



APRIL 2010

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*



featuring
THE PRODUCTION
COMPANY



POOFS 'n' POLITICS

have **YOUR** say

*As a minority community
there are times where our views and
opinions as citizens are treated
with less respect and value
than the general community
by those who are elected to Parliaments
at both State & Federal levels.*

**Our votes should not
be taken for granted**

*Despite the title
EVERYONE in the GLBTIQ community
is encouraged to participate at:*

www.poofsnpolitics.org.au

q comment: BIRTHDAY TIME

It delights me to announce that Q Magazine's first issue was way back in April 2004 and that this issue marks the beginning of our seventh year.

I want to again thank those people (writers, contributors, advertisers, publicists and the like) who have made the ride a truly enjoyable one. Without these incredibly generous people and YOU our loyal readers Q Magazine could not do it.

The support we have had from people throughout Melbourne, Australia and the world has been amazing and humbling.

I look forward to continuing to bring you Q Magazine on a monthly basis and hope that you continue to enjoy the articles, information, news and special features presented on a monthly basis.

Please enjoy your April Issue of Q Magazine.

In other news, ABSOLUT VODKA is proud to introduce 'ABSOLUT NO LABEL', a bold and innovative project where the brand is challenging labels and prejudice about sexual identity. This limited edition ABSOLUT bottle - with no label and no logo - has launched in Australia as a visionary manifestation of a world where no labels exist.

"It's a bold move, and I'm sure the bottle feels a little naked going out without its traditional label!" said Glen Brasington, ABSOLUT Marketing Manager, Pernod Ricard Australia. "We are launching a bottle with no label and no logo to manifest the idea that, no matter what's on the outside, it's the inside that really matters.

The limited edition bottle is available in select outlets in Sydney, Melbourne and Brisbane, including travel and duty free stores until stocks last, featuring the unique and familiar original ABSOLUT bottle - designed by Swedish designers Gunnar Broman and Hans Brindfors in 1979 - but without the ABSOLUT logo and label. A discrete and easily removed sticker with the campaign manifesto encourages consumers to discard their labels and to visit absolut.com/nolabel - a dedicated blog discussing labels and prejudice associated with the GLBT community.



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



q feature: THE 2010 SEASON

Jeanne Pratt AC, Chairman of The Production Company has announced her Company's 2010 Season.

'It's our best yet!'

"Our three shows this year comprise an Australian premiere, Sugar, an all Australian musical, The Boy From Oz, and one of the greatest classics from the Broadway stage, Rodgers & Hammerstein's The King And I.

Starring in our 12th season of musicals are many of Australia's best known names in the musical theatre business, and once again, we have hired this country's leading creative artists to stage them for you.

Todd McKenney is making his debut with The Production Company as Peter Allen in The Boy From Oz. Amanda Harrison returns to the company to play Liza Minnelli. Amanda has played Elphaba in Wicked for the past eighteen months. This new spectacular concert version of The Boy From Oz, originally created by Nick Enright is directed by Australian show biz legend Nancye Hayes. John Foreman is musical director and Andrew Hallsworth is choreographer.

I have always wanted to stage The King and I for you. One of the most popular musicals ever written, it stars Chelsea Gibb as Anna, Juan Jackson as The King, with Silvie Paladino as Lady Thiang. Terence O'Connell directs this new staging and Alana Scanlan choreographs. Musical direction is by Rodgers and Hammerstein specialist Peter Casey.

We are finishing the year with one of the great comedies, Sugar, based on one of my all time favourite movies, Some Like It Hot, starring Jack Lemmon, Tony Curtis and Marilyn Monroe. Music is composed by Jule Styne, whose works include Gypsy and Funny Girl. Helpmann Award® winners Mitchell Butel and Matt Hetherington will play the comic dual roles of Jerry (Daphne) and Joe (Josephine). In the role of the sexy songstress, Sugar Kane, is Christie Whelan fresh from her huge success in the role of Janet in The Drowsy Chaperone. Adam Cook, artistic director of the State Theatre Company of SA returns to direct and Christopher Horsey will choreograph.

With this new season I am so proud to be promoting local creative talent in new stagings of these three brilliant musicals. For the last twelve years we have offered professional engagements to hundreds of artists living here in Melbourne. We have the pleasure of watching many of them go on to major careers in this industry. Equally important, we are entertaining tens of thousands of people with a thrilling musical theatre experience. We do everything possible to make these musicals as affordable and accessible as we can, with the cost of a subscription to all three shows as little as \$102, less than the cost of ticket to a single performance of most commercial musicals!

I look forward to seeing you at the State Theatre."



season 2010 DATES

THE KING AND I – State Theatre 14 - 17 July at 7.30pm, Saturday 17 July at 2pm and Sunday 18 July at 3pm.

THE BOY FROM OZ – State Theatre 18 - 21 August at 7.30pm, Saturday 21 August at 2pm and Sunday 22 August at 1pm.

SUGAR – State Theatre 29 September - 2 October at 7.30pm, Saturday 2 October at 2pm and Sunday 3 October at 3pm.

To subscribe to all three shows call (03) 9247 4800 or email admin@theproductioncompany.com.au OR you can book for any show by calling 1300 182 183 or go to www.theartscentre.com.au



q community: AROUND THE TRAPS

OutWestMen goes Commercial

OutWestMen are pleased to announce that they've found a new safe space; The Commercial Hotel, 238 Whitehall Street Yarraville.



Jonathan and the staff are excited to have them there in their own bar room upstairs.

It's a small bar with great atmosphere, a private smoking balcony, toilets and of course your wonderful friends and mates of OutWestMen!

A few minor changes mean they get their own space again for a few hours then they can go downstairs for the drag show or enjoy the massive beer garden.

To gain free entry, you need to be there after 8.30 and before 9. Get there after that and its \$5 to get in and they'll take a pretty pic with a copy of your id. Why? Well, to help control some past behaviour, they have implemented this to great success! Anyone that causes trouble at the surrounding pub's can be barred from entering, and vice versa. A great way to ensure everyone can play nicely. It is a mixed crowd Saturday nights so you can get your friends to meet you there before or after the OutWestMen's own bar space upstairs.

You enter from the car park entrance, journey through the pub, past the pool tables and head towards Whitehall street, go up the stairs and there you are! The space will happen on the 3rd Saturday of every month. For further information either email outwestmen@hotmail.com or visit their website at www.outwestmen.org

NEW BREAKFAST LINE UP ON JOY 94.9

JOY 94.9 takes pleasure in holding the unique position as the only GLBTI community broadcaster in Australia. JOY 94.9 is your committed lesbian and gay voice for the community, enabling freedom of expression, breaking down isolation and celebrating our cultural achievements and pride.



Adding to the existing diverse breakfast teams of 'Andy and Adrian' and the 'Hump Day Crew', James Findlay and Nath Valvo kick start your week on Monday breakfast with The Glory Boys' and to get you in gear for the weekend Simone and Jo board the 'Friday Express', for Friday breakfast.

Experienced in radio and TV collectively spanning close to 15 years, 'The Glory Boys' are delivering a spectacular show. James' passion for radio sparked at a community station on the NSW South Coast during high school. Whilst at university James volunteered at SYN gaining vast knowledge and experience of on air and producing roles in both radio and television in many programs including breakfast program 'Get Cereal' and 'The Naughty Rude Show'. He is also co-host with Dean Beck on JOY's only sex program, 'Hide and Seek'. Nath's comedy trio 'The Shambles' has screened on Channel 31 since 2004 becoming one of Channel 31's highest rating programs and is aired right across Australia and New York. In 2006, the trio were nominated for an ARIA Award for Best Comedy Release for "THE SHAMBLES: Best of Series 1 & 2". They are currently preparing for their fourth Melbourne International Comedy Festival Show titled "Live in a Ballroom".

The 'Friday Express' team take you full steam ahead on your journey towards the weekend. Simone and Jo engage the audience in interesting, passionate and fun themes. Segments from regular special guests include cooking tips & foods in season, horoscopes, health & nutrition, gossip from gossip guru Mr Rumourliscious and dream interpretation. Friday Express's 'Train spotter' segment invites the audience to text in immediate experiences when travelling on the train and if there are any problems, Simone & Jo will try to provide solutions. This is very entertaining!

JOY 94.9 Broadcast Manager Nigel Slater said, "The 'Glory Boys' have an excellent understanding of the JOY 94.9 audience and have their fingers on the pulse on all current affairs and pop culture. You will enjoy waking up to their antics at the start of each week." He also said, "Simone and Jo" presented JOY 94.9's Saturday afternoon health and well being show, Soul Shift, during summer. This experience ensures Friday Express is an informative, diverse programme, presented in an informative and entertaining style."

If you're not in Melbourne, you can still tune in to JOY 94.9 from their website at www.joy.org.au

Q Magazine - supporting our community

q lifestyle: with PETE DILLON

I have to stop my obsession with cooking shows on television. I recently subscribed to that nonsense of paying for television just so I could have my food porn. I blame Matt Preston, as I do for a number of things, and Pete Evans, who I can never be cross at (must remind him he is taking me fishing).

