



JUNE 2011

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*

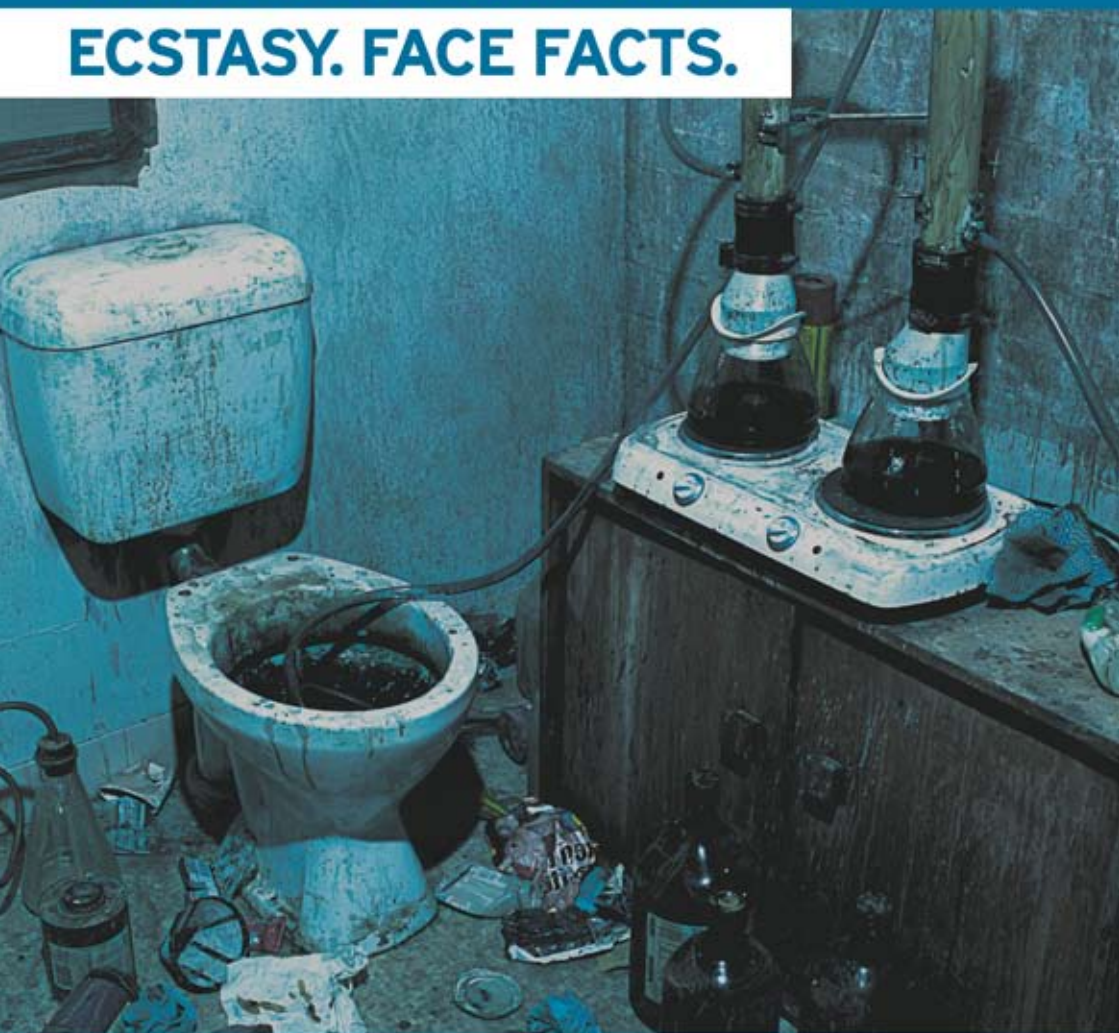


featuring
MELBOURNE
CABARET FESTIVAL

Advertisement

**MADE USING DRAIN CLEANER,
BATTERY ACID OR EVEN HAIR BLEACH.
THEN POPPED IN YOUR MOUTH.**

ECSTASY. FACE FACTS.



For more information call 1800 250 015
or visit australia.gov.au/drugs

NATIONAL DRUGS CAMPAIGN
NATIONAL DRUGS COMMISSION



Australian Government

Authorised by the Australian Government, Capital Hill, Canberra.

q comment: **HELP THEM REALLY HELP**



Creswick Woollen Mills is calling on the corporate community and general public to support its annual Blanket Drive. Be part of the distribution of 5,000

blankets with a retail value of \$200,000, to help people in need this winter.

Get involved by providing unused, packaged blankets or for \$15 (plus GST) Creswick Woollen Mills will donate a quality blanket on your behalf.

You can make a difference.

The blankets are subsidised and distributed by Creswick Woollen Mills to a number of charities who assist the homeless and disadvantaged including the VicRelief Foodbank, Prahran Mission, The Alannah and Madeline Foundation, Lighthouse Foundation, 3BA Christmas in July Appeal and schools nationwide.

The bi-partisan Blanket Drive is currently in its sixth year, and was created by the late founder and Chairman of Creswick Woollen Mills, Paul Ryzowy and his grandson and Executive Director, Boaz Herszfeld as a way to give back to the community.

To donate a blanket to a person in need this winter and give the gift of warmth:

Visit <http://www.creswickwool.com.au/home>

Call 03 9818 5055 or

Email info@creswickwool.com.au

Alternatively, unused and packaged blankets can be delivered to:

Creswick Woollen Mills Head Office
6 Roche Street,
Hawthorn, Victoria 3122

or Creswick Mill Railway Parade,
Creswick VIC 3363

Help Those in Need This Winter, Naturally.



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, Evan Davis, Alan Mayberry,
Tasman Anderson, Marc J Porter, Barrie
Mahoney, Brett Hayhoe, Brian Mier, Chris
Gregoriou, Nathan Miller, Amanda Nassif,
Jacob Atkins, James McKenzie

Cover picture
Le Gateau Chocolat - London

Photographic Contributions
Alan Mayberry (gh & comm), Avril
Holderness-Roddam (flamingos),
ta-DAH! photo/Duncan Hewitt (hd
ok2bgay launch)

Distribution
distribution@qmagazine.com.au

ISSN 1449-499X
QMAGAZINE
PO Box 7479, St. Kilda Road,
Melbourne Victoria 8004
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: MELBOURNE CELEBRATES

Cabaret gets even gayer

One of Melbourne's newest festivals has gone all queer, with plenty of tantalising never-seen-before talent alongside home grown Melbourne favourites.

The second annual Melbourne Cabaret Festival will present non-stop cabaret within South Melbourne's historic Emerald Hill arts and cultural precinct, Tuesday 19 to Sunday 24 July.

Highlights include *Le Gateau Chocolat* from the UK (see our cover pic) who is described as "a delicious roly-poly confection wrapped in lycra with a huge singing voice" - Independent Weekly. He performs his full show on Friday 22 and Saturday 23 July, and you can also see him on the Opening Night Gala on Tuesday 19 July.

Prepare yourselves Melbourne because he's jam-packed his oversized suitcases with 72 kilos of drag and is ready to unleash a delectable confection of mesmerising songs. Dabbling in the dark arts of pop, jazz and musical theatre, this opera-loving maestro will carry his audience from Bassey to Radiohead, while infusing these songs' stories with his own.

Charmingly cheeky show-stopper of A Company of Strangers and La Clique, Le Gateau Chocolat is one of Time Out London's top 10 cabaret stars and we're told that "treasures of untold riches await the persons brave enough to watch" - LA Times.

Nothing is as you'd expect, but you can count on a whirlwind of endless costume changes, a healthy dose of honesty, and a collective show-stopping climax like no other.

This is an emotional kaleidoscope of a journey through the life of this Nigerian-born London boy with a law degree, unsuspecting mother and a big heart who against all odds, discovered opera, lycra, drag... and just the right amount of ass-holism.



Having performed at prestigious venues around the world including London's Royal Opera House and the Copenhagen Opera House, Le Gateau is delighted to make his Melbourne debut at this year's Cabaret Festival.

The Festival organisers are making the most of Le Gateau Chocolat's time in Melbourne by also booking him to host what will be one of the gayest events of the year, the Big Gay Sunday Cabaret on Sunday 24 July.

The event will be a colourful tribute to Melbourne's iconic drag queens who sing live (such as Dolly Diamond, Kaye Sera, Constantina Bush and Tina Del Twist), responding to the theme of equal marriage rights. Supported by Equal Love

in the lead-up to the ALP National conference on the issue, who says today's cabaret can't have political bite, and be fabulous?

Ali Hogg, Equal Love Convener says "In the lead up to the National ALP conference in December this year, it's great that the Melbourne Cabaret Festival has chosen the theme of marriage equality for 'The Big Gay Sunday Cabaret' to help pressure the government to change the marriage act".

"From the beginning cabaret has been used as a medium to speak out against state repression and it's great to see that it is still being used in that fashion today. It shows that whilst we have come so far in terms





of LGBTI rights, we still have a battle on our hands and why not sing out about it!"

There will be an opportunity to donate to the Equal Love campaign at the event.

As if that's not gay enough, amongst the 100 performers, 78 performances and seven venues you'll find several gay-themed shows by the likes of Jon Jackson, Luke Gallagher, Tina Del Twist, Dolly Diamond and even a Barbra Streisand tribute show.



Aside from the shows, be spoilt with a full hospitality offering including seven bars, light meals and snacks or the option of an elegant dinner with show, or explore all that South Melbourne's pub and restaurant culture has to offer.

Whether it's a meal, a drink, a meeting place or a late supper, it's all on offer at the Melbourne Cabaret Festival, but only for six very gay nights.

