos, but sure enough, we've fallen for the old trap. That's because all of us want to look like Mr Fabulous over yonder but with our head on his body.

Starting this month we're going to show you how to get into shape and make the most of your natural anatomical design. I'll give you some very general and very specific training techniques – something for everyone – and demystify some of the contradictory advice you may have heard in the past.

## How to burn fat and lose unwanted weight:

Fat loss is a very simple equation. You must burn up more calories than you consume. Exercise will help increase your caloric expenditure, and watching what you put in your mouth will decrease your calorie intake. So if you're sitting on your arse in an office somewhere doing nothing and eating donuts, you're sure as shit going to up a dress size or two in a big hurry. It all sounds like common sense doesn't it? But you know what I say about common sense? It ain't that common!!

## So do these simple things to start with:

1. Stop being an urban smarty pants and looking for the car park out the front of wherever it is you're going. Deliberately park a 15 minute walk from where you need to be so you get a 30 minute walk into your day. This is especially relevant if you're going out for dinner somewhere because it will help make you hungry and help digest your meal. It doesn't rain enough in winter for you to not consider this all year round.
2. Take the stairs. If you're going up 20 floors, walk the last 5 floors and amaze everyone who sees you pop out of the stairwell. You might even find a like minded q reader lingering in the same stairwell, in which case your chances of increased caloric expenditure for the day are even higher!
3. Have a glass of water before you begin your meal. Your stomach will think it's full and you won't feel like cramming the extra few spoonfuls of food in.
4. Put your fork down after each mouthful and chew the food in your mouth properly. You'll get more out of it, you'll digest it more easily, the stuff your body can't use will be more readily disposed as waste, and best of all, you'll feel full at about the right time to stop eating.

## Workout of the month:

The 20/15/10 routine. This is one of my old favorites. It's ultra time efficient and guaranteed to give you upper body strength and definition.

	20 reps	15 reps	10reps
Push Ups			
Bench Dips			
Shoulder Press D/B	5kgs	7.5kgs	10kgs
Bicep Curls D/B	5kgs	7.5kgs	10kgs

The idea is to perform all these exercises one after another in quick succession. You do 20 reps of the pushups, then 20 reps of the bench press etc. As soon as you've done the bicep curls you go back to the pushups but do 15 reps. The routine obliges you to increase your weight as you decrease your reps. If you can't do pushups on your toes, get on your knees. If you get through the 10kgs shoulder press easily (this is where it will hurt most), then increase your starting weight and move up in 2.5kg increments.

When you can pump out 20kgs on the last 10 reps of shoulder press, see me. I'll probably have a spot for you on the opposite page next month!

Clint McDonell is a personal trainer with more than 20 years in the fitness industry and Club Manager at Genesis Fitness Club Prahran. Please send any comments or questions to: [fitness@qmagazine.com.au](mailto:fitness@qmagazine.com.au)



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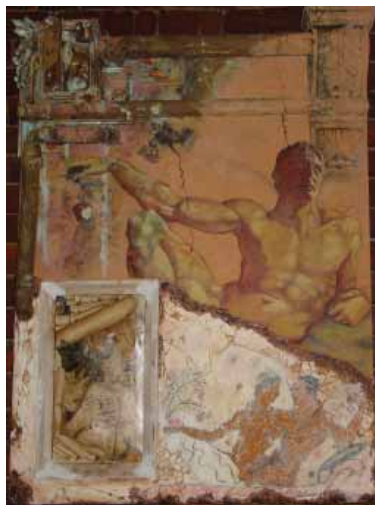
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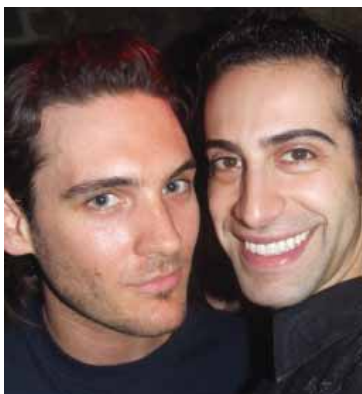
Over 80 years ago a little girl was born; and little did she know that she would affect gay men all over the world – when she was a little bit older.

