

NOVEMBER 2009

Q1MAGAZINE

*Made in Melbourne!
Enjoyed Nationally!*

VISIT LONDON

VISITLONDON.COM/RAINBOW

New Videos!



Diva Concerts



"Shopping" in Soho



Gay Beaches

Only in London.

Gay London is unique in so many ways. So why not get out there and enjoy all that this amazing city has to offer.

Whether you want to check out the hottest nightclub or take in historic art, spend an unforgettable day out at the gay beach or indulge in some unique shopping opportunities, London has it all.

Come visit this city and experience its diverse gay community that has helped make London one of the gay capitals of the World.

Stay Connected!

Register online

for the latest news and events in

London



VISITLONDON.COM/RAINBOW



q comment: **COMMUNITY WORK**

Along the same lines as last month's Q Comment, I wanted to take the opportunity this month to explain about the work many dedicated men and women do in our community. This may not be a surprise to some of you however from conversations I have had with several people lately not everyone is aware of the finer details.

Our country is blessed with a very strong GLBTi community and an equally strong contingent of people willing to give of their time to run and work with these organisations. Some people take on executive positions, some avail themselves as valued members of the teams who represent the wheels - keeping these organisations moving in a forward motion. The two groups however have one major thing in common - they are all volunteers i.e. they do NOT get paid.

There is a seemingly common misconception in the community that some people do get paid. It is correct that some organisations have paid staff e.g. executive officers, marketing managers, co-ordinators of varying degrees however more often than not the majority of people involved in the community sector are volunteers. This is particularly correct when referring to Committees of Management and / or Boards.

It is no secret the number of Boards / CoM's I serve on (for example). None of which I get paid for. I am currently the President of Pride March Victoria, Secretary of AHAG (AIDS Housing Action Group), a member of the Alfred Health Community Advisory Committee, a member of the Attorney General's Advisory Committee on GLBTi issues, Secretary of GALTA (Gay and Lesbian Tourism Australia) and Region 20 Director and Media & Public Relations Director of InterPride (the International Organisation of Pride Organisers) and DO NOT get any remuneration from any of them.

I am not however on my own. There are many people who work as hard as I do to serve our community in the hope of making some kind of difference and keeping the great work done by our predecessors going. We don't ask for, nor expect, thanks. We do our work through a strong sense of community.

I hope this finds you enjoying very good health.



Publisher & Editor
Brett Hayhoe
+61 (0) 422 632 690
brett.hayhoe@qmagazine.com.au

Editorial
editor@qmagazine.com.au

Sales and Marketing
sales@qmagazine.com.au

Design
Uncle Brett Designs & Graphics

Contributing Writers
Pete Dillon, Addam Stobbs, Brett Hayhoe,
Evan Davis, Ben Angel, Alan Mayberry,
Tasman Anderson, Chris Gregoriou, Paul
Panayi, Marc J Porter

Cover picture
Keng in Chiang Mai

Photographic Contributions
Q Photos, Ben Ashe - Peel, Alan
Mayberry - Greyhound
scenepics@qmagazine.com.au

Distribution
distribution@qmagazine.com.au

ISSN 1449-499X

Q MAGAZINE
PO Box 7479, St. Kilda Road,
Melbourne Victoria 8004
info@qmagazine.com.au
www.qmagazine.com.au

LEGAL DISCLAIMER
Q Magazine is a free publication and can only be distributed through selected outlets. Views expressed in Q Magazine do not necessarily represent the opinions of the publisher/editor. No responsibility is accepted by Q Magazine for the accuracy of advertisements and information within the publication. All material forwarded to the magazine will be assumed intended for publication and unless clearly labelled "Not for publication". Reproduction in whole or in part without the expressed written permission of the publisher is strictly prohibited.

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



q feature: LOTUS AWARDS 2009

Celebrating Gay Asian Melbourne for 16 Years. The Lotus Awards are upon us again, this year celebrating 16 years of showcasing the diversity of Melbourne's Asian gay community. From humble beginnings as an 'Asian and Proud' night back in the 1990's by Fritz Maaten at the former Star Hotel, it has grown and grown to become one of the most anticipated events in Melbourne's queer calendar, paying tribute to and exemplifying Melbourne's acceptance of our Asian queer community.

On the surface it may look like it's just about having some tongue-in-cheek fun, but it is also a remarkable celebration of diversity. The awards provide a rare moment of positive celebration of Asian gays and lesbians and their Caucasian friends, bolstering acceptance and self-pride and showcasing fabulous Asian talent through fun and entertainment.

This year Heavens Door is the new host in the search for the 16th set of Lotus Ambassadors, who will be as judged to be the most representative, popular, talented and sincere people in each category.

Awards include the traditional Miss Lotus (best Asian drag or transgender performer), Mr Lotus (most popular and appealing Asian guy), and Mr Rice Queen (most popular all-round Caucasian guy who is proud to have found "Rice" the spice of life).

But as new hosts, Heavens Door is also offering another Award: the Lotus Fried Rice Award for the most entertaining Asian group performance showcasing Asian talent.



Miss Lotus competition has already given birth to such crowd pleasers and superstars as Aida, Miss Anita, Miss Cassandra, Kamera Holden and many more. From first timers to industry staples, this Award sees Asian drag finalists out-diva each other for the ultimate title of queen of the lady boys.

Heavens Door has already taken over the weekly Lotus Nights every Wednesday (following the close of the Opium Den/ Star) and has maintained that tradition with long time Lotus host Aneeta Mooi Lotus DJ Atua along with regular appearances by Lotus favourites.

The 2009 Lotus Awards continue the Wednesday tradition with both heats and finals being held on Wednesdays.

If you want to register as a contestant there are thousands of dollars in cash and prizes to be won as well as the Lotus fame. Regardless, as a spectator you're guaranteed a night rich in cultural flavour and fun.

Go to www.heavensdoor.com.au for more details.

q destination: **A MURRAY MARVEL**

Many of us dream of a country retreat or country hideaway...Well you may have just discovered it...Elizas is a place of rest and tranquility, Nine gorgeous and luxuriously appointed Villa's nestled into beautiful garden surrounds.

All Villa's are fully self contained and offer the very best accommodation available along the Murray. Whether it is rest and relaxation, or golf, tennis and water activities or maybe just enjoying all the wonderful local attractions. Tocumwal is a year round holiday destination for all ages. Elizas on the Murray provides the perfect location for your next getaway, whatever the occasion. Eliza's on the Murray Luxury Villa Retreat, 16 Barooga Road Tocumwal NSW.



Now is the perfect time to book your getaway for Christmas or other special occasion OR buy a gift voucher for the special person in your life AND as a bonus, Eliza's on the Murray will include complimentary canoe hire for stays booked for now through to February 2010 - you can't get better than that!

Deluxe Spa Villa

This is the ultimate getaway, be it a special occasion or just spoiling yourself for a few days you will thoroughly enjoy this Villa.

Deluxe Garden Villas

Garden Villas are a haven for those that appreciate a garden view, the bird life abounds as you surround yourself in a green oasis.

Studio Spa Villas

Studio Spa Villas are the ideal retreat for couples. Spa Villas are equipped with all the appointments you would expect to make your stay memorable.

Pool Villas

The pool provides a relaxing view, either to sit with a drink by or indulge in a quick swim, or just relax with a good book and coffee.

*Discover the
Perfect
country hideaway...*

*For rest and
relaxation,
golf, tennis,
water activities
or just enjoying all
the wonderful
local attractions.*



Elizas on the Murray

Luxury Villa Retreat

www.elizasonthemurray.com

(03) 58742699

q lifestyle: with PETE DILLON

Greetings from the United States! I wondered whether it was possible to travel in the US on a reasonable budget and I found some amazing times here already. There have been many joys on this trip and I have done it without 5 star hotels, limos and expensive transfers...and to be really honest I have loved it!

My favourite part thus far has been Santa Barbara. This town on the central coast of California, about an hour north of LA by car, is a visual feast. The architecture is stunning, and there are some terrific wineries in the area and around the Santa Ynez Valley, just out of Santa Barbara.

The area has 14 award winning wineries, and I found a couple of rippers, but the one that had the impact was definitely Presidio Vineyard & Winery.

Presidio Vineyard & Winery is in the southern part of the Santa Ynez Valley in Solvang. They have a focus on the production of hand crafted premium varietal wines that are certified both Organic and Biodynamic. The winery is located west of the Santa Rita Hills in Santa Barbara County.

Presidio maintains production standards in keeping with minimal manipulation and handling of the wine. For this reason, Presidio produces mostly unfiltered wines.

At harvest the fruit is hand-picked and sorted to ensure select clusters and immediately transported to the crushing facility to prevent deterioration of the flavour chemistries in the hot, summer sun. Throughout the life of the vineyard, the focus has been to match the varietals to their preferred environment. While most mountain ranges run north and south, Santa Barbara County is unique in that its two ranges run east and west, creating the Santa Ynez Valley and Santa Maria Valley.

