



NOVEMBER 2008

Q MAGAZINE



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q comment: **JOINED FORCES**

Australian independent Liberation and all of its associated labels, Ivy League, Illusive, and Liberator today signed a three year exclusive distribution agreement with Universal Music Australia.

Early last month I was fortunate enough to be invited to this very special partnership launch. Melbourne's music industry came out in force to enjoy fabulous finger food and booze a-plenty at Michael Gudinski's new nightclub in Toorak.

Under the new agreement between Universal and Liberation, Liberation's artists will continue to have full control over the creation of their music. All promotion and marketing initiatives and campaigns will be made by Liberation while Universal Music Australia will provide distribution, back office services and strategic oversight.

The Universal Music agreement brings to an end Liberation's six year association with Warner Music Australia.

Pictured below: Universal's George Ash with Liberation's Michael Gudinski - two of Australia's music industry leaders.



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ISSN 1449-499X

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Brett Hayhoe t/a Q Magazine
ABN 21 631 209 230

q feature: INTERPRIDE

The 27th Annual World Conference of InterPride (the International Association of Lesbian, Gay, Bisexual, Transgender, and Intersex Pride Organisers) was held from the 23rd to the 26th of October in Vancouver, Canada, and I was honoured to represent Australia. I did this as both the President of Pride March Victoria and as Region 20 Director of InterPride.

You may ask why someone would fly half way round the world to attend a conference. The answer is knowledge, networking, and playing a part in the global movement. To sit in a room with other Pride organisers, sharing ideas, hearing both success stories and failures and promoting what we have achieved "down under" is empowering. Seeing my good friend Gilbert Baker - the man responsible for our Gay Flag - was a real treat and resulted in me being able to have something truly special (you will have to wait and see) at our Pride March in February next year.

The host committee did a magnificent job in welcoming us to their city and kicked off the conference with a "Royal" welcome by "Her Majesty". One of her duties included asking the outgoing President, Russell Murphy with the title of Sir Puffalot of Fire Island. Joining current co-president Trisha Clymore is now USD Zurich's Mark Chapman to lead the organisation for the following twelve months. The board and membership also passed a motion to include a human rights element in our statement of purpose to strategically recognise that human rights is an integral part of the global Pride movement.

My good drinking buddy Rainer Willa from Club Mondial (Zurich) was present to offer the membership and InterPride a special deal on flights and accommodation around the world, giving a healthy percentage of his commissions to both local organisations that decide to join the scheme, and InterPride. Some final tweaking is still to be done, but it will eventually realise a nice injection of cash to all concerned. Rainer has also asked me to be an Ambassador for the company in Australia.

For the first time since inception the IOC (Winter Olympics and Para-Olympics) was in attendance and encouraged everyone to be part of the games, regardless of gender, sexuality or disability. The presentation included a stunning video highlighting the majesty and beauty of the Whistler area and

the sports visitors could expect to enjoy. One of Gilbert's jobs was to thank them, which he did by presenting the spokesperson, Mo, with a gay flag and recognising the organisation's strong sense of inclusion. He couldn't let such a momentous occasion pass however without reminding them of a time past when they sued Dr. Tom Raddell for simply using the word "Olympics" when he started our version of the sporting spectacular.

160 participants, representing 49 Pride Organisations from five continents engaged in a multitude of workshops, chose the international theme for 2010, set both short and long term goals for the organisation, and voted on which city will host the 2012 WorldPride. The latter of which was awarded to London.

What promises to be truly mammoth, it (WorldPride) will be held between two other significant celebrations - The Queens Diamond Jubilee and the Olympic Games. Pride London Chairman Paul Birrell and his team did a sterling job at convincing the membership their city was the better of two choices (the other being Stockholm) and even flew over Martine from Visit London to add a touch of class, humour and passion to the bid.

With all conferences there was also a social element. I had the great pleasure of spending time with the boys from London sampling the small number of night clubs on Davie Street. Celebrities was our official night time host however Numbers and Odyssey (although by the time this is in print it will have been torn down to make way for an affordable apartment building for aging gays and lesbians) extended a truly welcoming hand of hospitality to us all. Davie Street is wonderfully camp with its rainbow flag sign poles and pink rubbish bins.

Saturday Night's Gala Dinner was presented by Absolut. To make sure everyone knew about the "Absolut Colors" promotion and to hand over a cheque for moneys raised so far was The Absolut Company's Melker Strom and the very beautiful Kristina Hagbard.



The company donated several special bottles for the silent auction (raising money for InterPride's scholarship fund) and each Board member received a complimentary copy of the Absolut Colors cocktail coffee table book.

We also received a delightful official bid presentation for the 2010 conference by Long Beach California. The next InterPride conference (2009) will be held in St. Petersburg, Florida USA. The 2010 International Pride theme will be One Heart, One World, One Pride. I look forward to joining the world again next year and continuing my work for InterPride over the next twelve months as a Director, Media and Public Relations Assistant to the Presidents, and an active member of three sub-committees: Human Rights and Diversity Affairs, WorldPride, and Member Services.

Pictured from start to finish: Sir Puffalot of Fire Island at the Gala dinner, a group of us out and about on Davie Street (I took the pic), from left to right, InterPride's new Co-President Mark Chapman with London Pride Chairman Paul Birrell, and stunning Vancouver Canada BC.



Poster Competition 2009

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q news: THINGS TO DO / SEE / ENJOY



OUTloud @ Neverwhere – Open Mic Night
Tuesday nights will NEVER be the same!

Seasoned performers, up and coming talent, cabaret, amateurs, comedians and maybe even a singing drag queen might grace the stage for OUTloud Open Mic Nights @ Neverwhere 185 Smith St, Fitzroy.

Brad Schmidt (aka bigbradwolf) will host this event. Brad has performed around Melbourne since arriving from New Zealand last year, beginning with 25 Frames in Midsumma 2008, followed by Elton John & Tim Rice's AIDA (Devaneseen Productions) as well as frequently performing live acoustic music around the city and assisting in community events. Brad has an extensive background in performance in Australia and

New Zealand, and is currently guest starring on Cream TV's Kiwifruit, screening 12.30am on Channel Seven.

All performers and musicians should be popping past Neverwhere on Tuesday nights from 8pm to air their short song, act, monologue, or poetry to a local audience of spectators and fellow performers.

Melbourne is renowned for its vibrant live music scene, constantly producing new and unique acts that achieve success locally, nationally and internationally and Neverwhere is giving them a space to do it.

Ever wanted to learn the ins and outs of radio broadcasting?

JOY 94.9 is now taking expressions of interest for our short course, a Taste of Radio. You'll learn on-air presentation, media law, digital editing, interviewing, panel operation and much more.