Although I accept that there is a possibility that the couple of parties that were held in Buckingham Palace and Windsor Castle may have been fun, I doubt if they resulted in the production of hundreds of erections and even perhaps thousands of ejaculations – and that was just upstairs at The Peel! Seriously though, do any of you remember what you did Queens Birthday; or more to the point WHO you did?

As usual, all the venues tried to out-do each other, but this year I got the distinct impression that some venue owners felt that we all had the same budget as dear old Lizzie herself. I mean, just because it's a holiday, should we be FORCED to pay nearly double the normal door charges? Anyhoo. ....from what I remember – or to be honest, from what my sisters have told me – I managed to misbehave in the usual manner - starting off at the Chook raffle at 6pm on Friday at DT's, and finishing by being asked to prove my tits weren't real at 8am Monday at Wet on Wellington! In between, there are vague images of gorgeous boys all over Commercial Road: The Laird (well, I shouldn't really call them boys – not on Ladies night!); and of course at The Peel. Given my condition by 10pm on the Saturday, I was strongly advised not to even TRY and get into Winterdaze. Mind you, I thought a drunken, arrogant prick staggering in King Street would be quite the norm! From all reports though, the party atmosphere was great, just a pity about the location. ....

As a practice for the long weekend, I attended the 11<sup>th</sup> birthday at DT's. Why is it when there's an absolutely FREE bar, every queen and their dog (and there WERE a few dogs there), turn up? Not that the very generous Dale & Tules minded - after what would appear to be a bumper year for the venue, there was no expense spared. Also on the night, the new Q Magazine office was officially opened in the newly renovated 1<sup>st</sup> floor of the venue. VIP after VIP was guided up the stairs





past the gilded mirror and the gold leaf ceiling. The specially commissioned statue of the God of publications sat proudly at the top of the stairs eyeballing everyone who ventured into the "unknown". For those of you who saw it, you'll know what I mean when I say that if the office thing doesn't work out, Morag has first options on a lease and already has a permit for a brothel...

Meanwhile, for those of you who like to be vocal when they drink, check out the new look Star Hotel. Although knocking out a few bricks may not sound like much, you'll be surprised when you see what it's done to the atmosphere in the venue – especially on karaoke night- (my soprano voice seemed like an angel with the new acoustics). Tom (who just can't seem to help himself), is one of these owners who, it appears, likes to participate in his customers frivolities. All I can say is thank God their pyjama party and not similar to the Lairds' now infamous Underwear parties! Tom, please wash your pj's before the next time dear.



Last months party at the Laird was particularly special. Imagine – if you will – standing in your jocks whilst trying to give a serious opinion on the hundreds of pieces of artwork hanging on the walls. It didn't take long though for the REAL side of debauchery to take precedence over from the two dimensional type! I was also privileged enough to attend a little soirée with a difference last month, and that was "Old Man Michaels" going away party at the Peel. After many, many years of holding up the bars all around Northside, Michael is going back to some of his old roots down in Tassie – we'll miss you, you old %%%%

Last month also saw quite a bit of straight media coverage for our little community. On the one hand we had quite a spread in the Age magazine on the subject of Commercial Road. A picture of the very handsome Mr John Wain from the Market – well, he is holding onto his looks for his age – was splashed all over the page trying to explain a bit of the history of the street. And, I was glad to see that the now reclusive Ken Payne was credited as the visionary he, and a few others, were in the late eighties. The article also went on to say how well the "gay ghetto" is doing and how, compared to years ago, safe the street is...eh?



Another Age story covered the hullabaloo over this "Gay Marriage" issue. This story was a little more accurate. Without getting too political, all THIS little girl wants is some form of recognition for me and ALL the boys who pound me every weekend....."Recognise THIS you bitch! That's it, take that recognition right up you're...." Oops, sorry, but I DO do my best to recognise every piece of meat that I have had the pleasure of reviewing.

If I'm lucky enough to get an invite, I'll report on the "Wedding of the Year" in the next issue. If I don't, I'll just have to write about some other crap...