These valley's proximity to the Pacific Ocean, coupled with their orientation, acts as a channel for fog, rendering these valleys as an excellent place for growing many different grape varietals. As such, the cooler western part of the Santa Ynez Valley in Santa Barbara County has the ideal climate and soil conditions to produce fine Pinot Noir, Syrah, and Chardonnay. Their wines are just fantastic, and a little different.

In Santa Barbara itself, on State Street, find the Tupelo Junction Cafe. With a recent write up in Bon Appetit, this cafe has a lovely vibe (but no espresso coffee). They do breakfast lunch and dinner most days, with Monday night closed for dinner. This was a great introduction for some Southern inspired food, and was the place I tried fried green tomatoes – and they were spectacular. With the usual fare, you will also find amazing breakfasts with a choice of biscuit (we call this a plain scone), corn bread (yum) or some house made breads available daily. Crab cakes, potato hash, oatmeal waffles, red beans and rice (a southern specialty). All of these were fabbo.

Bigger fare for lunch and dinner, include blackened wild salmon on a salad of roasted corn, black beans and other bits and bobs in a salsa...yum. A char grilled white cheddar burger with caramelized onions and sweet & tangy fried pickles – this will fill the required burger slot on the menu, as always must exist. Bloody Mary braised black ribs with green beans and fried onions was amazing and lip smacking as was a cornmeal crusted local red snapper fillet with Dungeness crab, sweet potato and leek hash and avocado salsa. Seriously good food, and well priced.

Ty Lounge at the Four Seasons Biltmore on Santa Barbara beach (ok – not so budget), is the perfect place to relax at the end of the day. Sit on the outdoor terrace and enjoy one of their specialty cocktails, and let me tell you, their martinis are exceptional. This setting is the place to see and be seen, including being moments away from some LA royalty.

There have been many dining experiences here already and a lot of celebrity sighting in some of these places, and if you want to keep up with more of what has been a foodie dream, log onto <http://petedoesstuff.blogspot.com/> to read the blogs. These will continue when I return to Oz.

You can always contact me for more information at lifestyle@qmagazine.com.au, or join me every Saturday from 1-2pm on Cravings on Joy 94.9 (www.joyorg.au/listenlive if you are not in Melbourne).



q money: with EVAN DAVIS

Some mornings it takes longer to get ready for work than others. This particular morning was not pretty. Roughly fourteen hours earlier I was on my way to a 'professional' networking event. Being self employed it is critical to meet as many people as possible. The natural result of this should mean more business contacts and eventually work.

At this event I handed out a dozen or so business cards and then bumped into some friends. The natural result of this was I found the bar, some booze, then dinner and my way to Heaven's Door Nightclub.

'Social' or 'Casual Professional Networking' can be a great way of establishing new contacts. In theory you meet professionals in a relaxed atmosphere. One event in particular has regularly been my downfall. 'Fruits in Suits' is a monthly networking event held in different locations across Melbourne. Naturally this event is aimed at the Gay and Lesbian community. There are many other events throughout Melbourne that follow a similar formula. '3004' for example is a geographic networking event located on St Kilda road catering to the local business community.

You'll be amazed what groups you can find online. With a little focus, polite conversation and controlled blood alcohol content you might just find your next client, job or business opportunity at one of these events. With a level of moderation and discipline, corporate Christmas parties, race days and industry specific social events can also be great to generate contacts or leads.

Personally the best networking I have found has been direct networking. In particular BNI! Business Networking International is an organised and structured networking event that occurs all over Australia. With a quick search you should find a chapter that is close to you or your place of business. I think that the structured agenda, lack of alcohol and the fact the meetings occur over breakfast are part of why it works for me.

The meetings are all about generating referrals. The focus of each meeting is unashamedly about creating business for its chapter members. Each participant has the opportunity to promote their business through a 60 second pitch and then later to swap direct qualified referrals. The agenda also provides structure for learning about other chapter member's businesses in meetings outside the regular meeting. The best thing about BNI is the policy on exclusivity. There is only one person representing a profession in each chapter. As a Mortgage Broker this has allowed me to develop great relationships that bear regular fruit.

Any how back to the next morning... My partner was unimpressed with the dent in the credit card from the previous night and also the late arrival home (roughly 3:45 AM). He was even less pleased with my new 'business' contacts. There had been a steady stream of text messages flashing their flirtatious messages across the screen of my mobile.

"What the hell happened last night" My ever loving partner asked with a sigh. "I'm not sure" I replied "though I was networking and some people clearly go to these events for all the wrong reasons."



Get the full story on "20 Ways to Loose Your Gut" for FREE - Valued at \$29.95!

Obtain your free guide today to get in shape for summer!

Bonus Gift - When you download "20 Ways to Loose Your Gut" you will also receive a complimentary session with Chris valued at \$65.00



METRO
BODY
HEALTH & FITNESS

Kick start your health program today, go to www.metrobodyfitness.com.au

e: chris@metrobodyfitness.com.au

(offer valid to the first 20 readers)

t: 03 9642 4421

q festivals: **FEAST'S HOMEGROWN**

Welcome to the 2009 Feast's Homegrown Festival...and what a showcase we've got for you!! The full program for the 13th annual Feast Festival (Feast 2009) was launched on Friday 2nd October in Adelaide at the Feast Hub, Higher Ground by Feast Creative Producer, Kerry Ireland and hosted by Dolly Diamond who also performed. This year's festival is also a tribute to the memory of SA performing arts identity and former Feast Finance Manager Geoff Crowhurst, who died in July this year.



In her launch speech, Kerry Ireland said 'Over thirteen years Feast has grown to become a leading Australian gay, lesbian, queer, transgender festival. This year Feast will support our LGBTIQ communities through recognizing, supporting and nurturing our artistic talents, and showcasing these to the wider community. Our program will feature fantastic cabaret, comedy, theatre, a superb musical line-up, film, literature, visual arts, community events, sport, and an Australian first a queer poker tournament!'

Higher Ground is once again the Hub for Feast 2009 which will run from 14 – 29 November with the theme of HomeGrown. Feast events can be found in venues across Adelaide including Higher Ground, Nexus, Mercury Cinema, The Bakehouse and Saldechin Tearooms, Restaurant and Martini Bar.

Highlights of this year's Festival include the chameleon-like Bridge Markland from Berlin, Sydney's Gurlisque presenting a new erotic-burlesque show and for the first time opening their doors to audiences of all gender persuasions, comedian Anthony Menchetti with his sell out show Gay Conversion, the charismatic Nick Christo, in his show The Fabulous Frances Faye and Focus Theatre (Sydney) return to Feast, after the success of Blowing Whistles in 2008, with their new work Bison, directed by Pete Nettel.

Feast 2009 presents three co-produced shows, all with Australia Council funding: She, an exploration of female desire, directed by Aurora Murphy, Daniel Clarke's bold new piece Like it Is, where young performers tell it like it is: queer young and living in Adelaide and Journey's Made, an innovative sound installation piece created by Jason Sweeney, Nicola Connor and directed by Daniel Clarke.

Feast Special Events include the Opening Night Party on Saturday 14 November at the Adelaide University Cloisters, Picnic in the Park, on Sunday 29th November at Veale Gardens. This year Picnic in the Park celebrates it's 20th anniversary and the entertainment lineup features Heather Frahn, Ruby Frost String Quartet and 'The Friday's plus DJ's, food stalls and the much-loved Dog Show.

Feast 2009 Highlights include:

Bison - Presented by Feast & Focus Theatre written by Lachlan Philpott

A hit at this year's Mardi Gras festival, Bison's director Pete Nettel says "Lachlan reveals the underbelly of the gay world: the play is full of recognizable characters and situations; it's very funny, but very disturbing too." Performed by Quinn Gibbes, Lachlan Mantell, Christopher Tomkinson and John Turnbull. Bridgeland Zwei is a bisexual-bilingual performance. Bridge Markland transgender-performances explores the erotic and male and female stereotypes.

The Fabulous Frances Faye - Written by Nick Christo. Directed by Neil Gooding

Charismatic, young performer Nick Christo (Sydney Cabaret Showcase Winner 2005) pays homage to the legendary Frances Faye. Nominated for a 2008 Sydney Theatre Critics Award for Best Cabaret and returns from a sell-out New York season.

Gay Conversion School Drop Out - Starring Anthony Menchetti

Direct from critically acclaimed seasons International comedy circuits, Anthony Menchetti takes us behind the scenes of what really happened when his wacky parents, sent him to a Christian gay conversion school to rid him of his homosexuality. This is a hilarious stand up comedy show.