Classes run one evening a week for eight weeks, and start in December. To register your interest or for more information, Email courses@joy.org.au



CAFÉ LOUNGE LAUNCHES ART AUCTION TO SUPPORT GAY MARRIAGE

Café Lounge in Surry Hills will hold the inaugural Art @ Lounge auction on Sunday 16th November at 5pm. Featuring original works donated by local contemporary artists, the auction will raise money for the Café's campaign to legalise same-sex marriage in Australia. Café Lounge warmly invites the local community to attend this special event.

Café Lounge's co-owner and founder, Cedric Sarret, said "Café Lounge is a haven for artists and creative types across Sydney and Art @ Lounge is a perfect vehicle for us to showcase up-and-coming artists and also send a political message.

"I firmly believe that a union between two people should not discriminate based on gender, and that the same rights, responsibilities and recognition should be offered to everyone. This is not just an issue for the gay community; it's about promoting inclusiveness and equality for the whole community and removing discrimination. All money raised from the auction will support our campaign which will culminate in the Café Lounge Mardi Gras float advocating the legalisation of same-sex marriage," Mr Sarret added.

"Art @ Lounge provides the community with a special event that promotes diversity and equality while also offering the chance to buy some fantastic contemporary Australian art" Mr Sarret said.

To view the Art @ Lounge online catalogue, please visit <http://www.studioasu.com/lounge>

q money: with EVAN DAVIS

G'day and Welcome to Q Money.

My friend was wearing tattered jeans and a vintage tee shirt. I am sure both garments genuinely dated back to the early 80's and probably from a charity bin. I detected the hint of camphor underneath the smell of his cheap spray-on deodorant. He drank the beer I had bought and then told me how his date was a disaster.

After making his date pay for the taxi and then splitting the bill, my friend didn't even buy a round. After being so appallingly cheap it would appear that he had taken on all the qualities of a bank account. Without lots of money there was very little in the way of interest. This penny pinching was the result of his mortgage so we chatted through the merits of fixing the loan or going with a variable rate.

A variable rate loan means your repayment will fluctuate with movements in interest rates. When rates drop, as they have recently, your repayment will go down. But if rates climb, then so will your repayment.

This can be a blessing and a curse. You will get the benefit of a lower rate, though in tighter times you will watch your repayment increase and your beer budget decrease. Variable loans generally have more features than fixed loans. Unlimited additional repayments and redraw are more available with variable loans.

Additional repayments made will often clear your loan faster and save you interest. If you have a redraw feature on your loan, you can tap the extra equity that you have built. Variable loans sometimes have the added flexibility of 100% offset accounts, salary crediting and in some instances the ability to capitalize interest.

Fixed rate loans have their benefits, though these often come with a reduction in flexibility. Lenders will allow a borrower to fix their loan for a set period of time (generally one to five years, but sometimes longer) with a guaranteed rate.

When fixed, your repayment will not rise or drop with interest rate movements. This can save you money if rates shoot up. However, it is not always easy to call. Should you fix and the rate drops, you could be paying more for your loan than everyone else. You could also be up for

penalty fees and interest if you want to switch to a variable loan.

Fixed rate loans can be inflexible in other ways too. They will either limit your additional repayments and redraws or stop you from making them all together. The core benefit you will get from fixing is the certainty of knowing what your repayment will be every month.

Fixed and variable contracts suit different people for different reasons. Sometime it is good to combine the two. By keeping some of your borrowings variable you preserve flexibility while the fixed component offers an anchor. Regardless, with lower rates hopefully my friend can afford to put his hand in his pocket and pay for the next round!

If you have a comment or question for Evan, please email money@qmagazine.com.au



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q business: **BANDANGLES**

CJ has been a good friend of mine from the time I landed in beautiful Melbourne. We have had both a personal and business relationship and I really admire his abilities as a businessman - particularly his vision to come up with new inovative ideas for his business. Bandangles is his latest one. I wanted firstly to know a little about the man himself (and little information he supplied hehehe).

I lived in Melbourne when I was younger and moved back when I was still young - 5 years ago. I felt it was time for "quality of life" not "quantity".

When did you open the Shaft Store?

2003 - so we are about to celebrate it's 5th birthday in November and going strong....Woo Hoo!

Which products sell the best in your experience?

We sell a lot of everything. Normally I don't buy toys I wouldn't use myself. so we stock a "wide" range of unique, fun toys. I guess you could say "we can fill any void"

When did you come up with the idea of Bandangles? How do they work?

The name bandangle comes from the joining of "bandana" and "bangle". I was thinking about how the internet is so much work for such little reward. Your profile says basically everything you're in to and up for.

One day I thought it would be great to have your profile on the run and not have to be stuck inside on a beautiful day. You just never know who you're going to meet! Melbourne has a thriving man-tropolis of hotties, tradies and just general big rooters (oh and a vibrant and diverse gay scene) and we should get out of the dark rooms and get in to it! That's where our catch phrase "wear your profile out" came from.

I also wanted to make something that was easy to wear and rather anonymous both in the general community - something you can feel comfortable wearing to the sauna or with a business suit.

How it works: basically the same as the old bandana code with upgrades to bring it into the 21st century. If you're a top/active/dominant (worn on left) or bottom/passive/submissive (worn on right) The colour lets others know what you're into e.g. mustard = more than 8 inches, orange

= anything goes, gold = 2some looking for a 3rd, green = hooker/client, white and yellow = asian preference and so on. So far we have released 15. There's a total of 56 in our range. We have a quick reference card available at The Shaft Store which fits easily into your wallet making it even easier to recognise the colour you're looking out for. There are some amazing metallic finishes in silicone we can't wait to try out. It's very exciting. We are also getting some very interesting feed back from customers and people who have joined the email newsletter. So we'll be working with that as well.

Any special news about the direction of your business you would like to share with us?

The Shaft Store continues to thrive and evolve. The diversity of stock we are able to order now amazes even me! We are moving full force into manufacturing our own products which will be better quality and cheaper prices compared to a lot of products available in Australia at the moment. Our amazing range of Tom of Finland products that some times don't even make it to the shelves, continues to grow.

Our new shaftstore.com.au website is about to go online including the bandangles range - and it's pretty spectacular. See the full bandangles range now at getbandangles.com

q grooming: **YOUR Q & A SECTION**

Q. I'm after a pick-me-up to get my body ready for summer - what do you suggest?

The skin on our bodies is affected by environmental conditions just as much as the skin on our face. Excessive heat or cold can leave our bodies tired, dry and in poor condition, with dead skin cells clogging pores and ingrown hairs creating sore spots. You can help to give your skin a healthy boost with a regular body mask treatment. Body masks help to detoxify skin and draw impurities, as well as smoothing and refining skin texture, and tightening and toning pores and vein walls. For best results, body masks should be applied once or twice a week to clean, dry skin. Apply the mask liberally with your fingertips all over the body, allow to dry for 10-12 minutes, then rinse off with a warm, moist towel or sponge.

