

NOVEMBER 2006

Q MAGAZINE

Inside this issue:

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Q Music with Human Nature,
Q Fashion, Q Theatre, Q Fitness,
Q Art, Q Driving, Q Beauty,
Introducing Q Pets, and much more.

*The Annual Rainbow Awards are upon us.
Say thanks to those who make a difference - vote today.
Q Magazine - Made Locally! Enjoyed Nationally!*

Genuine absinth contains thujone - the active ingredient found in wormwood. Green Fairy contains significantly more than other brands that have now become available. Some contain no thujone at all. Be sure you serve only genuine absinth, and, of course, serve responsibly.



The Green Fairy has landed

THE ORIGINAL CZECH ABSINTH

www.greenfairy.com.au

q comment: RAINBOWS

It's all about Drag Queens, Community workers, Costume designers, Singers, Dancers, the Media, Events, Niteclubs, Men, Women, and everything in between - it is the 2006 Annual Rainbow Awards.

Often clouded in controversy over the voting and general selection of winners, the Rainbows none-the-less is the only way in Melbourne to recognise the people who have made a difference in our community over the past 12 months. Our fabulous 4some on the front cover were among the winners of 5 awards last year that Saturday Night Greyhound received. To cast your vote, go to www.rainbowawards.com.au and follow the directions - you have until the 15th to do so. Q Magazine has 3 nominations.

I also welcome two new writers this month to the Q Writers stable - Breck and Alex. Craig Michaels decided to retire from the Q Fashion page and the two boys have taken his place. My sincerest gratitude to Craig for his amazing work and my appreciative welcome to the boys for taking up the challenge.

And finally, the Melbourne Queer Film Festival is inviting submissions to its 17th Film Festival in 2007. The



Festival is Australia's largest queer film festival and screens at 3 premier Melbourne venues including the state of the art Australian Centre for the Moving Image to audiences of over 20,000. THERE IS NO ENTRY FEE. Entries should be submitted on the official Entry Form which is available via email at info@melbournequeerfilm.com.au or from their website - www.melbournequeerfilm.com.au - or by contacting the Festival office on (03) 98272022. Deadline for entries is December 8.



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ISSN 1449-499X

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ABN 21 631 209 230



q feature: GREEN FAIRY by ABSINTH

After an 85-year ban in most countries, a little green devil of a drink is legal again. Just recently, I had the pleasure of trying several drinks from the importers stable and could not pass on the opportunity to share this one with you. Absinth epitomizes everything mum told us not to do....now doesn't that sound familiar to the Gay community.

What is Absinth?

Absinth is a very strong green spirit containing the bitter herb wormwood, made palatable by drinking diluted with iced water and sugar. Absinth has always been noted for it's potent effects and remains a banned substance in countries such as the U.S.A. but is legal today under European Union law, although some European countries have differing legislation. Many countries around the world are now looking at bringing their absinth laws in the line with the EU.

Absinth came to the fore in the 19th century as a celebrated French café culture drink. For many years absinth seriously challenged the wine market in France. In 1910 thirty six million litres of absinth were sold in France. The Czechs have continued legal production and consumption of Absinth with "The Distillery at the Green Tree" - which dates back to 1518 - that is now legal in Australia.

Absinth was as much part of the impressionist art period in Europe as was a sheet of canvas. Nearly all the best known artist and literary geniuses of the time summoned The Green Fairy to open their minds to inspiration and creative thought. Degas, Gauguin, Rimbaud, Jarry, Lautrec, Picasso and Van Gogh were all heavy users attributing their unconventional artistic interpretations of the world of narcotic effect of absinth.

Van Gogh cut off his ear after drinking bottles of it. The Green Fairy was often the subject of her devotees appearing either in liquid form or personified as the muse in many paintings from the 1800s.

A glass of Absinth is as poetical as anything in the world. What difference is there between a glass of Absinth and a sunset?
- Oscar Wilde

Making a Green Fairy

Take 30ml of Green Fairy Absinth, a sugar cube and 45ml Water still or (Soda) optional. My personal preference is not to mix anything with it at all - but be warned, this little darling is very potent.

Method 1

Soak a teaspoon of sugar in a shot of absinth. Place the spoon across the top of the glass and then light the sugar soaked absinth. Let it burn until the flame almost burns out and then add the carmaralised sugar to the glass. Add three to four parts chilled water to dilute.

Method 2

Pour a shot of the Green Fairy into a glass and then place a perforated absinth spoon on the rim. Place a sugar cube (or two if preferred) on the spoon and slowly pour three to four parts chilled water through the spoon. Finally stir the glass

To make the most of absinth some say it should be sweetened and diluted releasing the flavours and allowing the full mystery of the fairy to be appreciated. In the 1800's absinth was sweetened with caramelised sugar and diluted with water (as above). Today most add fruit juice or other mixers to sweeten and dilute their absinth, or use The Green Fairy as a base for delicious original cocktails.

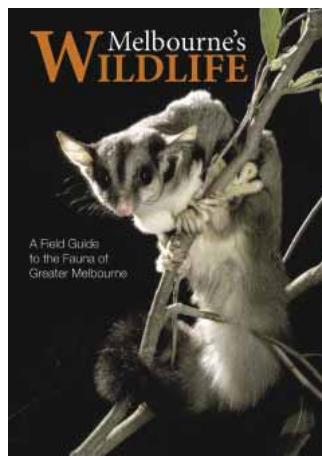
Others simply prefer to sip their absinth on the rocks. Here are just a few popular mixers to try: Apple juice; Apple juice & lemonade; Pink grapefruit juice; Pineapple juice; Cranberry juice; Cranberry & grapefruit juice; Mandarin juice; Orange juice; Strawberry juice; Maple syrup & champagne.

Ask for Green Fairy or Absinth by name in your favourite pub, club or lounge - and please drink responsibly. If you are the Manager or Purchasing Officer for a venue and wish to stock this fabulous beverage, contact me at Q Magazine and I will pass on the distributor's details to you.



We have 3 Green Fairy packs [with a sample bottle of the product, coasters, poster and more] to give away and one only backpack. To enter, send an email to competitions@qmagazine.com.au with "Absinth" in the subject line. Entries open to persons over 18 only. Winners will need to provide proof of age.

q books: with DAVID GLASHEEN



Recently released Melbourne's Wildlife: – A field guide to the fauna of Greater Melbourne shows locations that are home to many varied species including Red-rumped parrots, Long nosed bandicoots right through to Weedy Seadragons and the cute to the creepy, and who would have thought this was all so near to our backyard.

The book compiled by museum experts at Museum Victoria which is in its 152nd year, includes a veritable smorgasbord of over 700 species with detailed photographs, maps, habitats, behaviours and essays making this the perfect reference tool for the wildlife aware Melbournean.

"Anyone who has ever wondered about the local animal world will want to own this book" – John Landy, AC MBE

On sale for \$39.95 at the Melbourne Museum shop or from CSIRO Publishing at www.publish.csiro.au Publisher: CSIRO Publishing.

q pets: with CAT RESCUE

CatRescue is a network of normal every day people ... like you, from all walks of life, who give up space in our own homes to rescue and rehabilitate abandoned and neglected animals. We have around 50 carers in the network (depending on the season and the burn out ... yes, carers burn out) and a management team to help co-ordinate the lot. We don't get paid or funded, we are all volunteers. Equally, we fund the rescues and treatment ourselves. You can do this too. We don't exclude anyone. Nearly all of all funding comes from the CatRescue management team who often thank our bosses in our real jobs for keeping us on despite all the cat hair and scratches. All CatRescue staff are voluntary. A further 10% comes from appeals and trees that grow in the yard.

