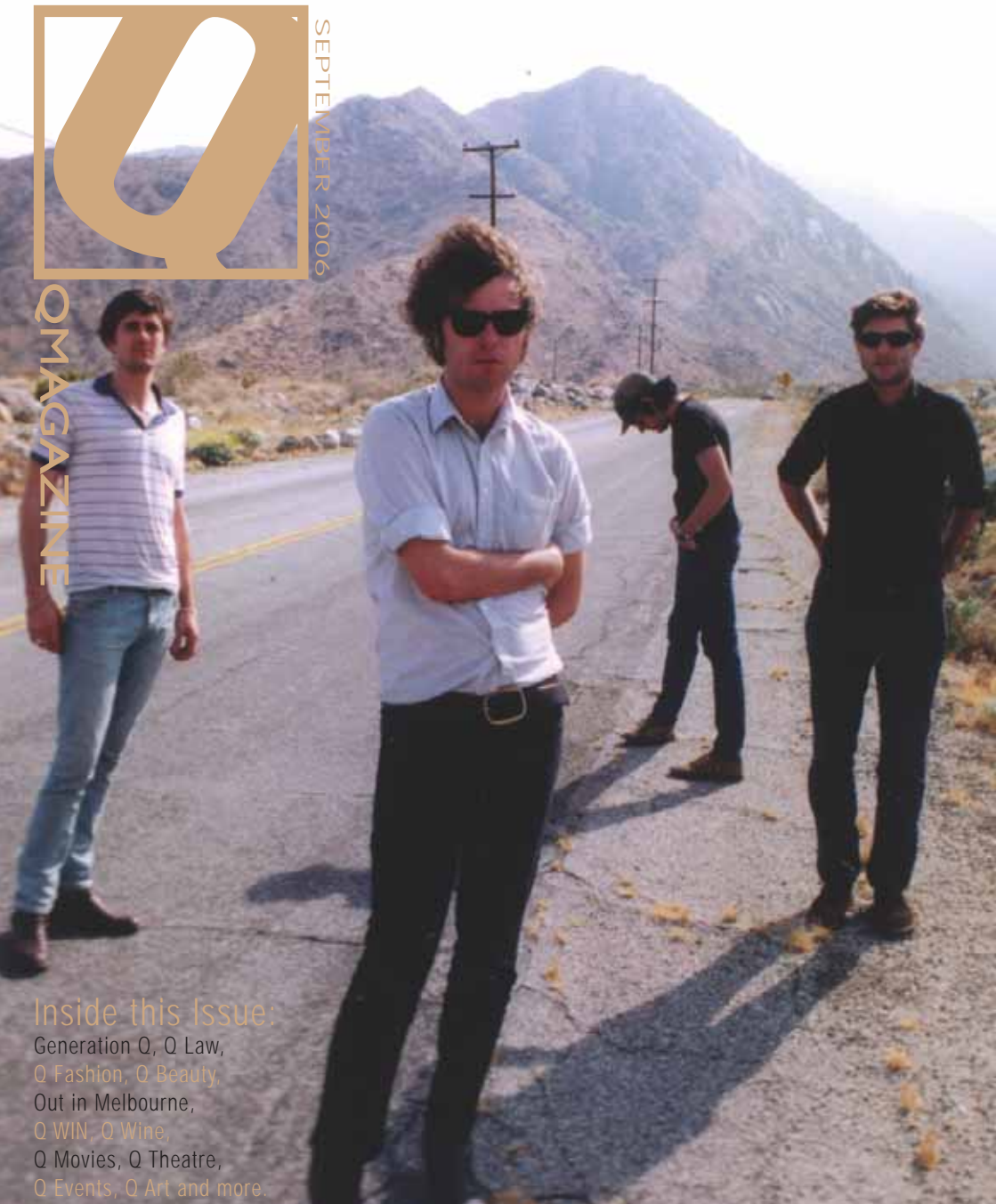




SEPTEMBER 2006

Q MAGAZINE



Inside this Issue:

Generation Q, Q Law,
Q Fashion, Q Beauty,
Out in Melbourne,
Q WIN, Q Wine,
Q Movies, Q Theatre,
Q Events, Q Art and more.

*They're Young, They're Hot, They're Australian.
Q! speaks exclusively to Youth Group inside.
Q Magazine - Made Locally! Enjoyed Nationally!*

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q comment: PRIDE OF PLACE

About to celebrate it's 12th year, Pride March Victoria has gone through somewhat of a major transformation - new board, new date, renewed focus. The new Board will lead the March into it's twelfth year along Fitzroy Street in beautiful St. Kilda. A notable change to the line-up is the absence of Penny and Liz - who led Pride March through 11 glorious years - ensuring that it remained one of the major events on the yearly GLBTi calendar in Melbourne. On behalf of the current Board, I would like to personally thank both ladies for their unbelievable attention to detail and financial diligence and for their tireless, unselfish work for all of us in the community. The 2007 Pride March will occur along the same route on Sunday January 21 - go to www.pridemarch.com.au for further information and entry forms [both March entries and Marshall registration].

On the 12th of August, Pride March's major fundraising event - the Great Aussie Bake Off was held at the Opium Den [formerly Star Hotel] and was a success for the organisation - raising over \$4000.00 - more pictures in Out in Melbourne.



Particular thanks goes to Tom [Opium Den], and Mitch [MADDA Design Company] for being the two biggest bidders on the day and therefore making it the success it was.

The other big news is that Gay Idol is back on at DIVA Bar [and I am judging again this year] - every Thursday night for the next few months - supported for the first time this year by L'Oréal, Garnier and Maybel-line. It is the one night a week on the scene where if you have talent [singing, dancing] you can showcase them and possibly win major prizes. Entry forms are available at DIVA Bar.



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Cover picture
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ISSN 1449-499X

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q celebrity: YOUTH GROUP

On the eve of their National tour, I chatted with Danny from "Youth Group" and started by asking how important it was to get commercial recognition of their music – like Forever Young being adopted as the theme to the O.C. [as opposed to their latest single Catching and Killing which does not have such a commercial feel about it].

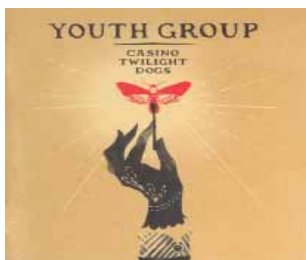
I don't know how important it is but it has certainly made things a lot easier. It made us more accessible to people and given us an opportunity to not have to work so hard at getting people to listen to our other stuff, but Catching and Killing was put out as a conscious effort to show people that we can be completely different as well... because if we had of released our first single off the album as the most commercial sounding song it would have been quite deceiving to people to hear the rest of our stuff... it's just a bit more of an indication of who we are, even though Catching and Killing is probably the most different sounding song on the album from the rest of the tracks.

I also liked Late Last Night which you wrote. How many of the tracks did you write yourselves?

They are all ours.

How important is be able to write material?

I think it is pretty that we've been in Young angle because of our own songs the whole time we that's very important introduced to our angle is foreign [although we're used to it now] but it's also reflective of how well it was received.



it to a young band to and perform their own

essential. It's a funny place recently with the Forever the writing and performing has been who we are for have been in the band and to us, and to have people music from a different

Something I must ask you [as a young band]...how are you finding the music industry in Australia at the moment...particularly as Idol has now started again?

I like the fact that anyone who does have talent has the opportunity to have an entry point into the industry but it definitely feels like a completely different part to us because we are so consumed within our own music in terms of complete conception...I suppose a lot of bands don't really start with the decision of what they're going to sound like...one of the most rewarding things for us was forming the band, writing songs, and finding our own sound and then having people respond to those songs – for us it's quite an amazing place to be – and I don't feel that Idol contestants would have any concept of that journey at all. They are thrust into the industry from a completely different point. I think it would be terrifying to be honest. We were a band for seven or eight years before we achieved any of this cross-over success [charting, music shows, people talking about us] so we're completely confident in our ability as musicians and where we've come from – to be able to respond and talk about our music.

