



OCTOBER 2011

Q MAGAZINE

*Made in Melbourne!  
Enjoyed Nationally  
& Internationally!*

featuring  
DAVID NENDEL

# DNM

## BAR AND NIGHT CLUB

### Monday

trash and trivia  
with jamie lee skye  
from 7.30pm  
prizes & giveaways

### Tuesday

meat raffle  
3 raffles from 6.45pm

### Wednesday

malebox - great way to meet  
other singles (or couples)

### Thursday

uni night

### Friday

freakin fridays vs I U she  
best clubbing night in town  
shows from 10.30pm

### Saturday

r 'n' b for girls & boys  
shows from 11pm

### Sunday

get a sausage in ya - 5pm to 7pm  
while happy hour is on  
sexiest night to hit the street



MONDAY  
to  
FRIDAY  
from 4pm  
SATURDAY  
&  
SUNDAY  
from 1pm

119 COMMERCIAL ROAD SOUTH YARRA

# q comment: REDEFINING ROMANCE

Judging the debut novel *Such a Nice Boy* by its cover is tricky.

The story of a loner who leads a gay life because he's afraid of his feelings for women, this indie by Arizona author Daren Krupa spans sexual preferences and fiction genres.

The cover photo, of a father tossing his toddler son in the air, suggests a parenting book. But the story is adult fiction.

"A gay guy falls for a woman and her infant son," said Krupa. "A shirtless cover would be inappropriate. We're talking a man who discovers fatherhood."

*Such a Nice Boy* is racy and personal, the sex poignant and sometimes failed. Lindsey never got over finding her college fiancé with his lover boy half a lifetime ago. Now married she falls for co-worker Alan who gets outed at work, but she doesn't buy it.

They walk a dicey path toward intimacy in the shadow of their company's critical merger and conservative ethics. Along the way Alan talks about his attraction to men with Lindsey and his feelings for women with boyfriend Parker.

We like our stories clearly divided into genres like mystery, action-adventure, sci-fi, romance and gay fiction. A book missing the visual and verbal hooks we're used to seeing is overlooked. Bare-chested cover equals steamy copy. Toddler cover equals diapering tips.

*Such a Nice Boy* deepened its anonymity by refusing to be classified. "Alan likes a woman and a man," said Krupa. "Gay fiction? Only half the story is gay. Contemporary romance? Better choice. By definition it changes with the times."

But no one else is tagging half-gay novels under contemporary romance. So what do you do?

"I try to initiate a sea change," said Krupa.

*Such a Nice Boy* is available on Amazon in softcover and Kindle e-book.



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ABN 21 631 209 230





# q feature: DAVID NENDEL

David Nendel has only recently moved back to Melbourne. He contacted me regarding Q Magazine possibly featuring his photography. You can see on these pages and the front cover that his work is certainly amazing. I am so happy to be able to feature it. I started our chat by asking what growing up on the Gold Coast was like including his family life.

I enjoyed my childhood growing up on the gold Coast, it was a much smaller beach town back then and life was carefree and fun.

I have two sisters and a brother with whom I have always been very close but when I think back to my childhood days my fondest memories were spent with my grandparents on my mothers side and playing aboriginals with my cousins, Tom Doug and John out in the bush for the whole day.

**When did you first know you were gay and has coming out caused you any difficulties in life or work?**

I was always attracted to boys from as young as I can remember, but I didn't realise that boys could be with boys until I reached my teens. Growing up in such a straight environment I was just conditioned to think that boys went with girls and that was it. I had a few "girlfriends" but I left them very unsatisfied and was often called frigid around the school yard. I first realised boys could be with boys when my best friend made a pass at me and I loved it.

Then there was no turning back, I knew what I was and my whole world changed. Coming out was not an issue for me and I really didn't care what other people thought.

I have always been proud to be gay and I find that if you are proud of who you are then other people take you more seriously. I have never had a problem in my personal or working life because I am gay. I guess I have been lucky in that aspect.

**When did you first find interest in photography? Did you have to do any degree (University or otherwise)?**

I first started taking photographs when I was 12 years old, I would get my sisters to dress up and pose for me so I could pretend I was a professional photographer. I then moved to Melbourne for 8 years but it wasn't until I moved to Sydney that I started taking photography more seriously. In Sydney I was encouraged and inspired by my then best friend Mark who told me everything I did was fantastic.