Gurlisque – A Wow of a Show

Celebrating 10 years in show business with an all star cast of Sydneys most spectacular starlettes, Glitta Supernova, Sex Intents, Kira Carden (Hu-la-la), Wife, Vixen Noir (Sweet Deliverance-san fran) plus dj Gemma. (club kooky)

In the Arms of a Lion

Peter Van Der Merwe's first play, co-written with acclaimed director Penelope Chater, is a fictionalised account of Van der Merwe's

childhood in 1980s South Africa. The play explores the forces of religion, racism, sexuality, and fear as one family struggles to define itself in a time of violent change

Casual Music Sunday – Sam Lohs, Sally Dastey and Rosie Burgess - Presented by Feast

Sam Lohs from Australian band Fruit plays new songs from the recent highly anticipated second album "We Trip over Things" Sally Dastey formerly from Tiddas and hailed as most of the most talented and inspirational artists to come out of the Australian music scene. Rosie Burgess "one of our country's best rising stars" will play her quirky and original urban folkroots music.

Comedy Gayla Presented by Feast

Feast's premier comedy event is back - two hilarious nights showcasing some of Australia's best queer comics including Anthony Menchetti, Hannah Gadsby, and Adelaide's own Lori Bell. Hosted by Dolly Diamond.

Dolly Diamond - a musical journey re-working songs to hilarious effect, including the classic "I Will Survive (The Beckhams)", "Que Sera Sera" and Copacabana.

Bridgeland Zwei is a bisexual-bilingual performance. Bridge Markland transgender-performances explores the erotic and male and female stereotypes.

Queer and Now Queer. Fresh. Courageous. Adelaide's GLBTIQ emerging visual artists as they exhibit new works.

To be the first to hear about Feast events and to receive preferential and discounted seating, why not join ClubFeast. For only \$20 waged or \$10 concession, per annum we provide a range of quality benefits including discounted merchandise, alcohol deals at our Feast Hub and discounted Tix prices. To join ClubFeast go to www.feast.org.au

Tickets are on sale NOW through BASS www.bass.net.au

For further information on Feast, phone 08 8463 0684 or email allthings@feast.org.au or check out www.feast.org.au. Join our mailing list now and receive the weekly Hello Feasters E-Newsletter, including special offers.



The poster for the Feast Festival HomeGrown is set against a vibrant pink background with faint floral patterns. At the top left, the word "HomeGrown" is written in a yellow, sans-serif font. Below it, the word "feast" is written in large, bold, blue letters with a white outline, and "festival" is written in smaller, blue letters below it. To the right of the text is a small black star with the word "Feast" written inside it. In the top right corner, there is a circular inset photo of a man in a dark suit and tie, smiling. In the bottom left corner, there is a circular inset photo of a man with a shaved head and a mustache, wearing a dark suit and tie, gesturing with his hand. In the bottom center, there is a circular inset photo of a shirtless man standing with his back to the camera. To the right of these photos, there is a block of text in white, sans-serif font. At the bottom of the poster, there is a line of text in white, sans-serif font, and below that, the website "www.feast.org.au" and the dates "14-29 Nov 2009" are written in large, bold, yellow letters.

Looking for something a bit different? Need a getaway? Why not do both – visit Adelaide and check out Feast – now Australia's largest Gay & Lesbian cultural festival! This year's theme of **HomeGrown** will showcase a diverse range of international, Australian and South Australian artists and performers. You'll be in good company.

For special accommodation deals visit www.feast.org.au

Event details and tickets available Saturday 3 October – www.bass.net.au

www.feast.org.au 14–29 Nov 2009

q drag: **MISS BUNNY**

BUNNY, better known as the Greek goddess of Melbourne, is a crowd favourite at The Peel every Saturday. She has done drag from Mumbai to Helsinki and always has a friendly, effusive smile. Alan Mayberry asks Bunny why she thinks Australia is the mecca for drag.

My first recollection of shows was *PZR* at the Market. Rita did 'To the Moon' with a huge fish bowl on her head! I thought to myself, 'WOW that's where I want to be!'

I was born to Greek parents in 1976 with an older brother and sister, growing up in the quiet, leafy streets of North Boring (Balwyn) near Koonung Creek. Everyday we would play for hours, not in front of a computer, but in the park and what trouble we got up to!

In my final year at Kew High School I enrolled in Drama, then went to RMIT and studied a Bachelor of Business, majoring in Accounting which led me to my full-time job with the Public Service in 2001.

I quickly realised I had to become a contractor and balance drag with a day job. I've never been unemployed but I have worked very hard to get where I am. Picture doing the Melbourne Comedy Festival for 3 weeks, up at 7am for my day job, race home at 5 to put on a face, do an hour show at Fed Square, then come home. Ground hog day! Work has been very understanding with my colleagues coming to see the shows. They loved it! But for now it's just the Peel Saturdays. It's my night out. I get to work in a great show, have some drinks and then back to suit and tie during the week.

I'm absolutely loving the *Dragarama Show* with Rita, Monte, Anita and Taylor. We have a family there. Rita is one of the best costumiers in Melbourne. I love watching her in rehearsal. You see her head ticking over when an idea gets into her brain! It's a year since Rita, Anita and I first worked at Bar 362 (Rita has nothing but praise, saying Bunny is the most loyal, tolerant and fun drag she has ever worked with, and, shock of shock, punctual into the bargain).

I knew I was gay when I was 5. Seeing Boy George and Marilyn on my sister's wall (she has a lot to answer for!) and thinking that was normal and trying on bangles and girly things. When I was about 12 no one was home so I put on my sister's make-up but wiped it off. Mum and dad came home to find this natural glow of orange on my face and asked what I'd been doing. They still laugh about it now, but I denied it at the time. Even now there is that tell-tale ring of make-up on my work shirt collars every Monday!

I came out at 18. Being Greek and gay in the mid 90s was still a bit of a no-no, but my parents came to Australia when they were 3 and 5 so it was a lot easier for them to deal with. I had a Greek boyfriend at 19. He refused to come to my house because he was so paranoid and couldn't understand why my parents were so understanding. They weren't thrilled about it but came around. They even came to see my show at the Melbourne Comedy Festival

I became BUNNY on 17 September 2000 (I am nearly 10!). I was tempted by a drag competition at The Market hosted by Skye Brooks. I looked like a dog and remember getting out of the car, walking into the Market and someone throwing an egg at me and yelling 'Faggot'. I thought to myself 'what am I doing?' but persisted. I lost dismally and was disheartened, but 2 weeks later a call came from Amanda Monroe who was starting an early show to showcase new talent. The next year with Amanda gave me the opportunity to work for free in the Melbourne scene. My first production show was *Fruit Tinglz* with Linda Lamont and Kitten Kaboodle. We were all sort of new so it was a great mix. Then I came in as understudy and helped with



choreography for Amanda's *Showbags*. That led to regular Saturday nights at the Grey and at Pink for 6 years. Next came *The Sound of Music Show* and *Grease* which was picked up by Melbourne Comedy festival and then the Edinburgh Fringe Festival. What an exciting time working and doing what you really love. It was hard work: 30 days in drag (with 2 days off) and two shows a day. We weren't doing it for the money. It was about where we had started to where we were going. I did the Edinburgh shows for 2 years and wouldn't trade them for anything. And it was a DRAG show!

I love to travel. At 21 I backpacked through Europe and America. I saw how different drag is all over the world. I still think Australia is the mecca of drag. I've done drag in Amsterdam, Iceland, Greece and Italy and at Pride Fairs around the world. I've just returned from India and adored it, but not in drag – too hot (45 degrees). When I got back at 22 in 1998 from my trip I was dead broke. A friend was hiring waiters at Illusions Theatre Restaurant in North Melbourne. I ended up managing the place for 2 years with Doug Lucas as host. It gave me the behind-the-scenes view of drag shows. Even though I wasn't in the show I knew from then drag was where I was going – and I've been trying to perfect the art ever since.



q international: INTERPRIDE 2009

From October 15 to 18 the International Organisation of Pride Organisers - InterPride - held its 28th Annual World Conference and AGM at the Tradewinds Island Grand Beach Resort, St. Petersburg, Florida. 135 members attended from 51 organisations world-wide, representing 14 Nations. I was one of those attendees as the Director for Region 20 and Media & PR Assistant. This was my third conference and I thank Pride March Victoria for allowing me the opportunity to continue this vital work on the world stage.

Like all events of its kind, it is a time for the organisation and it's members to reflect on what has been achieved in the past twelve months and to set goals for the next year and beyond. It is also a time for this particular organisation's members (who only meet face to face twice a year) to share ideas, network and help with the decision making processes necessary to run a body which has active membership from almost every country in the world.

Three of the major decision made were: who will host the following year's conference; who will host the next WorldPride event (following London in 2012); and what will be the International theme for the year 2011. I am pleased to announce that following Longbeach, California in 2010, the InterPride Conference will be held in Brussels, Belgium. With both Stockholm and Toronto bidding to host the next WorldPride (bringing the date in line with the new rules of coinciding with the anniversary of the Stonewall riots), Toronto, Canada were successful on this occasion. With approximately six suggestions made from the membership, the winning International InterPride Theme for 2011 is quite simply - "Pride Around the World".