TRY - Daintree Purifying 'Earth Mineral' Body Mask by The Natural Source - \$26.95
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q work: with CRAIG MICHAELS

Looking for a new job or promotion and don't know where to start?

How many times do we hear our friends say, "I hate my job. I wish I could do something else, but I don't know where to start?" Back To Work Training (BTWT) is a company that was set up over 6 years ago with exactly this in mind. Our programs work on all aspects of competition. You'll end up doing something that is different, allowing you to get that job you want and that you deserve. No, don't kill your boss. What you need to do is start those changes, today. I want you to get an A4 piece of paper, draw a line down the middle and at the top of 2 columns, write the following sub headings:

Things I love about my job

- Like my team mates
- My breaks

Things I hate about my job

- Hate my boss
- Early morning starts
- Pay sucks
- Travel 1 hour to work
- No future



This is a typical chart analyses that says, oh my god, get out of there! But what can you do? You've been doing this for years. The key is to do another list and start writing the things that you are good at.

Things I'm good at

- Work well in teams
- Love chatting
- Prefer afternoon work
- Great work ethic
- Good time management

Things I hate

- Angry bosses
- Early morning starts
- Pay sucks
- Travelling
- No Future

From this we can start to see what you should be really looking for in your ideal job. Next, we have to start thinking about what we call 'transferable skills.' Transferable skills are things that we either do at work or at home. For instance, a lot of people on the dole sat that they have no experience. However, isn't budgeting already a skill that they must use in order to survive on the money, they receive. So Here, I want you to make another list of your skills.

Resumes - I find this part rather amusing. Have you ever gone into Boarders, looking for a current style of resume to use? Well

let me assure you- don't waste your time. What you need to do is make your resume no longer than 2 pages. When an employer is sorting out 4 mailbags or 3000 emails for that one job, you have approximately 15-20 seconds to make that impact to get them to put yours into the YES pile. Once it hits the NO pile, you've wasted your time.

Now let's not get negative if you are sending out heaps of resumes, but not getting any response. Check that you are matching up the advertisement of what skills they are looking for. Ensure you have what they want, then re-assess your resume and ask yourself- would I put this in the YES pile, or the NO pile? Every resume should be adjusted for each job you apply for.

It is also difficult for people that are living with or affected by HIV. Many people will stop work, but eventually find they want to return to work. So we need to design your resume around the practical experience and resources that you have to offer your company. Not to worry, as there are many ways of writing your resumes with large gaps of unemployment. BTWT have been helping thousands of long term unemployed people throughout the country getting back to work, whether it has been 2 or 20 years. Nothing is impossible; we just need to match the individual with the job and the employer that works for both of you.



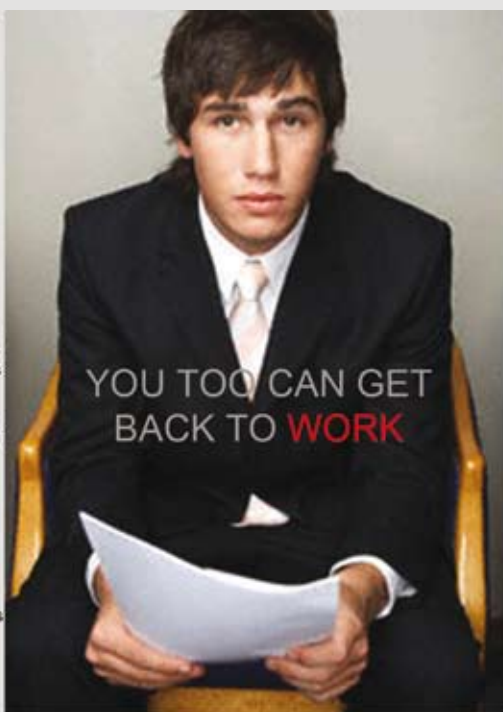


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Being out of work is a tough time. Back To Work Training (BTWT) is a privately funded, community focussed organisation which has helped hundreds of people return to the workforce.

Our training programs are interactive with a focus on coaching and mentoring.

Confidence, motivation and a positive attitude are the first steps towards job placement. People who have attended our courses have had amazing success.



Success stories:

"I was unemployed for about 18 months. Back to Work Training enabled me to develop the confidence and skills needed to attend interviews again. It gave me the confidence to communicate more effectively due to the fact that I felt much more well presented.

I start work on Monday."
Jackie

"Back to Work Training has given me the confidence on what to wear, how to look for jobs, and when the time comes for me to go for a job interview, I am less nervous and more confident which has helped me tremendously.

I am now working full time. They changed me completely."
Nick



**VICTORIAN
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Judgements are made in just 30 seconds. A large barrier to employment can be image. Craig Michaels has created a unique retail experience to assist people in creating the best image for you, at 53 Chapel Street Windsor.

As you can see one from our amazing transformation, first impressions do count. Mathew struggled applying for jobs until he came to us, after just 3 interviews he is now working.

At Back to Work Training we recognize the training environment is also an important part of the learning experience. We have just opened our state of the art training facilities which include versatile seminar room, PC training room and roof top break out area.

The facilities are available for BTWT courses and for private hire, to book the facilities please contact Craig Johns 03 95332477 or e-mail craig.j@btwt.com.au.



BEFORE



AFTER



OUR NEW TRAINING AREAS



q lifestyle: with PETE DILLON

Right - I have to admit it here and now, I am spoiled. All these years of tarding around the industry affords one an intriguing network of contacts, and on occasion, these contacts provide me with an amazing experience. Recently, there were 2 cases in point...

Sho, Crown Complex, Southbank, Melbourne

On the gambling floor at Crown Melbourne, the den of iniquity of which I am not overly enamoured, sits Sho. Opened recently, Sho is all about noodles, tea and a show of sorts. Pin is a noodle artist - I use the word artist as chef seems so ... lazy, and he is able to turn a lump of dough into the finest noodles in what seems like just minutes.

But Sho is about more than that - it has a tea list printed on bamboo that would almost put anything else I have seen to shame. From as little as \$3 and up to \$10, you can sit and sip with some sensational offerings from the open kitchen, all of which occurs very quickly.

The decor has a collective of many Chinese motifs including some very clever use of amazingly large abacus type entry columns - a must to check out along with the pressed tea sculptures. I have long been a lover of good tea and now I have found somewhere that will provide the best of Chinese tea, some of which can be purchased to take home.

Hop in and check it out - and once you are done, you can throw a few shekels onto the gaming floor and try your luck after some lucky tea and lucky food. The team are efficient and friendly and happy to explain anything you need. If you can, check out the traditional tea ceremonies as well - a must if you are one who dips a twinings bag into hot water and calls it a cuppa.