The community that we have established, rescue neglected and abandoned animals and rehome them through a network of carers and vets around Sydney. Q Magazine readers are welcome to go to our website at www.catrescue.com.au, read more, and join up to our programs. Councils and Community are engaged in CatRescue programs - driving change means working closely with the coalface. This means rangers, animal workers and government. CatRescue is engaged with the entire community, not just animal welfare. We do this by running innovative and interactive awareness programs. Volunteers are also encouraged to join and build new programs that they want to run with.

Desexing campaign

CatRescue believes in Mandatory desexing of companion animals at an early age unless an owner has registered to have an "entire" animal. We know from experience that 3

month old cats can have litters of 5 kittens. But we are doing something about it. We are lobbying the government for change at a council and state government level, and that involves taking in and working with councils at all levels. They are the coalface - they have to do the job.

Adult Cats are appreciated by Adults!

We have a Seniors for Seniors program that places an adult and/or rehabilitation cat in with retirees and/or senior citizens. The program is very simple. We place an adult cat that matches the desired personality and type with a person who is looking to join the program. We have many adult cats waiting for new homes, so call Kelly on (02) 9011 6053 or email pets@qmagazine.com.au. The program saves lives. Without this program we would not be able to take in adult cats. This program gives us an avenue to help save the lives of an adult cat in a quality way with real results.

So you wanna help?

Be a carer, it's low effort. A couple of towels for bedding, 2 bowls and a bathroom with a locked door is all you need. If you are prepared to spend \$100 to purchase a decent sized dog cage then that is always a bonus. A cage means centralising the mess and the feeding and not disturbing your household. I have personally had a cage in my bedroom and/or bathroom and this is not a problem. Also find out about our foster care program here <http://www.catrescue.com.au/fostercare.htm>. It takes an average of 4 weeks to rehome an animal if you set your mind to it.

Look out for our article next month for more info on CatRescue including the start of our monthly - Kitty Tips!!

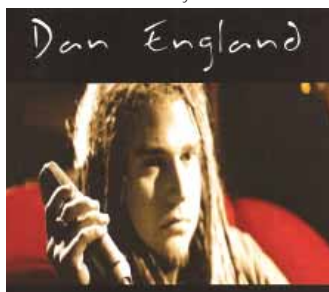
Don't forget to check out our website by visiting the links page at www.qmagazine.com.au or email pets@qmagazine.com.au

q review: I CAN HEAR MUSIC



George Michael

Ahead of his highly anticipated tour, his first in 15 years, George Michael is set to release the Twenty Five album, a celebration of George's career to date. This will be released through Aegean Sony BMG on November 11th. The album will feature tracks spanning from George's days in 'Wham!' up to the present day including new bonus tracks: his last single, An Easier Affair, This Is Not Real Love and Understand. Twenty Five will be available as both a Double and Triple album and Double DVD. The standard format will be a 2CD set featuring discs entitled 'For Loving' and 'For Living', with a deluxe limited edition 3CD format which will include a disc of rarities in addition to this, called 'For The Loyal'.



Dan England

Following his tour with Shannon Noll, Dan England is set for super-stardom with the release of "Reason to Fly" through Jellyfish / MGM. Combining the celebrity that is Idol with the hard work of a contemporary touring artist, Dan is continuing his journey in grand syle - get it today.



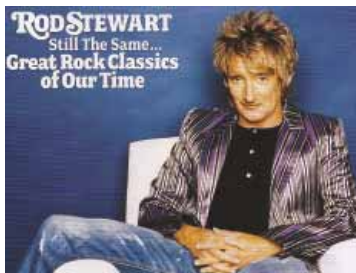
Bubble Volume 2

Following on from Volume 1, and truly an amazing double album for the dedictade dance party fan, DJ Dean D mixes the first album while DJ Master Kaos shares his skills on the second. Out now through Central Station Records.



So Fresh - Spring 2006

Universal and SonyBMG join forces to continue the tradition that is "So Fresh". 22 of the hits of spring on the one album including Shakira, Nick Lachey, Sandi Thom, Teddy Geiger, Nickelback, Paulini and many more. Get your copy today and then get ready for the next seasons offering.



Rod Stewart

Art imitating life - "Still the Same" Great Rock Classics of Our Time is the title of Rod Stewart's latest album through SonyBMG. You can't expect anything but perfection from this man...and he certainly delivers that over 13 tracks. If you're a fan of good music, then you need to get this one!



deepface

"Feel the Love" is the debut album for this fabulous Australian group who really deserve your support. Equally comfortable on a dance floor or ahome stereo, this album mixes several genres together to give an extremely well-balanced end result. When you hear this album you'll realise that the Australian Music Industry is certainly alive and doing well. Sent to me by Beat Broker. Out now through Warner Music.



Wild Summer 07

Once again summer is here. Following on from the success of last years WILD Summer 2006 comes the 2007 edition. 2 discs of fabulous tunes to get you through the hot months ahead. Out now through Central Station Records.

GEORGE MICHAEL TWENTY FIVE

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q art: with DAVID WESTLAKE

Opportunity shocks.

A few issues ago, I wrote about how op shops are a fantastic resource for collectors of just about anything. I waxed lyrical, proffering endless superlatives about the infinite fabulousness of the local op shop. I even suggested tips on visiting times and networking with the volunteers. Well, in the globalised world of off-shoring, out-sourcing, on-lining and up-yoursing, the humble op shop is an endangered species.

There are still be plenty of op shops, but they're rapidly becoming anything but humble. Charity is big business. With tax concessions so outrageous they make parliamentary superannuation look stingy, there's plenty of opportunity in these shops. National chains with centralised administration, computerised checkouts, EFTPOS and flash marketing strategies are re-inventing the entire opportunity shop business model. Searching for those wonderful op shop finds is becoming harder than ever as op shops try to change their image, attract new customers and, well, become more corporate.

The best stores are the small local ones, manned by volunteers. You know, the ones that smell of naphthalene and a freshly-brewed pot of tea. These aim to turn over enough stock to cover expenses like electricity. Any profit after that is donated to a local community group or charity. The items in the store are all donations, allowing these stores to gain income by the volume of sales, not high

prices. Items in the store are rediscovered ("recycled", if they only had a marketing department) by a new group of people.

Meanwhile down at the big end of town, we have entered the age of the mega op shops. Move over Bunnings, Follow the Fold is opening a tax-exempt bargain warehouse near you. With paid staff, these stores will sell you everything from recycled designer clothing (remember that marketing department?) to household items, shiny new in their boxes. They now also like to deal in the world of art.

Of course a large store needs some paid staff, and centralised management creates efficiencies for national organisations, but when the store tries to become an art and antique dealer, they have lost the soul of an op shop. I have seen items displayed with catalogues from the big auction houses. The piece for sale is priced at the lower end of an auction's reserve. Many pieces have a detailed description, just as an antique dealer might write up. But where's the guarantee of authenticity or the access to expert advice? What's your recourse if you later find out the item is not as described? These op shops are trying hard to get the best price they can but can't offer anything in return.