Food porn is an interesting thing - people find me a little odd, given that I can happily watch Nigella massage a headless dead featherless chicken near to orgasm, that Jamie can lift my skirt just from the fact that he will cook something a bit offally, and every time Heston Blumenthal comes on to the box, I am stiff in the undies. My obsession for food porn needs to be dealt with and I am off to my FP group. Hello, my name is Pete and I am a food porn addict.



It is funny using food and porn in the same sentence, given the orgy of indulgence that was Easter. People munching chocolate until their faces and leggings expanded beyond belief, and others pretending that they don't care for Easter but are secreting away bilbys and Lindt rabbits to eat when the other half is at work or on the loo.

There is a point...Masterchef 2 is about to begin on the box. 50 hopeful Julie Goodwins, or Poh Ling Yeows are lining up to see if they, as ever the birdesmaids must in reality TV, win the second series (2 lindt bunnies to anyone who remembers the winners of Big Brother 2 or the Biggest Loser 2). Not enough guts to enter the first one, but seeing the success of those contestants from series 1 has allowed them to gather the gumption to have a go now. Good for them I say. There will be 14 Vics and 14 NSW's among the many and no doubt, the rivalry will continue through this series. My money is on a young male Victorian (the antithesis of last years winner.)

Entries have been called for Junior Masterchef, and of course we saw super sexy swimmer Eamonn Sullivan take home the gong for the celebrity show last year. All I need now is Masterchef up late, Masterchef uncut and Masterchef Survivor. That should cure my aforementioned addiction to food porn.

I was a recent viewer of My Kitchen Rules. I was blogging for a while, annoyed at the sniping queen from Adelaide, loving eventual winners, Veronica and Shadi, and mourning that the title wasn't taken by Victorians - are they/are they not Clint and Noah. The title should have gone to a Vic couple as we simply have the best food in the world - parochial much?

What did annoy me is that Pete Evans became a sanitised version of himself, and Manu, whilst shedding pounds by the dozen, was allowed to shine. Stand by for the book, the inevitable advertising of paper towels and perhaps a mixed tape not unlike Mr Prestons offering following Masterchef 1. Matt is up for a Logie award in a few weeks and so is the show. I think this says something about a need for food on the television to keep us from all becoming fat bastards. The Biggest Loser is thereto help we over indulgent once we have cooked and eaten everything in sight. Masterchef is there to inspire us to cook and it has done that. It broke all sorts of ratings records and has boy and girls cooking croquembouche and ceviche when they could never as much as spelt them.

I love that there is food porn on the tele - I love that Heston and Nigella and Jamie and all of those cooking types are inspiring people to eat, and I love that the bar is being set higher and higher every time I go to some one else's house to eat.

My name is Pete and I am a food porn addict...and I am more than happy to remain so.

Join me on Cravings every Saturday at 1pm on JOY 94.9 for more foodie business (or listen online). For more info on anything and nothing in particular, pete.dillon@kooki.com.au or 0409142365.

An advertisement for Eagle Leather. At the top, the text "Explore your Latex and Bondage fantasies" is written in a stylized, outlined font. Below this, in a smaller red font, it says "New and Exclusive in Australia to Eagle Leather". The central image shows a person lying inside a transparent, cube-like structure, possibly made of latex or glass, with their arms and legs spread out. Below the image, the text "See The Cube in store now" is written in a large, bold, blue font. At the bottom, there is a red logo for "EAGLE LEATHER" featuring a stylized eagle head. Below the logo, the address "58 Hoddle Street, Abbotsford VIC 3067" and the phone number "T: (03) 9417 2100" are listed. At the very bottom, it says "Shop online @ www.eagleleather.com.au".

Explore your Latex and Bondage fantasies
New and Exclusive in Australia to Eagle Leather

See The Cube in store now

EAGLE LEATHER

58 Hoddle Street, Abbotsford VIC 3067
T: (03) 9417 2100
Shop online @ www.eagleleather.com.au

q music: ISRAELI YEHONATHAN

Openly-gay Israeli singer/songwriter Yehonathan has released *The Remix Album...Remember When* in the US which is available for purchase now at iTunes. Drawing from his existing catalog of songs and the expertise of several of the world's leading remix artists and producers, *The Remix Album...Remember When* is an insightful, sharp, all-dance departure meant to make listeners dance, feel, and think.

The Remix Album...Remember When include several of Yehonathan's MTV/LOGO Number 1 hit singles like "Just another summer", "My Turn", *Across the Universe* remixed by a dream team of producers including Lyrik, DJ Offir Malol, Samuel Blacher, and El-Zi. The lead single, "Remember When", is already impacting radio, with the music video climbing the chart and spinning several times a week on MTV/LOGO's Click List Top 10 countdown.



About *The Remix Album...Remember When*, Yehonathan remarks, "I think it shows different sides of my personality; the romantic, sensitive, angry, nostalgic, and passionate man that I am. It combines intense emotion with provocative lyrics, and it touches on many gay themes without losing a mainstream feel that everybody can enjoy."

Currently living in Israel as an openly-gay man, Yehonathan faces constant challenges in his path to living beyond discrimination and creating music that expresses his passion, freedom, and humanity. *The Remix Album...Remember When* was created in the wake of his mother's death, dealing honestly with deep heartache and loss, as well as the hope of the future and an unstoppable drive to live life openly and with freedom.

Yehonathan is currently booking performances and media appearances in Israel and the US in support of the release of *The Remix Album...Remember When*.



q music: ROGUE TRADERS

ROGUE TRADERS' NEW ALBUM 'NIGHT OF THE LIVING DRUMS' TO BE RELEASED JUNE 2010

The hot new single from electro-rockers Rogue Traders, 'Would You Raise Your Hands?' is the next step in the Rogue Traders' never-ending evolution, part of a new collection of music that marks a move back to the group's club roots, yet loses none of the pop smarts that have seen the band sell over 1 million records worldwide.

The glam inspired electro tune will be instantly recognisable to fans with the line "Unplug the jukebox, do us all a favour" from the Adam & The Ants classic 'Ant Music'. Buoyed by swaggering guitars and chunky synths, 'Would You Raise Your Hands' bounds relentlessly towards its addictive sing-a-long chorus refrain, the song's breathless energy and addictive melodies setting the tone for the upcoming Rogues album 'Night Of The Living Drums', set for release in June 2010.

Rogue Traders have released three previous albums - *We Know What You're Up To*, *Here Come The Drums*, and *Better In The Dark* - yielding numerous hit singles, an ARIA Award, multiple APRA Awards and an MTV Award.



q people: KAYE SERA



BiZARRE Cabaret II. Melbourne's own "Queen of Camp" is at it again ...

Following the overwhelming success of her Midsumma Festival show *Ladies First*, KAYE SERA, Melbourne's own Queen of Camp presents the sequel to her *BiZARRE Cabaret* series. Style around the songs and singers of the 20th century, *BiZARRE Cabaret II* is served up with a generous dollop of camp and an endearing love of the moody chanteuse.

Kaye Sera, one the few Australian drag queens to sing live, unravels the patchwork lives of these singers with irreverent, "quick unpick" camp humour. Ella Fitzgerald's shocking perspiration problem, Billie Holidays many lady loves, Marlene Dietrich's bag of glamour tricks, Edith Piaf's "cougar" sex drive - these iconic singing stars of the last century were not only great because of their songs but because they were defiantly human.

BiZARRE Cabaret II is the second piano bar season in Kaye Sera's very own home. Inspired by *The Butterfly Club*, Kaye Sera's *BiZARRE* brings new meaning to the word intimate. With a maximum seating of 30 (35 at a pinch), guests are treated to a cosy parlour style show with all the trimmings. This is the closest you are ever going to get to a real live drag queen.

KAYE SERA is an award winning singer, writer and media personality known for her community based work on JOY (94.9FM) and Bent TV (Channel 31).

Along with her numerous cabaret shows, she is popular and performer on many drag stages around town - but don't hold that against her.

Kaye is one of the few Australian drag performers to sing live. Her cabaret act has been a consistent contributor to Midsumma and other Melbourne Festivals for the better part of a decade.

Shows include *Ladies First*, *Camping Out*, *The Full Lube Job*, *The Butt Plug Cabaret*, *Kabaresque*, *Beyond The Buggery Belt*, *Dragging The Beat* and *The Naked Drag Queen*.

Kaye Sera is the creation of DAREN POPE a freelance arts journalist and antique collector. Daren's biography, while less glamorous than Kaye's, none the less includes early stints at ANTHILL Theatre in Melbourne and festival productions in London and Edinburgh.

BiZARRE Cabaret II Every Saturday in April and May at 8.30pm. All tickets \$20 (includes lovely glass of wine)

BOOKINGS ESSENTIAL 0422 973 592 or serasbizarre@yahoo.com

Kaye Sera's *BiZARRE* 108 St Kilda Road, St Kilda (Between St Kilda Junction and Alma Road)

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q money: with EVAN DAVIS

"Paul and I are partners" I said, for the third time. "Sure, sure business partners... How long for?" asked Bill the phone guy. "No, no...partners-partners...LIFE PARTNERS" I sighed. Paul had now given up stating bluntly, "Bill, we're gay". Bill was clearly confused, "What both of you?"