Hanuman, The Holiday Inn - 93 Mitchell Street, Darwin

Whilst on the Asian idea, if you are in the top end, then a visit to Hanuman in Darwin is an absolute must. Jimmy Shu is a legend of the Australian food and wine scene and his restaurant is a mix of Thai, Chinese, Indian and Nonya cuisines.

With a fantastic wine list to get the palette ready, there are plenty of choices to kick off any dining experience. Then, onto the food. A little village of hanuman oysters (I know, it sound strange but bear with me here), was our first starter. Each oyster

comes macerated in chilli, lemongrass, sweet basil, ginger and coriander in some rice wine - perfectly poached and with a tiny tagine like hood on each part of the specially designed plate. We also had mushrooms minced with pork, prawn and spices, some besan floured amritsari fish and all were just spectacular. We moved onto a vegetable course, with some stunning okra (not something featured on a lot of menus but beautifully prepared) that was tossed with onion, tomato, chilli and tamarind. Masala cauliflower was sensational as another vegetable offering; along with aloo mutter (a pea and potato curry). Vegetables have never tasted so good.

The onto another course, with some a duck curry and it was spectacular, according to my dining companions. I forget that a lot of curries contain pineapple, to which one is fiercely allergic, and as such, need to avoid at all costs. The pork belly was another spectacular surprise (regular readers will know of my passion for the pig) cooked Toew Chiu Chinese style, with star anise and cinnamon. It was indeed worth the calories it provided to my ever expanding girth. The butter chicken was a standout - with a base of crushed cashews, tomato and mildly spiced, this was pretty much one of the most traditional and tasty I have found in my journeys.

Sensibly, we decided that dessert was not an option although there are some very traditional offerings that looked amazing. Wine however, was consumed with gusto. We started with a Henschke Julius Riesling which is the perfect marriage for spicy Asian food. Moving to a Kooyong Pinot Noir from the Mornington Peninsula, another great marriage of spice and some mild tannin. Finally, we downed an Alkoomi Cabernet Sauvignon from the Margaret River that worked beautifully with duck, pork and chicken.

Jimmy Shu was born in Sri Lanka, grew up in Malaysia and has had restaurants across Australia and SE Asia. A new Hanuman is about to enter the Cairns market so Queenslanders keep your tastebuds peeled. Jimmy loves food and this tells in recipes he has developed over decades. These recipes form the basis of his menus and his choice of chefs reflects the dynamic mix of cuisines on offer at Hanuman. There is nothing to fault in either of these amazing dining experiences and if you have a hankering for some quality Asian food, then try Sho or Hanuman if you can. My experiences were fantastic and I trust that yours will be also. For more information on anything in this column, please contact Pete at lifestyle@qmagazine.com.au or on 0409142365



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headlines for NOVEMBER

News: The latest 'not-so-straight' headlines
Finance: How the world markets are affecting your finances
Music: The spotlight on Australian music
Opinion: Does size really matter...?

Full kitchen fit-outs...



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q oils: with THE NATURAL SOURCE

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Inhalation - Add 3-5 drops to a bowl of warm water & inhale for 5-10 minutes

OR add 1-2 drops to a soft tissue and inhale

Shower - Add 3-4 drops onto sponge and run under warm water

Bath - Add 3-5 drops to a warm bath

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Anxiety – combats anxiety	TNS Pure Neroli – Spiritual
Aphrodisiac	TNS Pure Rose – Sensual
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Bath – soothing	TNS Lavender – Strengthening
Bath - uplifting , relax the mind	TNS Rosewood – Calming
Bath - uplifting , relax the mind	TNS Rosewood – Calming
Bath – relax the mind	TNS Ylang Ylang – Soothing
Bath – relieves tired muscles	TNS Rosemary – Enhancing
Bath – stimulates the mind	TNS Rosemary – Enhancing
Bath – to relax and ground the mind	TNS Sandalwood – Wellbeing
Blemished skin – tonic	TNS Lemongrass – Astringent
Blemishes	TNS Sandalwood – Wellbeing
Blisters / skin ailments	TNS Eucalyptus – Clearing
Blood press – helps to combat high BP	TNS Ylang Ylang – Soothing

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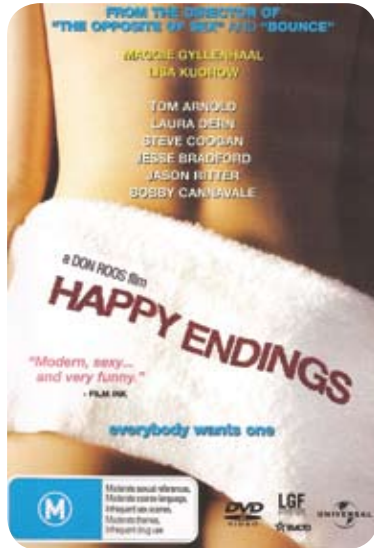
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q movies: A GAY QUALITY SELECTION



Well...not exactly a totally gay selection.

Sent to me to review by Paul and the team at OUT Video, **Happy Endings** is not your ordinary film by any means. It is one of those films where several stories happen at the same time. Not totally disconnected, but taking their own course within the overall theme of the film.

Considering the star-studded cast, it is certainly one with very good acting, a strong storyline and high enjoyment value.

Briefly: Mamie is being blackmailed. Jude is pissed off. Charley has a long term boyfriend Gill. Otis is trying to convince his father that he is straight. Frank is a widower who spends wads of cash on his girlfriends. Pam and Diane have a child from sperm donation. A tale and a half - make sure you get it and watch it today.

The following two films are from fq films.

East Side Story is about Diego - a closeted young Latino who helps his grandmother run the family restaurant while having a relationship with Pablo. Diego has long felt trapped

by the conservative culture of East LA and plans to move away with his lover. But Prince Charming is not the man he expected...Pablo struggles with the whole concept of the two of them being "a couple fo fags" - being open about their relationship.

Diego's family lives in denial about his sexuality and despises the number of gays who have moved into their neighbourhood (although his pretentious Auntie knows everything. She has also gone to great lengths to change her hair, eye colour and name to be less Latino).

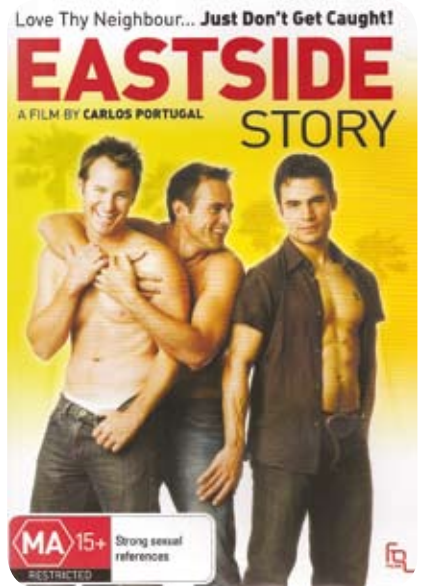
It's also a story about the transformation of a neighbourhood. With the amount of gay people moving in, the property values have gone through the roof, Starbucks and other chains have moved in, and Diego's restaurant is thriving. It is also a beautifully told love story.