**TINA
DEL
TWIST**



**19~24
JULY**
**melbourne
CABARET
Festival**

**100 performers
78 performances
7 venues 6 nights**

melbournecabaret.com

q psychology: with AMANDA NASSIF

registered psychologist

Be secure and soar

We all would love to have the perfect relationship where we were fulfilled and satisfied on all levels. But before we can have the perfect relationship with someone else we need to be able to have the perfect relationship with ourselves.

One of the most important factors in making a relationship work is being secure within yourself.

This does not mean that you are arrogant and look down upon others but rather it means that you are brave enough to accept yourself for who you are and be honest about yourself wherever you may be within yourself.

From this platform of acceptance you can keep growing to become the best that you can be. When you accept yourself as you are you will find that your relationships will also reflect this back to you. If they don't then its time to look within to see why you are attracting such experiences and transform yourself in order to move into a more loving relationship.

When we are secure within ourselves we also allow others to be secure within themselves therefore there is no neediness or insecurity within the relationship.

When you are comfortable with who you are you also allow others the freedom to be comfortable with themselves so you don't impose your own ideas onto other people but rather give others the freedom to think and feel how they choose to think and feel.

The problem always comes from inside of ourselves. If someone is treating us badly we need to go within ourselves and ask ourselves what is it inside of me that is creating this or allowing this to happen in my life. When we find the answers then we are able to let go of bad relationships to enter into new and fulfilling relationships.

Security is something that comes from within ourselves, sometimes people from the outside can encourage us and support us in our growth but ultimately we need to discover ourselves and work out what is right for us. We have to have the courage of our own conviction and then we can soar.

When we have the courage of our own conviction we are secure and we therefore open ourselves up if we choose to have a functional healthy relationship rather than a dysfunctional and unhealthy relationship.

Many people struggle with being secure within themselves however there are many modalities and activities one can use to facilitate healing and growth.

This will be looked at in the next issue.



Save up to

HALF PRICE

on London theatre

www.westendtheatre.com/qmagazine



westendtheatre.com
tickets for less

www.westendtheatre.com

q community: with JAMES McKENZIE

3CR - Pride in Subversion

3CR is a social justice, activist station and hub, and home to one of Australia's oldest gay, lesbian or queer radio shows. The station is a refreshing alternative to the culture of spin that the mainstream media keeps banging on about.

But what is spin? If you believe the mainstream media, spin is any angle that a government uses to argue an issue or promote itself. The mainstream media says spin is performed by armies of media advisers, who work in government media units, to make governments look good. Meanwhile, any angle that the mainstream media takes on an issue is presented as fact, plain-speaking, the way it is.

If you believe the mainstream media, they never spin anything. They are just vehicles of truth.

The subversion of spin has been a very successful strategy that the mainstream media has used to promote conservative causes. Over the last year, the Coalition, through its army of supporters in the mainstream media, have subverted spin to promote themselves. Responses to climate change, floods and corporate taxation have all been accusingly labelled as spin, while landmark social issues, such as paid maternity leave, have been glossed over.

It has been a remarkably successful strategy, with media outlets using the polls to spook the federal government and almost pinching the federal election for the Coalition.

The term 'spin' has become a weapon used by the powerful to promote themselves as underdogs to gain support and sympathy and avoid scrutiny. Heaven help us when same-sex marriage gets closer to becoming a reality and the Christian Lobby uses the many conservative media outlets to spin a scare campaign!

But surely 3CR spins too? Don't we often present ourselves as the underdogs, while taking anti-government positions?

Yes, we do, but we also usually wear our biases openly on our sleeves, and that is the big difference between us and mainstream media. 3CR admits that it is biased. The mainstream media does not.

In the mainstream media's view, if they admitted they did biased reporting, their integrity would be undermined. So they just proceed with it anyway and deny it. That's why they rarely admit it when they are wrong. It's remarkable that so many members of the public fall for it.

Shouldn't more people question things when a complex issue is simplified and dressed up into a story that lasts less than a minute?

Of course they should, but I think many people just accept that is how the mainstream media operates and they are resigned to it. That is the great power of the mainstream media: their real scrutiny is superficial. Even when they get into trouble, it is usually just a tap on their knuckles.

Their power continues. They are largely all powerful and unaccountable. That is why 3CR is so important – we are an alternative to the mainstream media. Often we are anti-media. We refuse to accept corporate sponsorship so that we're free to express what's really going on.

We're a radio station that openly subverts what the mainstream media has already subverted.

We are both subversive and an antidote to subversion.

In Ya Face, broadcast every Friday afternoon from 4 to 5.30 pm, is in its 20th year. The show explores issues with a magazine format that revolves around interviews, music and chat. Listen on 855 AM or 3CR Digital in Melbourne, or by streaming via www.3cr.org.au. 3CR's Radiothon runs from June 13-26. Donate to keep alternative voices loud and proud! Go to www.3cr.org.au or phone 03 9419 8377.

DONATE!



6-19 JUNE

EDUCATION INFORMATION REPRESENTATION

PLWHA Victoria is a community-based organisation that works to advance the human rights and wellbeing of people living with HIV. Our mission is to educate, support and advocate on behalf of all people living with HIV in Victoria, as part of a society-wide response that seeks an end to the HIV epidemic.

Our services:

Positive Speakers Bureau
HIV & Sexual Health Connect Helpline
Planet Positive Social Events
Education Events
Peer Education Groups
Phoenix (newly diagnosed)
QUIT Smoking Cessation Groups
Individual Advocacy
Poslink Magazine
SAM (Sexually Adventurous Men) Program



PLWHA Victoria
Suite 1, 111 Coventry Street
Southbank Victoria 3006
Tel: 03 9863 8733
info@plwhavictoria.org.au
www.plwhavictoria.org.au

q food & lifestyle: with PETE DILLON

Melbourne seems to open a new restaurant every week, or there is a chance to mix and match food and wine at any given opportunity.

Newly opened in the past month is Union Dining, housed in a heritage listed building on Swan Street in Richmond. The brain child of Adam Cash (formerly floor manager at Cutler & Co) and Nicky Reimer (ex Melbourne Wine Room chef). Both Nicky and Adam have impressive histories in the industry and this restaurant has been a dream for the two of them for some years.

The dining culture at Union is all about the old way of dining – very European, shared plates for the table with comforting food in a relaxed and local kind of environment. They have hit their straps there completely.

The food focuses on the seasons and locally produced food. Butter comes from Myrtleford, the bread is baked locally in St Kilda and most of the produce is Victorian, including a number of the wines on the list. There are also European wines to choose from if you want that uber Euro atmosphere. I am parochial so I will always stick with Aussie/Victorian wines where I can.

There is an open kitchen, and there are restaurant stalwarts that sit on the menu alongside some more experimental offerings.

These folk know what they are doing, and the floor staff share that knowledge. They are pleasant, knowledgeable and understand that the dining experience can be fraught at times. Clearly the customer is always right at this venue.

The conversion of the venue while maintaining its heritage has been well considered, especially in a building with such a rich food and drink history. It is a great value dining experience and you won't go home hungry.

Well worth a visit also in Melbourne is something at the slightly differing end of the scale. Saint Katherines opened recently in Kew.

A venture that is backed by the Press Club team, including Master chef judge, George Calombaris, with Shane Delia, whose middle eastern influence is prevalent everywhere. The menu is a melding of Modern Greek, Turkish and Middle Eastern cultures and food. And is defined by its custom made Turkish grill and a wood fired oven.

Saint Katherine's has been named for the Delia family patron saint, and the church where George was Christened, so it is very close to them both.

Both of these fellows have an excellent pedigree and so their combined skills will make for a very interesting combination of modern and traditional cuisine.

Finally, I can't submit this without talking about Bistro Guillaume at Crown Casino. This restaurant occupies the space that was The Bistro by Phillippe Mouchel and brings Monsiuer Brahimi to Melbourne to ensure we are as blessed as Sin City Sydney with his presence. He is a perfect gentleman and the food, well, how much French can one man really suffer?

For more information regarding this column, please feel free to contact Pete at lifestyle@qmagazine.com.au or 0409 142 365



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 seven years of experience as the ONLY A5 free to street GLBTi Lifestyle magazine of its kind in Australia

Support small business!

P.O. Box 7479 St. Kilda Road VIC 3004
T: 0422 632690 F: (03) 9527 1669
www.qmagazine.com.au
E: info@qmagazine.com.au

q location: with PETE DILLON

location: Port Lincoln

It's not often I would suggest that Regional Australia is the ideal place for the good gay and lesbian folk of Australia, but a recent trip into the wilds of South Australia has had me suitably impressed.

Port Lincoln, home of Makybe Diva trainer, Tony Santic, offered itself by accident and like all good accidents, I was lusty in my desire to visit this area that was for all intents and purposes, virginal to me. A quick flight to Adelaide and on to a tiny little plane for one of the most scenic flights across South Australia and the Southern Ocean .

Landing in Port Lincoln on the beautiful Eyre Peninsula, I was surprised at the facilities in the town. There is a population of about 12,000 people and the entire place looks very clean, organized and has great schools, sporting facilities and entertainment venues. Rumour has it that there is one Ferrari for every 1000 people in Port Lincoln – find me another regional town of that size in Australia that can boast a similar statistic.

Port Lincoln is a fishing town, and produces some of the most extraordinary seafood that Australia has. From farmed Hiramasa Kingfish, to Southern Blue Fin Tuna, mussels, Coffin Bay Oysters, King George Whiting – whatever your fancy on your plate, you will find some of Australia's best in Port Lincoln. It is not just the seafood however. Port Lincoln is producing some beautiful maritime climate wines, and offers activities to please even the most difficult of travellers., and indeed, the most adventurous.