The meeting with Bill was to buy an office phone system and wasn't going well, or to time. Despite arriving VERY late, the only apology Bill offered was for the lingering smell of his 'durry' which he'd clearly been smoking right up to the door of my office. The limp handshake with wet fingers didn't help either.

With a business or sales appointment try to make a good first impression. If you bite your finger nails or smoke try stopping a few extra minutes before your meeting starts. Dress smartly. It doesn't have to be Armani to win people over. Whether it is a power suit or a humble Polo shirt keeping everything clean and tucked in makes a huge difference. Also try to arrive on time.

Listen and respond with thought-through answers. Repeating what has been said, or constant use of scripted jargon can turn a potential customer off. I was taught that in meetings, particularly sales meetings to use my two ears and one mouth in that exact ratio.

When speaking, a friendly smile helps and keep the conversation appropriate. Nothing kills a deal for me more than a sales person who is too familiar. Keep it clean and don't mention things that might offend. Avoid talking about sex, politics or religion and certainly don't swear.

In business and sales, a positive outlook is extremely important. People prefer to deal with people they like, trust, understand and in whom they ultimately see value. When meeting with someone new, talk about them. If you are trying to win them over they are not going to want to hear about you. Everybody's favourite conversation topic is themselves. Build rapport and ask open questions that will encourage them to speak more freely. This helps build trust.

Communicate your message as concisely and simply as possible. Whatever the meeting, get some preparation in before you start. Know what you want to achieve, a mental or quick written list can help you reach the outcome you want.

Make sure that also ask for the order! This sounds strange, though most of the time in sales and business, people miss out on the deal because they don't ask. You need to close. Whoever you are meeting with, if they like, trust and understand you and your proposition is of value, a smile and simply asking for the order will almost universally be the courtesy they need to do business with you.

Bill however, I simply couldn't like. I asked how long it would take to get the phone system installed. Bill replied that it could be done in a 'Pooftenth' (quickly). As Paul and I shook our heads he started to see his sale completely elude him.

I brought the ordeal to a close, "Bill, don't call us. We won't call you..."

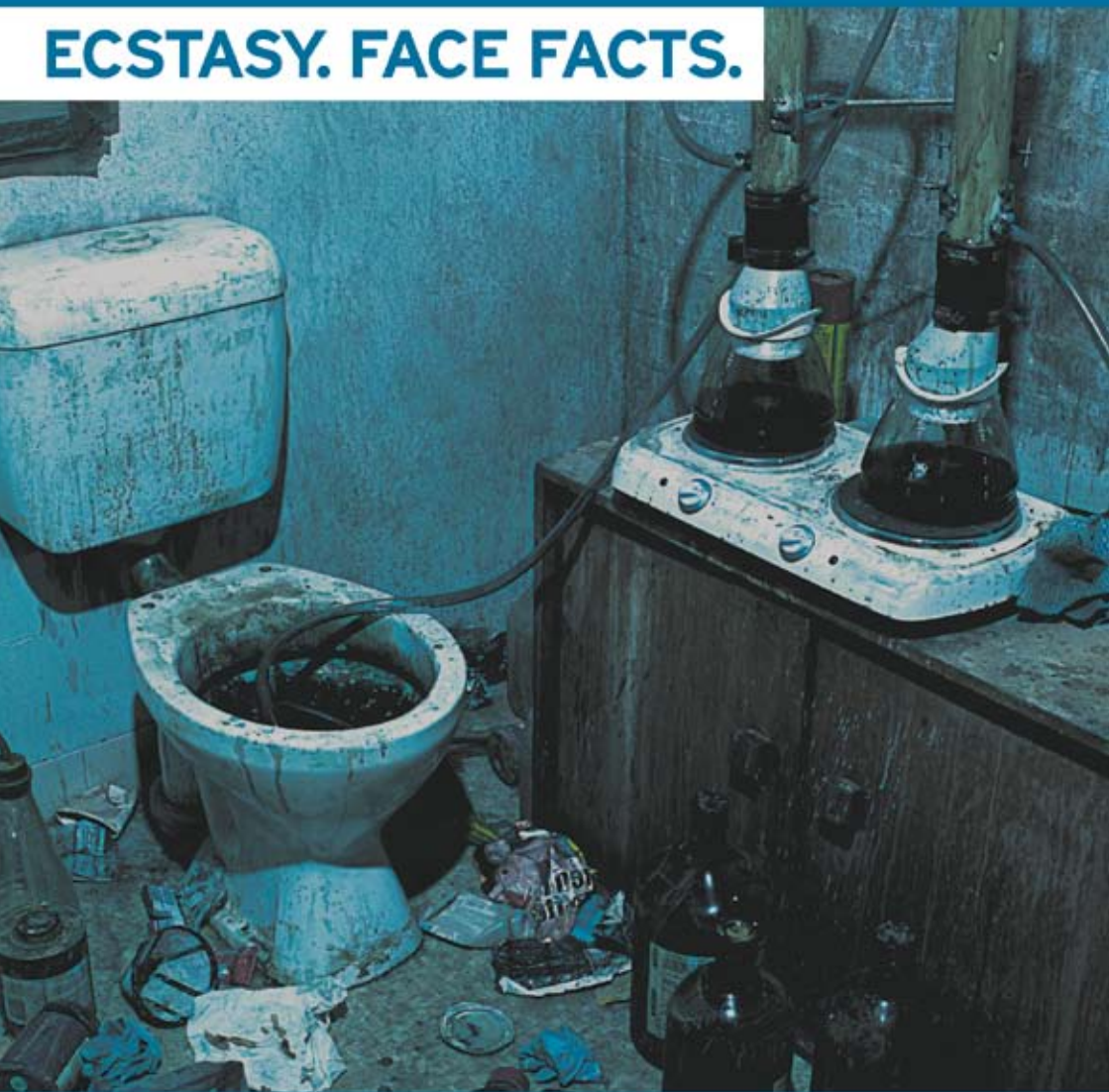


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q youth: with TASMAN ANDERSON

It's a clear choice, right? We all deserve equal rights no matter who we love – whether they are a man, woman, or possibly both? Well of course we do. This was, and continues to be, the aim of the Rally for Marriage Equality which was held on the 20th of March in Brisbane city.

Brisbane's Rally for Marriage Equality was the first march I've ever attended and I can definitely say that it won't be my last. I took the first train into the city with my best mates, Lauz and Leigh, with anticipation. The rally began at 1pm in Queens Street Park and was the first major mobilisation of Queensland residents, of the 2010 Year of Action.

We turned up a half hour before the event and were already blown away by how many were there; over 500 people attended the parade. Although, thinking about it now, I don't think it was that surprising at all, really.

The government is still refusing to move with the majority by supporting equal marriage rights. In 2009, we saw many gains, both in Australia and Internationally with some of the biggest demonstrations for LGBTI rights in Australia's history, the repeal of 85 discriminatory laws, equal marriage recognised in Mexico, and demonstrations of up to a quarter of a million in the US. However, The Australian Senate is still turning a blind eye to the thousands of voices, having recently voted down (45 – 5) the same-sex marriage bill that had been put forward.

This disappointment has affected the youth from all over Australia, as well. After the event, Both Leigh, Lauz and I attended the after rally meeting, which focused on our opinions about what was going on with the bill and what we could do, as the youth of Australia, to help towards changing their votes. We were intrigued by the support and debate that the rally had brought.

"It's definitely an issue people care passionately about and are willing to come out and support," Said Brisbane convener of Equal Love, Jessica Payne. "It's so much fun to come out and chant through the streets loudly and proudly and I think people noticed that from past parades."

In March 2010 thousands of people marched in several states in Australia for same sex marriage rights, including Brisbane, Sydney, Canberra and Melbourne. The Melbourne rally, which had been organised by Equal Love, brought 1,500 people onto the streets. These were the first rallies organised by numerous GLBTI rights groups this year against the ban on same sex marriage as a part of the National Year of Action.

This issue is serious, whether you are gay or straight. Everyone deserves their equal rights and as a youth of Australia, I am appalled that it's taken this long for it to be so. I could never understand why such prejudiced plagues our multi-cultural lifestyle. If we can accept inter-racial couples and integration, than what makes same-sex couples and gay lifestyles any different? Are we doomed to repeat the hatred that we once had against race, towards the GLBTI community? These questions need answers and to us youth, who once thought the Government, had our best interests at heart, it appears we are left to find them for ourselves.

So what are we to do now? Well, why not continue to rally and march over and over again until they finally listen. I urge you to join Lauz, Leigh and myself, on May 15, the International Day Against Homophobia (IDAHO), to march through the streets at the rallies called in your state. It doesn't matter whether you're gay, straight, lesbian, bisexual, transgender, intersex or however you identify. The important thing is that you are there to show the government that they are the minority on this issue and that we can all co-exist without hatred and hidden identities.