The opening scene is very clever. I highly recommend this film as a truly worthy addition to anyone's gay film collection. A great film about coming out in an environment that would not normally be conducive to do so in.

Jeffrey has met the man of his dreams - hunky Frenchman Rene. When Jeffrey discovers where Rene lives, he moves into the same building. The move however backfires as Rene becomes cold and distant. Instead, the landlady Gladys lavishes attention on her new tenant....but not is all as it seems.

You Belong To Me is a thriller and would suit the tastes of anyone who enjoyed Shortbus, Rent or Edge of Seventeen. Shortly after Jeffrey moves in he realises that there's something strange going on - especially when he hears mysterious moans beneath his floorboards and learns that he's not the first Jeffrey to live in the apartment.



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q diet: with SYMON GASKELL-CROSS

Night Time Eating (NES) Syndrome Explained
NES was first recognised in 1955 by American psychiatrist, who still studies it today. He found that a number of his very overweight patients had little appetite in the morning, but then ate more than half their daily calories after their evening meal and into the night - often waking 3 to 4 times to eat carb-rich snacks.

Is Night Eating Syndrome an Eating Disorder?

Currently, NES is not categorised as an eating disorder nor is there a standard way of defining it. There is also no clear cause of NES, but upsets have been found in night time levels of appetite, mood and sleep regulating hormones such as leptin, melatonin and cortisol.

Symptoms of Night Eating Syndrome

People with NES usually skip breakfast, eat little during the day and feel very hungry in the evening. Their mood tends to worsen as the evening progresses.

They wake during the night, often feeling they must eat something to allow them to sleep, but usually aren't hungry. This extra snacking means they typically eat 500 calories a day more than people without NES.

They often think they lack self-control and feel ashamed and embarrassed so try to keep their night eating a secret. Their sleep and mood disturbances can affect general well being.

Are you a Night Time Binge Eater?

If you answer 'yes' to all or most of these questions, talk to your doctor or book into see the dietitian for more information and support.

Do you?

1. Rarely, if ever, feel hungry in the morning?
2. Overeat in the evening, especially after your evening meal?

3. Wake during the night and eat. (People with NES wake up at least once a night and are often unable to go back to sleep unless they have something to eat.

4. Often feel sad, anxious and stressed, or feel depressed?

Night Eating Syndrome Help

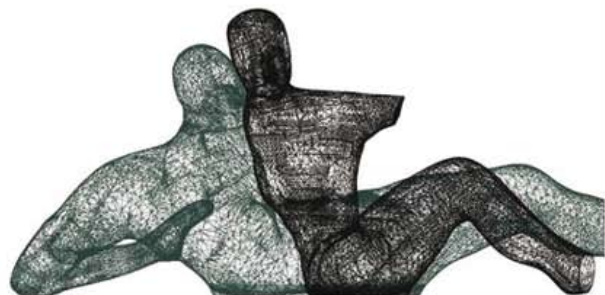
NES involves upsets with eating, sleep and mood, so all three may need to be addressed in some way.

Seeking professional help from a doctor is important - they can also refer people for more specialist help if required, for example from a dietitian to help with establishing a regular eating pattern or a therapist or counsellor for help with mood or stress management, and behaviour change skills. Specific anti-depressant medication may also be recommended in some cases. Regular physical activity can also help mood, stress, weight, and sleep. Exercise such as yoga is very good form distress exercise.

One Step at a Time

If you feel you do have problems with night eating/night time binge eating and want to establish a more regular eating pattern, it is best to make changes one step at a time and start with a calorie level that allows you to maintain your weight.





Body 360

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q whispers: with ADDAM STOBBS

Do you ever get the feeling it's 'crunch time'?
Well it's almost here.

The world has changed forever these last few years and most definitely in the last few weeks. The latest economic changes will soon be evident, they aren't at the moment. Most retailers and suppliers will be renewing stock soon, and the prices will be up by one third at least. Watch the prices go up this Christmas. The price of oil has dropped by 1/3 but petrol is still \$1.60 a litre, because our currency is in danger of becoming toilet paper.

My parents bought 300,000 US dollars when the AU dollars was at 97 cents they sold them this week and made just under \$100,000. It is this sort of greedy speculation that has indeed landed the world in this chaotic economic crisis. I possibly would not be whining if they had given some (all) of it to me. I deserve it.

When you look at the reality of it, there is more of everything for everyone, in Asia and India poverty is declining rapidly. World-wide poverty in most countries is declining, so why the crisis? Where has all the capital gone? It is the basic consequence of capitalist societies; a few people possess most of the wealth.

There is more money and wealth in the world but less people own it. The world is beset by greed. Those who are not obsessed with greed are seduced by consumerism. I can't blame them, most people in the world really only want what we have, or what they think we have according to trashy American pop culture.

Thankfully we can still strip mine Western Australia and other natural wonders of Australia for Gas, Iron Ore, and coal to fuel power stations. We can build new fast-track infrastructure to allow Australia to pour giga-tonnes of carbon waste into the atmosphere. To top it all off we can conveniently also blame China and India for creating the environmental crisis. We are just good neighbours supplying their demand.

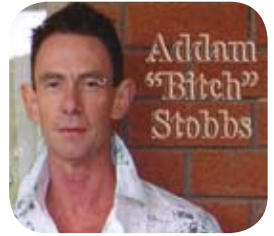
In real terms they are the new kinds on the block, we (Westernised societies) have been poisoning the environment for about a hundred years. Victoria has the one of the worst carbon foot-prints in the world thanks to our huge brown coal incinerators to create electricity. Most of us reading this will see the end of the Murray Darling and the Great Barrier Reef.

Oh it's all so pessimistic. Is it that bad? No it's not. The Australian Dollar will pick up soon enough. The world has sort of woken up to financial crisis, but it will all come around again. Did you know that China and India lead the work in green energy production? Not this bio-fuel crap, but in wind, solar and even tidal power generation. I'm pretty sure that it's too late for the reef and Murray, the global two degree temperature increase will see to that, the real worry should be the methane trapped underneath the ocean off the continental shelves, if that is released into the atmosphere that will speed it all up.

So the world is coming to the end of a chapter and a new one is about to start. The next chapter will be like this. The economies will go back to the same as they were different names numbers and characters but the plot will be the same. Our Country will be dry but our resources will save us for a long time. We'll need new technologies to replenish the urban water supply, agriculture will have to change radically, but with genetic engineering and selective farming this will not be a huge issue.