So I enrolled at the Australian Center of Photography in



Oxford Street. I would spend most of my time and all of my money taking photographs of who ever I could get to pose for me. After 8 years in Sydney I moved to London where I studied photojournalism at the London School of Photojournalism.

**Why did you decide to go to England and for what purpose? What differences did you notice in comparison to working and living in Australia?**

I don't really know why I moved to London, back then I just always knew there was so much more to life and I was out to discover it. My mother was born in Nottingham so I had the right of abode and this made it possible to live and work there without restrictions.

Moving to London was the best thing I ever did and it changed everything about the way I saw the world. It was like a conveyor belt of sights, people and opportunities and it was just a matter of choosing the ones you wanted. There was no comparison to Australia, London was everything on a grand scale and I loved it.

**What sort of photography are you most interested in?**

I love to photograph people and being a gay man this has translated mostly to men. I like to capture some of the inner person in the photograph, not just a picture.

I think it's so important to get to know the subject so as to be able to reflect the personality and character of the person I am photographing. I guess that's why I always chose to do work outside where I can get the model to act out and be more playful with what can be sometimes unpredictable surroundings.

Recently I have been interested in urban portraiture, photographing people on the street. I love it because they are just going about their everyday life and not always aware I'm there. It's like a moment captured in time documenting normal life without any form of direction as to what to do. It's just life as we see it and love it every day.

**You have only just recently moved to Melbourne. How are you enjoying the Most Livable City in the World?**

As I mentioned previously I did live in Melbourne when I was 15 years old for 8 years. Now 20 or so years later I have returned to the city I have always loved and hope it will be my home. I love Melbourne and it's diverse cultural mix of people, everywhere you look there is something new and different and it's an inspiring place to be.

**Any final words you wish to share?**

I have just started a facebook page for my photography <https://www.facebook.com/DavidNendelPhotography> or my email is [djohnn@gmail.com](mailto:djohnn@gmail.com)



# q lifestyle: with PETE DILLON

**I have had an epiphany of some proportion. I am now a devotee of bush foods. This is in no small part due to the Alice Desert Festival and Wild Bushfoods events I have just attended in Alice Springs in Central Australia. It is an almost religious experience that I have had.**

When I have pondered and mused over past years about what typifies our cuisine, I have always looked to the fusion created by the diversity of our culture, and the melting pot of ethnicity that has formed the Australian culinary identity. But now, I have the perfect answer. There are literally thousands of native ingredients that we either don't know about or have never heard of.

Ben Shewry of Melbourne's famed Attica has long foraged by the ocean for grasses and other native ingredients that have been a key part of his culinary signature. Mark Olive, Australia's most celebrated Indigenous chef has also been a champion of these native ingredients. And then there's a middle aged white bloke by the name of Andrew Fielke who is almost prophet like in his passion for some of the extraordinary ingredients. It is he who has me all tizzy about quandongs, leaves that taste like shots of sambucca, desert limes, bush plums and mountain rice.

When we think of native bush foods, we think of our Aboriginal brothers and sisters with goannas on an open fire. And not of finger limes, bush bananas and salt bush, or at least I didn't. As kangaroo has made its way on to our supermarket shelves and cemented its position as a staple protein for many, so too should camel, emu and maybe even wickety grubs take their place in our every day diet. If we are what we eat, then I am Australian now more so than ever.

Our Indigenous Aussies have been eating bush foods for 60,000 years, and whilst we have taken some on board in the past 200 years, we have a very long way to go. The only Australian native food developed and cropped on a large scale is the macadamia nut, with the first small-scale commercial plantation being planted in Australia in the 1880s. Subsequently, Hawaii was where the macadamia was commercially developed to its greatest extent from stock imported from Australia.

Wouldn't it provide some wonderful agricultural opportunities to cultivate and commercially farm foods that have successfully been grown here for 60,000 years? It might be reasonable to suggest that if they have stood the test of time, invasion and introduction of non native species, there is a pretty good chance they will survive anything. I certainly hope so.

As countries the world over celebrate their food, its about time we stood up and started celebrating ours. It really is time to Advance Australia Fare!

## Sustainability

Who is to be the arbiter of the provenance of our food that we eat in restaurants? Are restaurants, chefs and owners ever taken to task on claims of sustainability, locality and food miles associated with the food they present to diners?