Memo to their paid managers: make some serious decisions – are you running an op shop, selling donated goods to recover overheads and benefit the community, or are you dealing in art, antiques and curios? If you want to become dealers then go right ahead, but do it with the responsibilities that other dealers carry. The higher prices don't bother us so long as they come with the guarantee and full receipt. It's your call. I'll be enjoying a cup of tea at naphthalene house if you want me.



q theatre: OUT IN THE ARTS WORLD

Following his Madly Adored season, and his subsequent estrangement from society, **Kim Smith** (faux-Weimar, terroristic legend) has retreated to the darkest depths of primordial cabaret in his desultory tour of an uncharted and as yet unconquered jungle kingdom. This time attempting a Kimperial coup amongst his newfound 'woodland friends', Kim Smith and his new musical serf (the inexhaustibly talented Amanda Hodder) aim to foster an artistically astounding global dictatorship, amid the ruins of his extravagant intellectual collapse. Featuring the music of Hollander, Weil, Eisler, The Dresden Dolls, and Kander and Ebb among innumerable others. Directed by Martin Croft.



Dates / times: Thursday 23 and 30 November and Thursday 7 and 14 December, all shows at 10.30 pm Tickets: \$25; \$20 concession-holders and for group bookings of eight or more. Duration: One hour approx. **The Butterfly Club** 204 Bank Street, South Melbourne Bookings: Tel (03) 9690 2000.

I Sing - the Musical is about five 20-something characters living in Manhattan who jump in and out of each other's lives, hearts and beds- Heidi (Laura Fitzpatrick) loves Nicky (Tristan Lutze), but loves her father more. Alan (Paul Watson) is recently single and secretly in love with Heidi. Nicky is sleeping with Pepper (Jessica Enes) and terrified of ending up alone. Pepper is falling for Nicky who is, once again, the wrong guy. Charlie (Karl McNamara) is gay, but confused by feelings he's having toward his best friend Pepper.



December 1 – 9 (STRICTLY LIMITED TWO-WEEK SEASON) **Chapel Off Chapel**, 12 Little Chapel St, Prahran Adults \$35 / Concession/Groups of 10 or more \$25 TICKETS AVAILABLE ON (03) 8290 7000.

q win: NOVEMBER'S FREE THINGS

The winner of the Peri Bed Linen package was Ms. A. Bates of South Yarra - congratulations.



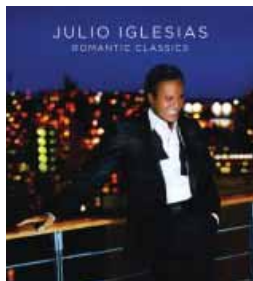
SonyBMG

With the compliments of Emily and the team at SonyBMG we have 5 George Michael "25" albums to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "George" in the subject line to be part of this competition.



Liberation Music

We have 5 soundtracks from this hit Australian movie BoyTown to give away from Myles and the crew at Liberation Music. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "BoyTown" in the subject line to test your luck and make sure you catch the movie too.



SonyBMG

Love is in the air with this fabulous album from Julio Iglesias - and we have 5 for you to compete for. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Julio" in the subject line to be part of this competition.



Liberation Music

Marcia Hines is back in a BIG way with her new album discothèque and we are lucky to have 5 albums to give away this month. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Marcia" in the subject line to test your luck.



SonyBMG

Also from the very supportive crew at SonyBMG we have 5 Justin Timberlake "Futuresex/Lovesounds" albums to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "Justin" in the subject line to be part of this competition.

* 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.

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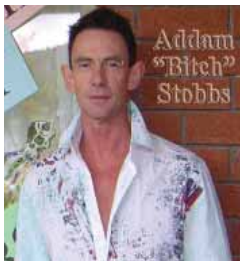


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q whispers: with ADDAM STOBBS



Are you cynical? I certainly am and I am not alone. I think that we have been shafted so many times that we have every right to be cynical. If you're not cynical then you are naive. Don't get me wrong though, I am not pessimistic, I think it will all work out well in

the end, but not for some years.

What am I talking about? Well there are few things actually. The main political issues our community face at the moment, is the uncertain outcomes for the "Gay Marriage – Civil union - whatever" debacle. It's not being handled well, it's a political football, and most of the politicians are not interested unless they can use it as a way to slag on their opponents, or suck up to voters to get a few extra votes in this months Victorian state election. Our political leaders are not mature enough to lead Australia towards a more enlightened future in this issue.

Massive increase in HIV, yes I have heard this many times before, but don't think I am dismissing this, it is a really frightening thing to live with. Many of my friends suffered slow agonising deaths in the late 80's and early 90's. One day this will be history, but at the moment it's grim reality. The part that makes me cynical is that HIV is big business. The cure is possibly around somewhere in some form, but like global warming, big business has a huge investment in not 'fixing' the problem, a cure or vaccine for HIV could potentially impact hugely on businesses concerned in

manufacturing and developing drugs that keep people alive. I could be wrong.

An example of my own naiveté – I held the opinion for years that some drugs (such as marijuana) should be legalised. By legalising it, the criminal elements would be removed. If other drugs were made legal there could be some way of users being able to have some sense of safety in what they are actually taking, and there is some beneficial aspect to society from this. If it is not a crime, then it becomes easier to control. Some countries that have legalised some drugs have come to terms with it, but there is an insidious side to marijuana that only I only realised a few years ago, mainly from watching friends go through an awful psychological decline.

I accept we should have the right to with our own bodies whatever we want as long as we don't impinge on the freedom or safety of others, but many young people (not all) go through a period between (say) 18-25 when they binge on alcohol. They do so for a few years until they learn to use alcohol responsibly.

During the binge period they can have some traumas, but generally they go away and they recover, and no real harm done. Young people who use marijuana the same way do not recover easily. The long term effects of schizophrenic episodes and paranoia are with them for a very long time. Releasing the clench on marijuana might not be such a huge issue, but what about the transfer effect, once you open the door to marijuana, other drugs may follow. The drugs that are around now are frighteningly powerful and addictive, and ironically, cheap.

I have seen a lot of trashed young guys at various venues (including SOPV's) over the last few years, and I have to say I admire the owners/workers/patrons, who, for the most part, look out for people who have over done it. It's all too scary. I'll stick to valium, scotch and Viagra. Yes, I am cynical and it's healthy.

q says: with LUCEE LASTIC



Life's A Drag... It is so great to see the Melbourne drag and club scene undergoing a revamp and showing its vitality and dynamic nature.

New venues, new nights, new shows, new performers and a few old ones returning...North versus South, East meeting West...hard core, soft core, fetish, boys, girls, tranny...the Melbourne scene really now offers something for everyone. Though when I do go out and about, I do get rather peeved when every punter becomes a critic or can do nothing but whinge...every venue, owner and worker, performer and entertainer go to huge efforts to entertain, amuse and provide you with somewhere to hang. These days we, so quickly, forget who and what has gone before and how the efforts of those people now make our lives so much easierhaving fought the major battles...though there are still a few to win. Thanks to these people, we have the vibrant scene we now have...we have a choice on where to go...

So to those who are so critical of the scene and what it has to offer...look outside and take in the bigger picture. Rather than criticise, get off it and on it and visit somewhere new...you never know you might just find what you are looking for. Lucee Lastic is the host of Sundayze @ the Stingo - Sunday afternoons from 2pm.

q joke of the month

The residents of a small redneck town urged the sheriff to arrest the local homosexual. Seems he's been propositioning all the guys in town.

The sheriff dutifully arrests the man and says to him, "ok, you've got 15 minutes to blow this town!"

The gay man says, "I'll need at least two hours."