Why not attend Sydney's rally on May 15th, 1pm at Sydney's Town Hall or if you're a Brisbane like me, then hopefully I'll see you at the May 15th, 1pm rally, held once again, at Queens Park. Let's make the change Australia so desperately needs, together.



q epicure: with PAUL PANAYI

Basque Tapas & Wine - 159 Chapel St, Windsor – (03) 9533 7044 - Spanish
Trendy restaurants on Chapel Street come and go, but there are a few that have got “it” right and have managed to delight us year in and year out. Basque is one such rare delight, recently celebrating eight years on this highly demanding, commercial strip.

It is all you expect of Spanish tapas and wine; relaxed, friendly, welcoming, and above all else fun. The atmosphere and decor are rustic, and the service is happy and obliging. On Wednesday nights, you will find patrons sipping on a refreshing sangria and listening to the dulcet tones of live flamenco guitar. This restaurant has managed to remain fresh any inventive even though the cuisine is true to the Spanish tradition and style. Recently, a further injection of authenticity has been added with the arrival of guest chef Andrea Zerdan from Ibiza.



The Gambas al Pil Pil (prawns with garlic, chilli and wine) are a must. These zesty and tasty offerings were full of rich flavour; but the true stars of the show, namely the large and fresh prawns, were not overpowered by the sauce. The Albondigas de Carne (beef meatballs in sofrito) was mouth-wateringly delicious, with the tenderness and moistness of the meat preserved. The sofrito had a clever use of fresh tomatoes making it refreshing and light. I also highly recommend the Berenjenas y Tomates Asados con um Poco de Manchego (tomato and manchego, wrapped in eggplant), a dish that truly captures the essence of Spain.

But the centrepiece was the Paella Valenciana (paella of chorizo marinated chicken and seafood). The consistency of the rice was spot-on; the flavours harmonious and fragrant; visually appealing; but the overall crowning glory was the construction of the sofrito. I would have liked to see the dish taken a little further on the heat, as the caramelisation of the sofrito into a golden crust at the bottom of the paella dish was not quite evident.

At this point in the meal, I wanted to eat more but room was slowly disappearing for the anticipated desert menu. What could be better than traditional Spanish doughnuts with chocolate? Nothing. So it was the Churros con Chocolat; a very satisfying end to a delightful evening.

This restaurant is all about bold Spanish flavours and a sound selection of Spanish wines. Even if you're not familiar with Spanish wine, the wine list is carefully selected, reasonably priced and there is no danger of picking a “duo”.

For those that know nothing about Spanish food, this restaurant is a great starting point. Those that know a lot about Spanish food, similarly, Basque will not disappoint.

Breakfast, Lunch and Dinner; 7 days - Monday - Friday 7.30am to 10.30pm & Saturday - Sunday 11.30am to Late - Cards accepted: AE, DC, MC, V, Eftpos - Concise list of Spanish Wine - Seats 50; Outdoor Seating.



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q drag: DOUG LUCAS

The words Doug Lucas and Melbourne gay entertainment are synonymous. Alan Mayberry caught up with Doug who celebrated his 60th birthday last month.

'SIXTY! I should be retiring from the Public Service with a gold watch,' Doug quipped. But he's not, and has taken a relative back seat after nearly fifteen years of mega-stardom headlining at Pokeys until 1992. Today Doug has slowed down his hectic pace and his main audience now is his aging mother for whom he is principal carer.

Doug recalls the days when he first came out on the gay scene in the 70s. 'Straight after work we'd race into the Graham Hotel, opposite the now defunct City Square, upstairs to the Bauxite Bar and down a few coldies before racing around to see who was downstairs at the Woolshed Bar at the Hotel Australia, and then finish the night upstairs at a piano bar in Little Collins Street. Miss Primrose used to play the piano, and there'd be sing-alongs until she had to get up to boil some rice for supper and then 3 more songs before she had to clean up and dash off to catch the last tram home to Brighton. They were still the days of 6 o'clock closing for most bars.'

Doug's signature call — *OOH, OOH, OOH*, and his endless line of gay jokes, go with him wherever he goes. He ran one the first gay bars at the Union Hotel in Carlton for 3 years before joining up with Jan Hillier to stage Pokeys at the Prince of Wales in October 1977. He spent a third of his life there: 'We ended up with a warehouse full of costumes and wigs, and a staff of 29 and had attracted the biggest gay nightclub audiences in Australia's history.'

Everyone loved Doug and his style of pantomime drag, never trying to hide that he was a bloke in a frock. Each Sunday night Doug's croaky voice would apologise, 'Excuse me, but I've got a frog in my throat. Last night, he was a prince!'

'We were succeeding long before *Priscilla* came on the scene. It was amazing the number of people who suddenly saw drag in a different light. Instead of, *Oh, you're just a silly old poofter or a dirty filthy cross-dresser they went, Oh, these are real people with talents and they do entertain.*'

Doug says, 'I can't see why there is all this fuss today about door charges. Mind you, we did have complaints then too, even though for \$3 and later \$7 we provided a top-class show, a meal, disco, and a sing-along piano bar. Now, too many have the attitude that because they are gay and because the venues they go to are gay, they should be given the privilege of free entry. They forget venues are expensive to run — there's a lot of staff, security and equipment, even more if shows are provided. Straights don't demand free entry at their venues, so why should we?'

To me, many drags today don't have the same aura and presence as when Pokeys and Capriccio's were at their height. Many lack class, mainly because they have not had the benefit of growing up with the class acts we had as role models when Les Girls and burlesques were still around. Today most of the shows are pub acts as compared to theatre. But it's great that some shows like *The Classics*, *Drags Aloud* and *Gentlemen Prefer Blokes* are carrying on that campness and fun.

I've had some great highs in my career — running the first guys-only bar at the Union Hotel, being the first drag act at Steamworks — but the Tribute to Drag at the 1989 Mardi Gras in Sydney stands out. Even the Melbourne Warehouse parties, when I was carried in on a sedan chair at the Showgrounds doing *This Is My Life*, and the *Reach Out* number on a roving staircase at the Docks were amazing for the energy levels generated. That great surge leaves you on an incredible high. Perhaps my most lasting memory is the



You're My World routine where the 800 strong Pokeys audience would mimic my every hand movement, and still do whenever I reprise the number.

Since Pokeys I've kept busy compering hens nights, male strip shows and occasional venue shows. I could do a lot more work if I was prepared to travel, but I'm not the touring type – and now I have my mother to think of. I don't mind one or two nights away, but living out of suitcases, travelling all day and then rehearsing to get used to a new stage for the night performance is not my idea of fun – I like my home comforts too much!



q tv: MISS MAN'S UNDERBELLY GIG

Melbourne based Comedian, Dancer and Actor landed a role on the new series playing "Wanda" - a cross-dressing, drug addicted prostitute. A far step out of the comfort of playing the ever loved and beautiful Miss Man. Having worked in the entertainment industry for over 20years, Mitch has not only got a Underbelly under his belt but has also seen the creation of his own corporate event show and comedy act for his alter ego Miss Man. Added to his numerous credits Mitch has also been a finalist in channel 7's Australia's Got Talent, toured as a dancer with Kylie Minouge, choreographed multiple shows, acts and fashion parades and performed all around the world. I had the great opportunity to catch up with Mitch and asked the following questions.



How did the NINE Network gig come along and how was the experience of being on such a large television set?

Well I was actually just on my friend's Facebook and came by the casting information randomly...so just for a laugh I posted a link to the Miss Man website. It was pretty funny cause first thing the next morning I had a message from the producers! They sent through some dialogue and I did my screen test...12hrs later they offered me the role of Wanda, a transsexual, drug addicted, prostitute...Oh my, that was a far stretch from Miss Man (laughs). The experience of working on the set was amazing! The transformation of Lang Cove into Kings Cross was incredible! The cast and crew were of the highest caliber and after weeks of shooting we became like a little family.

Is this something you would like to pursue?

Well I've been in the entertainment industry for years now, performing as a Dancer, Singer & Actor and have done musicals and other small roles on Australian TV. I've never really pursued an acting career but, these things just keep popping up, its camp!

Is there anything you can tell our readers about the plot and your role?

The plot? Definitely no I'm sorry...you should see the pile of contracts I had to sign, my manager was going crazy. And about Wanda? Well, you'll just have to wait and see but she is Wandafull!

Please tell me about the two new characters you are working on.

There is Nana Man, she's been around awhile now, and she is Miss Man's nana. She's an eccentric widowed pensioner with a quirky and wicked sense of humour. I completely lose myself in her character, it's so much fun! And Joey - how can I describe dear, dear Joey? He's a little bit Thomas-town, with some Flinders Street Station, mixed with a tad bourbon and you'll find him hanging outside the Jam Factory - that's all I'm revealing for now. These two characters are all part of the comedy act that me and my team have produced...stay tuned!

[apart from the new characters] what is on the horizon for you and/or Miss Man?

Besides the new comedy act we're also busy with Miss Man's corporate show that is in the works to be sent overseas for a few performances. This, plus national shows and my costume shop - Costume Boutique, is keep me busy, busy! Don't know when I'll get to put my sore feet up next.