Fancy a swim with Sea Lions Great White Sharks (yep, Jaws sharks) or Southern Blue Fin Tuna? Then Port Lincoln is the place to do it. Adventure Bay Charters run daily trips out through the Spencer Gulf into the Southern Ocean and Great Australian Bight. If swimming with them is not quite your bag, take the boat trip out, share the space with dolphins and sea lions that will swim along side the boat, and have a look at the Tuna in the farming nets through an underwater tank. Truly a magical experience.

If you prefer something a little bit less confronting, there are a number of museums in Port Lincoln worth a visit – The Maritime Museum and the Smith Museum to name just two. There are also a variety of walking trails and look outs for you to visit, along with the Koala park.

Coffin Bay is home to some of Australia's best Oysters and is a short drive from Port Lincoln. This quaint little village has its own history and the oyster producers are truly worth looking up and getting to know.

Wineries are springing up in the region and you can find the family owned Boston Bay Winery or Dellacolline Estate, both producing wines of very good quality.

Accommodation comes in a range to suit all budgets. We stayed in an apartment next to the hotel, right on the marina. Self catering if you want to cook for yourself, a pub at the doorstep, and a launch point for all manner of tours makes this an ideal location. There is a 4 star hotel in the centre of town, affording beautiful views, well designed and fitted out rooms and a plethora of eating and drinking options abound in the town.

The locals are a cracking bunch of people (or those that I met) and there was no incidents of feeling like we did not belong in the place. We felt safe and accepted.

For a scenic eight to ten hour drive from Adelaide, it is worth the visit but my recommendation is to fly. Visit one of Australia's most beautiful, pristine and exciting coastal locations.

"Pete Dillon was a guest of the Eyre Peninsula Regional Development Board"

MEDICAL AESTHETIC & LASER CLINIC

Greensborough

South Melbourne

laser hair removal



BEFOREAFTER

**Call now for a
free consultation
treatment plan
and test patch**

**5% discount when
you join interest free
EZYPay**

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

**18000 laser
52737**

laserhair.com.au

q cuisine: with NATHAN MILLER



Oysters

Recently I traveled over our western border in search of some amazing wines and delightful food. I stumbled (literally) into the Norwood Food and Wine Festival, where I could sample copious amounts of local food prepared by the regions top restaurants, food producers as well as a large selection of South Australian wines.

Everyone who knows me, understands my little weakness for fresh oysters, and whilst in South Australia, I had to sample the finest Oysters in Australia.

Pure Coffin Bay Oysters are grown naturally in the nutrient rich waterways of Coffin Bay. The oysters are not fed at all, they filter feed naturally from the bountiful enriched ocean. Located in the remote, unspoilt and pure waters of Coffin Bay.

As a chef, I often find myself looking for new and different ways to prepare oysters, and have yet to find more than a couple of ways to prepare them aside from straight from the shell.

A great starter for a cocktail party or for an appetizer is to shuck the oyster into a shot glass, cover with a good quality Sake, and then place a small amount of wasabi on top.

If you find wasabi a bit warm, maybe try a pinch of black caviar.

Another way is to mix a small amount of grated ginger, a few tablespoons of rice wine vinegar, a small amount of chopped chilli, pinch of sliced coriander and a teaspoon of sugar. Serve with the oysters in a dipping bowl and some lime wedges.

K.I.S.S (keep it simple stupid) was an acronym I learnt in my early years as a chef in Queensland; so to apply this to oysters.



Open a bottle of Oakridge "Over The Shoulder" 2010 Pinot Grigio, cut some lime wedges and enjoy fresh from the shell.

Check out www.coffinbayoysters.com.au/

Happy Shucking and Enjoy,
Chef Nathan

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 money: with EVAN DAVIS

G'day and Welcome to Q Money.

June and July, are an extremely curious time of the year. The end of financial year means that deadlines are everywhere. Bookkeeping needs to be completed and against all the odds, accountant's become interesting. Well sort of.

Lots of people choose to complete their own tax returns. If your finances are uncomplicated, lodging your tax return through E tax can be a cost effective option. It does however mean that you need to navigate by yourself, with only your own knowledge, research and hearsay to go on.

For my money, the relatively small expense of an accountant really is an investment. The reasons for using an accountant are obvious.

With or without an accountant your mission at tax time is the same. Your primary goal, for tax purposes, is to minimise your assessable income. Your 'Assessable' income is your gross income. It can be a combination of your salary and wages, plus additional income sources such as interest from cash accounts, share dividends, managed fund distributions, property rental income and capital gains. To get your 'Assessable' income as low as possible, you need to document and then take away all allowable tax deductions. Once you have done this, you then have your taxable income, which is the figure used to calculate your tax bill.

The reason that accountants are great is that it is their job to get that figure as low as possible for you. This they do by finding deductions that you never would have dreamed existed. Knowing tax law is their job after all. A good accountant will also help you structure your tax affairs for future years too. I have been told many times by many different accountants, that tax planning shouldn't start in June. It should be an ongoing process.

The cost of using an accountant will naturally vary according to the complexity of the work they do for you. If you are an individual, the cost will be significantly less than if you are self employed and/or operate a business with staff and different trading entities.

That said the cost of using an accountant should be viewed in the context of the amount you save. Universally in my own business, I have saved greatly more than the cost of the fee each year. My accountant has helped me understand how to maximize my finances while operating under the rules the ATO provide.

I have noted over the years that my friends that 'save' on the fees I pay to my accountant tend to have much less significant deductions, with much greater tax liabilities. They also are greatly inconvenienced by trying to do it all themselves. Accountants are convenient! I get to affordably outsource the worst job I have to do each year!

With some good advice from a clever accountant you may find your tax refund better or for the self employed your tax bill is not nearly so bad. Also the cost of seeing an accountant is tax deductible in the next financial year!



Southern Hibernation.

**Proud sponsor of VicBears
and the bear community.**

Leather. Rubber. Lifestyle. Gear.

130 Hoddle Street, Abbotsford
03 9416 4800
www.mannhaus.com.au
Find us on Facebook

 **MANNHAUS®**

q mens health: FINDING THE WAY

by Brian Mier

Men are complex creatures. The obvious components include a body and a brain. However, if we take a holistic look at Men's Health, there are at least six components - a man's physical, mental, social, sexual, spiritual and financial health.

Mainstream Health Promotion 'professionals' will tell you that men don't respond to health messages. Yet if you ask them "Why not?", you will most likely get a blank stare.

Dig deeper, and you will find some clues:

- Less than 10% of health promotion professionals are men.
- Thirty years of growing feminisation of health services, indeed, public life in many respects, has seen the massive growth in women's health programs, services and personnel. This is as it should have been, for women were badly treated thirty or so years ago. Unfortunately, men's health services have been largely neglected during that period including today.
- Hence there have simply been few or no services developed for men.
- Health promoting material has, for the most part, featured female imagery and neutral language. Overall, not much of it has shown strong male images on the front covers to attract men to pick it up, nor used male language to engage the reader.
- Services have mostly not been offered when men are available to receive them. Most of the potential male recipients work during the day and are left unserved for the evenings.
- Given that many men are embarrassed to be seen going to health services as they feel it displays their weakness, sitting in crowded waiting rooms populated by women and children does little to counter those feelings.

But there are three bright spots amidst the gloom.

On June 17, those working directly in Men's Health in Victoria will come together to explore the formation of a collaborative network.

The aims include:

- information and resource sharing
- better coordination of events around the State
- advising governments on their health policies
- lobbying for funding of resources and programs for men's work
- professional development
- mutual support
- whatever it takes to help anyone working in the field to improve their knowledge, skills and ability to do the job in a sustainable way.

If you want to know more and register to attend the meeting, which will be held at VicHealth in Carlton, e-mail me at info@eaglehealth.net.au. It's an official event in International Men's Health Week (13-19 June).

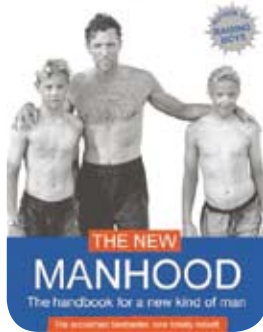
There's more.

Victoria's first men's health program to be endorsed by the Australian Institute of Male Health and Studies is under way at Fairfield, in Victoria.

It encompasses the six areas of male health named above. It is ongoing, unlike many one-off men's health program which only dwell on one disease and present negatively. It celebrates men's health and each session is designed as an Adventure. It recognises that men are largely active beings and provides for this. Even better, it uses little or nothing in the way of power point presentations! The presenters including myself concentrate on ways to get the message across, positively and humorously.

Third, on the evening of Thursday 16 June, the men in the program are going on a trip - to attend the interactive talk, 'The Road to Manhood'. It's being presented in Preston (Melbourne) by a former Australian of the Year and world-renowned family psychologist, Steve Biddulph, who is truly a man among men, a man of and for our time. It's based on his book: 'The New Manhood - the handbook for a new king of man.' It's another event during International Men's Health Week.

STEVE BIDDULPH



I've read Steve's book - twice - along with his 'Raising Boys'. In 'The New Manhood' I was able to review various parts of my life journey as a boy, then a man, and now an older man. I was amazed that things which had happened to me gained clarity. Questions were answered. It resonated with me. Having viewed Steve give a filmed talk, 'The Secret of Happy Children', I have seen and felt the impact of his messages. I urge all men who can get to his men-only talk 'The Road to Manhood' to do so. You're in for a night of humour and compassion, emotion and insights. It may just prove positively life-changing. It costs just \$30.



Again, e-mail me for details or to book your place - info@eaglehealth.net.au It's another of my voluntary roles promoting this outstanding experience to men and assisting with bookings beforehand and practical duties on the night..

Coming Up – three Men's Health Events which may be worth your consideration.