One has cause to wonder how many of these claims are true when they are touted from these venues. I am perhaps presenting a cynical viewpoint around these claims, but with the buzzwords of sustainability and provenance becoming the norm, it is easy to imagine that there will be some who will exploit these opportunities. How many people are jumping on the bandwagon because it seems to be trendy and the right thing to do?

As the globalization of food markets has become more apparent, and the ease with which produce can be moved between states, countries and continents, consumers have become much more aware of origin of their food and have become more demanding for knowledge about the food that they eat.

One advocate for sustainability is chef and restaurant owner, Maurice Esposito, who was awarded the inaugural Epicure Sustainability award at the recent Age Good Food Guide awards in Melbourne. He, along with his writer and reviewer wife, Hilary McNevin, has long been an advocate for sustainable fishing and consumption of seafood. This is an award that is richly deserved as both have a passion for keeping our waters safe from overfishing and exploitation of this wonderful resource.

Former Chef of the Year and Restaurateur Andrew McConnell is one of those operators who stands by his claims of sustainability and locally produce. "I am passionate about local produce and care very much about what we put on to the plates at Cumulus Inc, Cutler & Co. and Golden Fields. Any claims we make about the provenance and sustainability of the produce we use, we absolutely stand by."

We, as consumers, writers and commentators must become more vigilant about claims of locally produced, grown or farmed. If we continue to believe that every operator is using eggs that come from free range chickens from a farm up the road, then we must demand evidence of this. How many breakfasts are we eating that have eggs farmed by battery hens, and yet, we believe are free range?

I hope I am not banging another trendy drum here by asking the questions? I am certainly not wanting to take my seat on a rickety bandwagon either. Rather, we need to ensure that the food we are eating and the claims that re being made about this food are, in fact, true and worth our consideration.

Otherwise we are collectively responsible for the destruction of some of the world's most wonderful food resources.





# q money: with EVAN DAVIS

I was recently invited to be a key note speaker for a finance company at the Melbourne Home Buyer and Investor Expo. My presentation was a hit. People took business cards, laughed at all my jokes and were frantically writing away as they nodded in agreement with my sagely insights into my subject matter.

Naturally none of this was a surprise (if only), what was surprising were the number of people carrying bags, flyers, folders and other material emblazoned with the American flag. There were over 6 companies at the expo selling American investment properties to Australian investors.

This is a concept I have come across before though I was surprised with its very high level of representation at this event. No doubt there is a buck to be made project marketing this kind of investment strategy though does it really stack up?

The claims are all remarkably similar. Investors in general are offered an American property investment that by Australian standards is extremely low cost. The properties are all also extremely cheap as a result of the fall in the American economy post GFC and the strength of the Aussie dollar. The idea is for a low entry cost you will get a passive income that will put money in your account every month so long as your property is rented out. They promise a return between 5 – 10% on the investment.

Most of the exhibitors I spoke to were aiming to deliver a property to the investor for around the \$50,000 (AUD) mark. The properties are all chosen from stock the company has available and are all apparently in growth corridors in the USA. For some of the companies their costs are on top of this. Others offer a 'package' for a flat fee. This will include their commissions, the property itself and the fees and charges for taxes, transfers and any American professionals you will need to engage to transfer the property into your name or investment company.

Okay 5 – 10%, so we'll split the difference and say 7.5% on \$50,000 is \$3,750 PA or \$312.50 per month. Remember this is BEFORE taxes, income, land or otherwise. It also assumes that you have a tenant and that the property is rented out all year round and vacancy rates in the USA are higher than here. If you borrow here or in the USA this will naturally reduce the income you receive from the investment.

For a return that is only slightly better (theoretically) than a term deposit I wonder how viable this investment is.

Assuming you are using cash, you are sending your money to the other side of the world. You'd need to do ALL your home work to stay safe. The USA has higher overall property risks than Australia and is largely unregulated with relation to real estate services.

Also will the property perform long term as well as Australian property? Here it is almost taken for granted that your properties will appreciate in value so long as they are well selected. I am yet to be convinced USA property to the foreign investor can make that boast.



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# q business: CADELLE LEATHER



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# q books: KIRBY MEMORIES

**A PRIVATE LIFE: Fragments, memories, friends** by Michael Kirby - out now through Allen & Unwin (RRP \$35 hb).

Michael Kirby is one of Australia's most admired public figures. At a time of spin and obfuscation, he speaks out passionately and straightforwardly on the issues that are important to him. Even those who disagree with him have been moved by the courage required of him to come out as a high-profile homosexual, which at times has caused him to be subjected to the most outrageous assaults on his character.