The big change will be in social progressiveness. I foresee a new age of acceptance and respect for homosexuals across the world. The next 20-years will see most discrimination removed in civilised societies it's already happening, look at Britain one of the most stoic and pompous cultures and they are almost forcing other countries to accept homosexuals as equals if they want diplomatic and trade relationships. Good on them! Australia is no longer in the 1950's, but we are still a long way behind, I'd say we are in the late 1970's and catching up. The biggest indicator in real terms is the fact there is no comment or scandal with our gay politicians; no one seems to notice or care. Now that's a very good sign.

Look out for our December issue, I am going to do my list of best and worst.



Q Magazine Joke of the Month

A man applies for a job in the Public Service. The interviewer asks him, 'Are you allergic to anything?' He says 'Yes. Caffeine.'

Have you ever been in the service?' 'Yes,' he says. 'I was in Iraq for two years.' The interviewer says, 'That will give you five extra points toward employment,'... And then asks, 'Are you disabled in any way?'

The guy says, 'Yes 100%...an IED exploded near me and blew my testicles off.'

The interviewer tells the guy, 'O.K. In that case, I can hire you right now. Normal hours are from 8am to 4pm. You can start tomorrow at 10 - and plan on starting at 10am every day. 'The guy is puzzled and says, 'If the hours are from 8am to 4pm, why don't you want me to be here before 10am?' 'This is a government job,' the interviewer says. For the first two hours we just stand around drinking coffee and scratching our balls... No point in you coming in for that.'

q cuisine: with CHEF NATHAN

Welcome to a new regular column in Q Magazine. Nathan will join us on a monthly basis with interesting and healthy recipes to make your culinary life easier. You can also hear him on his regular spot on JOY 94.9fm.

With the onset of summer and the need for something light and healthy, this delightful dish of fresh barramundi and seasonal vegetables is sure to seduce your taste buds. Barramundi is still in season but if your budget strings are tight, Ling is a cheaper replacement.

Barramundi with Summer Vegetables

Ingredients (serves 4)

2 teaspoons olive oil
1 onion, chopped
2 garlic cloves, crushed
2 zucchini, chopped
1 red capsicum, chopped
1 eggplant, chopped
3 Roma tomatoes, chopped
1/4 teaspoon caster sugar
1/4 cup chopped basil leaves
4 (700g) Barramundi fillets
olive oil cooking spray lemon wedges, to serve crusty bread, to serve

Method

Heat oil in a large saucepan over medium heat.
Add onion and garlic. Cook for 3 minutes, or until soft.
Add zucchini, capsicum, eggplant, tomatoes and sugar. Stir to combine. Cover and cook for 20 minutes, or until tender.
Stir through basil. Season with salt and pepper.
Heat a large non-stick frying pan over high heat. Spray both sides of fish with oil.
Cook for 3 minutes each side, or until light golden and cooked through.
Place vegetables onto serving plates.
Top with fish. Serve with lemon wedges and crusty bread.



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q win: FREE IS ALWAYS GOOD

The Natural Source

We all have our highs and lows with everyday life. And to help us through the day we can get to know about the thousands of uses for essential oils, which have actually been in use for thousands of years. The age-old natural remedies can be applied today, and I was reminded of this when a wonderful list of the A-Z Uses of Essential Oils was sent to Q Magazine from our pals at The Natural Source.

There are many ways to use Essential Oils, such as massage, burning the oils in a vaporiser, inhaling with a few drops on a soft tissue or in the shower or bath. And we do mean they are our friends at The Natural Source! Don't hesitate to drop them a line if you have any questions at all - they would love to answer your emails at www.thenaturalsource.com/ContactUs

Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with **Natural Source** in the subject line to win one of these fabby packs.

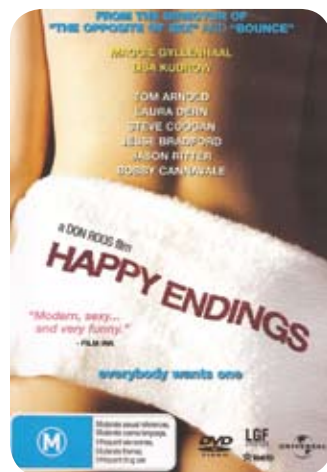


JOY 94.9fm

The latest compilation from Dames and the boys and girls at JOY is out now and ready to get your well manicured hands on. Two cds featuring all the best from the best - Sam Sparro, West End Girls, Moby, Vanessa Amorosi, Amy Winehouse, Britney Spears, Darren Hayes, Ricki-Lee, Gusto, Trinity and a whole heap more.

This CD certainly lives up to the high standards JOY has set with all of their releases and I highly recommend you get out and buy a copy today.

If you want to try your luck instead, we have five of them to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with **JOY 94.9** in the subject line.



OUT Video

Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with **OUT Video** in the subject line to win one of five copies of Happy Endings we have to give away - thanks to Paul and his team at OUT Video. It's a fabulous film and one really worth getting, even if you don't win.

Doc Johnson

Adult novelty mega-manufacturer, Doc Johnson, teamed up with world-renowned adult film star, Mr. Marcus, to introduce one of the industry's most anticipated new pleasure product lines this year. Now Doc Johnson is releasing a new vibrator in the Mr. Marcus branded line for those who enjoy a more moderate-sized vibrator.

The Mr. Marcus Pleasure Vibe™ is a two-part package, a waterproof, multi-speed vibrator made from phthalate-free polished ABS and a Velvet Touch, bulbous-tipped sleeve for added stimulation when necessary. The vibe and sleeve combo are available in midnight black and feature a sleek urban design - a smooth operator like the porn star himself who has appeared in over 1300 films during his 14-year long career. Mr. Marcus Pleasure Vibe is available now for ultra-intense pleasure along with 11 other products in the Mr. Marcus line of best-selling adult novelties. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with **Doc Johnson** in the subject line to win one of five we have to give away.



* 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. 7, 16 Westbury Grove, St. Kilda East 3183. 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.

in bed: with BEN

Confessions of a Serial Dater - Have You Recognised the 3 Warning Signs?

I've done it, you may have done it, most of the gay community seems to do it, but what is it? It's serial dating! Serial dating is continually moving from relationship to relationship and never truly settling down or in some case settling down too quickly and ending it even quicker. So what are the warning signs you're becoming a serial dater and what could it mean for you and your future relationships?

Let's explore this phenomenon:

1. Online Dating - Jumping on the net is a great way to meet guys, however it does encourage a certain type of "churn rate," i.e. If this doesn't last, I've got a smorgasbord of guys to go back to and choose from. This isn't necessarily healthy. It has become way too easy to give up and start again than it is to work on a relationship and build it from the ground up. The questions to ask yourselves are, "How deep are my relationships to begin with if they're that shortly lived and is it going to fulfil my needs in the future?"