The other major announcement for the membership was the launch of the organisation's new website. Boasting a very attractive interface, easy-to-use member's area and many more functions and much more information than its predecessor, the new website is now up and running at www.interpride.org Interested Pride organisations around the world can also join InterPride in a very easy and effective way. You can also find out who your Regional Director is and keep in touch with the Human Rights work InterPride is doing. There are also two very important Media Releases highlighting InterPride's sponsorship of Pride House at the Winter Olympics and our outrage at a recent violent homophobic hate crime that occurred in London (a usually very accepting and stunning city).

Probably one of the most significant conversations over the four day event was regarding the finances of the organisation. From time to time all organisations have to take stock and find more efficient ways to operate - making sure the organisation (while continuing its work) operates well into the future. Many great suggestions were made from members and the executive, led in this instance by the organisation's newly appointed Treasurer - Jer McGowan - have now been set the task to solve any issues that have arisen over time and make sure that InterPride remains solvent. These ideas included finding new ways to fundraise and revising the current board member reimbursement scheme.

I hope everyone who attended enjoyed the conference as much as I did. Remember that Pride gives us as a community visibility. With visibility comes a great deal of power. I hope to see you all again in 2010 at the 29th Annual Conference. Stay safe and keep fighting the good fight.

Pictured (from top to bottom): The conference; from Pride London, the beautiful Emma Hands and, one of my best friends in the world, Paul Blrrell; from Riga, Latvia, the sweet Kristine and the very handsome and sexy Kaspars.



MEDICAL AESTHETIC & LASER CLINIC

Greensborough

South Melbourne

laser hair removal



Call now for a free consultation treatment plan and test patch

5% discount when you join interest free

EZYPay

18000 laser
52737

laserhair.com.au

Current Specials

GIRLS

Free Bikini Line and Underarms with 1/2 or Full Legs

GUYS

Free Shoulders with Back or Free Stomach with Chest

* mention or present this ad by appointment only conditions apply



Where's your next destination?

www.gaydestination.net.au

News. Events. Lifestyle. Reviews.

Come along & support Project Respect & Youth Challenge Australia's Development Project @

ANOTHER
BLOODY FUNDRAISER

FEATURING:

Christie Heart

Pina Tuteri

Brodie

Soursop

Meg Pee

La Concha Lopez

Godzilla and Mummy Complex

Lady Lamenta

Kid Romantic

RAFFLE & AUCTION (@7PM)

This is a 'Not for Profit Event'

100% Proceeds 4 Project Respect & Youth Challenge Australia's Development Project



@ The Fox Hotel - 351 Wellington St. Collingwood, VIC, 3066

Sunday 15 November 2009

2pm till 12am

Entry Donation - Only \$10

Why you should include Q Magazine in your Media Mix!



Your message stays around for a full month - in vibrant colour



Your message gets to the people who make the decisions and can afford to buy your goods / services



When you call Q Magazine you deal with the owner of the business - the man with the authority to work within your budgetary needs



Q Magazine has five years of experience as the ONLY A5 free to street GLBTi Lifestyle magazine of its kind in Australia

Support small business!
Q Magazine - the sensible choice!

P.O. Box 7479 St. Kilda Road VIC 3004

T: 0432 632000 F: (03) 9537 1609

www.qmagazine.com.au

Q: info@qmagazine.com.au

q community: UNITED WE DANCE

For eight years a group of volunteers have organised a multicultural dance party in Melbourne and donated all the proceeds back into the GLBTi community. United We Dance was born in 2002 as a result of cultural clashes throughout the world but it was brought to a head with tragedies such as September 11 and the Bali bombings.

United We Dance has several purposes. One is to demonstrate to the wider community that no matter what our ethnicity, we can socialise and party together in harmony. Two is to raise funds for our community. Three is obvious – to have a damn good party.



Organisations who have benefited in the past are Bent TV, JOY 94.9, Positive Attitude, the David Williams Fund, the Asia Pacific OUT Games, the Australian GLBTi Multicultural Council (AGMC Inc.) and the Gay and Lesbian Rights Lobby. Proceeds raised to date amount to almost \$12,500. This year all proceeds will be going to Pride March Victoria.

What makes this night different from all other dance parties is the range of multicultural content in the music and floorshows. This year there will be two DJ's who will spin the hottest in Euro, Middle Eastern and Asian dance music. The floor shows range from dance, belly dancing, live music, drag kings and queens and everything in between. The event will again be held at The Market which has supported United We Dance every year since its inception. With the support of The Market, sponsors, performers and patrons the AGMC hopes to deliver a healthy cheque to the beneficiary organisation (Pride March Victoria).

This year United We Dance is on Sunday 29 November at 7.30pm and entry is still only \$10.00 and includes a free drink on arrival, door prizes and an amazing night of entertainment. Check out unitedwedance.org.au for full details.

q community: HEALTH IN DIFFERENCE

The National LGBT Health Alliance is pleased to announce Health in Difference 2010 - Australia's premier conference on the health and wellbeing of lesbian, gay, bisexual, transgender, intersex, queer and other sexuality, sex and gender diverse people. The 7th Health in Difference Conference will be held in Sydney from 29 April to 1 May 2010.

Health in Difference is a unique forum for people to share their knowledge, network and learn from one another. It draws together community organisations, health practitioners, researchers, academics, policy makers, advocates, and community members.

The conference is organised around five core themes relating to sexual orientation and sex and gender identity:

- Social Inclusion, Exclusion and Resilience: A Social View of Health
- Indigenous Health and Wellbeing: Culture, Context and Colonisation
- Sex and Gender Diversity: Differences within Diversity
- Community: The Changing Natures of Our Relationships
- Politics, Evidence and Practice: Creating Change

Health in Difference has been held in various locations every two to three years since 1996.

Health in Difference

- is a forum for discussion, debate, sharing, learning, networking and organising around issues relevant to the health and wellbeing of sexuality, sex and gender diverse people

- showcases the work, experiences and learnings of those working in the field
- builds connections, collaborations and

- alliances between practitioners, researchers, policy makers, advocates and community members, and
- provides an inclusive, participative, empowering and fun conference experience!



Health in Difference 2010
DOING DIVERSITY
7th National LGBTI Health Conference

More information can be found at www.lgbthealth.org.au/Health-in-Difference-2010

q fragrance: **NEW RELEASES**

Guided by his passion, Thierry Mugler provide a new take on traditional expertise through the encounter of two worlds of luxury: haute perfumery and prestigious liqueurs. He allows his most beautiful fragrances to mellow in wooden casks and creates limited editions. Thierry Mugler introduces his latest innovation: Thierry Mugler A*Men Pure Malt

Pure Elegance

For his first great masculine scent, Thierry Mugler plunged to the roots of his inspiration and created a perfume of contrasts, stamped with powerful and charismatic virility: A*Men Eau de Toilette. A*Men Pure Malt now follows as a unique olfactory creation heightened by the perfumers know-how, produced with incredible mastery and distilling its essence on male skin.

A*Men Pure Malt: a woody malt with a hint of peat

In its original state, A*Men features distinguished accents and the illumination of fruited nuances, which have a light hint of peat, thanks to the addition of a subtle pure malt note. Inspired by the way prestigious whiskies are made, the Eau de Toilette is distilled in an oak cask for eight weeks* to add body to the woody tonality of A*Men and intensify its virility, exalting an elegant fragrance and impregnating it with rare nobility...like a great whisky.



A virile bottle

With an anatomical fuselage inspired by a whisky flask, the A*Men Pure Malt bottle takes warmth from its rubberised covering, sensual like skin itself. The emblematic star is emblazoned at the centre, amber-coloured like the perfume itself.

**Patented method. Thierry Mugler A*Men is available at Myer, David Jones, select pharmacies and retail specialists nationally.*

TERRE D'HERMES - The Pure Perfume

Along side the Eau De Toilette, Terre D'Hermes Pure Perfume opens up a new path in men's perfumery.

By changing the perspectives of its initial formula, Terre d'Hermes Pure Perfume produces a new balance in the resonance of its raw materials and offers a new destiny. Exploring the sensations created by assertive style and form of expression.

Instant Freshness

The sparkle and vivacity of grapefruit and orange have been accentuated with a note of shiso. This plant, which originated in the far East and has a zesty minty aroma, acts as a fragrance enhancer.

Mineral Depth

An impression of flint gradually confirmed, the depth of the stone established, stable, giving, structure but without being heavy-handed.

Warmth of Woods

A rise in temperature in the woody notes, in the same way that light is said to change temperature with different colours. Warm though not dry, they fill out the fragrance by adding comfort and charisma.

"When imagining the pure perfume I looked for something different in the olfactory expression as a way of getting away from the question of performance." Hermes In-House perfumer, Jean-Claude Ellena.