How difficult is it to make it in the music industry in this country?

It's hard for us to say, but I would say without the help of the mass media it would've been practically impossible for us to be selling as many albums as we have. It changed things a lot. We were doing reasonably well for like an Indy band in Australia [in terms of being signed overseas and having a career outside of Australia, touring internationally and getting to do all that great stuff] and things were picking up back here cause people were more interested because we were doing stuff overseas but it's impossible to tell where that ended and where the O.C. Forever Young and everything happened because we were actually in America when the show theme and the ads started – then radio stations started to pick it up – that shows you what it takes to have a number one single.

Danny, thank you for talking to Q Magazine and I wish you all the best for the future.

Thank you very very much...cheers.



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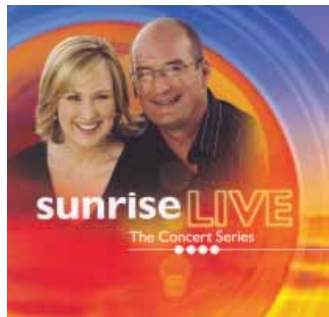
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q review: COLLECTORS PARADISE



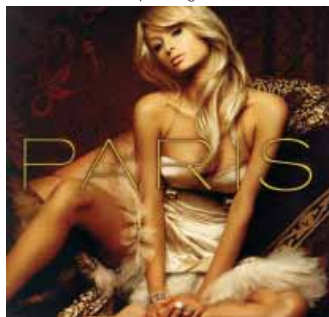
Beat Broker

Just released is the latest offering from Bugs in the Attic - Back in the Dog House - a truly brilliant album. As I was writing this review I was listening to the album - smooth, funky and very toe-tapping to say the least - a lot of fun indeed...don't miss getting your hands on this release.



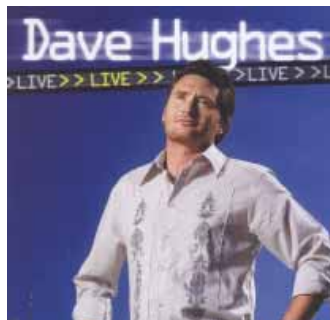
Sony BMG / 7

Channel 7's breakfast show - Sunrise - features some great entertainment and now you can both hear and see it all on this DVD / CD set released through Sony BMG and available now in all good stores. Some of the best Australian and overseas talent in the one package.



Warner Music

Love her or hate her, Paris Hilton's new album is good and definitely worth a listen. 11 tracks plus bonus "behind the scenes" footage on dvd also makes it very entertaining and value for money - and comes with a PG rating. Pick it up today at all responsible music retailers.



Liberation Music

Singularly one of the funniest men on Australian television and radio [in my opinion], Dave Hughes Live is a laugh from beginning to end. His very Ocker style has made him a household name and his comedy style and wit is second to none. Don't miss out on taking this one home - in all good DVD retailers now - rated M.



Central Station Records

One of Australia's favourite daughters - Danni Minogue and Central Station Records are very pleased to announce the release of her latest album - The Hits and Beyond - which includes her hit So Under Pressure and 19 other tracks of pure musical brilliance. Ask for it by title at your favourite music store.



Sony BMG

As the latest offering from idol commences on Channel 10, one of its past stars releases her album - Superwoman. There is certainly no questioning Paulina's talent, which is justified by each and every one of the 13 tracks on this album. In stores now through our friends at Sony BMG.



Ministry of Sound / Katie Underwood

One of my dearest friends and one lady who can truly belt out a tune is Katie Underwood - she is simply going from strength to strength at the moment - including being booked for Sneeze Ball 2007. Her latest single "Be Together" is already getting radio airplay and is pumping dance floors all over the Country. Make sure you get a copy for yourself at all good music retailers or by visiting Katies website - www.katieunderwood.tv

Q Magazine is sent CDs and DVDs to review on a monthly basis from Sony BMG, Liberation Music, Warner Music, Central Station, Shock Records, and Beat Broker. If you are a representative of a record company and would like to have your releases reviewed, please send us a copy.

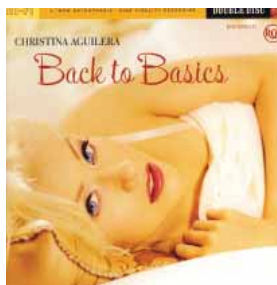
q win: GET YOUR HANDS ON THESE



Macbeth

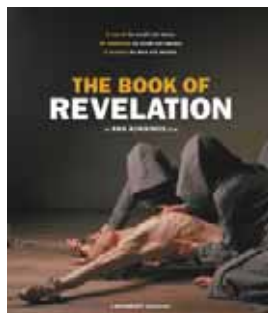
Triggered by Melbourne's savage gangland wars. Macbeth (Sam Worthington), a loyal henchman to his crime boss, Duncan (Gary Sweet), is told by teenage witches that he will one day assume a position of great power. Fuelled by ambition, Macbeth confides in his beautiful drug addicted wife, Lady Macbeth (Victoria Hill) who is grieving the death of their only child. On hearing the witches' prophecy, Lady Macbeth comes to life, hatching a plot to kill Duncan so her husband can take leadership of the gang for himself. Macbeth agrees to her murderous plan and everything is set to explode...IN CINEMAS SEPTEMBER 21. We have 15 double passes to the preview weekend - 15th to 17th of September - so you'll have to be quick. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Macbeth" in the subject line to be in the running.

* 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 QMagazine. All monthly winners are notified by email or SMS.



Christina Aguilera

One woman, One voice, Two Cds - with the compliments of Sony BMG we have 5 of her "Back to Basics" double CD deluxe packages to give away - including 22 new songs & video content. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Christina" in the subject line to be in the running.



The Book of Revelation

Another fabulous film and we are lucky enough to have 25 double passes to any time throughout the season to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Revelation" in the subject line to be in the running.

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q art: with DAVID WESTLAKE



A Collection can help in ways you didn't think of...

I was going to discuss using eBay as a collector this month but a couple of things have happened that I want to share with you instead - to show how a collection can be of value in a different way. Twice over the weekend, events have occurred in my life that are out of my control. Indulge me while I explain how collecting relates to each of these events.

First, I had the painful task of going to the emergency ward to help a very close friend injured in a freak car accident. Seeing someone you care for damaged and in pain is a definite reality check, yet it was touching the way events unfolded. Besides the usual things I needed to do for him, I took a stone statue of Ganesh from his collection in to his ward once he had transferred from emergency. It brought a smile to his face and the next day I was moved to notice it had shifted closer to him.

Then, after coming home from the hospital, I had a phone call from my mother to warn me of something before I saw the evening news. My bother was one of four soldiers injured in an attachment serving overseas. I found myself turning to my own collection - my brother had previously given me a few pieces he had found overseas during other assignments. They reminded me of how close we are, and that no amount of distance can take that away.

OK, by now you are thinking "What does all this really have to do with collecting?" A collection is personal - an extension of your life. It may have pieces given to you by friends or family. You might have bought a piece because it offers memories or thoughts of people, places, or moments that are special. My collection brings to me memories of places I have been and friends I have met. I can point out my travels around the globe through pieces - this one is Greek, that's from Japan, another is from Bali. For the same reason people treasure photos, items in your collection can hold special significance. This week has reminded me that a collection is a way of protecting the past, for the future. Not just through conservation and research - it is also a way to keep your personal memories, feelings and thoughts alive.

Next time, we'll look at eBay - with uses that go beyond just buying and selling.

q happenings: FRINGE 2006

When too much Fringe is never enough...

Fringe @ Gasworks features theatre, dance, circus, kids' performance, readings, a poetry slam, new short works, photography, a symposium on public art, forums and debate, and workshops in professional development for artists, performance writing and crime writing. As an important hub of activity for the Melbourne Fringe Festival, Gasworks will also host a busy bar and gathering place at its Gasbar and Gasworks Café. With affordable ticket prices and programming to attract all ages and interests, Gasworks Arts Park is an ideal place to sample the Fringe Festival.