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q wine: with PETE DILLON



I have spent a lot of time in this column over the last 10-11 issues finding quality wines at prices available to most. In a departure for this issue, I am going to be a complete wanker and talk French. Not the French of old lovers with thick accents and penchants for baguettes, but the French of bubbly stuff in beautifully packaged bottles, with premium price tags. This may be spurred on by my recent win at an unnamed race day in beautiful Melbourne.or perhaps that with Melbourne Cup, Christmas and the summer social scene around the corner, it is time to throw caution to the wind and buy something very special.

I have always loved a good bit of French and especially something bottled and bubbly. So here are my top five and if you have any space on the credit card, indulge yourself with one of them.

N/V Billecart-Salmon Reserve Brut Champagne.

One of my nearest and dearest calls this 'the billy cart' and I just love it. The wine opens with a creamy mousse followed by very fine, persistent bead. The nose reveals a biscuit top note followed by citrus, cashew and yeast lees. It has a creamy palate texture, with fine acid backbone. Flavours of grapefruit are followed by cashew and yeast lees. It is said you get bored drinking the same bubbles all the time, but not so with Billecart, there's just no better bubbles for your buck! The wine is made from a blend of 41% Pinot Meunier, 34% Pinot Noir and 25% Chardonnay and displays a finesse and persistence that makes it very difficult to surpass, at the price. Team it with some creamy smoked salmon on a buckwheat blini and there is just no better match. Pick it up for around \$60.

Bollinger Special Cuvee Brut Champagne. Just like Patsy and Eddy, I just love 'Bolly.' Consistently very desirable! This is a brilliant, pale straw colour, has an excellent nose with aroma of yeast, grapefruit and citrus with some biscuit end notes. It is a generous full bodied palate driven by the Pinot Noir component which is the basis of all Bollinger blends. Bollinger always displays excellent balance with clean acid finish and long yeast, nut aftertaste. I would drink this with anything, but team it with some duck pancakes topped off with a dab of lime and chilli mayonnaise. \$90 will score you a bottle of this fab champagne.

Krug Grande Cuvee Champagne. This is Krug's signature champagne - a blend of forty to fifty base wines from as many as six to ten different vintages. With a deep straw colour with pale gold overtones and a very fine persistent bead, it is stunning. The nose has that classic Krug juxtaposition of power and elegance.

The palate displays sublime elegance, with great length and persistence. The biscuit yeast flavours are over-laid by nuances of roast almond and just the faintest hint of grapefruit. Perfect balance with exceptionally long aftertaste. Drink this when at all you can afford it, and team it with some lobster, or a blue swimmer crab salad. At \$250, this is something special.

Happy drinking

For more information on this or anything in Q Wine, please email wine@qmagazine.com.au or phone 0409142365

q wine: NEWS

For more than 30 years, Rosemount has set the standard for style and innovation in the Australian wine industry with its approachable wines and distinctive packaging. Now, Rosemount is ready to reveal a fresh new look for Summer.

Rosemount will hit the market in a groundbreaking new bottle with a diamond shaped base and a modern take on the diamond label that has acted as a beacon to wine lovers for so many years. Throughout its history, Rosemount has stood out from the crowd and this new diamond bottle will continue this trend on retail shelves and restaurant tables across the globe.



This unique and stylish design not only looks great, but is also sealed under screwcap to ensure the wine is as fresh in the glass as the winemakers intended. The wine inside the bottle remains of utmost importance, with the new range displaying the bright, fruit driven style that has made Rosemount the number one choice for wine lovers for the last three decades.

"This new bottle and the new wines we're putting in it really show wine lovers what Rosemount is all about - innovation and contemporary style," says Rosemount's Senior Winemaker Matthew Koch. "Many Australian wine lovers have been loyal to Rosemount over the past 30 years and they've shown us they're still passionate about this great Australian brand. We're taking the best of Rosemount's halcyon days and applying it to today's market and we're committed to continuing to excite and surprise Rosemount drinkers with our wines."

q beauty: with GEORGE ALEXANDER

Looking for the next big thing in natural products, well finally the cult brand APIVITA has hit our shores.

Founded in 1979, APIVITA is Greece's leading company in natural products. Its story goes back to a small pharmacy, owned by Niki and Nikos Koutsianas. Being both passionately fond of natural products and having great respect for Classical Greek philosophy, they created a line of soaps and shampoos based on bee products: honey, propolis, royal jelly and bee pollen. Their first brand, Dermoline, later named Propoline, quickly grew into a market leader in Greek pharmacies offering effective natural solutions to a number of skin problems.

Propoline natural products are formulated by learning from the self-sustained community of the bees and the natural materials they produce. The key ingredient in Propoline products is propolis, a valuable and unique substance produced by bees in order to build a protective,

sterile wall around the hive.

Propoline products also contain honey and beeswax, and incorporate a variety of natural extracts derived from the Greek flora such as rosemary, soapwort, marigold and St. John's wort.

APIVITA Aromatherapy uses the power of nature, essential oils and plant extracts, in a base of green tea. The use of green tea is an exclusive innovation of the APIVITA laboratories, which replaces 65% of the water in a range of products that offer total care for the face and body. APIVITA Aromatherapy products are scientifically developed and prepared in accordance with the European Union's Good Manufacturing Practices (GMP) for cosmetics, with strictly selected natural ingredients, whose effectiveness and safety have been proven in laboratory and clinical studies.



EXPRESS is a complete range of personal creams and masks that use fruit and vegetable extracts to provide a unique nutritional "menu" for the face, body and hair. Express products are available in modern, monodose, travel-friendly packaging which allows you to mix and match different creams and masks to create your own personal skin "diet". For more information and where to find them call 03 9429 4460

To contact George, make a suggestion, or comment,
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q fashion: with BRECIK & ALEX



Welcome to a new era in fashion here at Q Magazine! And who better to take you there than Brecik and Alex, fashion babes from the fashion capital – Melbourne! And we should know - Senior management at YD Menswear for quite some time teaches you a couple of tips or two!

But first, a bit about us:

Brecik: worked for David Jones Men's fashion, Ben Sherman, Marcs of Sydney, Calibre, and AG (to name a few) before being head hunted to join YD's management and also part of their buying team! **Alex:** studied fashion in Greece (where tight fit came from if you know what I mean!!) for 4 years, employed by Diesel and also brought across to YD to manage one of their busiest stores at Doncaster, Melbourne!

For our first piece, we're going to give you the basics about where fashion is headed coming into summer – after all – winter has finally gone and it's time for you to start showing off your bods! By no means do we mean in the flesh – we are talking tight tee shirts – they are all the rage! Black with the foil silver print is so hot right now, but if your complexion allows, the bright colours are also hot! Try teaming your bright tee with another underneath of a contrasting colour. Roll the sleeves back and hang it lower around the waist - creating a very hot layered look!

We also need to clarify that the tight tees with pathetic sayings like 'im not gay – but my boyfriend is' are so not in! Use them to wash your car! These kind of tacky tees proclaim to the world that you don't know how to dress yourself! Camp is out boys – we need to claim back the best dressed title from our European counterparts!

If tees aren't your thing, it is very sexy this season to wear a short sleeve shirt, unbuttoned with a tee underneath!

Let's talk bottoms! We love it! Please go out and grab yourselves a pair of low rise boot cut jeans! By this we mean jeans that sit just above your.....ah...important bits but sit nicely over your shoe! They have a very nice, not too tight fit through the leg. Flairs are so tacky at the moment that you don't want to be seen in them anywhere! Darker

coloured jeans with a light wash through them or even frayed / bleached spots are very sexy right now! If you have an old favourite jean in your wardrobe, just go and get them altered for that fitted hot new look!