The Range

NEW Eau de Parfum spray 75ml | Eau de Toilette Natural Spray 100ml | Eau de Toilette Natural Spray 50ml | After-Shave Lotion 100ml | Alcohol-Free After-Shave Balm 100ml | All-Over Shower Gel 200ml | Alcohol-Free Deodorant Stick 75g

AVAILABLE: from leading David Jones stores, Hermès Boutiques (Sydney, Melbourne and the Gold Coast) and selected perfumeries
STOCKISTS: (02) 9663-4277



q epicure: with PAUL PANAYI

Piraeus Blues - 310 Brunswick Street, Fitzroy – (03) 9417 0222 - Greek. This is not your ordinary Greek Restaurant. In fact, unlike most so called 'Greek Restaurants' in Melbourne, this one actually serves authentic Greek food, and not just what Australian's have been trained by 1960's Greek migrants to believe is Greek. The food is of a standard found in the kitchens of old Greek mothers lovingly preparing for a wedding banquet. It was awarded Best Greek Restaurant in The Age's 2002 Good Food Guide, and the standards are still high.

Piraeus is the name of Athens' major sea port and the third largest passenger sea port worldwide. Piraeus is a vibrant, bohemian, and somewhat rustic Greek sea port – not entirely unlike Fitzroy in some ways. It is therefore unsurprising to find a restaurant of that name in Melbourne's bohemian and retro centre.

In the kitchen, Gerasimos Stamoulis and Flora Karanikos conduct a diverse kitchen crew to produce the same high standard of Greek offerings inherited from previous chefs and owner's parents. Unlike the 'Press Club', the food here is rustic, traditional and adheres to the time-honoured tradition of 'like Grandma used to make'.

When you walk inside, you are transported half way across the world to any number of eclectic Greek tavernas. It is often busy and buzzing with a diverse crowd of diners and of course the odd extended Greek family. Whether Asian, European, of African; all the patrons seem to let their hair down and enjoy the ride.

The food is delicious, plentiful and varied. The usual offerings of dips and smaller dishes called 'mezedes' are many and diverse. The lemon baked lamb is exceptionally flavoursome and carefully prepared, as is the succulent and extremely tender roast kid of goat. Meat and seafood platters are generous in size and the produce is fresh. Desserts include baklava, galactoboureko and a few Ottoman offerings. The main problem with this restaurant is choosing what to order and praying you have enough room to sample desert. If you leave even vaguely shy of bursting at the seams, then you have failed the dinning experience.

The service is happy, attentive and light hearted. Although the wine list is a standard array of medium Australian varieties, there are some great Greek beers on offer, including 'Alpha Beer' – which rivals some of our home grown best.

It is the ideal place for a rowdy group that wants to feast and drink away a long leisurely lunch or tuck into a hearty dinner. The only shame is that there is no live Greek music; however, the atmosphere is as authentic as the food never the less.

Open	Dinner; every day from 5.00 pm to 1.00 am Lunch; Wed, Thurs, Fri 12.00 pm to 3:30 pm and all day Sunday
Prices	Entree \$7-\$21.95; Main \$19.95-\$69; Desert \$8.50-\$19.95; Banquet \$45
Cards	AE, BC, DC, V, EFTPOS
Wine	Standard Australian, some Greek varieties; BYO
Owners	George and Flora Karanikos; Les and Vicki Thomaidis

Seats 200; private room



Save up to

HALF PRICE

on London theatre



westendtheatre.com
tickets for less

www.westendtheatre.com

www.westendtheatre.com/qmagazine

in bed: with BEN

Can Facebook be Fatal to Your Career?

Remember that innocent photo you posted up of that not so innocent weekend on your Facebook profile? Yup, you know the one, where you're bent over...You catch my drift. Is it really that innocent after all?

With numerous sackings occurring due to bosses and colleagues being exposed to workmates photo's and comments on Facebook, have people really got the message when it comes to using social media?

Social media has changed the way we interact forever. Our personal lives are splashed all over the internet for others to see. Yes, you can change your privacy settings and yes you can block people from seeing your profile but the one thing you can't do is prevent your friends (or so called friends) from telling others about what you're posting online.

I recently had a situation where an individual approached me to speak at one of the many business events I am involved in. As with any professional I deal with I always conduct my background checks to see if they're credible and they are who they say they are.

I Googled her name and also checked to see if she had anything posted up on Youtube and/or Twitter. She sure did! She had filmed a video of her running late to speak at a business event. The video of was her literally running down the street with two minutes to spare before she was meant to be in front of her audience calm, relaxed and poised and ready to go. I personally would have thought that she could have run a lot faster without the damn camera in her hand interviewing herself!

When I questioned her about the professionalism of this video she decided to hop on Twitter and start bagging me without using my name (and boy oh boy was it clear that she was talking about me.)

It gets worse. She was a supposed professional on personal branding and the art of managing one's profile online. Go figure!


How did I manage it? I picked up the phone and spoke to her directly. This behaviour was not only unprofessional it was outright insulting. She was flabbergasted that she wasn't shielded by her computer screen. It was a good 6 minutes before she eventually apologised to me directly.

Her excuse; "I posted it in the heat of the moment!" Unfortunately for her, for me and for you, posting something in the heat of the moment won't comfort you if you lose your job, friends, clients or screw up your career progression because of it.

My motto; Tweeting when angry is like driving when drunk, it's going to end in a car crash.

Next time you post something online genuinely ask yourself if it could impact your career, if not now but in the future. Who knows your next boss just maybe your friend on Facebook today but if you post up what you're thinking of posting, you may just never know!?






MANNHAUS[®]

Leather. Rubber. Lifestyle.

www.mannhaus.com.au



130 Hoddle Street, Abbotsford
03 9416 4800

For Your Lifestyle

Simplicity

Stylish

Natural

Pure

Unfussed

Understated

Freedom

Soulful

Private

Unique

1:10

X2
RESORTS

A new measure of luxury



X2 (pronounced cross-to) was determined to not only break out from the traditional design concept of tropical resorts in the region but also redefine luxury in completely new terms, and cross to (X2) a new dimension of luxury...designed for the spirit.

Designed for The Spirit

www.X2resorts.com

Bangkok Sales Office

180/9 Level 3, Wireless Road (Sarasin), Lumpini, Pathumwan, Bangkok 10330 THAILAND

T +66 2696 8239 F +66 2696 8202 E info@X2resorts.com

ASTUDO
HOTEL & RESORT GROUP

A MEMBER OF
DESIGN HOTELS

U+U
LUXURY HOTELS

kiwi
LUXURY HOTELS



The Everlasting Commitment.....

Every year more and more gay and lesbian couples are heading to the beaches of Thailand to tie the knot. Seeking to get married in an exotic location where the experience is intimate, the surroundings are stunning and the culture plays a big part in the overall ambience. But gone are the days where your tropical beach wedding was unique because now all most all resorts located on the beach are churning out the "cookie cutter" beach wedding where every event is standardized and the choice between A or B is the only thing on offer.

Seeing the direction of where tropical beach ceremonies in Thailand are heading X2 Resorts (pronounced cross-to) are determined to be different. X2 Designer Events are a breath of fresh air. This 5 star designer resort chain aims to embrace the surrounding environment to tailor your wedding unlike no other. Our attention to detail and our eye for design will see your wedding pictures worthy for the next issue in Vogue.

However, we believe that an event at X2 is not solely focused on the ceremony alone, but the surrounding celebrations and experiences that make this event so memorable for you and your guests. So enjoy your wedding event in style and for the few days you and your guests celebrate at X2, experience the fun, indulge in the luxuries and relax in the privacy of what can only be described as the X2 experience.

We work with you, for you, to design your wedding dreams. So make your event a statement, have guests attend with jealousy and create an impact that will have everyone talking about your wedding with envy for years to come!

"Delivered seamlessly in style with you in mind by listening, planning and then executing memorable events – the bounds of which are only limited by your own imagination."

X2 Resorts, member of Design Hotels, are located in 3 breathtaking locations in Thailand – Kui Buri (Hua Hin), Koh Samui and Rayong. To celebrate your wedding at X2 Resorts or to simply just enjoy your partners company, call +662 696 8239 or email crm@astudo.com.

q whispers: with ADDAM STOBBS

No longer "Suffer the children".

In the whole media universe of visibility, identity and community, it's the gay 'children' who are currently being represented very positively.

There seems to have been a renaissance in the media portrayal of younger homosexuals. Rather than having them as "objects d'art noir" there seems to be celebration of their queerness rather than an objective appraisal.

There are four examples I'd like to examine. The first is Justin Suarez (Marc Indelicato in Ugly Betty). Even though, as far as I recollect, there is no mention of "gay" in the dialogue, it's very overt, and everyone seems to accept him exactly for who he is. Even his Latino machismo dad, who died early in the series, seems to have no problem with Justin's stereotypical effeminate outgoing personality. They are all happy with him "just the way he is". There was only one slightly negative incident when he was put down by some of the rough kids at school when he went out on a date with another boy at school. Justin is completely cool about his sexuality.