Love and kisses, Morag

P.S. As Dr Tiffany is having a little holiday, please feel free to pass on all your little problems (and cheques) to my dear self c/o Q Magazine (Holiday my arse, I saw the booklet for the Betty Ford...).



# q health: SOPV's, SEX AND SAFETY

Sex: with or without (risking) HIV & STI's - it's your choice! - by Brian Frewin, Ten Plus.

Gay and bisexual male on male sex is more open and easy than ever. Fortunately, that's great for testosterone pumped guys. Unfortunately, that openness and ease for a blow job is lending to the (indisputable) fact that HIV and other STI's are increasing. Won't happen to you? Wrong assumption, think again!

As an owner of a well established and successful SOPV (Sex On Premises Venue) I am extremely pleased to finally be invited to put forth my point of view in the public domain, in the hope that our community (i.e. testosterone pumped guys) may take heed. SOPV's are, after all, at the cold face of male on male sex, as that's what our facilities are (largely) about. However, unlike other similar facilities such as beats, toilets in nightclubs, darkrooms at dance parties, and dare I say "Chat" lines, we are subject to a Code of Conduct administered by Vic Health (and supposedly by the VAC, but that is a story for another article).

I've only got 500 words, so I'll cut to the chase (in my opinion):

1 - If he doesn't grab a condom and you are negative, you probably assume he is negative too. After all, HIV is old news; it doesn't apply to the young or newly "out". No need to be cautious. **WRONG ASSUMPTION**

\* he is positive & assumed you were positive too (see below)

2 - If he doesn't grab a condom and you are positive, you probably assume he is positive too. After all, HIV between positive men is (probably) low risk: you've already got it and so does he, doesn't matter anymore. **WRONG ASSUMPTION**

\* he is negative & assumed you were negative too, otherwise you would have grabbed a condom to protect him! Or he is too wrapped in the moment to think about it. (If you are positive, then I believe the onus is on you in the first instance, "wrapped in the moment" should not diminish your responsibility, sorry) OR, he is positive too, assumed you are positive and neither of you realise the dangers of two positive men infecting each other with new strains, antiretroviral immunity, other STI's which can seriously jeopardize your already weak immune systems, etc etc!

3- If he does grab a condom and you are positive, you probably assume he is positive too and trying to protect you. So you ignore the condom, after all, HIV infected men can't hurt you, you've already got it and unprotected sex is better after-all, doesn't matter anymore. **WRONG ASSUMPTION**

\* he is negative, and assumed you disregarded the condom because you are negative too! (and he just might have Syphilis and not know, passing it to your vulnerable immune system).

4- If he does grab a condom and you are negative, you probably assume he is negative too and trying to protect himself. So you ignore the condom, after all you are both negative and unprotected sex is better after-all, you're both safe. **WRONG ASSUMPTION**

\* he is positive, and assumed you disregard means you are positive too! Here we go again!

The Code of Conduct under which SOPV's operate includes that condoms are provided freely at the door and also freely throughout the venue, along with the display of safe sex messages. Beats, nightclub toilets, dance party darkrooms (particularly if you're wasted) and chat lines do not provide you with that guidance or opportunity. I do not suggest that SOPV's eliminate your chances (of infection), but we are committed to providing the best guidance and opportunity to avoid it.

Wherever you choose to have casual sex, please don't assume the status of your partner. Maybe you think I am biased and only promoting my own venue? Well come in, experience a safer environment, mention this article and if you haven't been here before (or recently) you are in for free! Then if you still are not "satisfied" by your Ten Plus experience that SOPV's are a better option, try Steam works, Subway, Caulfield & Bay City Saunas, WOW, Club 80 or 55 Porter just a few doors from Ten Plus. There, I've promoted all my "competitors" as well! I cannot guarantee they will give you free entry but I can guarantee they will each give you a safer environment and the opportunity to make informed choices!

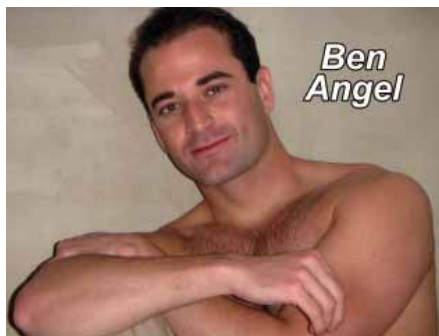
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# in bed with: BEN



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## Man Hunt Continued...