For all the latest see missman.net

In bed: with BEN

Flirt Your Way to a Promotion

A study done by the University of Alabama (2003) found that individuals with low flirtatious activity tended to correlate with low energy levels. Wow - lethargic and frigid, what an attractive combination...

The university study also demonstrated that these great lethargic lumps of frigid grey pudding (maybe they used more scientific language, I can't remember now...) thought of themselves as less attractive than their flirtatious counterparts. I don't think we need a study to tell us that.

You see our thoughts create our reality, and then our reality shows up just exactly the way we asked it to.

Flirting is just another form of energy and as a nifty skill it can work some pretty instant magic for you at work and in your personal life. You see, flirting is NOT just about sex it is about connecting and making another person feel good about themselves.

Here's the dictionary's definition: To flirt is to behave as though attracted to or trying to attract someone, but for amusement rather than with serious intentions.

It is the intent behind the flirting that is important to understand.

My research has found that there are two different types of flirting, romantic and platonic. If you have seen flirting go bad then it is most likely that there was an underlying romantic intention behind it thereby sending it way off track.

Once you have separated the two, this powerful tool can be utilised to help you connect with others like never before especially in the workplace.

Leaving a lasting impression (for all the right reasons) is what you should always be aiming for when you network and interact with other colleagues. Use this influential checklist to make sure you're ticking all the boxes:

- Make eye contact
- Smile frequently
- Compliment their personal style- only if you mean it (clothes, attitude, brand)
- Compliment their professional achievements
- Be playful in your interactions
- Joke (but without ever resorting to being overtly sexual)
- Make them laugh at least once every time they see you
- And most importantly, see the conversation as your chance to play, enjoy and experience one another positively for mutual benefit

Is flirting risky? Sometimes, yes! Your playful nature may be misinterpreted as a sexual advance. However, this only ever happens when there is sexual energy present in the first place (was it lurking in the background when the engagement, lunch or dinner was set up, for example?).

Trust your intuition: you will always know ahead of time if the interaction is about to go too far and stray into unwanted territory. Just make a conscious decision to pull it back and remain professional after all we each teach others how to treat us.

Now, read the rest of this magazine and go and flirt your arse off!



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q products: A BOYS BEST FRIEND P2

Men's cosmetics come out of the closet. No more clandestine strolls down the aisles of stores filling your basket with Old Spice, Durex condoms and Kit Kats in the hopes of fooling the cashier into overlooking the bottle of Maybelline liquid makeup. Now, you can proudly whip out Shine Reduction Powder, Lip Maximizing Serum and Enhancing Eyeliner from deep within your murses and perform a little touch-up anywhere you happen to be, thanks to men's cosmetics and makeup from 4VOO.

If anyone calls you names, you'll simply show them the label on your compact: "Modern Man," bitches!

We're here, we're queer and we'll be damned if we're going to have shiny foreheads.

But any monkey can slap "made for men" on the outside of a package.

The experts over at 4VOO have specially formulated these items to work best with the XY chromosomes and men's unique skin issues. The products are gentle and as subtle as you need them to be.



Capitalizing on the skin-enhancing effects of silk, the Shine Reduction Powder (\$59) was an immediate favourite. This oil-free powder gives skin a flawless, matte finish by getting rid of shine and oil and minimizing the appearance of pores without drying skin out. Silk allows moisture to be controlled based on the surrounding temperature and humidity, creating a clear, clean look with natural sun protection and anti-inflammation qualities.

The Face and Body Bronzer (\$79) contains 19 botanical extracts, so not only does it even skin tone, reduce ruddiness and give you a 'fresh from the islands' look, it also moisturizes and improves skin condition. It goes on streak free and dries quickly, leaving skin soft and smooth. If you've got discolorations that you want to fix before applying the bronzer and/or powder, grab the Confidence Corrector (\$49) and hide blemishes, dark circles and even tattoos (although this requires a bit of practice to look natural).

For further enhancement, you will love the Lip Maximizing Serum (\$49) because it stimulates collagen and hyaluronic acid to moisturize and plump lips. Conditioners moisturize while other ingredients increase lip volume up to 40%!

To keep brows and lashes under control (after trimming-if necessary - please), the Lash and Brow Styling Glaze (\$35) has no competition. For those with unruly brows, or thin lashes, this is a miracle worker. Available in clear or black.

So, if you're looking for a new way to bring back a younger appearance or enhance what you've got, pay a visit to www.4voo.com.au

A poster for a gay-friendly venue in Prahran. The poster features a man in a white thong and a list of logos. The text on the poster includes "IN A", "Accommodation Available", "OPEN 7 Days", "FALCON", "JSH", "Mustang", "JEAN-PAUL GABINOT", "Bel Ami", "kristen BJORN productions", "TITANMEDIA", "Dolphin INTERNATIONAL Collection", and "Uncle Sam". The address "#59 Izett St Prahran." and the phrase "You are GAY" are also visible.

q cabaret: COS' YOU CAN CAN CAN

by Tom Jones

Ooh La La, the French style cabaret show about to hit the stage in Melbourne will spoil your senses, and then some. It is stunning, the soundtrack is a perfect mix of classic cabaret with the more contemporary, and at first sight of the cast, the audience can not help but lick their lips. "With this type of cabaret you're not watching a story, you are simply sitting there to have a fabulous time, listen to some great singing and look at the beautiful girls and athletic men," Todd



Patrick says. Patrick, one of the most in demand dancers and choreographers in the country, is the man behind this Can Can. After performing with some of the most prestigious companies across Paris and Europe, Patrick decided to bring the over-the-top extravagance seen at these cabaret venues to audiences in Australia. He even brought some of their talent. "A number of the cast are from the world's biggest cabaret, the Moulin Rouge," Patrick says. "We all started moving back to Australia so it was the perfect time to put on the show."

Ooh La La is also showcasing the talent of many local performers, including Julian Ardley. "It's great to be able

to dance in a show the way I have been trained to dance," Ardley says. "Ooh La La is going to push me further towards my goals and dreams of becoming a professional dancer."

Ardley is a recent graduate of Patrick Studios Australia (PSA), a dance school Patrick established in 2006, which has since become recognised as one of the premier institutes in Australia for dance training and development.

"Working along side Todd Patrick was so inspiring and unbelievably challenging as he thought nothing was impossible so you really had no excuse," Ardley says. "Everyday he would push your limits emotionally and physically to mould you into a strong professional dancer through tough love." And at the end of a full day of training, Ardley would then have to hit the gym. "Trying to stay in shape was another challenge within itself. After hours of training, the last thing you wanted to be doing was lifting weights. But it had to be done if I was to work in the dance scene here in Melbourne."

But finding success as a male dancer in Australia is more than just having a good body, as Bradley Griffiths, another PSA graduate attests. "It's also all about putting yourself out there and getting to different classes so people get to know you. I think it's always a little easier for male dancers over female dancers because there is less of us." It has become even easier since the stigma attached to male dancers has been alleviated. "With shows like So You Think You Can Dance creating more awareness for members of the public, who are not so well educated in dance, male dancers have become so much more accepted," Griffiths says.

This acceptance is reflected in enrolment numbers at PSA. In 2010, the full time dance course has 82 dancers, 22 of them are male, a number which is unheard of at other dance schools. Asked why he thinks the course is so popular with male dancers, Patrick says, "I think it's because I push hard. Boys love to jump and flip. They love being physical... I am very encouraging of athletic dancers and boys love this." Patrick also manages to create a safe environment for the dancers to be themselves. "I'm very honest and open with the boys and all the dancers feel free to express who they are and they aren't challenged for their sexuality, religion or race."

Ooh La La is touring regional Victoria until April 27 followed by performances at the National Theatre in St Kilda from April 28-May 1.

For more information, visit kissingbeeproductions.com.au



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q comedy: STRASSMAN IN OZ

The shyest little bear in show biz hangs up his show biz shoes... but is this the end? Popular American ventriloquist David Strassman is on his way to Australia to bid a sad farewell to one of his beloved friends in "Ted E.'s Farewell Tour". Tragically, Ted E. Bare, the much adored cuddly bear known and loved by audiences around the world, will be announcing his show biz retirement during a forthcoming Australian tour that will include performances in regional South Australia, Victoria and New South Wales throughout May.



Why is Ted E. leaving the stage after so much adulation? An addiction, a scandal, an affair? No! It's finally just become too much for one timid bear to bare! The pressure, the publicity, the paparazzi, the tabloids! And, most of all, his best friend, but worst enemy, Chuck Wood!

A star-studded tribute to Ted E. Bare's greatest show biz moments, "Ted E.'s Farewell Tour" will follow Strassman's journey of discovery to replace the irreplaceable little bear. This moving, hilarious and wild ride will feature the razor sharp wit of Chuck Wood we have all come to fear, as well as uncover some new and extraordinary characters desperate to join the show in a hilarious "You've Got Talent- Puppet Edition" segment.

The existing characters you know and love also don't take long to realize the opportunity that Ted's exit stage-left offers! Expect to see grumpy Grandpa Fred, the attention-seeking A.N.G.E.L. and intergalactic Kevin battle it out with Chuck Wood to fill Ted E.'s very small shoes.