- Male Studies Symposium, Adelaide, 24 June. Those working in Men's Health will find this relevant and valuable. Theme: 'From Boyhood to Manhood; transitions and challenges.' www.aimhs.com.au .
- National Male Health Gathering, Perth, 19-22 September. The hyperlink is hideously long, so e-mail me and I'll forward you the link.
- The Time of Your Life, Perth, 30 September-2 October. A fascinating, personal journey for men over 50 YO who are interested in exploring their own concepts of growing older, who want to identify important issues in their life, and discover insights into what it means to become an Elder. Another difficult site to access - e-mail me for assistance.

q nostalgia: MYER MURAL HALL

MURAL HALL OPEN JUNE 26 FOR NOSTALGIC AFTERNOON TEA EXPERIENCE

As custodians of the beautifully rejuvenated Myer Mural Hall The Big Group is proud to announce that Mural Hall will be open to the public on these special days in June and July for an exquisite Afternoon Tea experience.

Mural Hall, the iconic ballroom built in 1932, and noted by the National Trust as 'one of the finest Art Deco interiors in Australia', is also considered one of the world's finest examples of art deco. The former ballroom and dining room is named for ten marvellous murals painted by Napier Waller in 1934. Sidney Myer, founder of the Myer Emporium was renowned for innovation and it was he who commissioned the murals to pay homage to the Seasons and to Women and their achievements through history in the areas of art, opera, literature, dance and fashion.

In addition to Mural Hall, guests can reminisce about the last remaining example of the Lamson cash tube system - a system of cash transport used by stores of the era prior to the introduction of cash registers and electronic transactions.

AFTERNOON TEA, MUSIC, CONVERSATION & NICETIES

In the tradition of tea in the Salon, MC Jo Silvagni will host you whilst you are entertained by rising star Victorian College of the Arts Opera student Hana Crisp along with the Melbourne Symphony Orchestra and the stimulating conversations of guest speakers and entrepreneurs Les Erdi and Baillieu Myer reflecting on Melbourne's history in retail, business and philanthropy. Les Erdi will be available for personal book signings.

Dine on exquisite tea sandwiches, moreish savoury tarts, freshly baked scones, jam and cream, petite éclairs and assorted sweet pastries. Rich hot chocolate, freshly brewed coffee and artisan teas served from art deco tea trolleys will complete the experience. Enjoy this elegant afternoon tea and be one of the first to experience the beautifully restored and heritage listed Mural Hall.

Myer Mural Hall, Level 6, Myer Department Store, Bourke Street Mall, Melbourne. Sunday 26 June 2011 and Sunday 24 July 2011. 2.00pm until 4.00pm. \$70.00 per person. Tickets can be purchased direct from our website www.muralhall.net.au. For any further information please call 9661 1546.

q youth: with TASMAN ANDERSON

There is something truly worrying when a couple is not allowed to show their love and commitment on a public billboard. Unfortunately, this was the case for Brisbane locals, Michael James and Donald Gillespie. Homophobia reared its ugly head in Brisbane earlier this month, bringing forward the tiresome debate between religion and GBLT rights as well as whether religion should play any type of role in our media.



Unless you've been avoiding the news networks and restraining yourself from using Facebook, you'll know about the struggle Director of Business Development and Recruitment at FRESH events, Michael James and his fiancé, Donald Gillespie, had with advertisement company, Adshel. Both Michael and Donald were chosen to appear in a campaign promoting safe sex, run by Queensland Association of Healthy Communities (QAHC). The pair was shown embracing tenderly holding a condom in hand. The 'rip and roll' advertisement was soon placed on various bus stop billboards throughout Brisbane. However, on May 31st, Adshel removed the advertisement after heavy scrutiny, without the consent of QAHC. Outraged by this, James started a Facebook support group and gained a whopping 25,000 members in just nineteen hours. After an intense day of interviews with channel 7, 9 and 10 news, a well formed protest and a radio interview, Michael managed to convince Adshel to place the advertisements back on their rightful billboards. However, with this current issue still fresh in the minds of the public, it has unearthed a debate over whether religion should have any say in which organisations have the right to advertise within Australia.

Now you might ask why religion is involved in this. Well the Australian Christian Lobby Group was the organisation who disagreed with the advertisement and branded them as being too vulgar. According to Michael, the group lodged an initial argument about the advertisement to its followers and urged them to write to Adshel and demand it be removed. After the company had received the complaints, they immediately took the ads down and left people questioning their decision.



With all this in mind, what confuses me most is why Adshel would falter to a request without contacting QAHC or discussing it with the public who are not associated with the lobby group. Personally, I loved the advert. It expressed the intimacy of a gay couple who were clearly in love. The two men have been engaged for seven years and are now approved to become foster parents. Love is a beautiful thing that allows us to see the good in even the vilest of people. From this ad, all I saw was endearment and unconditional love between the two men. It was not vulgar in any way and shows no imagery of sex. For pete sakes! I've seen raunchier ads of women posing in a sexually explicit manner, just by driving down the highway. Furthermore, the couple is compassionately holding hands (where an engagement ring is shown) and Michael is dangling a condom from his left hand, promoting the idea that sex should be safe and beautiful. The other reason why I am left so confused is that the men are clearly supporters of religion. This is shown by the cross which they are wearing around their necks. I always believed that a religion gave us hope and something to believe in. I never thought certain religions would judge others for who they are. Both of the men

believe in religion and yet they are betrayed by people who believe the same things. The ad has done no harm at all to anyone and so I cannot understand how so many people would find it so provocative.

However, what upsets me the most about this situation is that the lobby group believe they have the right to dictate what the rest of the public are allowed to see. I know it would be a waste of time to go on about the hatred that religious people manifest towards homosexuals, because no matter how far the equal rights movement goes, they are still going to disagree with anything that involves homosexuals or homosexual lifestyles. But, my argument is who gives them the right to decide what the rest of the public are allowed to take in? I spoke to dozens of people at my university, from different races and religion. Many, if not all of them saw no fault in the advert whatsoever. It promoted safe sex in a very clean cut way and it was helping spread the word that same sex couples need to be safe just the same as heterosexual couples need to as well.

Although I haven't experienced love for myself, I still understand that is a beautiful thing that should be cherished for what it is. So, I find it heartbreaking to believe that some people cannot see the beauty that lies in these two men. What is so disgusting about being in love and being safe?

Could you really answer my question with a proper response?

q news: **HEAVENLY SERVICES**

Heavenly Solutions Introduces IPL Laser Hair Removal

Heavenly Solutions, providing hair removal and beauty treatments to Melbourne men for over 15 years, is launching the next wave of expert Hair Removal treatments with the introduction of IPL Laser. We discussed with owner-manager Joe MacLean the newly available procedure.



Intense Pulse Light (IPL) laser treatment can be used in a variety of skin-related treatments from smoothing wrinkles, shrinking hair pores, evening-out skin pigmentation, as well as permanently removing hair on all parts of the body including face, limbs, torso and genitals. Heavenly Solutions will be focusing on hair removal, to provide options for men where waxing is not suitable, desirable, or permanent enough.

The IPL treatment consists firstly of an initial 40 minute consultation where your specific suitability for the treatment is discussed, and where a test patch can be done. After this, it is recommended you have 4 to 8 treatments, 3 to 6 weeks apart depending on your hair re-growth cycle. "Our clients have reported noticeable changes in both hair density and thickness after only one or two sessions" said Joe.

IPL treatments are individualized accordingly to skin type and hair type, varying the pulse type and light energy density to achieve optimum results. With advances in technology, it is now possible to treat a range of skin types, though as a rule of thumb the hair must always be darker than the person's skin color. Joe says "We are successfully treating clients with a variety of skin types, including Mediterranean and South-Asian - if you are in doubt just come in for an initial consultation. I should note that as color distinction is critical in the process, it is not possible to laser within an inch of tattooed areas - you will have to keep waxing those!"

As the skin absorbs light energy in much the same way as tanning, sun exposure two weeks before or after the treatment can be dangerous, as the skin retains latent energy and burning can occur. As such, winter is an ideal time to try this treatment out. If you've always been wanting to try laser hair removal now is the time. Heavenly Solutions has a new dedicated technician on Saturdays, so give them a call on (03) 9510 3344 to book your consultation.

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



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

IPL Laser
now available

 **Heavenly Solutions**

14 Williams Road, Prahran
Phone: 9510 3344
www.heavenlysolutions.com.au

q drag: **BOYLESQUE**

Many of us remember the wonderful premiere season of *Boylesque* at *Priscillas* several years ago, when Vivien St James and Paris were joined by Julian Ardley and Jason Duff. Paris and Viv adored that show. Paris always dreamt of a sequel with ten dancing boys. Finally her dream has materialised. Alan Mayberry spoke to the team behind it – Paris, Todd Patrick and Trent Harlow, to see how it became reality.

Todd Patrick is a featured dancer in the new *Boylesque* at the Greyhound Hotel (GH), and choreographed the show. He told me the idea firmed up after the Market show we did last New Year's Eve with us as burlesque boy characters. Trent Harlow added 'Paris already had the name and idea and was waiting for the right time and cast. So we started working on it for the opening of the new GH.'

Todd elaborated: The new *Boylesque* evolved from many different shows, films, designers, and pop stars. I personally am constantly creating, inspired by what's around me every day. There is always a new concept, costume or song. We're lucky to have so many talented people here to work with and bring all the ideas out of our heads and onto the stage. I'm sure the dancers think I'm completely whacko at times! But they eventually see the vision and to their credit they go for it and trust me from the start. I've worked with a lot of the cast for many years, and the younger ones I trained – so it's an amazing cohesive team, and of course with Paris on board you really can't go wrong. She has an amazing bank of experience and knowledge to draw upon.

The new stage at the GH is brilliant! Ideal to showcase *Boylesque*. I don't know a club I've worked in across the country that has better. The venue has endless potential from live acts to corporate events and artist showcases. Hopefully it will be a hub of entertainment for years to come. The GH has set a benchmark now that all other venues will need to chase. Hopefully we will be on every Friday for a long time.