Shoes are so important to us all! It's the first thing we check out (but if you are wearing a tight pair of jeans like we said earlier – it may be the second!) Your shoes must match your belt and all other accessories worn. Accessories are the finishing touches to any great outfit – wrist bands / watches / neck laces and belts must always be worn to create the final masterpiece!

Drop in to any YD store around the country and ask for us by name! We will help you out with any fashion queries you may have! For direct queries, please contact fashion@qmagazine.com.au and we will help you personally and answer any questions you may have. We love you all and want you to look the hottest! Enjoy your fashions and watch out for the next issue.



q generation: with LUKE HUGGARD



To contact Luke or to ask him a question, or to make a comment about his column, please email: luke@qmagazine.com.au

And The Band Played On

Why is it that this time of year is always so damn distracting? With a nasty stack of overdue essays on my desk, and exams just around the corner, one would think that time for such distractions would be hard to come by. However, one is obviously not familiar with Luke's work ethic, which centres around the philosophical notion of; leave everything to the absolute last minute and delay the inevitable for as long as possible, in turn, creating a climate of chaos and disorganisation.

In addition, my friends have long been aware of how crazy and irresponsible I tend to become once the weather gets a little warmer, and with what could possibly be the warmest summer on record, God help us all! Now I know I may be getting a little prematurely excited about a season that has barely kicked off, yet it is extremely hard not to, especially because I am doing something at the end of the season that I have never done before but have eagerly anticipated doing since I was 16. The experience I'm referring to is a milestone in any young, active gay person's life and I look forward to it with a mixture of excitement and nervousness... I'm losing my virginity! (my Mardi Gras virginity that is!) [Editor: thank God he finally said it... I was worried he was writing an article on masturbation for a while there]. I know it's hard to believe, but I have never been clubbing in the big smoke let alone attend the campest event on the Queer calendar, the Mardi Gras festival. But I am ready to embrace this fabulous celebration of gay pride and be embraced by my Sydney counterparts. See why I'm distracted?

As I contemplated important decisions such as what hotel to stay at, whether to fly up or hit the road in my friend's fabulous new jeep wrangler and, most importantly, what clothes to take, I also couldn't help but reflect on the history of the Mardi Gras, or how

little I knew about it. Deciding to put my journalistic research skills to good use i.e. conducting a google search, I began to realise that it is only possible for me to attend such an event because of the actions of a brave group of people in the 1970s, whose Mardi Gras then would have revolved less around evading sleep for days on end and more around evading arrest! Having been nominated for a Rainbow Award for Young Achiever this year, I can't help but recognise the irony. I am thrilled to be nominated of course, although when confronted with the vast achievements by so many of our community members, I suspect such an award has less to do with the achievements of a select group of young gay people to date, and more to do with inspiring us all to achieve in the future. And inspiration, like distractions around this time of year, is definitely not too hard to come by either. All you have to do is look to the numerous role models our community presents us with or pick up a copy of Timothy Conigrave's "Holding the Man" and be so deeply touched by a man most of us never met and sadly never will. Those who have fought for our freedoms as we know them, sacrificed silently and yet ask for no tribute as the band plays on.

Suddenly, I am forced to balance my love of fun and excitement, good times and laughter, with an appreciation of those who have sacrificed before me and have helped shape my identity today. There are those times in life like when I'm laughing with friends, or when I finally find that perfect pair of Tsubi shorts I've been dreaming of, that give me that warm feeling or adrenalin rush we crave, and then there are those times that we are truly inspired by those who seem close yet so far away.

q travel: THE RED CENTRE

Pictures and article by Shek Graham

We set off from Alice Springs once more, this time with his brand new shiny trailer. It wasn't long before things started to go wrong. First the lid catches started to break off, one by one. Then the pop rivets holding the sheet metal top of the lid started to snap. We hadn't even left the paved roads yet! He ranted, then he raved, then he sulked. After which he ranted some more, then he..... yes, you get the picture. We consoled him, we made hasty repairs, we tied down the lid.... but he merely ranted some more. We looked at each other, shook our heads and shrugged our shoulders – it still had its wheels, didn't it?

First stop was Ormiston Gorge. There is a beautiful walk across the hills, then through the canyon, back to the camp-site. The walk was supposed to take about three hours, but the rain had caused parts of the canyon to flood, and we had to scramble up and over huge rock slabs at the canyon sides to make it through. However, it was well worth the effort as the scenery was spectacular and we were greeted by the sight of several black-footed rock wallabies at the end of our hike.

Kings Canyon National Park is a "must-see" in this area too. The rim walk around the canyon offers amazing views and access to some very beautiful swimming holes. The bird-life in the area is also stunning and plentiful. Erosion of the rocks has created weird and wonderful rock formations that resemble huge bee-hives. The whole area was formed from petrified sand dunes, and the patterns of wind and water can still be seen in the rocks.

We finally made it to Uluru. My partner and I were here about three years ago, and I fell in love with this place then. There is something so special, so majestic about what is after all only a large red rock that defies all belief. It can't be explained, but only felt, as you look in awe at the beauty and feel the immensity of all Australia around you. This really is the centre of an astounding country. We arrived in time to see the sunset and watch the colour of this rock change from a deep golden red to dark red and then eventually to black was quite mystical.

However many of my photographs were entirely ruined by them. As we still had the trailer on our Troop Carrier, we parked across from everyone else so as not to get in the way. We then climbed up onto the trailer for a clear view. No sooner then we had done that, they (who had parked immediately in front of us, of course) climbed up onto their vehicle and blocked most of the view. We were not amused!! Photographs of Uluru or Kata Tjuta cannot be published without permission of the Aboriginal owners of the land, and therefore I can only show photos of the surrounds, (and the back of their heads), but I hope you get some idea of this place.

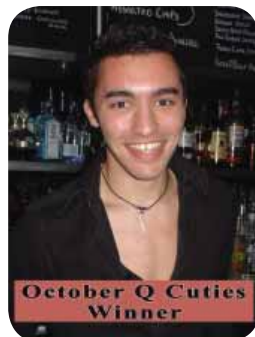
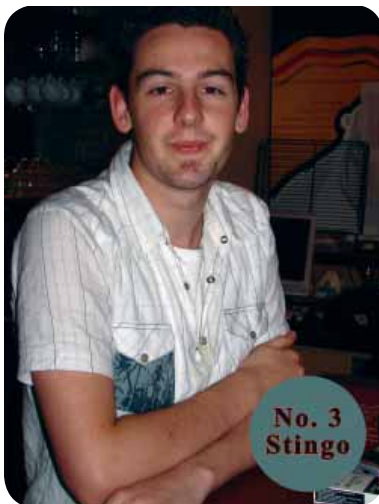
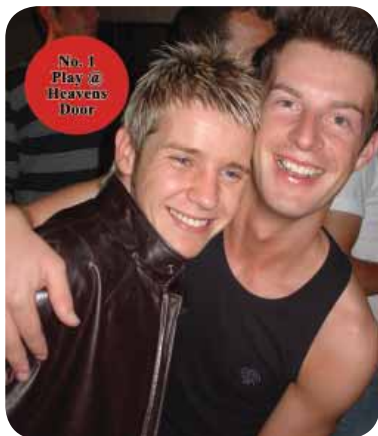
On leaving the paved roads and heading out on the Lassiter Highway to Western Australia things really started to go wrong with their trailer. Firstly they lost the trailers spare wheel after the bolt holding it onto the trailer sheared off, and then one of the jerry cans holding our precious water bounced out of its rack and off the trailer. I think you can imagine the new wave of ranting! We back-tracked 90 kilometres, leaving them to brood over the losses, but were only able to find the jerry can. Fortunately, though battered, it was still intact, and not a drop of water had been lost.