What a month it's been! I've gone on 5 dates, jumped out of a plane at 12,000ft, falling at 260km an hour (almost like the dates I've had) and decided to move office and house at the same time.

In last month's article I wrote about my hunt for husband material. Let's just say I'm still single, but in all honesty I never expected to find the love of my life in under a month (but then again anything is possible).

To recap on my progress, I went on 5 dates over a period of 4 weeks, each one included either dinner or coffee and of course no sex! (And you all thought I put out at the drop of a hat!)

So what happened on my dates? Great food, conversation and general banter about each others journey in life, where we came from, where we are now and what we look forward to.

So were there any matches made in heaven? No, but I made a lot of new friends of whom I have great respect for.

## How do I feel about my progress?

Pretty damn good, as each date I went on I managed to further refine what I was looking for in a partner. I'm now simply trusting my intuition, if it doesn't feel right then I don't go there. I've had relationships in the past where my intuition was sounding off alarm bells and I chose to ignore it. Each time I didn't trust myself, it never worked out.

Sometimes you've just got to take a leap of faith.

Throughout this I am discovering more about who I am and what having a relationship means to me. A relationship to me is supporting each other in our goals, cuddling up on the couch wasting the day away, hanging out with friends, complementing each other on a regular basis and simply being there for one another when things are good and bad and most importantly growing together.

My good friend Guy Lewis decided to write a poem to sum up my dating experience.

*"Looking for Mr Right is a full time job, all I end up with is Mr Knob, I am a nice man with a big heart, a proper relationship I want to start, give me a good man that's all I ask, think of the future forget the past, a great guy is what I am after, good company, good love and plenty of laughter, email me if you fit this bill and I promise you the ultimate thrill"*

And to meet the guy who's going to rock my world! I am going to have to take a leap of faith and say no to a lot of guy's (unless they say no to me first!). I'm not going to go out with someone for the sake of filling the space next to me in my bed. It's got to be for the right reasons for me and for him.

And for those of you out there looking for a guy, I ask you this, "Why?" Until next time, happy dating!



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# q money: with COLIN PAULL

IT'S TAX TIME – it pays to know what you're owed

Tax- has the very thought of it got you turning the page already? Well, it might be boring, but if I told you your tax return could boost your savings substantially, does that brighten the subject up for you?

My attitude towards the annual tax ritual certainly changed when I realised how to get the most out of my return. And the extra dollars I get each year are evidence enough that a little financial focus and pre-planning makes tax time all the more worthwhile.

Did you know that for every year you don't hand in a tax return, or make the effort to do it properly, you could be losing money? Yes, tax laws can be scary- they change often and can be quite, um, taxing- but there are a few ways to make it easy for you.

For a start, if you really hate paperwork, get a tax advisor to do the hard part for you. The best thing about this option is that you can claim back what you paid your advisor or accountant in the following year. All you need to do is keep records, such as any written evidence of income and expenses. And it's easier than it sounds. Try emptying the receipts out of your wallet when you get home every day. If you have no interest in creating a proper filing system, throw them into a box and forget about them until you need them. At least you will have records. You'll also need to keep these records for five years after lodging a return, just in case the Tax Office audits you.

Now let's get to the fun part: working out exactly how you can make some money. Start by thinking about which receipts are work-related. These are the ones you can claim. For example, do you use your car for work? You can claim car expenses, including petrol and servicing, or you can claim taxi fares and money spent on any other form of travel. The simplest way of claiming car expenses is the cents-per-kilometre method. Depending on what type of car you drive you can claim between 52 cents and 63 cents a kilometre for work-related travel.

Long lunches-most of us love them and the best part is if you are paying for a work-related lunch you can claim it-but records are essential. You need to keep a note of who was there and what was discussed as evidence it was a work-related get together.

Some of us have to read the newspaper or other publications for work or use a pager or mobile phone. You can claim these expenses, too. If you are mobile on the job, and need a laptop, you can deduct that as well as any software you may use. If you work from home, your home office expenses are also worth looking at.