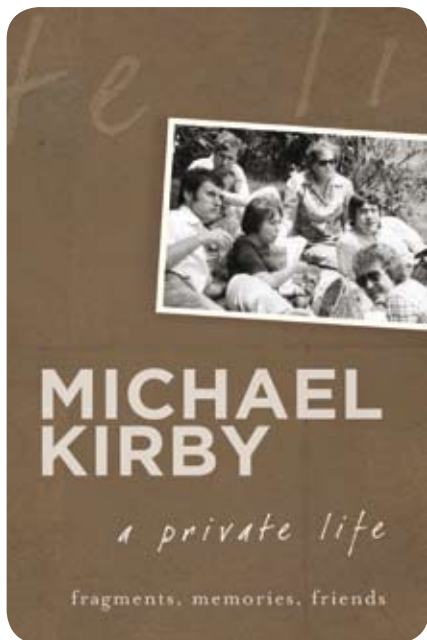
This is a collection of reminiscences in which we can discover the private Michael Kirby. It allows the public figure to speak in his own voice, without any intermediary. He opens up as never before about his early life, about being gay, about his forty-two year relationship with Johan van Vloten, about his religious beliefs and even about his youthful infatuation with James Dean, which sent him on a sentimental journey to Dean's home town in the year 2000, an escapade he wryly recalls here.

Beautifully written, reflective and generous, in that warm and gently self-deprecating voice that is so characteristic of him; this is a memoir that Michael Kirby's many admirers have been waiting for.

When he retired from the High Court of Australia on 2 February 2009, Michael Kirby was Australia's longest serving judge.

He was first appointed in 1975 as a Deputy President of the Australian Conciliation & Arbitration Commission. Soon after, he was seconded as inaugural Chairman of the Australian Law Reform Commission (1975-84). Later, he was appointed a judge of the Federal Court of Australia, then President of the New South Wales Court of Appeal and, concurrently, President of the Court of Appeal of Solomon Islands. His appointment to the High Court of Australia came in 1996 and he served thirteen years.

In later years, he was Acting Chief Justice of Australia twice.





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# q cuisine: with NATHAN MILLER

During my recent trip to Zimbabwe I was fortunate to head out one lovely day for a spot of Bass Fishing. I am not a great fishermen but I went anyway, and although I was getting absolutely fried from the sun, I managed to catch 12 decent size stripped bass. Upon arriving back to the house, the awesome family I was staying with taught myself this simple but awesome curry fish dish. I have made it now on a few occasions and you two will find it easy but yet delicious.

## Bengali Fish Curry

### Ingredients :

4 slices bass  
2 tbsp mustard seeds  
2 jalapenos  
½ tsp Bengali 5 Spice  
(Chinese 5 spice can be used)  
½ tsp turmeric  
2 tbsp oil

### Method :

Apply salt and ¼ tsp of the turmeric to the fish.

Now heat oil in a non-stick pan and fry the fish till it turns golden brown on both sides. Remove the fish and keep aside. In a blender, make a paste of the mustard seeds, the jalapenos and ½ cup water.

In the remaining oil add the 5 spice and add this mustard paste.

Fry for 4 to 5 minutes and then add the fish, turmeric and salt.

Cook for 10 minutes till it is cooked. Garnish with cilantro.

It was certainly a dish that stood out during my trip. I was unable to get a picture of the dish when I prepared it recently, so I thought

I would share a nice picture of one of the dangers of fishing the Lakes in Zimbabwe.



# q psychology: with AMANDA NASSIF

registered psychologist

How the way we look contributes to the way we feel.

This is a topic which is quite debatable. Some people would think that it is what is on the inside that counts and some people would think it is how you look that counts and some people think it's a combination.

But what is more important or are they both important?

Many people underestimate how the way they look can make them feel. For example getting dressed up in a suit generally makes people feel confident and more secure even safe whereas walking around in tracksuits pants and joggers tend to make people feel more relaxed and comfortable even lazy.

Of course we have to judge what we wear based on the circumstances that we are in. How we feel on the inside and also outside is very important and one can boost the other.