Marshall Gregson (Keir Gillchirst in The United States of Tara) is something altogether different. He's nervous about who he is and he seems to be very vulnerable. He wets the bed and seems very uptight and anxious, but who wouldn't having Tara (Toni Collette) as a mother, with the Pandora's box of Alter egos that manifest themselves as different people, even one who is a homophobic Vietnam veteran. However, the overall feeling in the show is not one of questioning or worrying about sexuality. It's about the difficulties Marshall has connecting with other males, many of whom seem to have some form of sexual ambiguity. There's not one hint of "Faggot". It's brilliant.

It's a similar story for Kurt Hummel (Chris Colfer in Glee). The issue of sexuality is a huge one for Kurt. He is bullied, has a clutch of fag-hag girlfriends, dresses effeminately, and had to tell his super machismo dad he was gay. His father catches him dancing in a leotard with two girls to Beyonce's "Single ladies". The rough neck dad looms over him, and somehow Kurt ends up being on the school football teams. They are hopeless, so in a desperate attempt to teach them co-ordination he teaches them a very effeminate dance (similar to Beyonce's in the Single Ladies Video clips). Somehow he manages to score and save the team from another humiliating defeat. It makes his father very proud and Kurt uses this as the point to tell his dad he's gay. It turns out his dad already knew and gives him the "you're ok, you're my son and I love you" response.

Not so easy for poor Megan (Natasha Lyonne in "But I'm a cheerleader"). Everyone except Megan herself knows she's a lesbian, so the tables are turned. Instead of the child having to out themselves to the parents, the parents have to out the child to herself. Not to fear, they have also found the solution and send Megan off to an ex-gay boot-camp, where they can expunge the dreaded homosexuality in a group, self-help style. The whole movie is a spoof and a send up of the ridiculous ex-gay phenomenon. The message is vibrant and uplifting, despite its grizzly setting. The core message is, no matter how much they want you to change, they are the ones who need to change. They need to change their attitudes, not you.

All of these four examples have ushered in a new look at the child homosexual. There's no shame, or "something wrong" with them. The message is (almost) there is something wonderful, unique, beautiful and different about them and they are special.

The translation of the sub-text says to me that if, in westernised modern cultures, someone has a problem with your homosexuality, it's their problem and not yours. It's only when they try to make it your problem should it concern you. (I've drawn a bit of a long bow here, but you get the gist).

The other notable aspect about homosexuals in popular culture (TV and movies) is that it is either full on ("Queer as Folk", "Will and Grace", "Queer Eye", etc.), or tokenistic. Tara, Glee, Betty have homosexuals in them but highly over-characterised. They fit the stereotypical images that we've become used to. The three homosexual boys portrayed in these shows are slightly, or maybe very, effeminate or strange.

Thinking about how young people exist in our community. Now for the controversial bit. I have made an observation. I think that we have created a society where we foster and mollycoddle young people too much. They often haven't had to face the years of in-your-face hatred. I suspect that they don't need or want "community" as much as older homosexuals. Ironically, I will never forget the sense of community one of my trainees at Joy experienced. When Petro went to Pride March, he told me it was the most awesome experience of his life, while decrepit old queens like me were whinging about having to attend another community festival/event/march. It's not all about us. It's for them, and we have to be there for them. I am, and I am very proud of all the "gay children" who go through their coming out crises and join us.

The Body Smoothing Specialists by men for men
Be pampered with our extended range of
beauty therapy solutions
so you look your best for summer



waxing
 facials
 massage
 spray tan
 solarium
 hydrotherapy spa*
 dt and c-in2
 underwear

Moving
December 2009*
14 Williams Road
Prahran



Heavenly Solutions

13 Izett Street, Prahran
 Phone: 9510 3344

www.heavenlysolutions.com.au

OUR COMMUNITIES OUR VOICES OUR NEWSPAPERS!



Sydney Star Observer

Australia's oldest and most trusted.
www.starobserver.com.au

southern star

Melbourne's newest community voice.
www.sstar.net.au

q fitness: with CHRIS GREGORIOU

20 Ways to lose your gut

Want to lose the love handles? Look no further, with a variety of grab sized tips to get rid of the bulge.

It's very common for people to be unhappy with their tummy. No matter how hard you try to change it, do you find that there is a stubborn layer that just does not want to leave you? So how can you part ways with that stubborn tummy, without taking a drastic approach and going on a fancy diet, detox or performing over the top workouts? With the right types of exercise, a simple food plan, and a handful of these tips, you will have a flatter stomach in no time.



Exercising

Strength training with compound exercises are a fantastic combination for you! Strength training is exercise that uses resistance to strengthen and condition your musculoskeletal system. Apart from helping you look great you gain an increase in metabolic efficiency (your ability to burn excess calories). Even after several hours of this kind of training, (even while you sleep), your body continues to burn off excess calories.

Compound exercises are resistance exercises that target more than just a single body part.

Saving you lots of time, this method of training also improves balance and co-ordination, works core stabiliser muscles (for more abs and lower back strength) and helps provide a better posture

Some of these include:

- 1) Squats 2) Dead lifts 3) Step ups 4) Chin ups 5) Push ups 6) Push ups

Leg based exercises are terrific due to the large amount of muscle volume utilised in a single exercise (such as squats), burning you lots of calories while performing the exercise. Oh a word of caution, be very careful when performing squats as you must have your technique correct otherwise its easy to sustain an injury.

It's important to note some of the least effective exercises. These include:

- 8) sit ups 9) crunches 10) ab machines (like the ones on TV)

Also, don't want to waste your time and money on:

- 11) "extreme fat burning pills" 12) fancy shakes 13) fad diets 14) detox programs.

So if you want to lose fat or change your body, one of the most important things you can do is strength train. What you consume is equally just as important.

Your Diet

A healthy balanced diet contains a variety of food types, including fruit, vegetables, starchy foods such as wholemeal bread, wholegrain cereals, protein rich foods such as meat, fish, eggs, lentils and some dairy.

Aim to:

15) Reduce your sugar and saturated fats 16) Consume complex carb's (these are necessary for your health, because every cell in your body uses them for energy. In fact, your brain can only use carbohydrates for energy. Starve yourself of carb's and your not only starving your body but your brain. Looking at it simply, these are foods in wholegrain form such as wholegrain breads, oats, muesli and brown rice. 17) Eat more fish and lean meat 18) Drink plenty of water (8 glasses a day as a guide) 19) Don't skip breakfast (kick start your metabolism, energy for the morning, fuel for your brain)

Overall, aim to: 20) Burn off more than you consume

The healthiest way to lose weight is neither via crash diets nor bursts of exercise. The body likes slow changes in terms of food and exercise.

Quite simply, become more active and follow these tips. It wont take long until you feel all the benefits! Enjoy your summer!

q youth: with TASMAN ANDERSON

Bright red blush, High heel boots, baggy cargo pants and long bandages. No I'm not describing a hen's night ending in disaster, I'm talking about young men and women who choose to dress as the opposite sex – commonly referred to as 'Drag Queens'.

For those who are unaware, a drag queen is a person, usually a man but sometimes women, who both dress and act like the opposite sex, often for the purpose of performing. There are many kinds of drag performers and each vary substantially from professionals who have starred in movies to people who just like to try it out. Many may also dress in drag as they feel they were born the wrong sex.

"I like cross dressing occasionally," said seventeen year old Geoff Edwards. "I like the way make up makes me feel and I don't see anything wrong with it. Why can't I pose for MySpace photos like so many other popular drag queens"



MySpace, which is a social network that reaches over a million people worldwide is now home to fashion savvy cross dressers who wish to show off their makeup and outfit designs. Many are indecisive as to whether cross dressing is acceptable for teenagers or whether it's a cry for help. Popular MySpace celebrity Jeffree Star is among the many celebrities who have influence teenagers to dabble into cross dressing. The famous model, fashion designer, make-up artist, DJ and singer has embraced the drag queen style by adapting his look to include bubblegum pink hair and pencilled on eyebrows.

Another similar network born celebrity is that of Chris Crocker, who became famous early last year for his ever popular 'Leave Britney Alone' video that appeared on YouTube. Crocker, who often dressed as a woman and styled his hair as such began to influence the younger generation, teaching them about his political views on societal issues and of course, how to apply makeup. With dress wearing men becoming our children's newest role models, it's no surprise that parents have begun to worry about whether celebrities these Crocker and Star are really necessary.

"It's hard to dress how we want," said sixteen year old, Leigh Rouw. "Because when people like me want to wear girls clothes, make up and grow our hair long; we get ridiculed by our parents and even if they get used to it, you still have that thought in the back of your head telling you that they're disappointed in you."

Even with parents fretting over their child's recent fetish for the opposite sexes clothes, cross dressing can be beneficial as it allows many gay youths to discover who they really are and whether they were born the right sex. Many transsexual beings began cross dressing to better understand which sex they best identified with before they began the necessary surgeries.