Gasworks Theatre Performance highlights:

Caravan - featuring independent circus collective, Throw Down, a new work for all ages that brings a unique understanding of life in a suitcase. Ticklish Allsorts present a kids' matinee - Jennifer Hansen in a starring role in Chasing Pegasus - Salmac Productions' new theatre work. In the Town of Sleepy Hollow, a stylish new dance/visual theatre piece by Melenie Crowe Dance Company

The Studio Theatre at Gasworks is home to a range of new short works:

Jennifer Lusk's Fitting Rooms, a tongue-in-cheek exploration of the perils of shopping

Jane Russell's one-woman show, The Pharmacist. Marj's Torchbearers by Vic Theatre, a tribute to great women in history directed by theatre veteran Shirley Heriot - she is an 80 YO Fringe virgin!! Scraping the Surface, written and performed by the Canadian playwright/actor Lyle Victor Albert. Late show Box-a-Shorts, Defector Art Theatre's season of four consecutively performed short plays.



Fringe @ Gasworks - Tuesday 26 September to Sunday 15 October. 21 Graham St, Albert Park (Melways 2J H7). Further information: Ph 8606 4200 or www.gasworks.org.au Tickets: \$10 - \$20 - see website for details. Bookings: 8412 8777 (from Thur 8 Sept) www.melbournefringe.com.au



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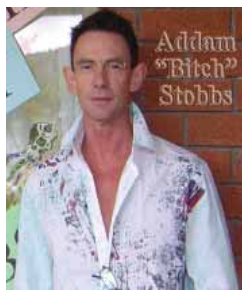
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q whispers: with ADDAM STOBBS



Gay is good, Gay is God.

Over the tender few years I have been alive, I have constantly been haunted by oppression. Not by my own fears or misconceptions - I have very few of those - but by the constant reminders from parts of society that I am part of a minority, and not everyone likes me (us).

Everyone in some way can identify something which makes each one of us different, and something that makes us the same. This is part of the human experience. There is a one-ness that brings us together, and yet something that sets us apart from almost everyone else around us. The religious would probably describe the one-ness of our human experience as the God of the spirit. We are all one with God (whatever it might be).

We are gay, that is our one-ness, that is our godliness. Even though I would call myself an atheist, if I am wrong and I did meet "the great creator" I know exactly what I would ask it. 1) What is the nature of the universe and existence, and 2) is that all there is? I know all too well that there is no God, but what if I am wrong?

People grow closer to God (I am told) when they suffer. Well I have never really known true suffering, except that which I inflict on myself, so that's possibly one reason why I don't believe. Well that's not totally correct. I have come to believe that being gay has been a blessing for me, a gift not a sentence. 20 years ago I may have thought differently, but I wanted to share with you what it is about being gay that is so good, why gay is God.

It's this. It's exciting and fulfilling and makes me feel worthy. It's given me more reason to want to make the world a better place, rather than for my own selfish greed (which I also love). What would I be like if I was hetero? Shudder.

I know, some people get the troubles of society lumped on them, I fortunately haven't. I have only ever been (really) depressed once, for about 3 weeks and it was awful. I understand. Being gay is nothing to be depressed about. Those around you who treat you badly may make you depressed. Being gay, when you can accept it in yourself, is an exhilarating and liberating experience. Never feel as though you have to apologise for being gay, you don't! You have a gift and the ability to see the world from a unique perspective.

All during the 70's in images that were broadcast about gay liberation from the USA, there were a lot of placards that carried the slogan "gay is good". It was a typo, what they really meant is: Gay is God. If I am right, your body is the temple for worship (so don't smoke).

q says: with SPANKY

q joke of the month

A young army private is home on leave. He is talking to his dad about his experience at jump school while learning to be a paratrooper.

"Dad" he says, "on my first jump, I froze up at the door on the plane. A big black sergeant standing behind me told me that if I didn't jump, he was gonna cram about 12 inches into me."

"Well did you jump?" asks his dad.

"Just a little at first" answered the boy.

Why do we, as people of the GLBTi community, feel that we need to get married? You know marriage is something that came from religion and I don't know if you have seen the bible but I am pretty sure that being gay is frowned upon (I have never read it...just used the paper to make a cigarette when I had no papers!) So if all this is true, then they made marriage up as a part of their religion so why don't we just make up our own ceremony to tie the knot!? Why do we have to be like everybody else? I am sure that most people would agree that they would only like to have the same rights as a straight married couple - TRUE? So why are we fighting for something that we will not be happy with in a couple of years - it's like plastic surgery for human rights...makes sense doesn't it!?



If you are down Commercial Road on a Wednesday, come and check out my new show at DIVA from 9.00pm. There are drink specials and oh...! SING LIVE!

q opera: WHATS ON IN 2007



Opera Australia has announced its 2007 Melbourne season.

The national opera company will present six operas with repertoire ranging from eighteenth century Handel to twentieth century Dvorák, plus a Gilbert and Sullivan operetta. The company also announced 'Opera in the Bowl' in Melbourne, a free outdoor opera performance in the Sidney Myer Music Bowl, thanks to the generous support of Opera Australia's hero partner, Australia Post.

Chief Executive Adrian Collette looks to the future: "As we celebrate the we have our eyes firmly focused on – a development which begins afresh on the talent and creative endeavour of very best singers and musicians to our And it is with much pleasure that I am company will perform a free opera in Australia Post's Opera in the Bowl is a season."



characterised the 2007 season as one that first fifty years of our national opera company our development over the next fifty years in 2007. As ever, our company will be built Australian artists and crafts people – from our inspiring directors, designers, and technicians. able to announce that the national opera the Sidney Myer Music Bowl for all to enjoy. most exciting addition to our 2007 Melbourne

2007 Highlights:

- Australian premieres of Dvorák's Rusalka and Rossini's The Barber of Seville - New productions of Handel's Alcina, Offenbach's The Tales of Hoffmann, Gilbert & Sullivan's The Pirates of Penzance and Verdi's Il trovatore - Major role debuts by Emma Matthews in the role of Rosina and the four heroines in Hoffmann, Rachelle Durkin as Alcina, Rosario La Spina as Hoffmann; Fiona Janes as Donna Elvira, and Nicole Youl as Leonora - A very special outdoor concert with Australia's Post's Opera in the Bowl, a free semi-staged performance of Bizet's The Pearlfishers in the Sidney Myer Music Bowl - Regional tours by OzOpera's Carmen to the Northern Territory and Western Australia and Opera Australia's The Pirates of Penzance to Adelaide - A new live recording for international record label Chandos of Rusalka. Plus schools performances, special events, ABC broadcasts, DVD releases and free web downloads.



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q beauty: with GEORGE ALEXANDER

StriVectin-SD - Better than Botox?

Anti-wrinkle phenomenon StriVectin-SD is quickly disappearing from retail shelves since it went on sale in Australia in April, continuing the unprecedented sell-out success witnessed in the USA and Europe.

The cream, which retails here for \$240.00 for a 177ml tube that lasts for about six months, is significantly cheaper than Botox and more importantly does not involve any injections or downtime. At \$1.35 per ml the concentrated cream is also less than half the per ml cost of many of the top selling specialist anti-wrinkle creams from major cosmetic houses. When launched into department stores across the USA in 2004, sales totalled US\$64 million, making StriVectin the top selling skincare product that year. The single product out-sold the entire skincare ranges of international prestigious cosmetic houses Elizabeth Arden, Dior, Mac, Biotherm, La Prairie and Prescriptives in USA department stores in 2005. Today it is stocked in over 1400 retails outlets in the US.

Within weeks of launching in 160 Sephora stores across France from August 2004, StriVectin-SD became the number one selling skincare product, much to the surprise of the prestigious French cosmetic houses.

"We were a bit surprised by the overnight success of StriVectin in France," said Mr Joseph Gilbert, Managing Director – International for Klein-Becker, USA. "StriVectin had already set sales records in the United States, so we expected great results in France. But lets face it, French women have access to the most sophisticated cosmetics in the world and they're extremely sceptical about products from America. Yet when it comes to reducing the appearance of fine lines, wrinkles and crows' feet, they prefer a formula from, of all places, Salt Lake City, Utah. StriVectin also became the best-selling product in the beauty department of Harvey Nichol's flagship store in London where there were scenes of near-panic buying at launch. To date it is available in 24 countries worldwide," said Mr Gilbert.