A big decision loomed in front of us. We had planned to travel on the Gunbarrel Highway on our way to Exmouth. This is a very rough and lonely track over fourteen hundred kilometres of remote outback. Would the trailer survive? Would we survive? Would we all survive each other? Were we all completely insane?



q cuties: PRETTY AS A RAINBOW

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




Our October Q Cuties title goes to our cutie from Heavens Door. You have won a \$50 drink voucher at the Door - simply identify yourself anytime from now to collect - 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.


World AIDS Day Remembrance Ceremony & Life Celebration



**Friday December 1
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Positive Women
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q extra: CAN'T LIVE WITHOUT THESE

Skincare is not just about looking good, it's about protecting your skin – preventing problems before they occur. For women and drag queens alike, this can often be a problem with the constant use of make-up and the residuals problems that can occur from this practice.

QV Face is the perfect complement to the QV range and it protects and revitalises like no other. It offers the ideal skin care regime for people whose skin tends towards dry and sensitive but it is also being embraced by women with normal skin who just want the very best for their skin.

With the addition of two new products, QV Face Exfoliating Polish & QV Face Eye Make-up Remover, the QV Face range now offers six carefully formulated products to keep skin looking healthy and radiant all year round whilst lessening the chance of any irritation.



Exfoliate

QV Face Exfoliating Polish is gentle enough to be used every day if desired – even on sensitive skin. The inclusion of anti-irritant Avemide 15TM calms and soothes the skin, greatly lessening the chance of any redness or irritation while the dual action formulation brings much needed moisture to the fresh, new skin the exfoliating action has revealed.

• QV Face Exfoliating Polish. Available in a 150g tube with an RRP of \$10.95



Cleanse

Quickly and easily remove make-up while moisturising the delicate skin of the eye contour with QV Face Eye Make-Up Remover. The unique lipid based cleansing system is soap and preservative free and effective on both water proof and water based make up. The ultra concentrated formulation has been ophthalmologically tested and each pack cleans up to 70 pairs of eyes.

• QV Face Eye Make-Up Remover. Available in a 15mL spray with an RRP of \$8.95

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Ray White.

CARRUM DOWNS/LANGWARRIN

q music: with HUMAN NATURE

With the release of their Motown II album, the time was right to talk again to Human Nature. This time I met them at the SonyBMG offices in South Melbourne. I started by asking the boys if they ever thought doing music from this particular genre would ever be as big as it has been for them.

I guess we felt it should be big – purely through our connection with the music, how big a part it played in our early years, and how well we suited it – I guess you always hope it will be successful but it has just been amazing – the way these songs have connected with so many people [from a young audience who have not been that familiar with them before to older people] – it's a testament to the song writing in the first place.

When we spoke at the time of the first album release, you said there were a bunch of songs that you simply could not fit on the album, with this release did you grab the ones that missed out the first time?

That was part of it. When we did record the first one, we remember sitting around listening to what we had done and thinking if it did mildly well we would record a second album in a heartbeat cause it was so much fun to record and also there were songs like "Aint no Mountain High Enough", "Cant Hurry Love" and these other songs that weren't on the first one that are still such an amazing bunch of songs. It's just such a great opportunity to be able to record more Motown.

This album is really upbeat, was that deliberate?

This Motown music and our performance of it seems to really work with us doing the uplifting songs. We feel we do those ones really well. A lot of the Motown music was really up and we think that was a lot of their strategy. It makes for a great listen to – when you put on an album that makes you feel good.

How did the tour go?

It was great! We only just finished – it was extensive – we did a couple of laps of the country – 50 + shows. There wasn't a show that we didn't feel great doing... you might feel a little flat before the show but then you put that suit on and being out there performing [the music has such a great energy] – particularly doing it live, it caps off our fans' experience of the music – because that's when you really get it [the moves and all that stuff is really part of the overall energy of it].

Speaking of fans, have you found both your older and younger fans coming along to see the Motown concerts?

Both, yes! The younger people are probably hearing it for the first time, while the older ones are wanting to hear a new take on it. Although in Australia, apparently it wasn't that big the first time around [because it was black] so it took Col Joye, and people like that, to do a cover of a Motown song before it was a hit... so, in a way, we are bringing it around semi-new for some of our fans as well. We actually had a lady who was about 85 years old in the front row screaming and waving her hands about – she was out-dancing all the younger ones and having a great time.

Following the promotion for this album, are you contemplating an O/S tour?

We have had a bit of interest from Las Vegas actually. It's a weird dream of ours cause it's quite quirky – four white guys singing Motown in America – but the way we do it is so respectful to the originals and what they might have meant to the people who grew up on it and it would be a great way for us to introduce ourselves to the American market.



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q driving: the KYRON

I couldn't think of anyone better to help me test drive this magnificent Ssangyong Kyron than Rainbows Drag Diva of the Year nominee, Anita Beer. I was also pleased by her acceptance to don a dress and put make-up on in the middle of the day - thanks babe. A bright, sunny, and quite warm day in Melbourne-town greeted us as we made our way to Luna Park in beautiful, cosmopolitan St. Kilda.

Somewhat of the smaller brother to the Rexton, the Kyron is certainly no second-class citizen though. A superbly responsive engine - the version we had was an automatic - with easy interchange to manual if desired - with seating for 5. As you can also see from the top picture, the back 3 seats easily fold away to give enough room for a 7 foot drag queen to lay down [quite handy also for a quick trip to "tranny lane" or "shakespeare grove"]. Versatility certainly is the key feature of this little beauty - and I don't mean Anita.

The stylish design makes it equally adaptable to both a city or off-road lifestyle, and once again, the dash board has all the controls [including the cruise control and stereo] at your finger tips. Not as many electronically controlled devices as the Rexton, however having said that, the price is also nowhere in the same ball park.

The fetaures that really grabbed me were:

- * the size - for a 4WD-type vehicle, it is extremely easy to park due it's compact body. The ride is also extremely comfortable with lovely bottom-hugging seats.
- * the classy design - both from the front and the rear, this vehicle screams all the style and class deserving of our community.
- * ease of handling - the power steering makes manouvering this little baby a complete joy.
- * the room in the back when the seats have been put away - need I say more.
- * the storage - again Ssangyong have thought of us queens by strategically placing cup holders, a rather large middle storage area and glove box for the many uses they would surely get in the right situation.

A truly wonderful piece of motoring genius and one which is certainly worth at least a test drive. Remember that Brian and his team at Kilmore Ssangyong will bring the vehicle to you - to test drive or once you have purchased it. To enjoy their complete service, pick up the phone and call today!



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Gay Relationships, naturally flawed?
Over the past week, I've been best man in a wedding back in dare I say it, yep Adelaide, my home town. I've thrown down a few beers, hit a golf ball or two at an indoor hitting range and successfully called my best mate's mother in law a "Monster in Law" in my wedding speech at the reception.

And you know what? It's all got me thinking. Are gay relationships naturally flawed? In a typical heterosexual couple there is a strong view that you get married, purchase a house in the burbs and settle down and have kids.

In our gay society there are no set goals/objectives that are clear when it comes to entering into a relationship with a person of the same sex.