The last thing self described drag queens or in the closet cross dressers are going to need is to feel like they are the only ones feeling the way they do or the only ones wishing they had a different set of genitals. With this in mind, several hotlines have been set up to help gay and transgender youths find their true identity, such as the kids help line; which can be reached on their 24 hour toll free number; 1800 55 1800 or the Lifeline hotline on 13 11 14 because EVERYONE has the right to feel accepted.



Subscribe to Q Magazine

Have Q Magazine posted to you on a monthly basis for only \$36 / year. That's a full year of Q Magazine, home delivered for only \$36. Send your money order now to Q Magazine P.O. Box 7479 St. Kilda Road VIC 8004 - clearly listing your name and address so we can get it all happening for you.

q win: CLASSIC VIDEOS & ELIZAS

Elizas on the Murray

A place of rest and tranquility, Nine gorgeous and luxuriously appointed Villas nestled into a beautiful garden. The Villas are self contained and offer the best accommodation on the Murray, whether it be Rest and Relaxation or Golf, Tennis and Water Activities or maybe just enjoying all the fantastic local attractions. Tocumwal is a year round holiday destination for all ages.

Within Walking distance to the Golf Club, Sandy Beaches, Local shopping and in close proximity to Wineries, Historic pubs, Antique shops, and many more local attractions, Eliza's on the Murray provides the perfect location for your next getaway, whatever the occasion. Go to elizasonthemurray.com for further information.



Simply email getfree@qmagazine.com.au with **elizas** in the subject line, telling us in 25 words or less why you should win a two night weekend package with late checkout in the Deluxe Spa Villa just in time for Christmas. This competition closes at the end of this month.



Benny Hill

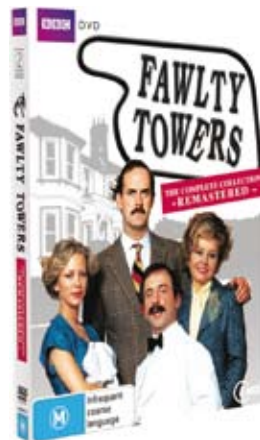
For nearly four decades Benny Hill reigned supreme as the King of Comedy on British television. Undoubtedly, out of his entire body of work, it is the shows that he did in the 1970's for which he is best remembered, confirming him as a comic genius. With their combination of high-speed farce, risqué jokes and beautiful ladies, it is these shows that turned him into a global superstar.

This is classic British comedy at its best.

Simply email getfree@qmagazine.com.au with **benny hill** in the subject line to see if you are one of five lucky winners of this release.

Fawlty Towers

The jewel in the BBC comedy crown - and the perfect vehicle for John Cleese's comic brilliance - everyone loves Fawlty Towers — except the poor, abused guests ... The world owes a great debt to an anonymous Torquay hotelier whose rudeness and incompetence inspired one of the most celebrated TV series of all time.



Simply email getfree@qmagazine.com.au with **fawlty towers** in the subject line and you could be the proud owner of one of the five copies we have up for grabs.

Underbelly - A Tale of Two Cities Steel Book

The second series in the Underbelly phenomenon, tracing the war to control Australia's illegal drug industry in the late 70's/ early 80's across Sydney & Melbourne. Includes an exclusive 5th Disc: Underbelly 2 Uncut "Behind the Scenes" — a 50min Never Seen Before doco that goes inside the hidden world of Underbelly & behind the scenes during series production.

Simply email getfree@qmagazine.com.au with **underbelly** in the subject line and one of the five copies we have could be yours.



* 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.

q announcements: SONY MUSIC

WORLD RENOWNED SINGING SENSATION SUSAN BOYLE ANNOUNCES HER HIGHLY ANTICIPATED ALBUM DEBUT: 'I DREAMED A DREAM' AUSTRALIAN RELEASE: FRIDAY 20TH

Singing sensation Susan Boyle, who shot to stardom after appearing on Britain's Got Talent, has announced the release of her debut album 'I Dreamed a Dream', to be released in Australia on Friday, November 20th.

On her first audition on the hit show Britain's Got Talent, Susan became an instant star and made internet history with over 250 million hits on YouTube.

Susan wowed audiences across the globe and since the show's finale in May the world has eagerly awaited her next move.

Susan has been working with renowned producer Steve Mac and the album 'I Dreamed a Dream' is worth the wait.

Susan has just debuted her new material on the finale of America's Got Talent with a stunning performance of the Rolling Stones classic, Wild Horses. Seen by over 25 million viewers in the US, Susan was accompanied by a full orchestra and earned a standing ovation, moving many audience members to tears.

This was Susan's first visit to the US and she was swamped by media on arrival at the airport.

'I Dreamed a Dream' is already #1 on the pre-order charts in the US and the album is expected to be a massive seller this Christmas.

Go to www.susanboylemusic.com for more updates.



A promotional poster for Eagle Leather. The top half features a large, stylized 'NOVEMBER' in a light blue font. Below it, the text 'IS EAGLE MONTH' is written in a bold, metallic font. A small logo of a kangaroo is visible in the top left corner. The central text reads '10% off all Australian Made products from 1 to 30 November'. Below this, it says 'Look for the Australian Made logo online and in store to identify products. Conditions apply.' The bottom section features the 'EAGLE LEATHER' logo in a bold, black font with a red underline. Below the logo, the address '58 Hoddle Street, Abbotsford VIC 3067' and phone number 'Tel (03) 9417 2100' are listed, along with the website 'Shop online @ www.eagleleather.com.au'. Two men are featured in the image: one on the left wearing a black leather vest and another on the right wearing a black leather jacket. A small logo for 'SPIKERS' is visible in the bottom right corner. At the very bottom, it says 'Extra special Eagle Week 15 - 21 November - check our website for details. Includes feast day, seminars, Leather Forum, Ligatio at Club 80.'

A logo consisting of a large, stylized blue letter 'Q' on the left. To its right, the words 'smart', 'sexy', 'contemporary', and 'proudly gay' are stacked vertically in a sans-serif font. The entire logo is enclosed in a thin black border.

q scene: **OUT & ABOUT**





Greyhound



Greyhound

Need the Dentist?
Cleaning
Whitening
Emergency
Appointments:
Ph 9318 5599
Hampstead Dental
www.hampsteaddental.com.au



Greyhound



Greyhound



Greyhound



Greyhound



Greyhound



Greyhound

q scene: **OUT & ABOUT**





Neverwhere



Neverwhere



Neverwhere



DTs



DTs



DTs



DTs



DTs



DTs

q scene: **FLAMINGOS OPENING**

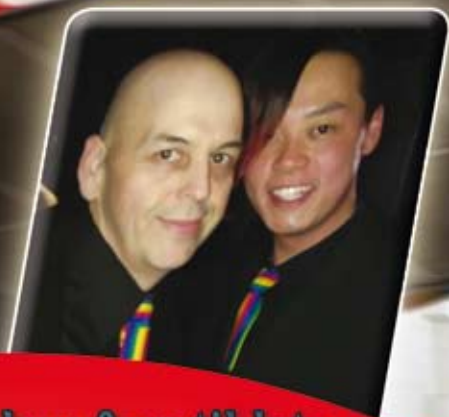




FLAMINGOS DANCE BAR

201 Liverpool Street, Hobart

www.flamingosbar.com



Fridays 9pm til late
Saturdays 10pm til late
Sundays 4pm til late

Resident & Guest DJs
Drink specials
ALL Welcome

q music: **BEAT BROKER BOYS**

Red Bantoo 'Yesterday To The Rescue' Album & Tour - Record label: Hydrofunk Records / MGM. Having worked alongside some of Australia's premier musical artists, the dynamic duo Red Bantoo are bursting onto the Australian music scene with a star studded debut. Collaborations over the years with the likes of Regurgitator, Resin Dogs and The Bird have seen the members of Red Bantoo grace stages like the legendary Glastonbury Festival to our very own Big Day Out.

Red Bantoo's debut album 'Yesterday To The Rescue' is the latest gem released through the always reliable Hydrofunk Records. A potent fusion of Electronica, Jazz and beat driven, soulful tones, Red Bantoo are taking their captivating live show around the country on a string of album launch dates in the coming months.

Production expert Si Fixon aka Simon Durrington and keyboard maestro Dan Brown are the eclectic and boundary pushing duo that is Red Bantoo. Over the years they have been garnering the attention of some Australian industry heavyweights including El Gusto of Hermitude and Dave Atkins of Wolfmother/ Resin Dogs fame who have both worked on tracks from the album. In conjunction with such recognised talent, Red Bantoo have also enlisted a string of local artists from the Byron Bay area to effectively create a showcase of local talent including vocalists Sonia Leeson and Shelley Hughes with Stuart Currie on the trombone and Ben Blay playing alto sax.

Created in the perfect beachside backdrop, 'Yesterday To The Rescue' is an album made to chill to that still has a beat driven heaviness. Reminiscent of artists like St Germain and Mo Horizons, the handpicked vintage samples and crafty beats combine vibrant live elements for a modern, innovative and atmospheric sound.