It's the small things we often don't realize we can claim that make the difference, like sickness and accident insurance, sun-protection items if you work outdoors and donations to charity.

Don't forget you can also claim investment expenses, such as debt expenses through getting a property loan and rental property expenses. If you have a mortgage for a rental property and you've run up a high level of personal debt, it may be worth thinking about increasing your mortgage to pay off your credit cards or personal loans. You will save on interest and you may get a tax deduction.

If you decide to use a tax advisor, then yes, it will cost, but it will be worth it if it means money back you might never have had. And it's never too late. If you have outstanding tax returns, lodge them as soon as you can. The tax Office might charge you a penalty but chances are you will still end up on top.

Enquiries to: [money@qmagazine.com.au](mailto:money@qmagazine.com.au)



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# out in: MELBOURNE

what's been on around town

Nokia Music Launch



Peel



DTs 11th Birthday



Pink Launch at Greyhound



Pink Launch at Greyhound



DIVA Bar

DTs 11th Birthday



DTs 11th Birthday



DTs 11th Birthday



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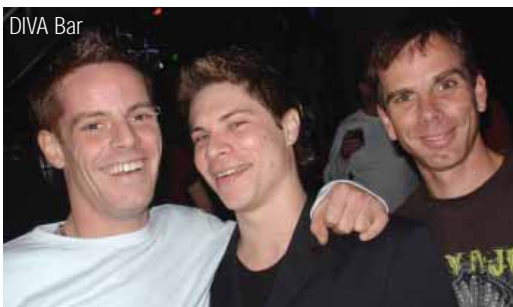
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Peel

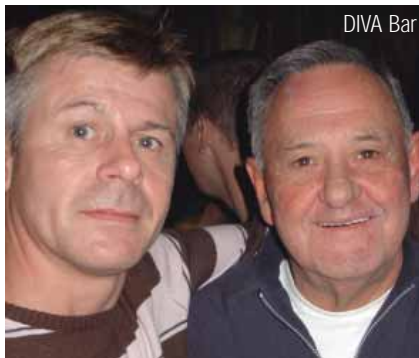


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# out in: MELBOURNE

what's been on around town



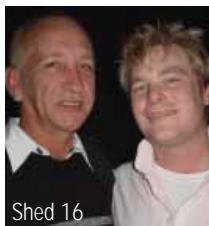
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Pink Launch at Market



Shed 16



Shed 16



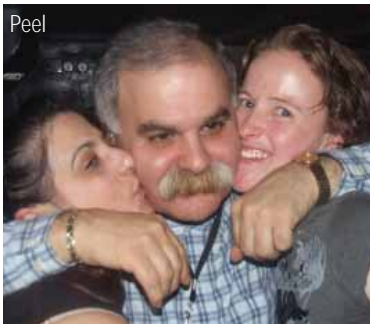
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DTs 11th Birthday



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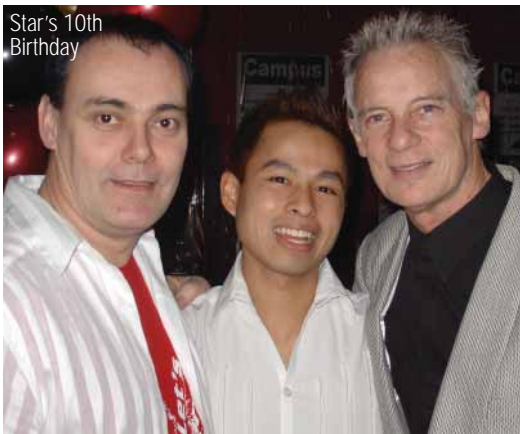
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Tabitha's  
3rd Anniversary



Tabitha's  
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# out in: CASTLEMAINE

## happy birthday country queens

Let me set the scene for you: a bunch of poofs [and the odd straight woman] plus a team of drag queens converge on the sleepy little township of Castlemaine for a fundraiser on Queens Birthday Sunday. Within half an hour of booking in, management of the hotel are asking for the noise level to lower [at which point, one of the team pays the offended guests to go somewhere else] - and then the fun began!