There are no kids (even though we'll shag our partners silly and yet still nothing happens!) there is simply the bond between two men or two females. But what exactly are we working towards? What is the point of the relationship?

It seems to be that gays and lesbians have had to fight so hard for equality that we have almost lost ourselves in what we

are fighting for, acceptance. Constantly trying to prove that we are worthwhile and trying to be accepted by society in general have we forgotten about the end goals in mind?

Loving relationships and having these loving relationships accepted by our family units!

Being in the bridal party for my mate's wedding made me realise how close their families are to each other. And to a large degree it scares me that we are failing to successfully integrate our same sex relationships into our existing family units. It's all way too common to be introduced as a "friend" at any type of family gathering in fear that we and our partners will be rejected, so instead we close ourselves off to any possibility of a positive response and remain quiet.

Like anything you must get a good gauge on your family members to see if they will indeed accept the relationship or reject it. First and foremost you must look after your own safety, that goes without saying. There are many groups out there that can assist you with coming out and the issues around it, simply jump on to google and do a search.

In growing up on a farm, I can say that I was absolutely shit scared in coming out to my parents in fear my dad would chase me down the road with a shot gun (yep your all picturing rednecks by now). To my surprise, my dad and mum took a little while to get used to it but eventually accepted that it was my lifestyle and my choice and that was that.

When my father passed away late last year, the greatest gift I had was knowing that he knew who the real me was instead of someone I was pretending to be.

Sometimes we think it's the rest of the world against us and we drive ourselves crazy with assumptions that our family or the world will not accept who we are.

The reality can be a lot different to this. Ask yourself, are you putting words into their mouths and have you really accepted who you are first?

'Checkout Chicks'

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Tickled Pink

We surveyed a group of 37 Queens; a hooker from Shakespeare Grove; and a Feral Ferret regarding why they are voting for the Peel as best venue at this years Rainbow Awards.

The top 10 responses were.....

- 1.. Its only seven tram stops away from my trailer park.
- 2.. The money I save on door entry fees means I can sponsor Madonnas child for a month.
- 3.. I can be reunited with all the clothes I donated to charity.
- 4.. Generations of my family have drunk here - and still do!
- 5.. Cause the Peels got big Urinals and I don't piss on my own foot....
- 6.. If I don't like the music out the front, I can go out the back.
- 7..If I don't like the music out the back I can go out the front.
- 8.. I like to cruise the people that go from the front to the back.
- 9..it's like a lucky dip - you never know what you're going to pick up.
- 10..I'm not for ever trippin' over handbags on the dance floor.

What kind of moron nominated us anyway?
And "who do you have to sleep with to win?"

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q news: STREETS MAGNUM

ELIZABETH HURLEY NAMED NEW FACE OF STREETS MAGNUM ICE CREAM. I have taste-tested these products, and I can tell you confidently that they are two of the sweetest delicious ice creams I have had the great pleasure of tasting for a long time. Make sure you ask for them by name in your favourite corner store or super market.

She's one of the world's most recognised women – an international icon of style and beauty and this month she becomes the face of one of Australia's most recognised brands – Streets Magnum Ice Cream.



Over the past decade Elizabeth Hurley's red carpet appearances have made the pages of popular magazines in every country. She has starred opposite Mike Myers in Austin Powers, had the longest running cosmetic contract of all time with Estee Lauder and owns a successful Beachwear company, Elizabeth Hurley Beach.

Streets Marketing Director, Mark Fryday, said identifying Elizabeth as the face of Magnum in Australia was an easy task.

"Elizabeth Hurley is an icon of style, sensuality and elegance and as such is a great ambassador for Streets Magnum Ice Cream.

"Streets Magnum Ice Cream is a much-loved brand amongst Australians - one of the top ten brands in the country – and a vital part of the ice cream market in Australia. It was a natural step to bring Elizabeth and Streets Magnum Ice Cream together for this latest campaign," said Mr. Fryday.



Starring in a new television commercial and appearing on outdoor advertising and in-store posters in thousands of convenience and grocery stores across the country, Elizabeth will tempt ice cream lovers to enjoy a Streets Magnum Ice Cream the next time

they decide to treat themselves to an ice-cream.

"We lead such busy lives and taking time out for ourselves has become almost 'sacred' territory. As such we're seeing a real trend towards people 'trading up' to something premium and indulgent as a sense of reward for themselves.



"Streets Magnum is the market leader in Indulgent ice cream with a 64% share of the Australian Out of Home market and generating \$66 million in sales. We believe this new campaign with Elizabeth Hurley will take Streets Magnum Ice Cream to a whole new level."

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q design: LUSH HOMEWARES



Lush Homewares is a young innovative company that design and manufacture a great range of modern textile homewares. And right here in Australia.



Fashionable decorator cushions and trendy IBC's (ironing board covers) are some of the gorgeous products that Lush Homewares have to offer! (Finally a product that can take away the stigma of that old unattractive board !)



Lush's creative founder, Rachel Sillato gets her inspiration from fashion trends and colour and texture found in nature and architecture. She also draws upon her experience with Trent Nathan and Private Collection creating a strong foundation for quality. Her focus is to provide unique products that enhance an individual's living space, providing comfort and a haven to enjoy. Rachel looks forward to growing Lush Homewares not only as a one stop shop for modern textile homewares, but incorporating her love for all things beautiful with a strong vision for casual furnishing consumer products and interior environments.



To view the current range of product please visit www.lushhomewares.com.au or call 1300 559878.



q cabaret: with CANDY CHAMBERS



BITTERSWEET

Southern American ex-porn queen & Singer/Dancer Candy Chambers is set to land in Adelaide to share her remarkable life story this month.

During her last Australian visit Ms Chambers was shooting the motion picture "Out back with Jack" and was unable for various contractual reasons to appear live on stage at the same time, but she left determined to return!

So it is with great pluck and sweet charity that this diva of the American cabaret stage delivers what she calls her "soft gooey insides" to Adelaide's queer contingent. Presented by Jamie Jewell, Bittersweet allows Candy to share her life story and sing the songs that helped her reinvent herself from blisteringly naive backwater pootang child to the stunning diva she is today via the rocky road of pornographic stardom.

When: 23, 24, 25 November 2006. Nexus Cabaret, Lion Arts Centre - Adelaide. Bookings: (08) 83525946



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q scene: OUT & ABOUT

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An advertisement for 'THE SHAFT STORE'. It features a photograph of a muscular man's back and buttocks. The text above the photo says 'It's our 3rd Birthday so we've dropped..... our prices!'. Below the photo, it says 'THE SHAFT STORE', 'Open 7 days', '#59 Izett Street, Pahran', and 'Ph: 9510 3408'.

Play@Heavens Door



Play@
Heavens Door



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Shed 16



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Shed 16



Shed 16



Shed 16



Shed 16



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Opium Den



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q scene: OUT & ABOUT

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A cartoon character with a green body, large eyes, and a wide grin, wearing a white shirt and tie.