StriVectin-SD was originally sold in maternity shops and high-end speciality stores as an intensive concentrate for stretch marks, targeted at pregnant women. In an unusual turn of events, an underground 'movement' took shape as women used the product on their faces and shared their amazing success stories about StriVectin-SD's ability to reduce the appearance of fine lines, wrinkles and crow's feet. The ingredient that makes StriVectin-SD so remarkable is a patented peptide solution, which has been shown in studies to be better than Retinol and vitamin C in reducing the appearance of fine lines and wrinkles.



Researchers believe that non-invasive alternatives are better because topical creams offer gradual, continual results, while the effects of injections, facial peels, and dermabrasions are rougher on the skin and wear off. StriVectin-SD helps give you a youthful, healthy, glowing complexion faster than retinol, far superior to vitamin C, and without irritation, needles or surgery. In fact, many dermatologists and plastic surgeons recommend StriVectin in conjunction with cosmetic procedures, including Botox.

Experience the phenomenon of StriVectin-SD - a safe and effective way to achieve a smoother, younger complexion.

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StriVectin - SD is available exclusively through Myer Stores nationally.

If you have any comments, would like to contact George, or have a product suggestion for review, please email beauty@qmagazine.com.au

q wine: with PETE DILLON



Forever young, I want to be forever young!!! Some of us remember that song from the 80's, and thinking about my introduction to wine takes me back there – those were the days! Island coolers and west coast coolers were born, and for some country hicks like myself, this was our introduction to wine, along with a stolen bottle of ben ean moselle and the occasional slurp of blackberry nip and lemonade!! But for those who these days seek an introduction to wine, the choices are far better. I recently had a chat to a sexy young thing about where to start with wine to train a palette. My first answer was at the top of the bottle, but it got me to thinking. If I was to help start anyone with wine appreciation, what would I give them?

First Stop – Verdelho. Some of you will know that I am a fan of aromatic wines, and I used to drink verdelho like it was water. (This is now reserved for shiraz, pinot noir and metho!). The production of Verdelho varies from winery to winery. Some producers use barrel fermentation and/or ageing to add creaminess and structure to the palate whilst others prefer a more fruit-driven style. Some styles are slightly sweet, adding to the generosity of flavour and balancing the inherent acidity.

Most Australian Verdelhos are best consumed within two years of vintage. Some styles improve with short-term bottle age however this is winery specific rather than the norm. Perhaps the best thing about Verdelho is that it is reasonably priced, with most selling for \$10 to \$20 per bottle.

Ballabourneen Wines, Verdelho. 2003 This is a zippy little verdelho, that is a cellar door availability only, but if you are in the Hunter, get into it. It is aromatic, yet tangy and fruity, and for those of you into a bit of length, it has quite a deal of that as well. You might call it a well hung white. I love this wine with a good lump of fish like salmon or swordfish. It is great value at \$20

Robert Channon Wines Verdelho 2003 From Stanthorpe in Queensland comes this little beauty. A cold climate wine, it has a stunning fruit type tang on the front palate, then finishes with great length and beautiful aromatic finish. It is clean & crisp yet not going to rip the buds from your tongue. A stunning example of the grape at about \$24

Wise Single Vineyard Verdelho 2003 This is my favourite from Dunsborough in WA, and I think the best in show of any Aussie verdelho. Winner of the Sheraton Gold Medal, and quite deservedly, this wine has some complex melon and citrus flavours. The finish, like a great kiss, is long, lingering and intense. I am a huge fan of this wine, and again, value for money at \$24 - \$25

For information on any of the wines featured here, contact wine@qmagazine.com.au or phone 0409142365

q movies: from 21st CENTURY

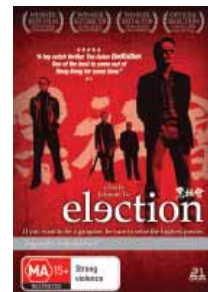


Always on the look-out for good film to hire, I was sent these two fabulous releases through 21st Century Pictures - American Gun and Election. Two very different films, but both extremely good in my opinion.

With somewhat of a star-studded cast, **American Gun** looks at how a shooting disaster effects a community. This saga involves the school where the incident took place [and the head master who is trying to help his students lead more fruitful lives without the need for fire arms], the family [mother and remaining son] from which the guilty son came from, and several other students whose lives have been changed because of the incident [whether they realise it or not]. The story line is extremely confronting and often disturbing - a harsh reminder of what can happen when guns are placed in the wrong hands. The reaction from neighbours and the actions of the kids involved are probably nothing that you would not expect, but it was, for me at least, totally entertaining and brilliantly acted - I give it 4 stars!



Election is a foreign film [based in Hong Kong] about a Triad - starting with the election of its boss, through a struggle between the winner and the runner-up, and highlighting, in no uncertain terms, the brutal realities associated with such a complex battle for power. The subtitles did not distract me from the story line nor did they stop me from really understanding what was being said. Amazing acting - which is very graphic at times - authentic sets, and a story which is probably not told very often. Don't be mistaken - if you do not like violence, then this film is not for you. If you do like real life drama with a no holes barred approach, then this film is something you should not miss. It kept my attention totally from [slightly slow] beginning to [very violent] end - I give it a solid 4 and a half stars!





First Impressions Count Launch their Spring Summer 2006 Collection.

The trends for summer 2006 are: * Bold stripe shirts with bold ties * More fitted jackets * 2 Button suit * Single pleat trouser or flat front * Suits with shirts and no ties is another popular look for the season * Jeans are becoming more fitted at the leg still with a dirty denim look

Colours: The colours vary depending on what you are wearing. **Suits** - Sand is making a come back, light grey with a subtle stripe of a varied colours and Charcoals with a coloured stripe. **Shirts** - Before I even say the colour, I can hear boys saying what is he thinking? Lime greens have never worked, however these are very subdued colours not the bold lime that we see on sale all the time. Lilac is making a play to try and replace pink, however pink is still very strong. **Ties** - The bolder the better, colour comes down to personal taste as we saw at our spring launch.

q fashion: with CRAIG MICHAELS



Colour is very much about personal taste. For instance 150 show bags were given out from First Impressions Count launch last month. In these bags were some of the latest colours and designs that are happening in New York at the moment. I was amazed at the reaction being so mixed, we had boys asking other boys what colour or style tie did they get and then they were swapping with other boys. Remember boys if you did not like your tie and you did not get a chance to swap it, all you need to do is come into the studio and we will happily exchange it for you if you have not worn it.

You can see here from the photos some of the very different colours and styles that we have put together. This season is about pushing and mixing different looks with things that you would not normally do. Spring Summer is about having a bit of fun with your wardrobe and getting out of the winter blues. Colour plays an important part about being noticed. All you have to do to make more of an impact when you go out is to add a little bit of extra colour to stand out from the boys wearing white t-shirts.

How do you know what works for you? When you are trying to choose between colours one of two things will happen, try this exercise: Take a piece of clothing that is a colour that you are unsure about, look into the mirror and hold it up to your face and it will either drain the colour in your face or it will add colour back into your face.

What about trends? Trends are created by designers to sell more product. They do not want you wearing the same thing season in and season out. However if you buy wisely you can have the latest trend without breaking the bank. Look into your wardrobe and think about what is missing colour wise. Have a look in some magazines and look for the prints or colours that are big at the moment and then just add these by purchasing a few shirts to lift your wardrobe. With all trends you have to decide whether you look good in a particular trend or is it for a different age generation and should you avoid this at all costs.

Purchase what you feel great in, like that favorite shirt or that pair of great jeans that sells your package and works every time, you know what I mean.



For further information and to enter your name into the draw for a \$100 gift voucher from First Impressions Count please email Craig at fashion@qmagazine.com.au

generation q: with LUKE HUGGARD



A Little Enlightenment....