Todd was born in Adelaide, and studied at Seaview Centre for the Performing Arts in Adelaide, then at the Victorian College of the Arts in Melbourne. He was a gymnast from the age of 7 and performing at the age of 12. His break came at 19 when he was offered a contract with The Lido and Moulin Rouge in Paris. He took The Lido.

'Across Europe I was the principal dancer in four of the 5 shows I performed in. I've worked with great pop acts like Destiny's Child and Dannii Minogue and every Australian artist you can think of as I toured in *Count Down – The Arena Spectacular*. But I think launching a new Christian Dior perfume in Paris with John Galiano was a career highlight! Every huge star was there. Kylie came in on a chariot, Clint Eastwood was on the left, Leonardo Di Caprio was down the front. It was crazy! And working for Karl Lagerfeld for Chanel in Asia was amazing. Both Galiano and Lagerfeld had a 'don't mess with me' vibe that I just loved and found incredible, among all the cameras clicking and people running here and there, they just drifted through the room like smoke. An incredible experience.

'Now as a choreographer and teacher I continue to do what I love, not what I have to do, and that too is a highlight for me. I've worked with Paris for years, and it's a great combination. I don't dance on stage that much any more, so it was a little painful getting back into things. But honestly, just shut up and sweat your ass off! Yoga, weights, jogging, chasing 300 students around my studios helps. Many of them are teenagers with artistic temperaments! I'd left my personal dancing career behind for several years ago when I was at the top of my game. In July, I'm heading to London in for some business meetings – so who knows what's next! I'm always planning something. I have my studio, an agency, and my students are seen right across the globe and are in everything here in Australia! It's never a stand still affair!



Trent Harlow agrees that the GH stage is incredible. 'Just what the nightclub industry needed here. So well done to the owners for creating such a lavish, slick, upper-class venue. *Boylesque* is something new – not only do we cater for the gay boys but we have some of Melbourne's hottest male dancers for the ladies.

Trent was born in Tweed Heads Northern NSW going to Kingscliff High School. 'I always knew I was different, and being the only male dancer in the whole school I was bullied for being gay even when I didn't know myself. But once I moved to Sydney at 17 for school, it was very open to be gay, so I discovered who I was a lot more. But still didn't come out to my family till I was 21.

I've been dancing since I can remember – creating routines in primary school with my friends in the shelter shed. Once I hit high school I knew it was what I wanted to do for the rest of my life. I trained at the Gold Coast City Ballet School, with *Happy Day* my first musical in 1999. Then I worked for Princess Cruise lines. I've been dancer with Paris's Classics for almost a year now.

Paris has always adored the glamour of performing, with the lure of a case of gin and the dump master in the back alley at the GH. 'I'm flat chat promoting *Boylesque* and getting some new spectaculars ready for the sensational stage the GH has given Melbourne. It ain't easy let me tell you. Audiences are much harder to please nowadays, but I'm determined to make them happy.

'The Classics' strength is our focus on burlesque and theatrics – not just doing drag numbers. And *Boylesque* extends that even further. You'll never see us in a metre of disco sequin and the same wig for the whole show. We owe our audience more and we give it. Come along and enjoy the spectacle Fridays – it ain't a bumpy ride and I guarantee you won't be disappointed.'

GH owners Will and Indie always planned to give Melbourne a show to equal the Lido and Moulin Rouge, that you'd pay 80 Euros to see there! Their dream has become a reality – the Moulin Rouge has come to Melbourne!

Photographs by Ross Brownsdon (www.badbehaviourpublishing.com)



q international: by JACOB ATKINS

Here's the sitch: I'm sitting - no, languishing - on a long beach. The sun is hot, the air humid and I'm sipping a fresh pomegranate juice; my free hand delving regularly into a packet of Tim Tams. The skyline behind is dominated by skyscrapers and a vast ocean stretches before me. Families frolic on the grass and buff young things jog sweatily along the promenade. So you're thinking Bondi? Barcelona? Well here's the other thing: approximately sixty kilometres to the South is one of the most destitute and violent stretches of land on Earth, an hour's drive East lies arguably the most infamously contested area in history, and



two hour's drive North is one of the most tenuous and war-prone national borders in recent times. And to really set a drag queen amongst the pigeons, what would you say if I told you this city were nominated in the 'Sexiest Place on Earth' and 'Best Breakout Destination' categories at the 2010 Tripout Gay Travel Awards?

Feeling a little discombobulated? Understandable. I'm talking about 'The Bubble' — Tel Aviv, Israel's largest and most surprising city. The land to the South is the Gaza Strip; to the East the occupied territories of the West Bank and to the North Israel's border with Lebanon. You'd be forgiven for harbouring an image of Israel as a hostile, desecrated place where soldiers roam the streets amongst the rubble of buildings, and occasionally, it is. But in its centre lies one of the world's most progressive and downright homosexual metropolises.

Happily, there's no gay ghetto in this city, no one neighbourhood decorated with the rainbow flag or saturated by the sounds of Dana International — Israel's transsexual Eurovision champion. As a consequence, gay life is spread all over the urban landscape. Tel Aviv rubs alongside the Mediterranean with a long line of beaches separated by constructed rock walls, with many possessing their own individual character. To the north, in the shadow of the imposing Hilton Hotel, is Hilton Beach, the favourite location for Tel Aviv's young and restless set to show off their immaculately defined abs and pecs, and the eye candy can be gob-smacking. You can take in the sights at a simple, but deliciously stocked café that sits right on the beach.

Israel is truly a nation of immigrants, and as a consequence the city is a smorgasbord of cultures, with European, Asian and Arabian influences obvious in addition to a distinctly Jewish feel. The city's origins were grounded in an attempt to create a very European garden city, and its inhabitants are more Bohemian-Parisien than Middle Eastern in their tastes. This is apparent in Florentin, the city's coolest neighbourhood, where an artsy, youthful vibe permeates. There is debate among the city's inhabitants whether Florentin has gentrified itself into pretentiousness, but the friendliness of the locals and the continuing existence of ramshackle workshops and living arrangements upholds its shabby-chic charm. This is also a great spot for eating delicious and possible overpriced cuisine. The Casbah, a small fairy light-illuminated stone enclave surrounded by a charming walled garden, spurns out an lustful range of salads including the house Casbah salad: mixed leaves, pear, walnuts, tomato, red onion smothered in crumbled blue cheese.

If you're thrifty with your pennies, it will be worth either a) not drinking, or b) drink heavily before you go out, because it can be giddily expensive. Depending on the dollar, a small vodka and cola will set you back around \$12. The city is nocturnal, with long nights. You can get a good feed right up until 1AM and it's seriously daggy to go clubbing before midnight. There are numerous excellent bars and clubs which cater for those of the same-sex inclination, but real fun is to be had at regular dance parties, sometimes held in old factories, warehouses or on the waterfront. Many are themed and you'll find them through word-of-mouth or the internet.

Any trip to Israel proper has to be coupled with an excursion to the West Bank. The sad fact is that some of the boys you will grind up against in Tel Aviv's clubs might have contributed to the often shockingly arbitrary treatment of Palestinians, maybe by destroying an 'illegal' drinking well, school or house. Most Israelis you'll meet will be gregarious, chilled-out and pontificate for peace, but it is important to witness the dark aspect of life in the Promised Land. Add the Palestinians themselves (who are freakishly friendly and a barrel of laughs) to the numerous historical and cultural sights and the West Bank is a must-do side trip. Plus, if you're savvy with eye contact, you might just unearth a morsel of gay life there.

That is if you can drag yourself away from the lifestyle of 'The Bubble.' Tel Aviv, as a city, is still in the throes of adolescent abandonment. Enjoy the ride.

q business: YOUR CAR CAN EARN \$\$

Get paid to drive your car with Signrider

Signrider Advertising recently launched an exciting new concept, giving Australian car drivers the opportunity to earn money for doing, well, nothing at all! Signrider brings together car owners and businesses across the country, organising high-impact, moving advertising campaigns whereby everyday drivers can earn cash for going about their usual business, with sleek adverts positioned on their cars.

The logo for Signrider Advertising features a stylized blue and green icon to the left of the word "Signrider" in a large, bold, blue font. Below "Signrider" is the word "ADVERTISING" in a smaller, green, sans-serif font.

Depending on the campaign, drivers can earn around \$40 per week for following their usual driving patterns. "Advertisers carefully select drivers based on their location and driving habits, so drivers aren't expected to do any extra driving throughout the campaign," says David McGree, the Founder of Signrider. "So by simply getting on with their lives, our drivers have the potential to earn thousand of dollars a year!"

"We appeal to mums and dads on-the-go, students, young professionals, retirees- in fact, anyone interested in earning extra cash," says David. "Through Signrider, advertisers choose drivers who match their target audience; therefore we welcome drivers from all walks of life. Whether a car is big, small, new or old and any colour of the rainbow, we have the ability to match car owners with campaigns that are a perfect fit."

Car owners can register for free by completing the online driver application form. Campaigns are listed on the site and, once registered, drivers can search for advertisers who are looking for people to partake in a campaign.

"It's a simple process, and if the driver doesn't have the time to browse through the campaigns online they can wait for an interested advertiser to contact them directly," says David.

The next stage is similar to an auction, whereby drivers can bid for the campaign, stating their price. The advertiser then chooses between the bidders and, if successful, the driver will receive a confirmation email from Signrider outlining how, when and where the advertising installation will take place.

"We have over 85 installation centres Australia wide and drivers can pick their most convenient location at a time that suits them," says David. "The stylish advertising is installed in less than two hours on both sides of the car and on the rear window, using only the highest quality materials so car owners can rest assured their car will be protected and at the end of the campaign, the advertising is removed without any damage".