For example if you feel bad on the inside looking after the way you dress can help you feel good on the inside. Being more conscious of what you wear and how you present yourself can boost your self esteem and make you feel stronger. Dressing well can also help you to interact with other people more efficiently as we are very visual beings using our senses to make a judgement.

The simple things about dress can make a difference to our consciousness and how we think about ourselves and even other people around us. Dress can also act as a safeguard because when you dress well you are sending subliminal messages to other people that you take care of yourself and are not open to any abuse. Generally speaking people who do not dress well for example may experience more subtle forms of abuse in their life than those that do dress well.

Dressing well also counteracts any subliminal negative messages that you may have about yourself whether it be in relation to self worth or whether it be in relation to your capabilities. There are many benefits to dressing well so try to pay more attention to the way you look and experience the difference.



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# q mens health: DEALING WITH THE BLACK DOG - GAY MEN & DEPRESSION

by Brian Mier



Despite increasing acceptance of difference over the last few decades, people who are same-sex attracted still face stigma and discrimination resulting from ingrained cultural attitudes about sexuality, gender and sex diversity in Australia. These can lead to Depression, Anxiety and other mental health problems.

While many gay men do not experience depression or any other mental health problem, overall they experience anxiety and depression at higher rates than the Australian community in general and are at much greater risk of suicide and self-harm. From a saying by Winston Churchill, those suffering from Depression often refer to “living with the Black Dog.”

Younger gay men seem to be at higher risk for depression than older gay men. Many gay men living with HIV have lost relationships, social support networks, career, earning capacity and a sense of future. These multiple losses make them more likely to develop depression and may also make symptoms more severe. Studies involving bisexual people consistently show that they have even higher rates of depression or depressive symptoms than homosexual people.

## What is Depression?

Depression is a serious illness. People with depression find it hard to function every day and may be reluctant to participate in activities they once enjoyed. Depression has serious effects on physical and mental health. A person may be experiencing depression if, for more than two weeks, they have felt sad, down or miserable most of the time, OR lost interest or pleasure in most of their usual activities, AND experienced a number of previously minor negative symptoms of Behaviours, Thoughts, Feelings, and Physical down-ers.

## What is anxiety?

Anxiety is a normal part of our lives. Anxiety disorders are different from occasionally feeling anxious or stressed – they are serious conditions that make it hard for the person to cope from day to day over an extended period of time.

## Are You Wondering about these?

The beyondblue website [www.beyondblue.org.au](http://www.beyondblue.org.au) has checklists that are quick, easy and confidential. They aim to help people reflect on their situation and see if they have symptoms of depression and/or an anxiety disorder. Anyone with concerns should consult a doctor or other mental health professional for a full assessment.

## Treatments for depression and anxiety

Depression and other mental health problems are treatable. However, a key issue for gay men is uncertainty about whether the experience will be one of acceptance or rejection. Different types of depression and anxiety disorders require different types of treatment. This may range from physical exercise for preventing and treating mild depression, through to psychological treatments for anxiety disorders and a combination of psychological and drug treatments for more severe levels of depression.

Visiting a trusted General Practitioner (GP) is a good first step in getting help for a mental health problem. And referrals to Psychologists and Psychiatrists are at least partly covered under Medicare with some restrictions your doctor will explain.





What else can be done to help?

### Helping yourself

Whatever the cause, there are some simple steps that can help to reduce stress and anxiety:

Find your community — Being with people who support your choices about sexuality and gender can help.

Manage stress — Practise slow-breathing exercises, and learn and practise relaxation techniques.

Sleep — Try to get enough sleep .Exercise — Try to do some exercise every day, even if it's just walking around the block, and plan activities to keep active.

Reduce alcohol and drug use — Don't turn to alcohol and drugs to numb your pain — while they may seem to give temporary relief, they make things worse.

Coping with bad days — If you're going through a tough time, try to stick to your normal routine, catch up with friends and keep active.

Exercise your rights — We all have the right to be treated fairly and equally. If you feel that you are not being treated fairly or equally because of sexual or gender prejudice or a mental health problem, speak up or ask someone you trust to advocate for you.

Seek help — Talk to someone you know and trust, and if you think you may have symptoms of a mental health problem, see a doctor or health professional.

Where to get help - Telephone information and help lines

beyondblue: the national depression initiative - info line 1300 22 4636 - 24-hour line providing information on depression, anxiety and related disorders, available treatments and referrals to relevant services. Note, however, that this is not a counselling or treatment line.