You have got to love those spontaneous and while completely irresponsible, absolutely fabulous mid-year getaways. Having fled the pressures of everyday city life for the sunny beaches of Port Douglas, North Queensland, I set off on a journey of self-discovery and

inspiration, hoping to return a little more enlightened.

Instead, I returned three kilos heavier (courtesy of daily buffet breakfasts and drinking by the pool until dinner time) with a frightening credit card bill, and a sun tan gone terribly wrong. (Think peeling, red, dry skin!) The lovely George Alexander would be horrified to know that I actually replaced my Dermalogica moisturising sunscreen with the notorious Reef coconut oil, in the hope of an instant dark brown tan to show off on my return home. Having bragged to friends less than a week before how I had never had a cold sore in my life, karma came around to bite me in the arse, with little less than a ... you guessed it, inexplicably unsightly cold sore. This ensured that the most action I received that holiday was with my ever faithful, straight bartender named Boeman, who so immaculately attended to my cocktails.

To my ghastly surprise, the University of Melbourne had not cancelled classes while I was away and my lecturers refused to accept my desire for another holiday as sufficient grounds for an extension on my essay deadlines... completely unreasonable lecturers I know!! However, I am one who believes the glass is always half full, as I soaked up the sun and took advantage of the fact that in North Queensland you can wear your Speedos pretty much anywhere! Also, I remembered that there is a place outside of Melbourne and Sydney called the REST OF AUSTRALIA! Now don't get me wrong, I am not about to vacate my Prahran townhouse and head far north, but I was glad to get a breath of fresh air and meet lovely people, some especially gorgeous, who

perhaps take things a little bit more for face value than I do. As I explored the dynamics of Queensland society and people in general, I couldn't help but pose the question... Are we all really that different from each other? What I mean is, in an increasingly divided world, with people's identities aligned along lines of ethnicity, sexuality, politics, social status, just to name a few... do we all sometimes focus on what we don't have in common, instead of shared similarities and interests? The GLBTI community has often proved that sexuality is not enough to prevent in-fighting and lack of unity, as the shared interests of members of the community are perhaps overshadowed by divisions along many lines-, mature/young, male/female, Anglo-Saxon/ Ethnic, North side/South-side, HIV+/HIV-, etc. However, the "community" has also often displayed signs of solidarity, selfless dedication and care for fellow members, and a prevailing message of hope, with an emphasis on pride and a positive self-image. This sense of pride and achievement didn't just miraculously appear it seems, rather it was due to the actions and attitudes of many people.

As my plane hit down on the tarmac in Tullamarine, I sensed that I may have just gained the little enlightenment I was searching for. (Although after five Smirnoff's it can be a bit hard to tell!) I claimed to have experienced somewhat of a metamorphosis, and shocked friends at dinner on a recent Thursday night when I consumed only a couple of glasses of wine and finished the night with a green tea, instead of my usual three Cosmopolitans then drinks on Commercial Rd. This was the new me, still Luke, but slightly more refined, after my relaxing break. The union of two of my closest friends, who had announced only days before my trip that they were to be more than friends in the future, played on my mind for the week of my return. Tied in with the concept of "people" and "community" was the sense that I had lost something from the union of these two beautiful people, yet gained something much more... the realisation that good things happen to good people. I would never have predicted that these two very different individuals, with whom I have shared rich histories, would one day find a common shared interest and similarity-their love for each other. Whether it hits you when you're sitting on a beach in North Queensland, or when you look into the eyes of your newly committed friends and see how happy they are, is the realisation that damn life is good and so are people, and that "Life may not be the party you thought it would be... but while you're here you might as well dance!"



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q travel: OVER THE RAINBOW

Pictures and article by Shek Graham

We had completed the 4WD course (a great day of fun), the first aid course (surprisingly enjoyable), and finally completed the packing. The day for the start of our journey dawned bright and clear.... or should I say wet and miserable. Last minute packing left us soaked to the skin as the rain depression of Cyclone Monica descended on Cairns. The rain was torrential, leaving us completely bedraggled within minutes. Jan and I were convinced they would rightly want to postpone our "off" for better weather - but no - "we were already ten days behind schedule". They seemed to have forgotten that our late departure was mainly due to a delayed dive trip following Cyclone Larry.

Anyway we bit our tongues and clambered like wet kittens into our respective vehicles and left Cairns, hoping to escape the rain. Our first major stop was to have been at Gregory River, an idyllic camping spot, three days drive from Cairns. After nearly two days on the road trying, but not always succeeding, to outrun the rain, we chanced upon someone who informed us that the road ahead of us was closed as the bridge was out due to the rain. Croydon had been cut off for several days already and they didn't think the water was going to go down for three weeks! We had to backtrack almost all the way to Cairns, and back into the rain, to take the only other road to the west that was open. We decided not to chance getting bogged at Gregory Downs, but we were all disappointed not to be able to spend a few relaxed days by the river.



Even when buried, animals and the rain can expose soiled paper, so we decided to collect our used paper in brown paper bags and then burn them. We did have to explain to our English friends, that perhaps burning them whilst the billy was on the fire, wasn't a good idea. This trip will always evoke memories of four brown paper bags arranged in a row by the camp fire awaiting burning!



However, all the rain meant that when we finally found the sun - somewhere in the Northern Territory, the wild flowers were out in profusion, and the desert had turned into a green and beautiful haven. Our friends did not believe we were travelling into the "red desert heart of Australia", and kept asking us "where had Australia gone?" It was a far cry from the harsh and barren land we had travelled through only three years previously. A visit to the Devil's Marbles - a series of granite formations that had weathered into huge boulders, impressed our friends, and was a forerunner of the sights that awaited us at the red centre.

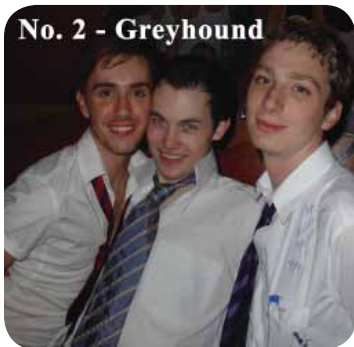
After our first week on the road, we had taught our friends the art of camp cooking - not that sort of camp, darlings! They had progressed from burning sausages to burning casseroles. They had learned how to find fire wood, denuding vast tracts of land of all wood. He took it upon himself to be the main firewood collector, proudly bearing whole trees and even small forests back to the camp. Jan had taught them how to build and light a camp fire without the use of firelighters, though after one particularly severe cloud burst, even Jan, our erstwhile camping pro, had to resort to a drop of diesel to get the fire started. Don't tell her I told you all!!!! They still needed an entire box of matches to light one fire, even when dry, but fortunately hadn't managed to start any bush fires either.

All good campers know that satisfying toilet arrangements are essential to any trip - so prior to our trip, we had all discussed pooling in the bush. Following this we purchased "poo-seats" (toilet seats on a cross-frame) to aid comfort, toilet paper, baby wipes, and millions of brown paper bags. Experienced campers all prefer to burn their paper waste as there is nothing like camping amidst streamers of old used toilet paper in every bush to spoil memories of a beautiful camp-site.



q cuties: PRETTY AS A PICTURE

Send your entries into cuties@qmagazine.com.au for your chance to be our monthly Q Cutie.



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.

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!!



Our August Q Cuties title goes to our couple from The Yorkshire Stingo Hotel - Abbotsford. You have won a \$50 drink voucher at The Stingo to share - which can be collected anytime by simply identifying yourself to Peter or his staff anytime from now - congratulations.

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q fitness: with CLINT McDONELL

Fitness and your bowels...

Being the father of a four and a half year old boy, and writing for a gay magazine, has rekindled my interest in all things anal. My son loves fart jokes and his favourite story is "The day my bum went psycho". I admit to farting as loud and as often as possible to appeal to his juvenile sense of humour, normally when I'm reading bottom stories or the Captain Underpants series.