At the end of each month, the drivers are asked to submit details about how many kilometres they have driven and once this is accepted, Signrider will transfer a monthly payment into a nominated bank account. "Each campaign is different and can last anywhere from one month to one year," says David. "Once a campaign has finished, car owners can bid for a new campaign and continue to earn cash simply by going about their day-to-day business!"

For more information visit www.signrider.com.au

The advertisement for Cromwell Manor features a couple (a man and a woman) looking at the camera, framed by a large, stylized zipper graphic. The zipper is open, revealing the couple. Text on the zipper includes "Our place or yours" and "MALES • TRANSEXUALS • LADIES • FETISH". A red starburst graphic on the right says "FREE PORN DVD valued at \$50 with every one hour *". Below this, it says "*For a limited time. While stocks last." The website "www.cromwellmanor.com.au" is printed below the zipper. At the bottom, there is a logo for "CROMWELL MANOR" featuring a stylized "C" and "M" inside a circle with wings, followed by the phone number "(03) 9419 1611" and the address "66 CROMWELL ST, COLLINGWOOD MELBOURNE AUSTRALIA".

PCA 6154be

Our place or yours

FREE PORN DVD
valued at \$50
with
every one hour *

*For a limited time.
While stocks last.

MALES • TRANSEXUALS • LADIES • FETISH

www.cromwellmanor.com.au

CROMWELL MANOR

(03) 9419 1611

**66 CROMWELL ST, COLLINGWOOD
MELBOURNE AUSTRALIA**

q cosmetic: **HALF PRICE SMILES LOCALLY**

Your teeth are very important, not only for appearance but for speech, nutrition and general health and well-being.

Some people travel overseas for cheap cosmetic dentistry. They are looking for a bargain but they may be getting glass instead of diamonds. The overseas trend has never exploded due to the many horror stories that return from these places.

It is widely understood in the dental profession that in many countries there are minimal or no regulations regarding infection control, quality control, standards of materials used, tooth preparation techniques, etc. This means that the products may initially look good but after a very short time may break, fall out, discolour, cause gum and underlying bone problems or infection, often because inferior materials and techniques are used. The porcelains are usually from Asia as opposed to the top quality products which come from Germany, USA and Japan. The jobs are usually rushed so the manufacturing times are often compromised. This results in porcelain that is weak and can easily chip, break, stain or just fall out.

If you have dental work done overseas and it needs adjustments for reasons of pain, incorrect bite, discomfort, or to adjust the shape of the crowns, veneers or other such restorations, dentists in Australia do not want to touch this work because if it breaks while being adjusted the

patient can tend to blame the dentist.

However, to go back to the country where it was made can be additionally costly.

Why would you take this gamble when there is now a local alternative?



Creative Smiles in Armadale has made significant inroads to provide heavily reduced cosmetic dentistry right here in Australia using only the best materials, techniques, equipment and infection control and safety standards as per Australian regulations.

All laboratory work is made in Melbourne and NOT sent overseas.

All the dentists are very experienced in cosmetic dentistry and they are all registered with the Australian Dental Board. All of their nursing staff are also experienced in this area of dentistry.

Using state of the art equipment Creative Smiles provides crowns, bridges, veneers, implants, Invisalign and "Zoom!" teeth whitening at around half the cost you may expect to pay elsewhere.

The Creative Smiles team is always concerned about your comfort and they have a very effective non-invasive relaxation technique which does not cost any extra.

Consultations are free, finance and gift vouchers are available and most work can be completed within around three weeks.

The Creative Smiles Way

Find a new smile at Creative Smiles at about half the price you can be quoted elsewhere for the same treatment. As one of the largest providers of cosmetic dentistry in Victoria, Creative Smiles passes buying power savings on to you without compromising quality.

The Creative Smiles team can provide porcelain veneers, crowns, bridges, implants, invisalign and toothwhitening using state-of-the-art equipment. Finance and gift vouchers are available.

**For a FREE consultation
phone: 1300 762 770**

HALF PRICE* cosmetic dentistry

based on Melbourne prices averaged across our range of services
From a single crown to a full mouth reconstruction.



Before

Actual images



After crowns & veneers

CROWNS
BRIDGES • VENEERS
IMPLANTS • INVISALIGN
TOOTH WHITENING

ZOOM!
Advanced Power

No compromise in our service & quality
of work ... just **HUGE** cost savings for you!

†Guaranteed 100% Australian Made. Claimable through all
major health funds. Your satisfaction is our Goal. Finance
Available.



www.creativesmiles.com.au

1300 762 770

level 1, 1155-1161 High St, Armadale, Suite 1
cnr of High St & Mercer Rd. enter from Mercer Rd.

creative
smiles



*conditions apply - see website for full details.

All pictures are for demonstration purposes only and are not patients of Creative Smiles.

† Exception: All genuine Invisalign is sent to USA for manufacturing purposes.

q fitness: with CHRIS GREGORIOU

What is your motivation?

I am approached by a lot by people wanting to exercise and my first question is always "What exactly is your reason for wanting to exercise?". Just this question alone can reveal so much about someone's approach, their motivation, seriousness, and if they will stick with it.



Do you exercise regularly and if you do, why? Or are you contemplating exercise, and if so, why?

There are many reasons why we would consider exercising. Some not so good, such as a doctor telling us that we need to take control of our health. This could include reducing your body fat percentage, improving your cardiovascular fitness, reducing the risk of Type 2 Diabetes, living with HIV/AIDS and rebuilding muscular strength, reducing the risk of Osteoporosis. Or it could be more superficial such as wanting big guns, pecks and abs so you can show off at the next dance party or on a podium on your next night out. If your heart is not in it (and your head), chances are you won't do it. An example of this could be seen as when a doctor clearly advises a patient that they must stop smoking as it has damaged their body or to change their diet as the high consumption of sugar and simple carbs has resulted in bringing on Type 2 Diabetes. In most cases change is resisted to some level, it's feared and unfortunately often not sustained, or at worst doesn't even begin to occur.

So do you know the real reason why you exercise or are considering to?

In most cases it's people that have spent considerable time thinking about why they should exercise and are very clear on all the benefits to them along with a long term vision and plan, that actually succeed. New Years resolutions to start exercising almost always fail.

In considering the benefits you can achieve from your exercise program, ask yourself this question "Do you honestly believe that you can achieve what your aiming for?". It's crucial that you deep down believe that you can achieve what you start. Goals setting is a terrific way to have a focus point, but be realistic in your goals. Here are two not so good examples "to loose 25cm's around the waist within two months", or "be able to climb Mount Everest by summer". If you have always carried weight within your mid section or never climbed a mountain, will you really approach exercising with passion and dedication through to fulfilment if you believe that you will fail?

I would suggest to keep things simple and ask yourself these questions:

- 1) What is my motivation?
- 2) Can I put these into realistic goals?
- 3) Have I been able to do this before or get close to it?
- 4) Do I honestly believe that I can achieve the changes desired?
- 5) Am I clear as to what all the short and long term benefits to me will be?
- 6) Do I have enough knowledge about what is required in order to achieve my goals?
- 7) Can I integrate my exercise approach into my lifestyle and make it enjoyable/practical?
- 8) Do I have the support around me to make it happen (friends, family, a personal trainer)?

So what motivates you to get you out of bed in the morning and do what you do on most days?

What's your motivation to be healthy and fit?

Spare some time to think about where you want to be with your health and fitness. If you are currently doing good things for yourself in the exercise area, odds are you have already put good thought into your health and fitness and are reaping the rewards.

If you currently are not, start asking yourself questions.

Oh and be honest with yourself. Only good can come out of it.

q circus: CODA NICA

National Institute of Circus Arts (NICA) presents CODA - With every ending, there's a new beginning. Opening on 22nd of this month, CODA is NICA's latest offering of stunning contemporary circus and will transport audiences to a place of memory, reality and fantasy where past and present collide.

Set in an urban train station, the show explores a series of chance encounters between strangers, where life's priceless moments, its balancing acts and turning points are all played out with high energy dance and spectacular circus feats. CODA features a cast of 23 second-year students midway through their Bachelor of Circus Arts Degree. These talented young artists fall, dance, leap and fly between the thrill and danger of the new and the comfort and safety of the old.



CODA will be directed and choreographed by renowned actor, teacher and director, Megan Jones, who has performed at the Malthouse Theatre, La Mama and in the Melbourne International Arts Festival, and has directed for circus, opera and theatre. Jones has been Head of Performance Studies at NICA since 2008 and has directed productions including the sold-out season of Ariel's Dream, Circus Showcase 2009 and Circus Showcase 2010.

Jones says of this new production, "The passion and vision of the emerging artists shine through this new work that has been a true collaboration with them and their trainers."

CODA, will have a strictly limited season at NICA's National Circus Centre in Prahran from 22 June to 1 July 2011. Tickets for CODA are now on sale at www.nica.com.au

NICA is one of seven national arts training institutes and offers Australia's only Bachelor of Circus Arts. The course is accredited by Swinburne University of Technology and the institute is located at its Prahran campus. The course attracts applicants from across Australia, New Zealand, USA, Japan and Europe.

National Institute of Circus Arts (NICA) presents CODA

22 June - 1 July, 2011

NICA National Circus Centre

Green Street, Prahran

Evenings: 22,23,24,25, 28, 29 June and 1 July 7.30pm

Matinee: Saturday 25 June 1.30pm

Adults \$22 | Concession \$20 | Child \$14 | Family \$55

Bookings: www.nica.com.au

Our V.I.P. franchisees enjoy

- The best franchise under \$50k*
- Having more control and independence
- Having more flexibility in how they spend their time
- Being their own boss
- Financial performance

*As voted by Smart Investor magazine in 2009 & 2010

To find out more visit www.nomore9to5stuff.com





We are welcome here.

When we travel, we deserve to feel welcome in hotels,
on the streets and at events.