David Strassman is considered by many to be one of the best ventriloquists in the world. His shows are hilariously funny and razor sharp, featuring full stage production complete with dazzling sets and state-of-the-art theatrical effects. His shows involve multiple characters and high-tech puppetronics (robotics) that bring his characters to life, even when he has left the stage.

Embraced in Australia since his early performances in the 1990s, his numerous television appearances and his own show on Channel 9, Strassman is now hoping Australian audiences can convince Ted E. to remain on stage.

But will Ted E. Bare really leave for good? Can the show go on without him? ... You'll need to buy a ticket to find out!

SOUTH AUSTRALIA

5 May PORT LINCOLN Nautilus Theatre, 8pm 08 8683 5088 Tickets: \$54.90 / \$49.90

6 May WHYALLA Middleback Theatre, 7pm 08 8644 7300 www.middlebacktheatre.com.au Tickets: \$54.90 / \$49.90

7 May PORT AUGUSTA Lea Memorial Theatre, 7pm 08 8642 4602 Tickets: \$59.90 / \$54.90

8 May PORT PIRIE Keith Mitchell Theatre, 7pm 08 8633 8500 Tickets: \$59.90 / \$54.90

9 May BAROSSA Brenton Langbein Theatre, 6pm 08 8561 4299 Tickets: \$54.90 / \$49.90

14 May MT GAMBIER Sir Robert Helpmann Theatre, 7pm & 9:15pm 08 8723 8741 www.helpmanntheatre.com.au Tickets: \$59.90 / \$54.90

VICTORIA

11 May COLAC COPACC, 7pm & 9:15pm 03 5232 2077 Tickets: \$54.90 / \$49.90

12 May FRANKSTON Arts Centre, 7pm & 9:15pm 03 9784 1060 www.artscentre.frankston.vic.gov.au Tickets: \$54.90 / \$49.90

13 May WARNAMBOOL Eva Gasper Theatre, 7pm & 9:15pm 03 5559 4999 www.entertainmentcentre.com.au Tickets: \$54.90 / \$49.90

15 May BENDIGO The Capital-BPAC, 7pm & 9:15pm 03 5434 6100 www.thecapital.com.au Tickets: \$59.90 / \$54.90

17 & 19 May GEELONG Ford Theatre, 7pm & 9:15pm on May 17, 7pm on May 19 03 5225 1200 www.gpac.org.au Tickets: \$54.90 / \$49.90

NEW SOUTH WALES

21 May GOULBURN Workers Club, 7p & 9:15pm 02 4821 3355 Tickets: \$44.00

22 May DUBBO Theatre & Convention Centre, 7pm & 9:15pm 02 6801 4373 / 02 6801 4378 Tickets: \$59.90 / \$54.90

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q whispers: with ADDAM STOBBS

Although somewhat modestly, in reality I have travelled a lot (although widely but never for very long). I hate being away from home for more than a few weeks. I did an 8 week Stint in Europe some years ago and after 3 weeks all I wanted to do was be back home. It was with significant reluctance I booked 5 weeks in South America recently.

Last Month I wrote about Buenos Aires and Sao Paulo (not in detail mind you). There are elements I could go on forever about in both places - like the hours I spent standing at the Eva Peron places (but I did that with Sir Thomas Moore, Maire Antoinette, Adolf Hitler to be in those places where those people were, gives you the sense of who they were and what they did, I got that 100% in the Casa Rosada in BA).

On my last 2 weeks I went to what I thought would be the most oversold tourist trap in the world - Rio de Janiero. Very expensive, supposedly a war zone of street crime, over capitalised tourist attractions (e.g. Disneyland) and an adult version of schoolies week populated by pissed Euro-trash.

I booked one week in Copacabana (the cheaper part) and one week in Ipanema - Leblon the "three times the price" end. I booked through Travelbound and South American Travel Centre (Melbourne) who arranged flights, accommodation, sightseeing and transfers and thank God I did. I paid a little extra to get private 1-1 service from local reps and what a HUGE difference that made. Local reps picked me up and checked me into hotels etc. Don't believe what they tell you on tv travel shows, NO-ONE speaks English in South America. I spent three months learning Portuguese before going to Brazil and they couldn't understand anything I tried to say!

After all the hype, sales and advertising, I have to say this: Rio is hugely underestimated. If there is a heaven on earth it's Rio. I've been home 2 months now and all I can think about is how soon I can get back there. Yes there are problems in Rio. I did a tour of the Favela (slums) but I am glad I did because unlike the slums of Africa, Asia, India and Europe, there is a sense of happy contentment, despite the alarming crime. I have never ever met such wonderfully happy and easy going people as the people of Brazil. I was occasionally taken advantage of as a tourist, by hotels, but never by the locals (Carioca's).

The gay scene is immature, loud blousy bars and clubs, packed out into the streets so that traffic can't move, and not well attended SOPVs that close at 9pm (except 3 - 4 clubs that have got it right). I did encounter some prostitute SOPVs but it was nothing like I had seen in other cultures. It was very different and not just a cash grab, and you can have a great time without having to 'imbibe' - they still make you very welcome.

The one thing that completely captured me was the amazing gay beach in Ipanema at the end of Rua Farme De Amadeo (OMG!). The first "at the beach week" was OK, the second week when I was a bit of a regular, people were very friendly. The Carioca's sell food & drink, even tattoos and massages, but I didn't feel pursued as I have when visiting similar Gay beaches in Asia with vendors.

Rio: Sugar Loaf – The most spectacular aspect. Christ the Redeemer - the most well known Rio Icon. The beaches, Copacabana, Ipanema, Leblon, "Downtown" the Fevelas, Niterio across the bay. Rio is the most amazing place on earth.

If you have ever thought you might like to go to Rio, take my advice and go. Do your homework. You will need a lot of energy, and cash. Arrange through good agencies like I did. If possible, talk to someone who has been (you can talk to me – I couldn't find one gay person who had been to Rio and I know a lot of people!).



q beauty: with GEORGE ALEXANDER

Is Yoga the missing link to holistic beauty?

It's one of those stories that proved 'way always leads to way' – inadvertently it changed the way I look at health and beauty. Sarah a colleague from the industry is one of these woman you see about with vibrant energy, sparkling eyes, and skin that is just - flawless.

About two years ago I was sitting with Sarah in the Degraeves Street for one of our catch ups - Sarah casually drops into conversation "... now that I'm in my forties...". As I looked at this woman who is in amazing condition I was thinking to myself how is this possible? I had always assumed Sarah was in her late twenties or early thirties.

The next hour I heard all about her 'secret'. We all know the benefits of eating green vegetables, hydrating, minimising sun exposure – Sarah had one element up her sleeve that surprised me – Yoga. She explained to me that for the past six years she had been attending yoga classes each week and, for her, this was the icing on the cake in her weekly routine. She said there is something that a good yoga practice gives to your body that ultimately shines through your skin.

I had never considered Yoga to be part of someone's 'beauty' routine – more I had placed it in a category of pilates & exercise. Over the next few days the 'yoga concept' played on my mind. Curious, I found a Yoga teacher who was teaching in the Melbourne CBD at the time. He had an eclectic style of yoga and had knack for moving through the physical parts of yoga, but allowing you to de-stress and unwind at the same time. After a few sessions I was starting to get a grasp of what was really happening. De-stressing the body whilst stimulating the skin was the secret!

Yoga helps to build and tone muscles which includes the muscles in your face, whilst stimulating blood circulation, which will in turn reduces loss of firmness and wrinkles. Without exercising facial muscles, like all muscles, they will weaken and sag. A good yoga practice will also help increase the production of collagen and elastin, as well as increase your metabolism.

A balance between a rejuvenating yet dynamic practice will tone, uplift and redefine the appearance of your face. Physical exercise is important for maintaining your respiratory system by promoting rhythmic, deep breathing. Your lungs actually develop greater capacity, so you're better able to take in oxygen to nourish your cells – promoting healthier skin.

Benefits of Yoga;

- Yoga facial and body muscles to increase firmness and reduce wrinkles.
- Stimulates the production of blood flow, elastin and collagen.
- Tones the muscles in your neck.
- Removes stress from your mind/body therefore removes stress from your face.
- Allow your face to truly soften and relax.
- Restores a healthy, radiant, youthful look to your body, face and complexion.

Over the two years I have integrated a yoga practice into my week and like Sarah I have found it to be the missing element to a holistic skin care routine.

For more information on Yoga practice and how it can help keep you younger, fitter and more radiant looking email beauty@qmagazine.com.au



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q win: BIRTHDAY OFFERINGS

Warner Music

Four-time Grammy Award–winner and eight-time Juno Award–winner k.d. lang releases her first-ever career retrospective, *Recollection*, 25 years after the release of her debut recording.

The two-disc set *Recollection* features 22 of lang's most beloved recordings including an all-new interpretation of the Leonard Cohen classic "Hallelujah," which has become a moving highlight of her live performances.

To try and win one of the five CD sets we have for you this month email getfree@qmagazine.com.au with **kd lang** in the subject line.