My son inspired this article by asking me how farts happen. I knew that certain food groups, and more importantly, certain food groupings, caused a build up of gas that must exit the body. But in probing this topic a little more deeply in order to provide my son with a more complete answer I discovered some interesting facts which I felt compelled to share with Q Fitness readers!

Everyone produces gas when they digest food. A bit of gas is normal, and even your mum farts from time to time. But too much wind can be an indicator of poor diet, poor internal organ health and premature aging. The formation of gas is a natural chemical reaction whereby matter is converted from a solid to a liquid into a gaseous state. After the food we eat has passed through the stomach and the small intestines, bacteria work on the residue. It is the function of bacteria to break down this residue so that the colon can absorb all the food elements and provide you with nutrition.

The improper elimination of putrefactive waste and its adhesion to the walls of the colon will lead to the formation of a much greater quantity of gas than would normally be present in a clean colon. The causes of this problem include the putrefaction of cooked flesh, canned and processed foods, incompatible mixtures of food (such as meat and potatoes, fruit and sugar, sun dried tomatoes and anything) too much alcohol and a lack of exercise.

Exercise is important because it assists in developing the nerves and muscles in the walls of the intestines preventing progressive degeneration and loss of tone. If you are going to eat poorly, and it's inevitable that we all will from time to time given the nature of modern society, being fit and strong will help you eliminate the crap from your body.

The state of a person's colon will have a direct bearing on the presentation of their rectum. So how do you know how they're doing in the rear department without checking?

Bad breath is normally associated with an over abundance of unpleasant gas in the digestive system. Discoloration around the eyes, a sallow complexion, a protruding midriff are all possible indicators of intestinal, colon and rectum degeneration.

So what can you do about it? Changing or modifying your diet is the first step. Never eat fast food. Try and avoid highly processed foods. Eat fresh foods whenever possible, and the less cooked the food, the better. Try and have vegetable juices every day. Vegetable juice is generally better for you than fruit juice but mixed vegetable and fruit juices are awesome in flavour and highly cleansing and nutritious. Try a detox program.

The internet and health food shops are good sources of information on the best detox diets to suit your circumstances. And do some bloody exercise! The best form of exercise is low intensity cardio like fast walking or jogging – I'm not a fan of swimming for reasons I'll go into in a future article – and weight bearing activity such as lifting weights.

In collecting my thoughts to write this article it occurred to me that there are a number of other unfortunate ailments that can be grouped with excess wind, including constipation, and diarrhoea, that might have a detrimental effect on the day to day lifestyles of some of our readers.

But no matter what tickles your fancy, a clean and wholesome rectum is something everyone should strive for to achieve a fit and happy life.

To make contact with Clint, make a suggestion, or ask a question - please email fitness@qmagazine.com.au



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Did you miss me? Did ya? Did ya?

Of course you all did.....

Obedying the very strict orders of our editor, this little girl was forced to go and explore the exotic gay haunts of the tropics last month, and I now agree with everyone as to how relaxing the whole place is – so much so, I got writers block and didn't send in my monthly report for the last Q. Thinking how I would be missed, and that there would be two big blank pages in the mag, I began to feel guilty. I soon learnt however, that no-one, not even a superstar Drag Diva like me, is indispensable. My column was replaced by an ad for crab ointment!

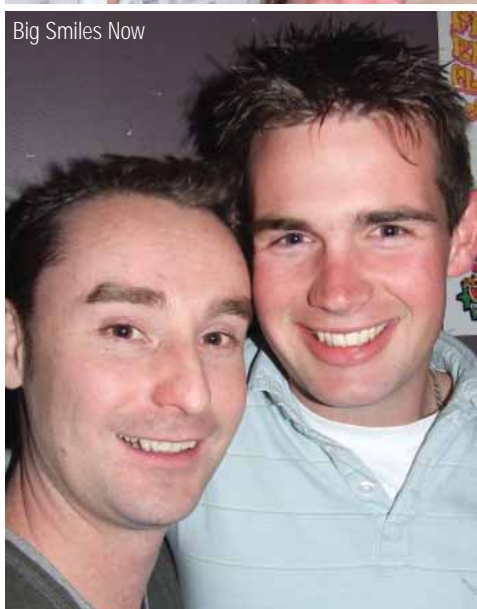
Now, most of you know that I have a little penchant for cute little things, and believe you me there were certainly enough of them parading around the pool at the Sheraton Mirage in Port Douglas. Our pool boy (we'll call him Boy X) proved how versatile he was as he appeared to constantly change his duties depending on what WE were doing. Boy X (we'll call him Ashley for now) would fetch our cocktails at the pool, and then delight in pouring out wine in the restaurant at dinner. Oh, Boy X, if only you preferred a colder climate to go with that cold shoulder.

Back in sunny Melbourne, my head was brought back from the clouds with a bang. "Remember US?" Our lovely editor felt that the reduction in my fan mail was directly related to me not spending time satisfying my loyal, faithful, loving fans out and around Melbourne's favourite nightspots.

Although I'd not been away that long, a few subtle changes had happened in the scene. For those of you who have followed the Great Aussie BakeOff over the years, you may have decided to support this fundraiser yet again and took your sponge to the Star Hotel. Although the reports of the event itself makes me grateful I was on a beach



Now I've Got You



Big Smiles Now



Meeting of
the Minds

somewhere, I was sad to hear that I missed out on what inadvertently became the Great Aussie BakeOff RECOVERY at DT's. From what I hear, it was the one of the most profitable BakeOff days to be held at DT's – without a single pavlova to be seen!

As most of you know, I'm not quite a salad sandwich type girl. SO, feeling rather peckish a few weeks ago, I along with a friend (we'll call him Mr X) decided to try the bar grub at the Yorkshire Stingo. I didn't expect too much, considering that the hotels public bar hasn't quite officially been made 100% gay, however, that issue aside, I must inform all you queens that if you love a good thick steak, at a good cheap price – try the food at the Stingo.

Now - not that I'm one to complain – but it's bad enough to have to queue up and pay a fortune on Commercial Road. When we have to start queuing up at the Peel? As for me, I simply refuse to get there at 7.30pm just to ensure that I get the best possi at the bar.

Talking of the 'wrong' side of the Yarra, it seems that SEX is definitely on the mind of some young entrepreneurs. Although a definite date has not been set yet, get ready for the new 'super sex' club to open on Smith St, Collingwood. Although the new LEVEL 1 cruise club in Franklin Street will cater for all those city slickers, the upcoming club on Smith St promises to take cruising to a whole new level – I'm quite sure our editor will be able to advise all of you of the clubs attributes!

With all of these new venues happening on the 'wrong' side of the Yarra, let's see now...what do we have –

Southside- 3 bars; 1 nightclub; 3 restaurants/cafes; 2 sex on site venues; and a few pink dollar chasing one nighters.

Northside – 5 bars; 1 nightclub; 2 restaurants/cafes; 3+ sex on site venues.

The only thing that is obviously missing from north of the river is any official gay organisation's office, or indeed any official gay event.maybe one day...

Anyone want to blow my bubbles????

– see you all at FOAM-A-SEXUAL

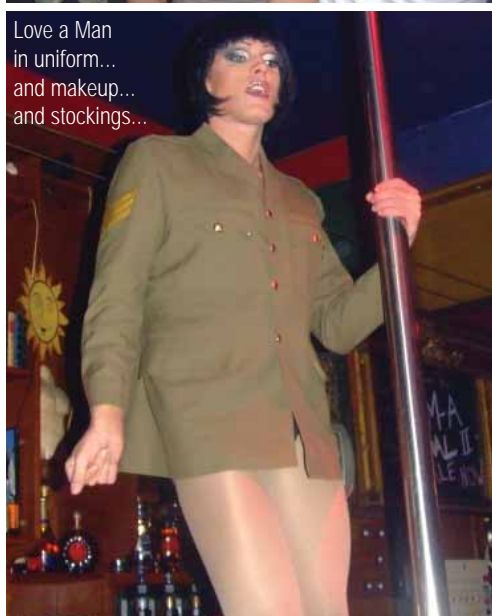
Although Morag can not attend [it is a boys/ mens only event] we would like to help you join the boys of Melbourne in the Foam by giving you the chance to win one of 12 tickets we have to give away. Simply email competition@qmagazine.com.au with "Foam" in the subject line and your postal address to go into the running.