In the bitter cold, a BBQ is held - then off to the Theatre Royale for the show - which is delayed until the necessary sound equipment is driven over from Bendigo. Inside, a gaggle of local poofs and dykes mill around drinking, talking and waiting [at which point, it is noted that for an event to raise money for the youth in our community, there is a blatant lack of twinks].

The preceeding disco and shows all go off brilliantly - with Paris shining as always as compere. One guest turns cubicle 2 in the ladies into a beat, Paris is needed to be rolled onto the stage after mixing with the crowd, and the Harry Potter room is discovered under the stairs in the dressing room.

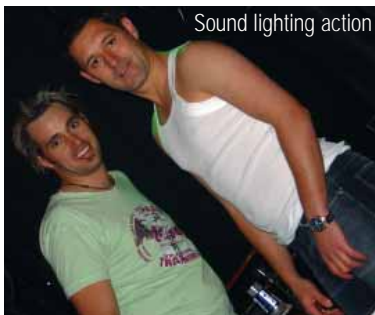
Later that evening, hotel management came to one of the rooms - not once, not twice, but three times to ask for the music to be turned down - I don't think this touring party will be going bush for quite some time. A great time, however, was had by all! A selection of happy pics are below. Thanks Laurie for the invitation to attend.



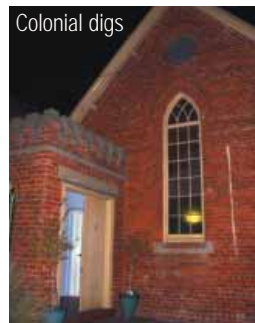
The Greyhound team on tour.