IGLTA members agree to uphold a code of conduct that
says all people will be treated with respect.

Look for our logo to discover businesses that truly
welcome us with open arms in all four corners of the
globe.



A welcoming world awaits at
www.lgbt.travel

Stay in touch ...

*Australia's leading
gay and lesbian
news source*

... wherever you are

 **starobserver**
com.au



INFORMATION • SUPPORT • REFERRAL

HIV & SEXUAL HEALTH

 **Connect**

1800 038 125



www.connectline.com.au

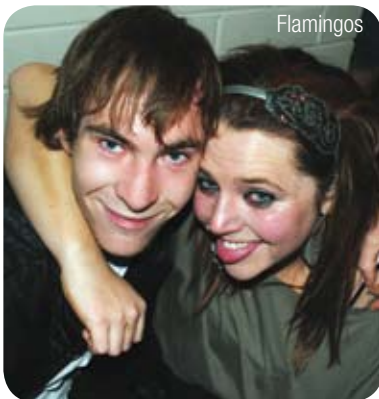
q scene: **OUT & ABOUT**



Flamingos



Flamingos



Flamingos



Flamingos



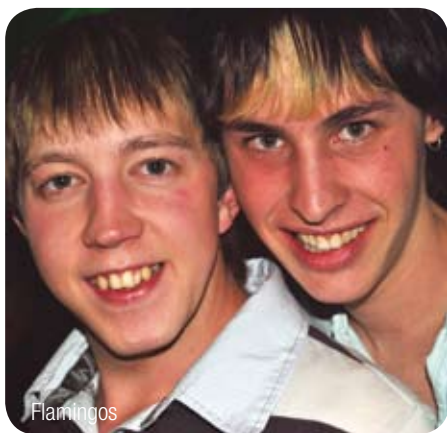
Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Hampstead Dental

ZOOM 3 Whitening
Cosmetic & General Dental

*Located close to Highpoint – 5 mins from Footscray
10 mins from Kensington, Caroline Springs*

Dr Adam Mattsson, Dr Kris Rajan, Peter Mansour (Hygienist)
Suite 2 / 44 Hampstead Rd, Maidstone 3012
Appointments Ph 9318 5599
www.HampsteadDental.com.au



q scene feature: OK2BGAY LAUNCH



It is OK2 remember how it began.

It is OK2 remember how alone you felt.

It is OK2 remember how they made you cry.

It is OK2 remember the pain you felt.

It is OK2 love yourself.

It is OK2 let the world know you.

It is time to make a stand.

It is

OK2BGAY

www.ok2bgay.com.au



q people: GAY SPORTS STARS

an interview by Marc J Porter

European gay sports stars, leading the way!

Easy on the eye Swedish soccer player Anton Hysen recently revealed to Offside, a soccer magazine in Europe that he is gay. It was a rather casual coming out too. There was no media conference hoopla, his father, a soccer star from yesteryear knew someone at the magazine and was simply talking about his son dating a man and that's how simple it was.



It begs the question, why in Australia was it sensationalised with Matthew Mitcham? Why did people have to go on about it? Can't it just be part of the norm, you mention it once and that's that?

English cricketer Steven Davies recently came out too, again, it was met with a "good on you" and then they moved on.

People in Australia still label Mitcham, the gay swimmer. It makes no sense; we are all the same essentially.

Europe seems to be leading the way with gay rights and mainstream acceptance, professional sports stars effortlessly come out, with barely an eyebrow raised. It's a good sign and we know inevitably it will change here too.

Another good point on these 2 recent revelations is that both guys are not the gay cliché who parties too hard and sleeps around. They are grounded, good at their sport, Anton Hysen went as far to categorically state he is so single it's not even funny.

Each gay sports star that comes out, shows the most vulnerable gay youth that it's more than ok to be who you are, Anton Hysen is only 21 and Steven Davies is 25, they certainly didn't mess around or deny it, they simply acknowledged it got back to doing what they do, which is bringing joy to the sports loving masses.

I personally think sport used to be a macho arena where no one would dare reveal they were gay, it's so refreshing to see I was wrong and the world is getting easier for us queers one sports star at a time.

We even have our own Ian Roberts and Matthew Mitcham, the media might have gone overboard with the gay angle before anything else but at least it got people talking and thinking, always a good starting point.



q theatre: THE LOST GIRL

St Martins Youth Art Centre presents THE LOST GIRL

'I'm on a boat in the middle of a dark ocean. There are thousands of people on this boat. But none of them speak the same language as me' How real is the online reality for Australia's young people? And is there a deep connection with the mythology of our past? Come and peek through a secret window into the complex inner lives of our teenagers.

The Lost Girl is a participatory theatre project that explores universal teenage experiences of isolation, loneliness and the pressure young people face to know exactly who they want to be.



The development of the work will begin with online collaboration, starting with the iconic image of The Lost Girl, found throughout Australian Mythology, and it's echoes with the emptiness of today's online environment.

This creative process examines how young people relate to each other through an online experience. Does this isolating environment encourage a level of fantasy which allows for a young person to create a world of their own making?

The Lost Girl is a creative collaboration between St Martins young people and a professional creative team directed by Sarah Austin, St Martin's Artistic Director and featuring live music from Rae Howell and AV design by Nicholas Verso.

A diverse teenage cast aged between 13- 17 from across Melbourne are set a series of provocative missions to encourage them to delve into their own experiences of home, school and growing up to unpack the common feeling of being isolated, alone and lost.

The Lost Girl
St Martins Youth Arts Centre, Irene Mitchell Studio
St Martins Lane, South Yarra
7, 8 and 9 July 7.30pm
9 July Auslan/Audio described performance

q product: **BADASS HEADPHONES**

BaDass HX003 CNET RATING 8.0

When it comes to buying a set of headphones it's very hard to find a good set under AU\$100, with most "audiophile" sets costing from AU\$200 and up.

While bargains such as the Grado SR60s exist, they look like they've been smashed about with the ugly stick. It's fitting then that the American company has now been challenged by a similarly high-performing pair with a "good face for podcasting": the BaDass HX003.

The strikingly metallic HX003s uses a 40mm driver sourced from Sony and feature a one-sided cord. The look has polarised the crew at CNET Australia, with comments ranging from "distinctive" to "it looks like you have a jaffle iron on your head". Well, the earpieces are rather square.

Build quality isn't the best, as though they may construction and they feel a bit insubstantial when matte plastic ear cups, which, after use, look their face on them - all greasy. The headband comfortably on the head.

But don't let the look and plastic-y construction HX003s actually sound great for the price. The their doors that pride themselves on their bass well as the BaDass for controlling deep bass.

To use an example, at the end of the song synth bassline that almost every speaker and certain notes or just makes the whole part so with the HX003s. Every note was measured and rarely heard before.

These are quite detailed, yet still balanced good. Only a slight metallic edge to treble means can't expect too much for only AU\$79.

The boys and girls at BaDass were hesitant about how the HX003s would sound, but with use they found them great for listening to music at work, and if you're brave, they are able to block out a decent amount of noise from public transport.

The BaDass headphones are available to buy online at: www.wearebadass.com.au, or for those who live in Melbourne you can purchase them from the retail store at Chadstone Shopping Centre.



look like metal in the photos, they are of plastic handling. The earpieces themselves also feature the way bus windows do when someone leans is padded though and the headphones sit quite

of the headphones put you off, because the BaDass team see a lot of DJ headphones through performance, but none so far have performed as

"Life" by The Beta Band there is a descending headphone gets wrong - either it over emphasises overwhelming you just want to turn it off. Not so equal, and the instrument had an effortlessness

headphones, and almost every genre will sound that they aren't quite "reference" quality, but you

q win: IT CERTAINLY IS OK 2 B GAY



OK2BGAY

You would have read the interview we did with Steven from OK2BGAY last month. Well this month we are offering you some of their exceptional merchandise to win. It's one package and the sizes are as they come. You can find these and much much more on their website - which you can link to via their banner ad at www.qmagazine.com.au

OK2BGAY T-SHIRT- \$39.95

This colourful but classy t-shirt lets you tell the world a very simple but powerful message that it is OK2BGAY. Wonderful colour design and exceptional quality, the shirt to be seen in! 100% Australian Made & 100% Organic Cotton



OK2BGAY TANK TOPS- \$39.95

This colourful but classy TANK lets you tell the world a very simple but powerful message that it is OK2BGAY. Wonderful colour design and exceptional quality, the TANK to be seen in! Australian Made & 100% Organic Cotton

OK2BGAY STICKERS -\$2.99 X 15

LOVE IS LOVE, OK2BGAY, EVERYONE IS EQUAL, I DONT CARE WHAT YOU DO IN YOUR BEDROOM, BENT AND LOVING IT

OK2BGAY WRISTBANDS \$2.99 X 5

PINK,BLUE,ORANGE,BLACK, RED



OK2BGAY UMBRELLA \$39.95

Fully automatic designer everyone is equal umbrella limited edition. High quality, exceptional value.

Growing up is difficult. Discovering who you are and how you fit in can be confusing and confronting. If you're Gay or Lesbian, these formative years can prove to be even more demanding. Feeling lost and isolated is not uncommon.

Expressing your real feelings to family and friends can be, at best, challenging, at worst, combative. If you mix in the distinct possibility of bullying and in some cases physical violence, you have a recipe for disaster! The objectives for ok2bgay that they want to achieve are:

- Effectively spread our inclusive, important and empowering message that it's "OK2BGAY - because everyone is equal".
- Give people a platform to tell their story either in written or video form.
- Allow people to gain support from other people's experiences and stories.
- Give people a voice through our online forum to communicate, interact and share.
- Support work being done by charities in the GLBTI community that are doing amazing work by sending on a monthly % of all proceeds generated through our online store.