- * all winners must be 18 years old or over
- * competition will be drawn on Monday the 11th of September with all tickets sent to winners in time for the event

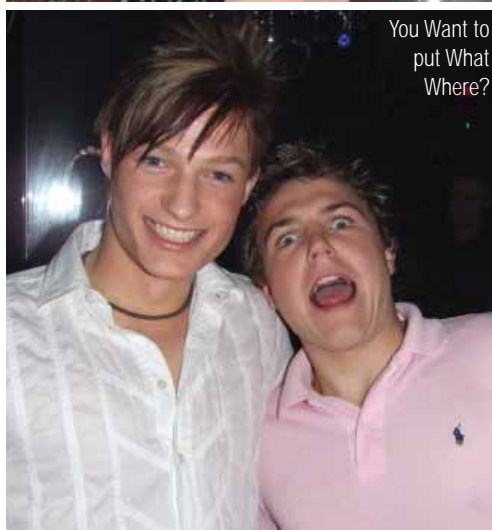
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in uniform...
and makeup...
and stockings...



You Want to
put What
Where?



q gardening: with POOKIE

The Garden. It is a place for enjoyment relaxation. It is one of the most important parts of our lives, where we can relax, entertain, or just sit and enjoy and take in the fruits of our labour. It doesn't matter what size area "you can have a most pleasant and functional garden". It all comes down to a design that that reflects and suits your needs.

Gardening need not be a demanding chore that takes up most of your weekends. These days the trend that I have seen has mainly been for a formal design of straight edged square or rectangular shapes or beds. With white iceberg roses and dwarf conifers with one major water feature and/or statue. This is a fantastic look. It is bold and straight to the point. I refer to this type of garden layout as "The Power Look". Bold in concept and brilliant in execution. But you can have the same look, say for example, on patios, terraces, or a small courtyard.

On the other end of the scale in design, you can have the "Kaos Look" with all types of flowering annuals, biennials, and perennials with so much planted and laid out to form a typical cottage look that is filled all year around with flowers that brighten up every area throughout the year. This is my favourite style of garden. What with annuals that flower 10 to 12 weeks from planting to biennials that live for 2 years – flower for the first year then lay back. . . .come spring these will break into fresh growth followed by another flowering season, and last the perennials – these have a life span of 3 years or more. With this type of garden, the look always changes as the seasons change.

Now that spring is upon us, and the weather is more friendly, we can start to get out and start planting. By now all the flowering bulbs (such as Blue Bells, Anemone, Daffodils, Freesias, Snowdrops, and of course Tulips) are in full bloom. But now is the time to start and plant some seedlings to fill in the gaps that you will have once these bulbs have completed their cycle and their foliage has died down. My suggestion is seedlings.

This year will be the old time favourites such as Snapdragon's, Pansy's and Impatiene (sounds like my old boyfriend) - he was a snappy dragon, the biggest pansy and ever so impatient.

But now for a problem that seems to be the most common one of all. Planting plants in the wrong position.

A very dear friend of mine has had over the last 2 years problems with her lavender not growing properly and having a very poor flowering period - "poor dear" - so off I went on my mercy call.

The darling friend had planted these delightful and fragrant shrubs in very poor drainage soil which was causing this delightful shrub to have a very stunted growth and very few flowering spikes. Lavenders do require a well drained soil that is alkaline and full sun, and after they have finished their summer flowering, a neat trim of their foliage and spent flowers, a small feed of liquid plant food, and they will be on their way for next year's display.

So these were transported into pots with a good potting mix and in their place I planted lovely Nandina (Dwarf). This is a perfect shrub that will tolerate wet or dry conditions, loves full sun or semi-shade, will tolerate frost, and, in Autumn and Spring, all the leaves turn a beautiful crimson red. . . problem solved!

Till next time, happy sowing.



Photo: iStockphoto.com / WANDA BRUNNEN

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Does the size of his _____ determine the length of the relationship?

Hell no, but what an interesting thought! Imagine for a second that the bigger his proverbial the longer the relationship lasted??? That's fine if you want to be in a wheel chair for the rest of your life! That's just one of the questions a friend of mine and I were discussing last week when it comes to men and relationships. You see, over the last couple of months I have been on a quest to find a man that I would consider husband material and possibly settling down with. And talking to a friend about our past experiences, we asked the question:

How much luck do we gay guys really have in finding our soul mate?

I mean we are already a minority population to begin with, if we then break it down into certain groups or behaviours of the gay community, we would possibly come up with three different types.

1. Sluts
2. Dirty whores
3. Oh yeah, did I say sluts already?

And on the other hand (which I have to admit is coming in quite handy lately) there is a small segment who are serious about finding the love of their lives.

But where on Gods green earth do they hang out? The main gay bars are full of men looking for a quick shag, that's not saying anything is wrong with that, we've all gone through that phase, however what about when it comes to something more serious or even long term.

(Long term, the gay community's two dirtiest words, we don't speak of these!).

Online Dating

You could, of course, try your luck at online dating. I have a few theories about this realm. One being that it's a fantastic way to meet guys who are not necessarily into the scene and are after a genuine relationship. On the other hand, it's breeding a gay culture of man wants, man gets.

An instant society that drops everything for a quick F&^%#@K and the next hottest thing on the market! Blunt yes, honest more to the point. It's literally like going to the supermarket. You chose what product you would like, take it home and test it, and if it doesn't work, it's back to the supermarket for an instant exchange. It's great for an instant shag but what about when it comes to friendships and creating lasting relationships through the connections made. How many in reality would you stay friends with? There is a culture being created at the moment where guys feel like there are way too many choices in the supermarket and, for fear of missing out on something better, they keep going from partner to partner to partner. It all suddenly turns into a relationship revolving door with a mentality of "Why fix what you've got, if you can go get a brand new one that doesn't need fixing!"

I ask you this, has the gay community gone too far in proving our own worth to possibly screw up our abilities at creating lasting relationships for the future?

Where is this gay generation heading? Till next time, from the "Bed of Ben"...



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q events: MELBOURNE FESTIVAL

Bill T Jones/Arnie Zane Dance Company - Blind Date

In the hands of US choreographer Bill T Jones, dance becomes an extraordinary tool for probing life's big questions. Jones brings his latest dance theatre work *Blind Date* to the Arts Centre, State Theatre from Wednesday 25 October. This stunning and provocative multimedia production explores patriotism, honour, sacrifice and service to a cause larger than oneself – values all but lost in our modern world. Originally intended to be a documentary of the Bill T Jones/Arnie Zane Dance Company today, *Blind Date* contains personal stories from the ten-member international cast, gestural dance phrases eerily reminiscent of a military boot camp and all the complex artistry that Bill T Jones is known for. Bjorn Amelan has designed an evocative and flexible environment of variously sized screens that act as an ever-changing landscape.

Through poignant and funny monologues, high-speed dance, dazzling imagery and eclectic music, *Blind Date* is set to artistically prick the political, spiritual and social consciousness and consciences of Festival audiences.