Barbie time



Sound lighting action



Colonial digs



Letting it all hang out



Let's drink



Miss Vivien



Let's sing



Let's dance



Local boys



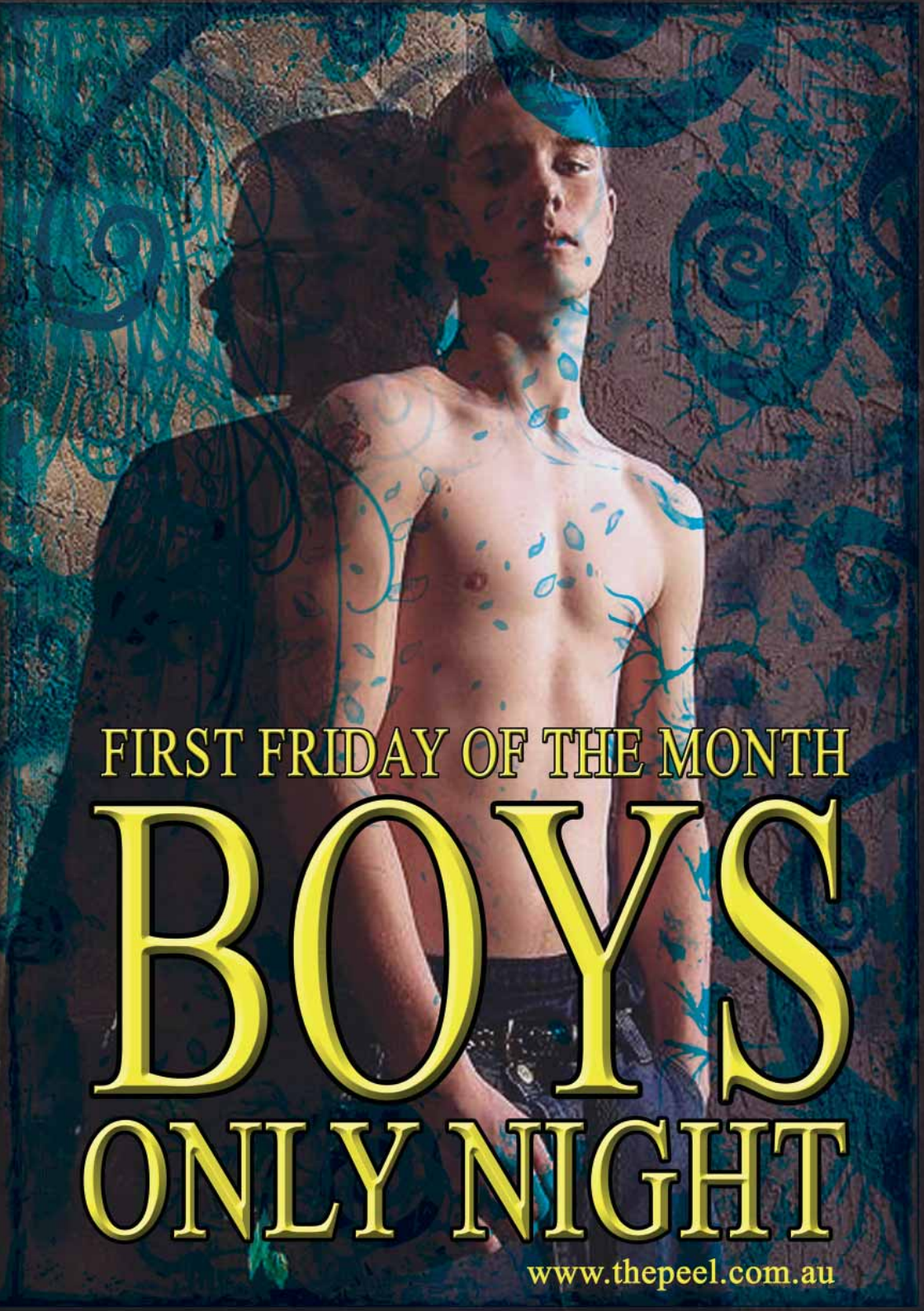
Local boys



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# q culture: SCIENCES & THE ARTS

Space Science Lectures at Scienceworks



**scienceworks**  
museum

To celebrate the 18th International Planetarium Conference at Scienceworks, NASA Scientist, Rob Landis and Astrophotographer, David Malin will present stimulating public lectures about their work. Museum Victoria is privileged to host the 18th International Planetarium Society Conference to be held at Scienceworks and the Melbourne Planetarium from 23 – 27 July 2006. This is the first time the conference has been held in the Southern Hemisphere. The International Planetarium Society (IPS) is the largest organisation of planetarium professionals in the world with a network of over 700 individuals and institutions involved in astronomy education and public outreach.

To the Moon – Rob Landis (NASA) Tuesday 25 July 2006 Time 6.30pm – 9pm Cost \$15. The Colour of the Stars – Professor David Malin (Anglo-Australian Observatory) Friday 28 July 2006 Time 6.30pm – 9pm Cost \$15. Bookings essential for either or both, phone 03 9392 4819.

Lectures will be followed by light refreshments and night sky viewing through telescopes (weather permitting). Scienceworks, 2 Booker St, Spotswood. (Melway 56, B1).

Following on from the success of last year's Arts Festival program, they're doing it all again an in-depth briefing about the 2006 Festival all together. Audio and visuals will give you just event and the official 2006 Program Guide will the night. You'll also have the chance to be the



public launch of the Melbourne International this year. This is a unique opportunity to get program from the very person who has put it a glimpse of what you can expect from each be available for you to take home with you on first to buy tickets to that must-see show.

The launch of the 2006 Melbourne International Arts Festival will take place during the evening on Tuesday 11 July at Hamer Hall. Full details will be available at [melbournefestival.com.au](http://melbournefestival.com.au).

## q film: EXPOSED IN BERLIN

At present there is 850 Australians formerly registered living in Berlin, although the number is most likely higher - the amount of Queer Australians is unknown - and on the 21st of July [within the context of Pride Week in Berlin 15th July - 22nd July], 'Schwuz' will be home for a night to the first ever International Queer Australian Short Film Festival to travel to Berlin.

Under the title of 'XPOSED' it is designed to share with the existing and visiting queer community of Berlin a number of short, political and unique queer stories told through: two men in a canola field; lesbians in a moment of family first; suspended enchanted cowboys; Russians seeking asylum; Christian teens on a beach; a contradictory true story of a mannequin and a hard piece of cheese. These films have a number of versatile themes, they are neither top or bottom, they are however selected from Australia Premier Gay and Lesbian Film Festivals such as the Mardi Gras Film Festival and the Melbourne Queer Film Festival. Does this make them special? No! What does make them special is that each film that is screening depicts an underlying emotion that is ripe within many GLBTi Australians - distance.