Sony Music

With his out-of-this-world vocal range and unique musical style, Adam Lambert is the ultra-glam, rock superstar that has America hooked and has unleashed one of the most highly anticipated debut albums, "For Your Entertainment," in Australia.

The record garnered contributions from such innovative artists as Lady Gaga, P!nk, Muse, Justin Hawkins formerly of The Darkness and Rivers Cuomo of Weezer.

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



Shock DVD

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They don't call him "Cool" for nothing!

Simply email getfree@qmagazine.com.au with in the subject line and you could win one of the five dvd sets we have for you.

* 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 cuisine: with CHEF NATHAN



PORK FILLET WITH PROCUITO

Preparation Time

25 minutes

Cooking Time

40 minutes

Ingredients (serves 4)

2 oranges
8 tbs olive oil
2 garlic cloves
3 small Bok Choy bunches

Small brown onion
2 (about 860g) pork fillet, cut in half crossways
8 rashers of Prosciutto
40ml Balsamic Vinegar
20gm chopped coriander
Salt & freshly ground black pepper
540gm peeled sweet potato
150gm English Spinach

Method

Preheat oven to 190°C. Finely grate the orange rind and place in a small bowl. Juice the orange. Add small amount of coriander.

Cut the pork fillets into ½ and wrap in the prosciutto, set aside.

Place chopped sweet potato into medium saucepan and cover with water and add small amount of sea salt. Cover and simmer until sweet potato is cooked through.

Meanwhile heat 10ml of Olive Oil in a frying pan over medium heat. Add the pork and cook, turning occasionally, for 20 minutes or until it is brown and juices run clear when pierced with a skewer. Transfer pork to a plate and cover with foil to keep warm. Reduce heat to low and add chopped coriander, orange juice and orange rind. Simmer, uncovered, for 2 minutes or until glaze thickens slightly. Taste and season with salt and pepper.

To make the pastry cases, cut small squares of Spring Roll pastry and place into muffin trays, blind bake and set aside. Fry the onion, garlic and Bok Choy until soft, add mixture into the pastry cases and bake for a further 5 minutes.

Cover baby spinach leaves in boiling water just before required.

Spoon potato mixture onto plates then place the spinach over the top of the mash. Thickly slice pork diagonally across the grain and place on potato mixture. Spoon over glaze and serve immediately.



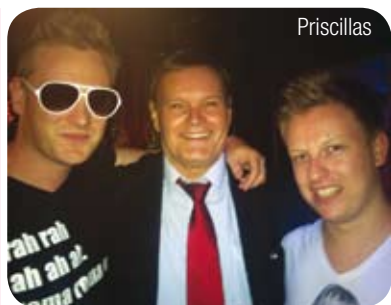
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Dougs Birthday



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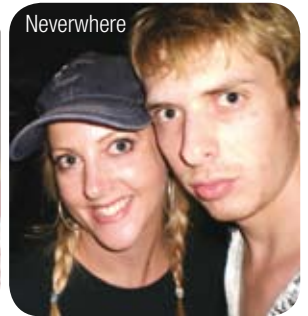
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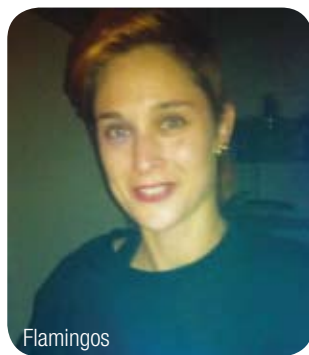


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q holiday: C'EST MAGNIFIQUE

Off the beaten track in France's Loire Valley.

I'm one of those travellers who had never been to Europe. Of course, like many I had those Parisian dreams of being swept off my feet, but visiting major tourist cities becomes a little tragic after a while. So late last year when I was invited to spend three nights in the Loire Valley in France, I gleefully accepted and started packing my bags.

Arriving directly into Paris Charles de Gaulle airport in the morning peak, I spent about an hour before making it through the scrum and collecting my bags. Australians only need show their passport for an entry into the country, and whilst seemingly disappointed I had no stamp for the occasion; it was good to get underway and off to collect my rental car. All major hire car companies are represented – I booked online with Hertz and found my car and paperwork ready to go, along with a handy GPS unit which gave directions in several languages including English. Given it was pouring rain, and about 3 degrees Celsius this was a definite advantage!

With my American friend in tow, we ventured out of the airport and into Friday lunchtime traffic on the motorway heading south towards Tours. She promptly fell asleep in the passenger seat, leaving me to argue with the GPS unit about our destination. Thankfully after only one or two mishaps we were swiftly headed towards central France and into the charming city of Blois over the river Loire, full of Renaissance architecture and mementos of Joan of Arc's time there in the 1400s. We meandered along the river now albeit at a much slower pace, through to Onzain, Veuves and Monteaux which are all charming villages in their own right. We then arrived at our destination for the next three nights, Chateau du Portail – a fourteenth century castle, lovingly restored and now a luxurious bed and breakfast for discerning guests.

Welcomed by Claude, a fabulous gay man and the most gracious host, we settled into our two bedroom suite adjoined by a common living area and bathroom. The French provincial decoration was offset by stunning period antiques, yet small touches such as big fluffy robes and bubble baths made one feel quite at home. Dressed for drinks and canapés in the parlour, we met other guests staying at the Chateau over this weekend and talked about the likelihood of snow, and lost many hours over a succulent roast dinner and fine Bordeaux wines. Waking the next morning to a winter wonderland, we drove into the nearby village of Onzain to try the local cheese market and select some fresh produce for dinner that evening. We spent that afternoon by a roaring log fire enjoying our purchases, before dressing for a black tie dinner (which was prearranged with all guests) which went well into the early hours.

At Chateau du Portail, relaxation was easy to come by, company always welcoming and food and wine never in short supply. If we had wanted, day tours to nearby historical monuments and hot air ballooning could all be organised – yet the tranquillity of the French countryside seemed to slow our efforts to do much at all. All too soon, it was time to pack our bags, say goodbye to new acquaintances, and head back towards Paris for the next leg of our adventure.

Flights to Paris start from approximately AUD1799 including most taxes from Melbourne. Car hire with Hertz starts from EUR59 per day. Alternatively, catch a train to Tours or Monteaux from as little as EUR20, and the Chateau will collect you from the station. Accommodation at Chateau du Portail starts from EUR150 per night for a classic double room including continental breakfast. To book, either go online at www.chateauduportail.com or use the services of a licensed travel agent.

Ash Hogan is an Australian independent travel writer who calls the world home.



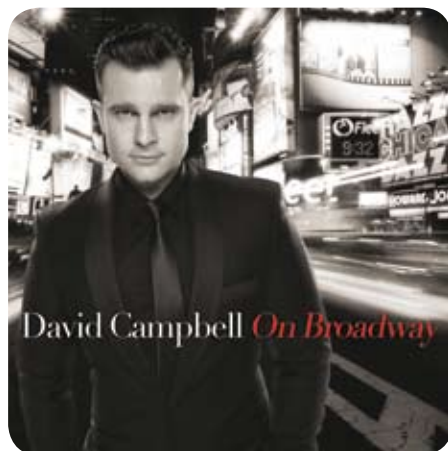
q star: DAVID CAMPBELL

Entertainer David Campbell has returned to his first love Broadway as he is set release a new album of Broadway classics. The album, *On Broadway* is in stores NOW through Sony Music.

On Broadway sees Campbell interpreting a host of beloved music theatre songs on record for the first time. The album combines songs from hit shows in which he has starred such as *Bring Him Home* (*Les Miserables*), *Being Alive* (*Company*), *Luck Be A Lady* (*Guys & Dolls*), and *You'll Never Walk Alone* (*Carousel*) with songs from other hit musicals such as *Oh What a Beautiful Mornin'* (*Oklahoma!*), *Hello, Dolly!* (*Hello, Dolly!*) and *All I Care About* (*Chicago*) - and a world premiere recording from a forthcoming show by Hairspray writers Marc Shaiman and Scott Wittman.

One of the country's biggest selling recording artists, David's career started in musical theatre, and he is now not only one of Australia's leading musical theatre stars, but also one of the few local performers to have achieved similar success in New York. David has starred in musicals including *Les Miserables* (Sydney) *Saturday Night* (New York), *Babes in Arms* (New York), *South Pacific* (New York), and *Shout* (Australia) - not to mention his own critically-acclaimed downtown cabaret show in the iconic New York cabaret room, *Rainbow and Stars*. Along the way, Campbell also picked up a host of awards, including, a Helpmann Award for Best Actor, for his 2005 role in *Sunset Boulevard*.

Also not to be missed is David doing what he does best - entertaining his fans LIVE on stage! David will perform tracks from *On Broadway* and more, live around the country with a full orchestra from July 31. For bookings or more information visit www.davidcampbell.com



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Barrie Mahoney was a teacher, head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands as a newspaper editor. He is still enjoying life in the sun as a writer and author.