2. Your Relationships Don't Make it Past The 3 Month Mark - There is a common flaw with men dating men. That is that men need to be the hunter gatherer and seek out and chase down a partner. When two guys are chasing one another it gets hot and heavy incredibly quickly, the chase ends and so does the relationship. If in the beginning your mate has been chasing you, you need to keep it that way. As soon as you start chasing him it's

over. Do yourself a favour and buy the book "The Rules." I guarantee you that you will look over your past relationships and discover that where you've broken the rules is where and when the relationship ended.

3. The Grass is Greener on The Other Side - Our society is being bombarded with thousands of choices every single day. With all of these choices occurring there is a

mentality that has developed that if I commit to something now, then I may miss out on something even better later.

You've got one eye on your boy and one eye focused on what's about to come around that corner. This not only undermines the existing relationship you may be in, it means that you haven't committed to it properly in the first place. True happiness happens right here in the moment when we are truly committed and present in this second. Spend the time on creating the relationship you want with the one you're with. It may not be easy but it may be more than worth it.

So what does this all mean to your future relationships?

Are we truly up shit creek?

No, not necessarily.

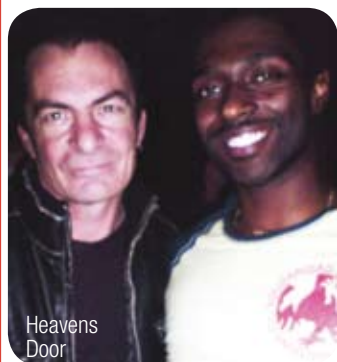
However we do need to be aware of our behaviours when it comes to beginning one relationship and ending another. Habits can be easy to break but with relationships they can be quite hard if you've been going around in the same circles for years. Step one is becoming aware of what you're doing. Just by becoming aware of it you automatically begin to change your outcomes.



An advertisement for Eagle Leather men's underwear. It features several images of men wearing different styles of briefs and briefs. The text "Look Your Best On The Inside" is prominently displayed in blue. Below this, there are logos for "PriaeWear" (a stylized 'P' with wings), a bulldog logo, and "Melbourne Roovers Soccer Club & SPIKERS". At the bottom, the address "58 Hoddle Street Abbotsford VIC 3067" and phone number "T: (03) 9417 2100" are listed, along with the website "www.eagleleather.com.au".

The Eagle Leather logo, featuring a stylized eagle head in profile, facing right, with the words "EAGLE LEATHER" written in a bold, sans-serif font below it.

q scene: OUT & ABOUT



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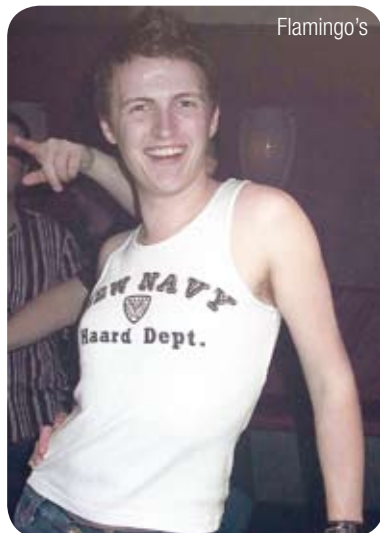
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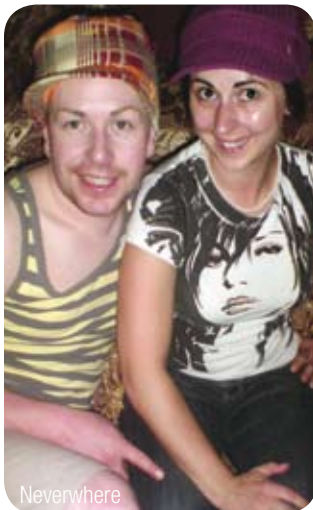
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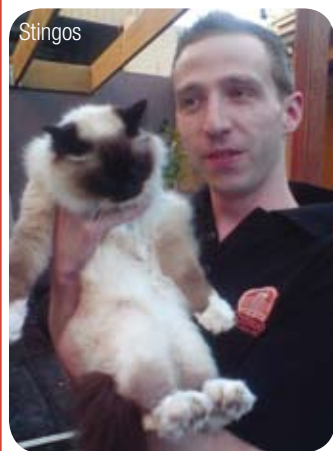
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q scene: JOY SIX LAUNCH



q scene: **VANCOUVER & HONG KONG**





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q music: GET YOUR TIX FOR THESE

FRANZ FERDINAND ANNOUNCE HEADLINE SHOWS with The Cribs & Red Riders

The Frontier Touring Company is happy to confirm the return of Glasgow lads Franz Ferdinand to stages in Melbourne and Sydney in 2009 – their first in two years. Joining them at these one-off headline shows will be UK rockers The Cribs and Sydney's own Red Riders.

Franz have been bunkered down in a studio since late 2007, however the stream of set up track 'Lucid Dreams' (taken from their forthcoming album Tonight: Franz Ferdinand) has broken the silence and set the music world abuzz. Taking on a feel slightly skewed towards what some folks call 'dance' while retaining Franz Ferdinand's indie trademark, the track has whet the appetites of Franz fans hanging for the 2009 release of Tonight: Franz Ferdinand.

Red Riders will open the shows in each city. The Sydney band is currently working on the follow-up to their acclaimed debut album Replica Replica. They've been writing songs all year and are set to enter the studio later this year to record their highly anticipated second album (due for release in 2009 through Ivy League Records). Live, the Red Riders are a force to be reckoned with, and with the promise of new material on this tour, they're worth arriving on time for.

With a loyal fan base and excellent support acts, these shows are set to sell out. Tickets on sale now. Monday 5 January - Palace Theatre, Melbourne Ticketek 132 849 or www.ticketek.com.au Tuesday 6 January - Enmore Theatre, Sydney Ticketek 132 849 or www.ticketek.com.au

REVENGE IS SWEETER TOUR WITH SPECIAL GUESTS METRO STATION & SHORT STACK

The Frontier Touring Company is pleased to confirm the homecoming of The Veronicas in 2009. After months of touring abroad our favourite twins will return for a string of shows in February '09.

Fans in Newcastle, Brisbane, Sydney, Wollongong, Canberra, Melbourne, Adelaide and Perth will be treated to the 'Revenge Is Sweeter' tour in what is The Veronicas' most extensive tour since 2006. Special guests at all shows will be 'Shake It' superstars Metro Station, and Sydney's own Short Stack.

"We're so excited about coming home to tour for our fans in February! We've played some amazing shows across America over the last six months, but with all the surprises in store for our Revenge Is Sweeter tour, we think these shows are going to be our best yet. We can't wait to see everyone again and share the show with you!" Jess Origliasso said.