It is the first time that an independent Queer Film Festival has travelled so far. See Australian Queer Short Films XPOSED at SCHWUZ, Mehringdamm 61. 10961, Berlin, U-Bhf U6/U7, ab 21Uhr, 21st Juli, 2006.

For further information, go to [fullyflared.com](http://fullyflared.com)



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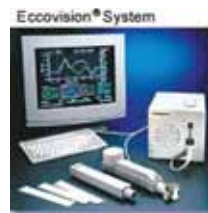
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## q extra: SLEEPING WELL

The mandibular repositioning device is an appliance similar to an orthodontic retainer or sports mouthguard which is worn in the mouth during sleep to prevent snoring. It is designed to hold the mandible, or lower jaw, forward. The MRD prevents the jaw and connected tissues from falling back, narrowing the airway and causing audible vibration with each breath. This is a non-invasive treatment to help provide sustained, healthy sleep without snoring in people who suffer from Sleep Disordered Breathing conditions.



MRDs have been shown to not only reduce snoring, but also to correct the problem of mild to moderate Obstructive Sleep Apnoea, where a sufferer continuously stops breathing during sleep. Sleep apnoea can severely decrease general health and decrease libido as well as promoting chronic diseases like Diabetes.

The echovision machine and the use of mandibular repositioning devices are now the frontline treatments against snoring and is available through the Snorestop Clinic in Sydney, Melbourne, Brisbane, Gold Coast, Wollongong and Launceston.

They are looking to expand their operations further to Perth and Canberra. For further information and location details go to [thesnoresetclinic.com](http://thesnoresetclinic.com)

## q sport: RALLY CAR DRIVING

*"Rally Driver" and "Drag Queen" - two words you don't often hear in the same sentence, but in the case of Amy Jane Roberts, it's a common occurrence.*

At home either on the rough tracks of country forests in the middle of the night or on stage at Pink, Amy Jane has a love and passion for these two very diverse locations. The adrenalin rush is actually the same for both pursuits, says Amy. Rallying has been in her blood since the early seventies, and she has built and rallied six different cars over the years - starting with a "Harry Potter" Ford Anglia, followed by several Ford Escorts. She currently rallies a 1977 RA 28 Toyota Celica GT replica and competes in Historic Rally Association events around Victoria. Amy laughs at the idea



of the "Historic" tab, as her often used Drag name is "Nanastacia" - used as she hits the Pink stage - scaring patrons with her "Anastacia" impressions.



Being a Drag performer has a fair amount of expenditure - what with costumes, make-up and wigs, but Amy says it's only a fraction of the dollars needed to build, maintain and compete in a Rally car. Amy's Celica is only a modest effort in comparison to the cars competing the Victorian and Australian Rally Championships, but it is an expensive sport with high event entry fees (because of the insurance factor). Add to that: tyres; fuel; the replacement of wearable vehicle components; and a continual development program and the dollars add up rapidly. Amy has several vehicle sponsors who enable her to compete - not the least of these being Dr Paul Spano of "Skinovate". The "Skinovate" Celica attracts a lot of attention out on the road in its white, red and green livery and appeared in the foyer at last years "Gayaz" expo. A huge thanks from Amy to Dr Paul for his support.

Amy's rallying progress can be followed on Joy 94.9 on the "Sports Lounge" after 9.00pm on alternate Wednesdays where she does a Motor sport report.



AJR Rally sport is a team, and rallying in the forests cannot be undertaken without a navigator - calling the corners from the left hand seat. Amy's navigator is Mishael J - who does a great job working from maps and a rally computer guiding the Celica around the tracks and that's not easy while your seat is bumping along roads at speeds up to 160 km/hr. The team is off to Tasmania later in the year to compete in the BP Rally of Tasmania on forestry roads around Devonport and Launceston - and no... Amy does not compete in a frock!!

Rally people are fabulous says Amy, but they are not ready for that and what's more, Revlon have yet to come up with a dust proof lipstick!!



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