Airport Security

One of the many additional hassles of flying anywhere these days are the security checks. Yes, I know that these checks are essential to thwart the potential terrorist who intends to attack a plane armed with little more than nail scissors and baby teething gel. However, I do wonder why it is me that is nearly always body searched.

I can see the security officers 'eyeing me up' as I enter the 'control zone' and I have yet to discover whether it is because I look shifty or whether they just find me irresistible in some way and cannot wait to get their hands on me! Anyway, whatever the reason, I do find it mildly annoying, although often entertaining, and I just hope that they warm their hands first and get it over with as quickly as possible.



On this particular occasion I approached the Gatwick security zone with supreme confidence. Yes, I had remembered to remove my watch, removed loose change and keys from my pocket, removed my belt (is this really necessary?!) and checked for surprise eye piercings, nose studs or anything else that I might have overlooked and that just might set off their sensitive security system. It was all to no avail because as I walked through the magic electronic archway a piecing alarm sounded and I was duly stopped in my tracks, firmly yet politely, by a burly, but not unattractive, security officer.

"Now what are you hiding in there?" he began pleasantly, whilst I resisted the temptation to refer to a Kalashnikov hidden in my Marks and Spencer's undies. Yes, I know that such comments are unnecessary and potentially dangerous, but nevertheless I suddenly had an urge similar to that experienced by many - that of pulling the communication chord on the Orient Express or maybe the 16.45 from King's Cross. I smiled benignly and said nothing.

"Well, we'll just give you a quick once over, sir," he grinned, prodding me with a large instrument and waving it around my body like a magic wand. The alarm beeped again. The security officer looked puzzled. He then discovered my mobile phone in a side pocket, which I duly removed both humbly and apologetically. "Never mind, sir. It happens," he said pleasantly, waving his magic wand around me once more. "I see you have an iPhone, they are great gadgets, aren't they?" The alarm beeped once again.

"Now then, sir. You having games with me? Keys? Cash, any hidden piercings that I should know about?" I didn't like the way that he said "hidden", with a smirk, and I shook my head wincing at the very thought of a Prince Albert, although I did wonder how one would get through security if one actually did have this rather painful addition to the natural order. The security officer once again waved his weapon around my body furiously, but sadly I still beeped. This was it; I was about to be strip-searched.

"Hmm," he looked puzzled. "Maybe it is your trousers." He rubbed his hands up and down my trousers once again. "Yes, I can see a couple of small studs on the pockets, maybe that is the problem." He prodded me firmly rather like a farmer does to a bullock before sending the poor creature off to the butcher. "Yes, I am sure that is it. I think I can let you go."

I heaved a sigh of relief and thanked the security officer profusely after, not for the first time, imagining that I would be taken off to some nearby room and inspected closely with the aid of rubber gloves. I shuddered at the thought although no doubt it depends upon exactly who is officiating.

"Next time, I'll have all your clothes off," he grinned. Once again I was speechless, but made up my mind that the next time I was in Gatwick Airport I would ensure that I was wearing a new pair of Calvin Kleins and not Marks and Spencer's thermals!

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and <http://www.thegaycanaries.com> or read his latest novel, 'Journeys and Jigsaws': From Teacher to Drag Queen Book 1 (ISBN: 9781843865384).

q fitness: with CHRIS GREGORIOU

Want a flatter stomach and tight abs?

It all comes down to two things:

- a) getting rid of the fatty layer that's covering your abdominal muscles
- b) tightening and toning your abdominal muscles

Guess what, the solution doesn't come in magic potions nor wondrous detox diets, it comes down to good old fashioned hard work and in getting the basics right.

Here are the essentials, oh and they're free....!



Tip 1:

Strength (also known as resistance) training is mandatory. Perform at least three sessions of this type of training each week. Your abs are like any other muscle in your body, they need to be consistently challenged in order to become stronger and tighter.

Tip 2:

Stop eating junk, and by junk I mean simple carbs and processed food, including refined sugars. As a good guide, foods that are not natural and taste sweet will affect your body's blood sugar levels dramatically. Such rises in sugar affect your insulin levels and as a result affect the way your body stores and utilises body fat.

Tip 3:

Don't waste your valuable time doing long and slow cardio workouts. Go for an interval training approach, with high intensity cardio bursts, scattered throughout your workouts. This results in revving up your metabolism and helping with burning off stored body fat.

Tip 4:

Don't waste your money on 'weight loss' pills or supplements. It's a billion dollar industry and if you look closely, most 'weight loss' statements all come with some disclaimer about needing a balanced diet and exercise program.

Tip 5:

Strengthen your core and don't just limit working your core within the gym. A strong core is the foundation for flat, tight abs. Engage your core when bending over, using the stairs, walking even talking. Perform classic exercises, such as 'squats' and 'dead lifts' (with correct technique and form) to burn tons of calories and strengthen your core at the same time.

Tip 6:

Use free weights, natural movements, change your exercises and stay away from workout machines. Our bodies move in amazing directions and positions. You will get the best results from natural body movements and holds.

Instant results tip:

How would you like to improve the look of your stomach in a matter of seconds? Simple...Don't slouch. When you slouch, with shoulders rounded forward, your stomach pooches out. Instead, push your shoulders back, chest up, and pull your abdominals in. And just like that you look slimmer.

Oh and by keeping your abs pulled in you are strengthening your core.

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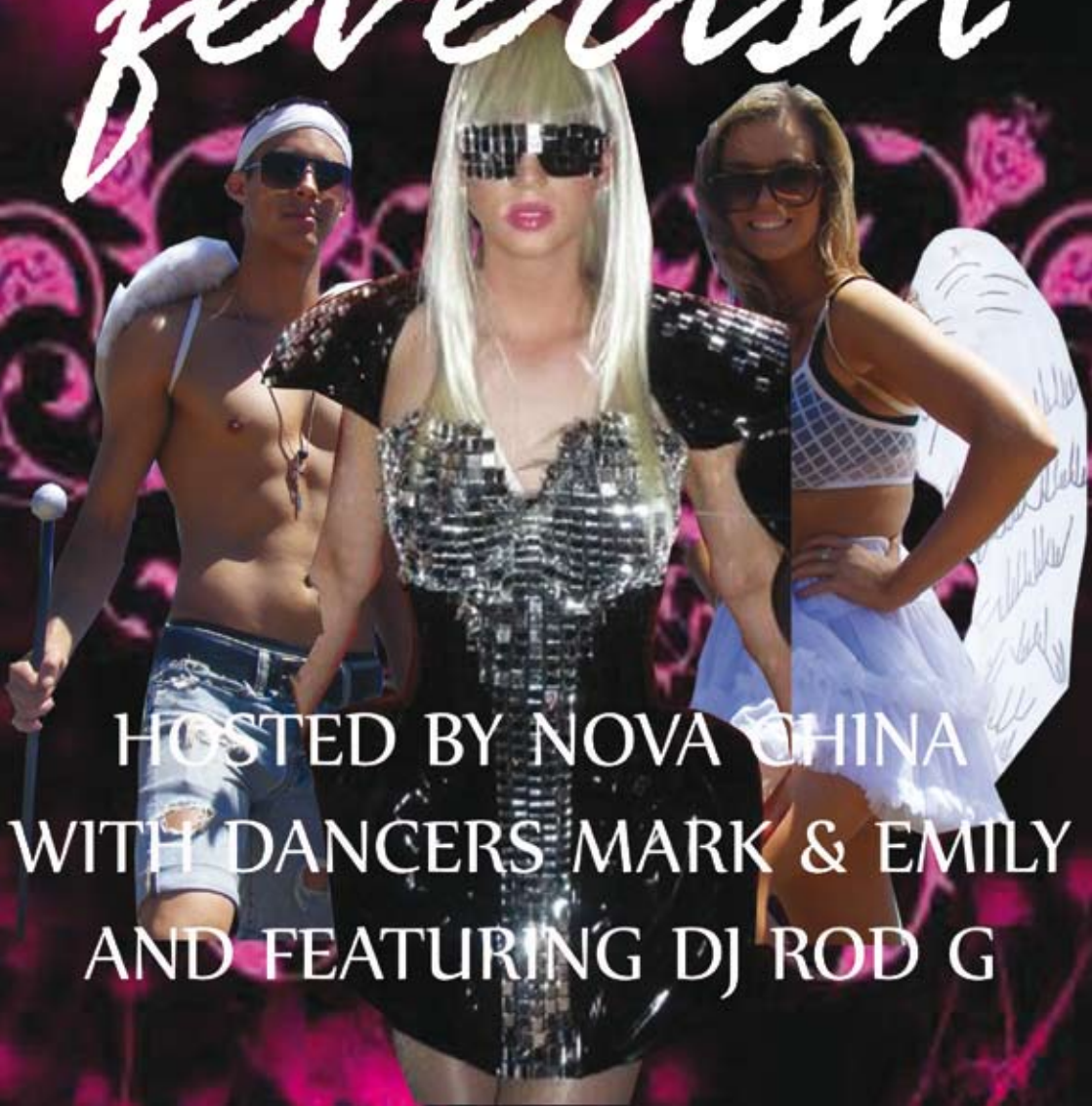
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