With thanks to the guys and girls at OK2BGAY, we have this wonderful package of highly visible and greatly supportive goodies to give away.

Simply email getfree@qmagazine.com.au with **OK2BGAY** in the subject line for your chance to win!



* 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 scene extra: BRISBANE CARNIVALE



Q Magazine - Simply the Best!

Available now in all the best places
around the country and on the web

Six years as the
ONLY A5
free to street
GLBTi Lifestyle
magazine of its kind
in Australia

Q MAGAZINE

Call today
to find out
how easy and
cost-effective
it is to advertise



It's Me
It's You
It's Q!

**On Line
Advertising
Now
Available**

**Call or email
to secure
your place**

**Made in Melbourne
Enjoyed Nationally!**

P.O. Box 7479 St. Kilda Road VIC 8004
T: 0422 632690 F: (03) 9527 1669
www.qmagazine.com.au
E: info@qmagazine.com.au

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 seven years of
experience as the **ONLY A5**
free to street GLBTi Lifestyle
magazine of its kind in Australia

Support small business!



P.O. Box 7479 St. Kilda Road VIC 8004
T: 0422 632690 F: (03) 9527 1669
www.qmagazine.com.au
E: info@qmagazine.com.au

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 travel: with BARRIE MAHONEY

'Twitters from the Atlantic'

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.



Your hat looks wonderful, my dear! Nothing says "Royal Wedding" quite like an ostrich's bottom joined to your left temple. No, I had told myself, I would not be spending the day watching the wedding celebrations and associated hats of a couple I did not know, would never meet and who

were representing a country many miles away. It was a country that I had left many years ago and would be unlikely to return to. Participating in such an event from a small island in the Atlantic did seem a ridiculous way to spend a day, when I had far better things to do. Although I respect and admire the Queen, I suspect that is more to do with the fact that she represents continuity in my life, rather than a wish to celebrate the wedding of her grandson. I had another chapter of my book to write, and that was the way that I fully intended to spend the Royal Wedding Day.

How wrong I was. After being initially drawn by the excitement that was building on the radio, curiosity led me to switch on the television. The atmosphere was infectious, and by 10.00am, I found myself watching and sharing the events on television with around 2 billion other people in at least 150 countries around the world.

The enthusiasm and excitement of the crowds waiting and watching brushed away all the usual cares and sorrows of the world. Gone, for the day anyway, were thoughts of war, rebellion, recession, bankers' bonuses and students' tuition fees. In its place came a kind of raw innocence, one of belief and hope for the future, and a sense that history was being made without the intervention and manipulations of politicians and big business. It was a simple hope and belief in the future that the union of two people always brings, and an infectious joy that is so hard to put into words.

How we marvelled at the hats - as ridiculous as some of them were. After all, wearing a dead parrot, or the entire contents of a florist's catalogue on your head, does not look particularly 'cool', or stylish come to that. "Please do not turn your head whilst in the pew, Madam, otherwise you will flatten the gentleman to your left." Did these ladies actually look at themselves in the mirror before they left home? Were their partners too frightened to make a negative comment, or were they just too subdued after being crammed into a morning suit and trussed up like chickens for

the day? I suspect that one of the young princesses, who was wearing part of a tree on her head, learned the hard way when the cameras caught her leaning forward at an angle of 90° in order for the limousine to accommodate both her and her generously proportioned hat on the way to the palace for the obligatory canapés!

Spirits were lifted whilst listening to the music of some of the great British composers in the spectacular and familiar surroundings of Westminster Abbey, now decked with beautiful, fresh green trees. Innocent looking and freshly scrubbed choirboys singing their new M & S socks off, fusty Archbishops, Cardinals and Deans, with far too much white facial hair, all brought back memories of earlier times of national celebrations long ago.



Along with most other people watching, I was drawn into the spirit of an event that I could not explain. Watching the beautiful bride and her handsome prince is, I guess, the stuff of fairy tales and early childhood memories. Yes, I too felt a lump rising in my throat and found that I had moist eyes at several times during the service. This was surreal and quite ridiculous to be feeling and behaving like this, I told myself.

Mums, dads, children, grannies and granddads swarmed down the Mall to watch the newly wedded couple appear on the balcony. A sea of different coloured skins, ages and nationalities greeted the cameras. Awkward and surly looking teenagers admitting that they too



were having a great time and were waiting to see 'that kiss' made me feel that I had somehow slipped into an alternative universe for the day, but maybe that was the affect of Victoria Beckham's spikey alien creation. People were just so happy!

Later I found myself attending a 'Royal' barbecue and joining in with a toast to the happy couple. It was a sincere toast, not only to the Royal couple, but to the love of all couples everywhere, gay or straight, and with the sincere hope that they will have found their soul-mates and can live in happiness together for many years to come. I still cannot explain my reaction, or that of millions of others, to the Royal Wedding celebrations. However, one thing that I have known for some time is that although you can take the Brit out of Britain, you cannot take Britain out of the Brit.

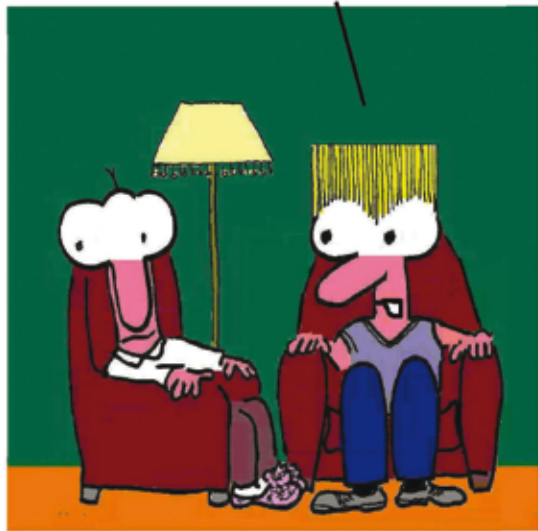
If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his latest book, 'Letters from the Atlantic' (ISBN: 978 184 386 6459).

Gaylord Blade

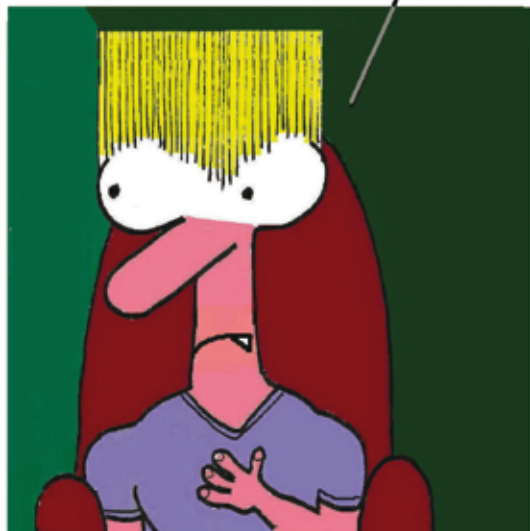
Young, Gay & Hot-to-Trot

by KICHI

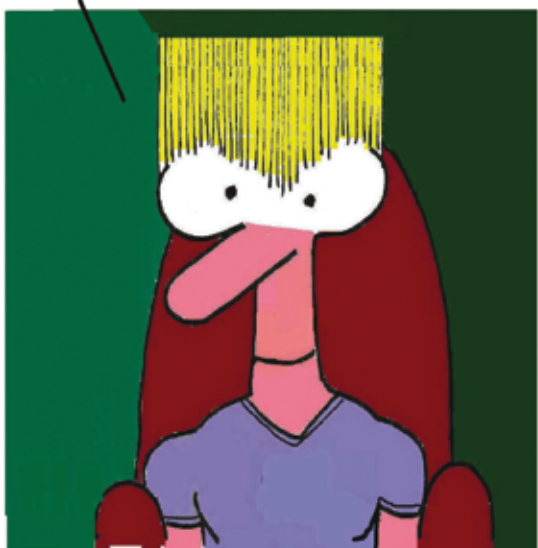
WHAT did you say Dad? You worry about me because Gays POOP their kids into the TOILET ?!



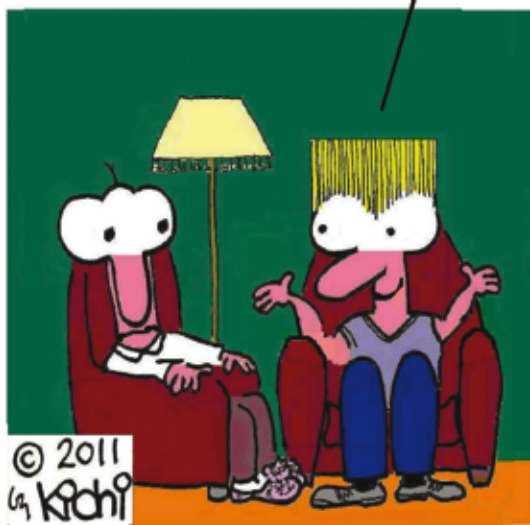
Maybe someone **SHOULDA** pooped-away straight offspring like Hitler Sarah Palin and Charlie Sheen!



But, I think your **REAL** worry is that I am having more sex than you **EVER** did!



Stop worrying on both accounts! To use your frame of reference, let's say I've made enough poopie babies to populate Perth.



© 2011
by KICHI



FLAMINGOS DANCE BAR

201 LIVERPOOL STREET, HOBART
www.flamingosbar.com

6TH BIRTHDAY PARTY

SATURDAY JULY 16TH

GAGALicious
PARTY:

SATURDAY
25 JUNE

Lady GAGA inspired
COSTUME PARTY!

SPECIAL GUEST

Polly Filla (MELBOURNE)
AND THE FLAMINGOS DANCERS

PRIZES GALORE / NITELY DRINK SPECIALS / THE BEST MUSIC

FRIDAYS & SATURDAYS 10PM til LATE
ALL WELCOME