Venue: the Arts Centre, State Theatre When: Wed 25 – Sat 28 Oct at 7.30pm Performance on Thu 26 Oct followed by a post-show Q & A Duration: 1hr 30min no interval Prices: Premium \$84.50 A Reserve Full \$65 Groups (8+) \$58.50 B Reserve Full \$52 Conc \$39 Student \$19 C Reserve Full \$36.40 Conc \$27.30 Student \$19 School Groups \$12 Bookings: Ticketmaster 1300 136 166 www.melbournefestival.com.au

WARNING: Loud music, Adult themes, Cigarette smoking, Partial nudity.

q extra: QV FOOT CARE

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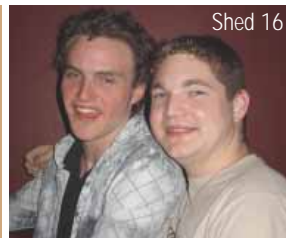
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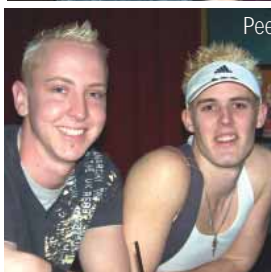
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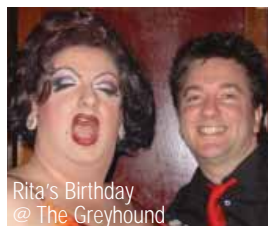
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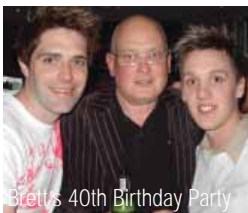
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Jacqui Hoy in **ZEN AND THE ART OF BAKING** It's a cabaret AND a cooking show! Join award winning cabaret vixen Jacqui Hoy for this culinary cabaret concoction! Stories, laughs, songs and the odd bit of whipped cream are all on the menu when we take a step into Jacqui's favourite place, the kitchen. With her favourite co-star – FOOD – and accompanied by the deliciously talented Amanda Hodder tinkling the keys and licking the beaters, it's sure to be the tastiest cabaret morsel in town! Musical Direction by Green Room Award Nominee Vicky Jacobs. Dates / times: Friday 8 and Saturday 9 September at 9.00pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more



PICASSO'S WOMEN: LOVE, ART AND WAR The man behind the legend, seen through the eyes of his women. Through a series of monologues, Picasso's most famous mistresses invite you into his private world – a sordid swirl of bohemian society, cluttered studios, tumultuous affairs, and artwork that has immortalised both the artist and his legendary lovers. This show complements the current NGV International's exhibit Picasso: Love & War 1935–1945, and is a superb piece of drama in its own right. Staged by Melbourne actresses Annabel Pemberton, Frances Marrington and Miki Oikawa. Dates / times: Wednesday 6 to Sunday 17 September (performances Wed to Sun), all shows at 7.00pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more



LADY SINGS THE BLUES: THE MUSIC OF BILLIE HOLIDAY With Ruth Rogers-Wright and accompanied by Mark Fitzgibbon. Billie Holiday was – and is – a singer who stays in the mind of everyone who heard her. Like all jazz musicians, she sang about who she was at the moment and during all that proceeded that moment. Fresh from her acclaimed show 'Fabulous Diva: The Music of Nina Simone', the remarkable Ruth Rogers-Wright returns to The Butterfly Club with the life and music of Billie Holiday. LADY SINGS THE BLUES features many of the famous songs together with anecdotes, quotes and stories which tells the extraordinary legend of 'Lady Day'. Dates / times: Thursday 14 to Sunday 17 September, all shows at 9.00pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more



Christine O'Donnell in **WHERE THE BLOODY HELL'S SHE BEEN?** As a Don Lane, Mike Walsh and Peter Couchman show favourite, Christine O'Donnell appeared regularly at the Sydney Opera House, the then Melbourne Concert Hall and most other major cabaret and concert venues across Australia. She then disappeared from view! Was she really last seen bellowing Don't Rain on My Parade on a ship's bow somewhere off the Bermuda Triangle or is that just the stuff of legend? Well, she's back, with pathos and laughs, taking no prisoners as she recounts a life spent on foreign seas and shores in the bosom of cabaret! Provocative, sassier, cheekier and old enough to know better, Christine is a pure natural talent with a vocal clarity that's gutsy, powerful, often beautiful and always expressive. Ably supported by the irrepressible Mark Jones on piano. Nominated for a Mo Award as Female Singer of the Year. Dates / times: Thursday 21 to Sunday 24 September, all shows at 9.00pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more

THE BUTTERFLY GLEE CLUB Forget yoga. Forget All-bran. Forget colonic irrigation. If you really want to do something that makes you feel good inside – just SING. And what better place to sing out than at THE BUTTERFLY GLEE CLUB, the hippest sing-along choir in town. Come along and sing as loudly or softly as you like – there are no solos and no karaoke microphones – just a big ol' group sing. The Butterfly Glee Club is conducted by the gorgeous and talented Vicky Jacobs (Green Room Award Nominee for Musical Direction) who never tells anyone off and lets all singers drink as much wine during rehearsal as they like. Come along and "sing for the teacher who told you that you couldn't sing"! Dates / times: Wednesday 20 and 27 September at 6.30 pm Tickets: \$7



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q law: HIV AND YOUR RIGHTS

written by Julia Freeborne - HALC and Member Services Coordinator - PLC

There has been a lot of talk about the issues of HIV and reckless endangerment in the media of late and this is causing many people with HIV to feel anxious. There are two types of law in Victoria that can impact on people living with HIV: public health law and criminal law. Public health law in Victoria does not specifically require an HIV positive person to disclose their HIV status before having sex, but a person must not knowingly or recklessly infect another person with an infectious disease. This means that if you are having safe sex you do not need to disclose your HIV status. If you are having unsafe or unprotected sex you must disclose your status. Under criminal law in Victoria a person who intentionally causes another person to be infected with an infectious disease can be charged with conduct endangering life.

There is a huge difference in the way that the law deals with someone who has had a safe sex slip-up and someone who is intentionally infecting people. The difference is in the intent. If you have done everything you can to prevent HIV transmission, it is highly unlikely that you would be charged with reckless endangerment. The majority of people living with HIV are very responsible and have played a major role in HIV prevention on a personal and community level. Safe sex prevents all people from the transmission of a range of sexually transmitted diseases, including HIV, but accidents do happen regardless of sero status.

If you do have unprotected sex for any reason and have not informed your sexual partner of your HIV status, it is critical to inform them as soon as possible so that they can access the PEP program. This is a one-month treatment program that can reduce the chance of the person contracting HIV. This is only effective for up to 72 hours after possible infection so it is important to advise the person of your status as soon as possible so that their risk of infection can be minimized. The earlier in the 72 hours that the treatment is provided, the more chance it has of being effective, so time is critical. The number for obtaining information and access to PEP is 1800 889 887 (24 hours) and there is also an information website www.getpep.info. Safe sex is the responsibility of both or all sexual partners regardless of sero status. If you have disclosed your HIV status to a person and it can be proved that the person knowingly and voluntarily accepted the risk of infection, this can be used to defend a charge of reckless endangerment. Also, if you have not informed them and have had an unprotected experience, informing them in time for them to access the PEP program will be taken into account by the law.

It is really important to remember when traveling within Australia to be aware of the significant differences in these laws between the different states and territories. For example, in Victoria a person with a sexually transmitted disease, including HIV, does not have to disclose their HIV status, but must not knowingly or recklessly infect another person. In New South Wales anyone with any sort of sexually transmitted disease, including HIV, must inform their partner before having sex. This can be very confusing for people living with HIV who are traveling within Australia. There is an excellent website www.thinkagain.com.au that has the laws for each state and can help to alleviate some of the confusion.

If you believe that you may have engaged in activities that may make you vulnerable to a reckless endangerment charge it is a good idea to talk to someone about it. You can contact the Victorian AIDS Council on 9865 6700, PLWHA Victoria on 98656772, Melbourne Sexual Health on 93470244 or the Positive Living Centre on 9863 0444. These services will be able to advise you on what your options are. If you feel that you may need specific legal advice you can call the HIV/AIDS Legal Service 9863 0444 or email legal@vicaids.asn.au. You can also contact Victorian Legal Aid on 9269 0234. The HIV/AIDS Legal Centre (HALC) is a program of the Victorian AIDS Council that provides free legal advice to people living with HIV on matters that are HIV-related. It is a limited service staffed by experienced lawyers who have expertise in areas such as discrimination, making a will and immigration as well as the legal aspects of HIV. HALC can also provide an external referral. It operates fortnightly, on a Thursday night from the PLC, which is located at 51 Commercial Road, South Yarra. HALC can be contacted on 9863 0444 or by emailing legal@vicaids.asn.au



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