Heavens Angels



DIVA Bar



Heavens Angels



DIVA Bar



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Greyhound



Laird



Heavens Angels



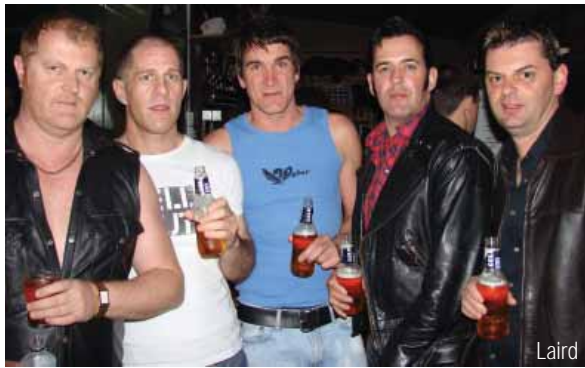
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q scene: OUT & ABOUT



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She Male show @ Market



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q gardening: with POOKIE

Well it's been such a busy few weeks since my last article [what with preparing for spring] that I have now decided to take on help. One dear and trusted friend of mine suggested I call and place an advert in her employment agency CAMP RECRUITMENT APPRENTICE PLACEMENTS or [crap] as I call it. Low and behold, an entourage of applicants I have had to sift through and interview. So I have now hired one. Jayson is his name - a very old Tivoli girl. So we shall see if she works out and let's hope she has some talent.

But now let's talk about the garden - "A Rose by Any Other Name". How camp it is to have one of the most beautiful of all plants in your garden, for they have a welcoming look that complements any garden. With fragrance, color and a continuity of blooms, any avid gardener would be proud to show off their display.

Roses are very easy to grow and give unlimited pleasure. Every year there are new and exciting varieties that are introduced onto the markets.

So what types would best suit your needs?

Well there are certain forms such as Bush, Standards, Climbers, Patio and Miniatures and Tree Roses. Bush roses grow anywhere from 60-180cm tall in a bush form.

Standards grow upright - which have a bush or ball shape head. Climbers grow long stems and branch out - that can be trained. Patio and miniatures are small bush types that are great for pots or edging. Tree roses that weep.

Hybrid tea roses - single or double - are all my favourites. These have beautiful shape blooms on long graceful stems, and are an excellent cut flower.

Climbing roses resemble your bush rose and produce long stems but they do need support, such as a trellis or wire fence. These are very good to cover any ugly wall or fence or to enclose an area. These have a growing habit that is quite vigorous and they only need a prune to maintain their shape and to train the direction or area you choose to cover.

Tree Roses are just that - bush roses which have been grafted onto a tall cane to produce a formal effect - but they are very susceptible to damage from strong winds, so two or three stakes to support the trunk and you're on your way.

Roses do need a bit of care - being susceptible to Black Spot. This is a disease that shows on the leaves as a "black spot". How to control or avoid this is quite simple: remove all infected leaves and use a spray

that is made to control it. There are so many on the market - from ready to use to concentrated ones which you mix up yourself. I use only what I need so spray every 7 to 10 days all my roses and other plants, and this should control this ugly disease.

Remember the old saying "Prevention is better than a cure".

Pests - the main one is Thrips. These are tiny insects that are green or white and are visible to the eye. They attack the flowers and foliage, transmitting the spotted wilt virus which causes damage and seriously affecting the growth and flowers. How? They lay their eggs inside the tissue of the plant, resulting with the leaves displaying deformed growth - so spray once a week with an all purpose insect spray. Don't forget to do all your plants, as these pests can jump from plant to plant. This will help to control them.

Planting them is quite simple. You can plant them anytime of the year, but winter is the best time of year. Dig the area 30cm deep, build a small mound of soil in the center and place the roots over this. You may have to prune some roots back - this won't harm them. Now place the roots over a small mound of soil, back fill water and a small amount of Rose food, and you're on your way.

Till next time - happy sowing.



If you would like to contact Pookie, make a comment about this article, or make suggestions of a topic he can cover next, please email: gardening@qmagazine.com.au



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q fitness: with CLINT McDONELL

Fitness and Fat

I told Brett I was writing an article on fat this month. He quipped that he gets a fat every morning! He should be so lucky; the majority of overweight men I train are lucky to get an erection on demand, let alone a spontaneous "Morning Glory".

Yet in spite of all the overwhelming evidence that western society is suffering from an obesity epidemic, which apart from all the documented problems it causes includes the inability to get a hard on, people continue to get fat.

Why?

Well to start with, gaining weight is an extremely easy in our modern society.....all you need to do is consume more calories than you expend. A calorie is the amount of energy required to heat one kg of water by one degree C. It's also a unit for measuring the amount of energy the body gets from food. An average person expends between 1,800 & 3,000 calories per day. Runners and endurance athletes burn up to 20 calories per minute whilst exercising. They are lean because they expend more calories than they take in from food. The residents of developed nations are doing the exact opposite: Their lifestyles have changed radically but their food intake has not.

You can partially blame your taste buds. Taste is the strongest element in food selection. Your 10,000 taste buds – sensitive nerve endings – interpret the four basic tastes (sweet, salty, sour and bitter) and sends messages to the brain. The brain then combines them with smell messages from the nose and signals about texture, temperature and pain from other nerve endings. This symphony of signals gives you access to thousands of flavours, so you choose what you like and reject what you don't. Sometimes nature helps you out: Toxins often taste bitter so you'll gag before swallowing. But it's not foolproof. Nutritionists say the high fat diet of Western societies is bad for us but our taste buds don't agree. Fat is an excellent flavour carrier and has what flavour chemists call a "superior mouth feel". Without it, hamburgers wouldn't be juicy, cakes wouldn't be moist and ice cream wouldn't be smooth.

You can also blame marketers for the obesity epidemic. The food industry and the advertising industry are armed with all the information they need to provide us with healthy choices, but

historically it has not been in their interests financially to do so. Take meat for example. To maximize profits, the modern meat industry keeps animals in spaces so small they can hardly move. Free range my arse! Deprived of exercise, the animals don't grow normally. So to fatten them up, they're pumped with chemicals. Anabolic steroids, growth hormones and beta-agonists cause massive weight gain, quickly. (One beta-agonist can increase a bullock's weight 45kg in 18 days). Antibiotics stimulate growth and protect the animals against diseases they probably wouldn't get if they were kept in better conditions. All these substances leave residues in meat, so if you feel jumpy after your steak, don't be surprised: Beta-agonists alone can cause heart tremors, respiratory problems and bowel & uterine relaxation. The movie currently screening "Fast Food Nation" is an excellent parody on the state of play of fast food providers but also of the way marketers, big business and government work together to keep us all fat, all so we can help line their pockets.

Mostly however we can blame our inactive lifestyles for the excess fat we lug around. A recent study found that 85% of Australians couldn't be bothered walking 3kms, 90% thought cycling too strenuous and only 15% participated in any vigorous exercise at all. Why? Television for a start. After all, it's the fastest growing leisure activity in the world. Americans – who set viewing trends – followed closely by Australians – devote more time to watching TV than to any other activity except sleeping and working.

So if you want to lose fat, dieting by itself is not the answer. You must increase your calorie expenditure. And why wouldn't you? Exercise is one of the few dieting methods that actually makes you feel good. Combine an aerobic and strengthening exercise routine (3xpw) with a healthy diet and the weight will drop off in no time. And while your body burns up fat your brain is releasing endorphins making you feel relaxed and happy. All this will help you in your quest for a regular stiffy.

But if you're still too lazy to exercise, Bulimia gives you the best of both worlds: Eat and stay slim! Follow this simple procedure: eat as much as you like, wait for the feelings of guilt, panic and hopelessness to overwhelm you, then head for the bathroom, stick your fingers down your throat and vomit. Remember to rinse your mouth with sodium bicarbonate after vomiting – it helps prevent tooth decay caused by stomach acids! And don't tell your partner or your insurance company, because the vomiting will cause intestinal and esophageal damage which will ruin your breath and put you at risk of a heart attack.

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