Tickets on sale now. Friday 13 February - Newcastle Entertainment Centre Ticketek 132 849 or www.ticketek.com.au Saturday 14 February - Brisbane Entertainment Centre Ticketek 132 849 or www.ticketek.com.au Monday 16 February - Enmore Theatre, Sydney Ticketek 132 849 or www.ticketek.com.au Saturday 21 February - Royal Theatre, Canberra Ticketek 132 849 or www.ticketek.com.au Tuesday 24 February - The Palais Theatre, Melbourne Ticketmaster 136 100 or www.ticketmaster.com.au Thursday 26 February - Thebarton Theatre, Adelaide VenueTix (08) 8225 8888 or www.venueitx.com.au Saturday 28 February - Challenge Stadium, Perth Ticketmaster 136 100 or www.ticketmaster.com.au



q theatre: A WORLD THAT ENTERTAINS

Peter Condon in ANNIVERSARY

It's Joe the working man with his stories about life, work, pain, taking the piss, the unfairness of his lot and how he deals with it. A one-man show in equal parts confronting, sad and bloody hilarious.

Thursday 13 to Sunday 16 November (four nights) 7.00pm Thursday to Saturday / 6.00pm Sunday \$22 full / \$17 concession and for groups of 8 or more

Tamara Kuldin's BOOK OF 'HIMS'

Come and bask in the sorrow and madness of sassy songstress Tamara Kuldin as she dabbles in diva delights, laments lost loves, lap dances to Doris Day, unleashes her melodic roar and sultry serenades ... all whilst holding in her stomach.

Thursday 13 to Sunday 16 November (four nights) 9.00pm Thursday to Saturday / 8.00pm Sunday \$22 full / \$17 concession and for groups of 8 or more

Daniel Oldaker in LIVE FLAVOR

Entertaining audiences around the world for the last 10 years Daniel is an innovative performer who has a special ability to take the most common and ordinary circumstances, people or objects and weave them into a marvellously intricate tapestry of comedy. Fresh and funky and quite literally dripping with comedy goodness, LIVE FLAVOR is upbeat and off the wall. Including ridiculous routines such as "How to be the Public Ass", "Celery Sword Swallowing" and "Watermelon Man". An irreverent, entertaining and unexpected spoof of popular culture.

Thursday 20 to Sunday 23 November (four nights) 7.00pm Thursday to Saturday / 6.00pm Sunday \$22 full / \$17 concession and for groups of 8 or more

Atlanta Coogan in SECRET LIFE OF A SEX DOLL

Starring seasoned Bjorn Again Vocalist / Performer and Original Songstress Atlanta Coogan, Secret Life of a Sex Doll aims to explore and somewhat politicise the idea that This Particular Sex Doll has lived a rich and interesting life. With a few cabaret tunes knocked out on piano by the brilliant Mark Fitzgibbon and some monologues of this most interesting Sex Doll performed by Atlanta, the night promises to be an event to remember. Devised by Atlanta Coogan. Musical Direction by Mark Fitzgibbon

Thursday 20 to Sunday 23 November (four nights)
9.00pm Thursday to Saturday / 8.00pm Sunday \$22 full / \$17 concession and for groups of 8 or more

Adele Scott in BRING ON THE MEN

Pearls of wisdom from the queen of relationships. At the ripe old age of 21 Adele has all the hot tips on dating, sex, love and men. An insider's guide to love, loss, STIs and blue hair. Rated M with adult themes, sex references and bad jokes.

Thursday 27 to Sunday 30 November (four nights)
7.00pm Thursday to Saturday / 6.00pm Sunday \$22 full / \$17 concession and for groups of 8 or more

The Butterfly Club 204 Bank Street, South Melbourne Tel 9690 2000 www.thebutterflyclub.com Open: Wednesday through Sunday from 5.00pm til late



q travel: with SHEK GRAHAM

White Sands National Park

We finally took our leave of Santa Fe after two magical weeks of learning and exploration. We hadn't just learned about our cameras and photography, but also about the American people and their lives. Spending time with 26 Americans from all over the United States was a warm and enlightening experience. Too many of us just form our opinions of America and Americans based on what we see on TV and also what we observe of Americans abroad. Not all wear loud pants, carry cameras and shout all the time!

The truth is somewhat different. Generous and kind, the people we shared our time with were a far cry from the stereo-typical loudmouthed boneheads normally portrayed.

It was really sad to hear their stories of their friends and loved ones fighting in Iraq (even though most did not support the war there), and of the ones that did not make it home. All we interested in us and in Australia. Some of the most thoughtful and warm people I've ever come across in my travels have been Americans who will stop and help.

On my first visit to America, several years ago, my friend and I were struggling with a map in San Francisco. Looking up we were rather startled to see 5 or 6 people standing around us. Not knowing what to expect we were somewhat fearful of being mugged. However, all were respectfully waiting for us to look up from the map to help us with directions and local recommendations of good hotels and restaurants. Americans generally treat tourists with kindness and respect.

Before heading north to Canada, we decided to take a detour south to the White Sands National Monument. I had seen pictures of the area and was intrigued by the pristine whiteness of the sand and its stark beauty. The Monument is actually a National Park, surrounded on all sides by the White Sands Missile Range! The roads are regularly closed for a few hours twice a week while the military fire missiles overhead! Having come all this way already we decided we couldn't just miss out and start our journey north before seeing this amazing place. Driving in America takes a little to get used to. We kept forgetting that most of the car was now to our left, and it was left to the passenger to monitor the position of kerbs and cars until driving on the right became second nature.

We arrived in Alamogordo towards late afternoon, and after a quick meal, we decided to head straight to the park to catch the late afternoon light and watch the sun go down. In a land of natural wonders, it's hard to describe the beauty of such a place. The sand isn't really sand. It's actually fine gypsum that looks just like snow. It crunches and squeaks under your feet, and forms 10 metre high dunes in the prevailing winds, which can move 6-7 metres a year in the wind. The roads through the park have to be regularly ploughed to clear them and the gypsum forms drifts along each roadway.

After driving around the park, stopping to take photos of whatever caught our fancy we finally climbed a dune and settled down to watch the sunset. The colour of the sand changed from a virginal white to a peachy pink and then to a glowing red as the sun sank and all but disappeared. The ripples in the sand became more pronounced as the shadows lengthened and footprints disappeared in the soft wind. It's hard to describe the stillness and serenity of the park in the quiet of the evening, but Jan and I sat for hours in the lowering light absorbing the peace all around us. It's quite bizarre for a place surrounded by missiles! Finally the park wardens came around to usher everyone out of the park, and it was with some sorrow we left, even though we were returning the next day to take photos in bright sunlight. Was it possible to take photos to reflect the magic of this place? I leave it to you to judge.



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