The first single from this very suave, down tempo album is the appropriately titled 'Breeze'. A soundtrack for summer with a distinctly reggae feel, this is no surprise considering the golden beaches of Byron Bay where the song was written. This track is a perfect example of the wealth of talent that appears across the album.

Live, Red Bantoo brings their years of experience to the table resulting in a dance floor friendly and rich musical experience. The guys take a seasoned mixture of sequenced and live music to create sets that are guaranteed to impress.

'Yesterday To The Rescue' is a highly talented and original debut. With it, Red Bantoo combine world class talent while distilling the essence of the Byron Bay area to create an album that is smooth and charismatic - pure quality, all class.

Tour Dates

- Saturday 31 Oct, Island Vibe Fest, Minjerribah, QLD – DJ Set
- Sunday 1 Nov, Island Vibe Fest, Minjerribah, QLD – FULL BAND (last set after Charli 2na)
- Friday 4 Dec, Beach Hotel, Byron Bay



Q MAGAZINE



Gay and Lesbian Lifestyle at its Best

Call today to find out how
cost-effective advertising in
Q Magazine can be.

Available Nationally
in all the best places
and throughout the
World on the web

smart
sexy

funny
contemporary

M: 0422 632690 F: (03) 9527 1669

E: brett.hayhoe@qmagazine.com.au W: www.qmagazine.com.au

q books: TOM DOLBY'S WORK

Tom Dolby's debut novel *The Trouble Boy* was a bold statement on what it means to be a young man trying to work life out on the streets of New York. His second novel *The Sixth Form* exposed the goings on at an elite boarding school. He recently completed his new novel *Secret Society*, this time taking his writing in a new direction - teenagers. I recently had a chat with Tom, it was a good chance for Tom to share his thoughts on his life and loves.

When did you realise that writing was the direction for you?

I've been writing since I was at boarding school, and after spending several years writing non-fiction for various publications after college, I started writing a novel about a young gay guy making his way in New York City. That became *The Trouble Boy*, my first book.

How confident were you when you finished *The Trouble Boy* that it would get published?

You never really know what will happen to a piece of writing once it goes out into the world. I was always confident that it would be published, but I never imagined that it would touch as many people as it did. I hear back from so many readers, "I feel like you were writing my story," which is really gratifying for a writer.

Book #3 - *Secret Society* is a teen oriented novel, what made you decide to go down this path?

After writing my second novel, *The Sixth Form*, I wanted to try something a little lighter - of course, I ended up writing a murder mystery! But *Secret Society*'s been a lot of fun and has given me the chance to explore a new genre.

Do you ever feel that you could be pigeon holed as a gay writer and how does this affect you?

I think every writer who is gay feels this - ultimately you just have to write what you feel like writing and not worry about how people label it.

Is your next novel a teen novel or will you go in another direction?

I am currently working on the sequel to *Secret Society*, which will be released in 2010, and I am also working on a novel for adults.

Tell us what else Tom gets up to besides writing?

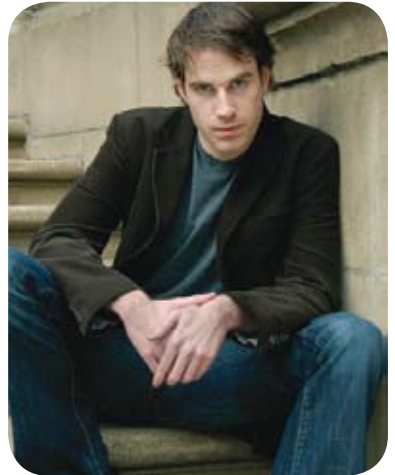
I like to see a lot of films, and spend as much time as I can at our beach house on Long Island.

You've had a varied upbringing being born in London, growing up in San Francisco, studying at Yale and living in New York, did this shape the man you have become?

Absolutely - all these experiences have shaped me as well as my work. I think writers are always working out stuff from our different "lives" in our writing - I know I certainly have, writing about New York City and then writing about boarding school.

You're engaged, tell us about your partner and when you two plan to tie the knot as many places in the US do not allow this, what are your thoughts on gay rights?

Drew and I actually got married legally in Connecticut earlier this year, as it is one of the few states that allow gay marriage. We are celebrating in the fall with family and friends in California. Drew is a writer as well. We're both very passionate about the issue of marriage equality. I believe it is only a matter of time for us to have equal rights. We need to do everything we can, first, to contribute to the issue, wherever we live, but also to live openly and proudly. If you want to get married, get married! The law will catch up with all of us.



q circus: THE 2009 SHOWCASE

CIRCUS STARS OF TOMORROW STEP INTO THE SPOTLIGHT

National Institute of Circus Arts (NICA) presents NICA CIRCUS SHOWCASE 2009 - The best on show 4 – 12 December.

Graduating students from the National Institute of Circus Arts (NICA) step into the spotlight to perform their finely-honed solo acts that are a culmination of three years of intensive circus training and tertiary study.

Three years ago they were just fifteen spritely and peculiarly bendy young people. In December they will emerge as the next generation of NICA's Bachelor of Circus Arts graduates and tomorrow's most exciting circus stars. CIRCUS SHOWCASE 2009 will transform the state-of-the-art NICA National Circus Centre into a decadent carnivalesque world that invites the audience to get up close and personal with the performers in the intimate Spiegeltent-style setting.

Experience entertaining, high-energy circus that features acrobatics and hand balancing, dance trapeze, ladder juggling, contortion and the most dazzling hula acts in town. Highlights include the award-winning rope and tissu act by Julian Aldag and Billie Wison-Coffey who earned a Bronze trophy at the prestigious 4th World Festival of Circus Art in Moscow last week. Jessica Ward's sassy combination of elegant contortion with hand balance is a tantalizing act that is a little bit sweet but oh so sour. The 'Circus Firemen', Joshua Philips and Idris Stanton take fire juggling to its comical extreme atop dangerous balancing ladders. Caz Walsh and Hannah Cryle horse around as two young fillies, striving to out-manoeuvre the competition with their comical and slightly absurd double trapeze act.

NICA is Australia's only centre of excellence for professional training in contemporary circus arts and physical theatre and has established itself across Australia and internationally as a leader in professional circus training. Since the course began in 2001 graduates have gone on to work for Circus Oz, Cirque du Soleil, Tokyo Disney, Cavalla, Circa, Spiegeltent, La Clique and Silvers Circus, as well as forming new innovative circus companies.

NICA Director & CEO Pamela Creed says "CIRCUS SHOWCASE 2009 is a great opportunity to witness the talents of this years' graduating students performing acts they have devised themselves. Their fresh interpretation of "circus" combines outstanding technique and creativity in a visually stunning performance that is captivating and mesmerising."

The future of circus in Australia is looking very bright and is here now. Come and be dazzled!" Go to www.nica.com.au for further information.



PLAY live

LISTEN up

Heavens Door & Neverwhere are teaming up to

save the dolphins Japan

SATURDAY NOVEMBER 21

dj rod g
& destiny forbidden
@ Heavens Door
Gold Coin Entry

richard watts
& dj white whiskers
@ Neverwhere
\$5 Entry

During drive hunts, fishermen panic and confuse migrating dolphins and other small whales with loud banging on metal pipes. They herd the dolphins into shallow coves and butcher them brutally. Every year, over 20,000 dolphins and other whale species are killed this way including, bottlenose dolphins, striped dolphins, spotted dolphins, Risso's dolphins, short finned pilot whales white-sided dolphins, and false killer whales. Dolphins are intelligent, self-aware mammals with bonded social interactions.



All Proceeds go to
Save Japan Dolphins



HEAVENS DOOR

143 Commercial Road
South Yarra
heavensdoor.com.au



Neverwhere
185 Smith Street
Fitzroy
neverwhere.com.au


gaydar.com.au
what you want, when you want it

LISTEN UP!



MISS LOTUS

asian drag or trans performer
Nov 4th & 18th



**MR RICE
QUEEN**

caucasian guy into asian guys
Dec 2nd & 16th



MR LOTUS

most popular asian guy
Nov 11th & 25th



**FRIED RICE
AWARD**

asian group performance
Dec 9th

HEAVENS DOOR PROUDLY PRESENTS THE

LOTUS A W A R D S

2 0 0 9

BEGINS NOVEMBER 4th 2009

HOSTS Anita Mooi // Miss Man // Sherin Sequin // Wilma Fingerdo

OVER \$6,000 in prizes including Thailand holiday, cash, paid gigs & beauty services

REGISTER AT www.heavensdoor.com.au or email chris@heavensdoor.com.au

MAJOR SPONSORS:

ASIAN TREASURE • NEVERWHERE • FLAMINGOS • Q-MAGAZINE • PHANU HAIR STUDIO
CREATIVE DANCE CO. • HEAVENLY SOLUTIONS • TEN PLUS • INYA • WON TU TU