Lifeline - 13 11 14 - 24-hour telephone counselling service (cost of a local call)

Suicide Call Back Service - 1300 659 467 - telephone support for those at risk of suicide, their carers and those bereaved by suicide

### References

*This information was summarized from the BeyondBlue Fact Sheet #40, Depression and Anxiety in GLBTI people. For further details go to [www.beyondblue.org.au](http://www.beyondblue.org.au), hover over Get information and select Downloadable information resources. Select Depression and different population groups. Then choose between Fact Sheet #40 for adult gay men and Youth BeyondBlue Fact Sheet #22 for young gay males. You will find a swag of other useful resources at the foot of the fact sheets.*

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# q youth: with TASMAN ANDERSON

In the past few months, I've begun to notice the extreme differences between men and women. I've always known that they were not the same. However, I didn't know just how different we are when it comes to emotions.

The reason behind my sudden realisation is none other than Sam Mitchells. I'm sure those of you who follow my column would remember a piece I did on whether men and women could really only be just friends. I was of course talking about Sam.

In that article I explained how a simple act of miscommunication led to the end of our friendship and the start of a constant spiral of emotions. However, recently we had the chance to talk and after an extremely misleading conversation I soon realised that the definition of communication is different for both men and women.

It's no secret that women are more emotional than men. Neither is the fact that we prefer to communicate these feelings with each other. However, I noticed that communicating wasn't always easy.

Perhaps it would be wise for me to tell you about what happened. A few weeks ago, I was at home working on an assignment for one of my classes. I was a little downhearted since my best friend was at Sam's house for a party. I had hoped that this terrible disagreement between he and I would have been over now but unfortunately we were both as stubborn as each other. It was getting late and just as I was about to go to bed I received a text message from Sam saying that he missed me and that it didn't feel right that I wasn't there. I was so surprised by the random text that I let my emotions get the better of me and soon we were talking about how it didn't feel right that we weren't friends and that we should meet up to talk everything out.

I waited anxiously the next day for his text, hoping that this was all we needed to get back on track but when I never heard from him I realised that it was foolish to believe that we were on the same page. I had forgotten the number one rule of having a friendship with a man. I had forgotten that communication was not an option. I'm not saying that men don't have emotions or anything foolish than that. It just seems that they are afraid to tell us what is really going on. They seem to think that what they have to say isn't something that we can handle.

I know that some of you must be thinking that 'not all men are the same' and I know that, just like all women are not emotional. But, what I am saying is that it seems to be a common trait among many men that feelings are something that they cannot share with women in fear that we might view them as insecure or not manly enough.

I think it's a stupid notion.

What's wrong with sharing how we feel to the opposite sex?

Why are emotions classified as a woman's thing?

Has it never crossed the male's mind that maybe if they were more open and honest, their relationships would last?

Feelings are not something that needs to be hidden. If you like someone then tell them! It is a terrible shame when emotions go to waste.

I know you must be thinking "Yeah right, let's see you try it" and you know what, I will. I am now attempting to live my life by the idea that whatever happens was meant to be and that the very worse they could do is reject us. I am going to give Sam the option to meet me somewhere to talk.

I know it seems a little movie cliché but when you've tried everything else, clichés are all you have. I am going to give him the chance to open up and talk things through...yep, I'm potentially setting myself up for a story book rejection but you know what? What good is life when you aren't going to take chances?

I could leave it the way it is and wonder for the rest of my life whether I missed out on something beautiful or I could suck it up and put my heart on the line. After all, you never know what's going to happen unless you go for it.



# q news: TRAVELLING DIVAS

## Pamper your mind, body and soul in Bali with Travelling Divas

The secret is out: for women seeking the ultimate holiday experience that will relax and revive their senses, Travelling Divas has the answer with their Mind, Body and Soul Retreat which will take place in Bali from 21 to 28 April 2012. This exclusive tour starts from just \$2399 per person twin share with an option to upgrade to your own private accommodation.

Escorted by Travelling Divas Managing Director Andrea Powis, the experience is designed to combine the perfect balance of luxury and relaxing 'down time' while exploring the culture and cuisine Bali is famous for in a series of special activities designed to indulge and refresh.

"Our Mind, Body and Soul Retreat is now in its third year, and it really does get better every time. We cater to every need and this holiday is simply renowned for creating a level of indulgence that many of us dream of, with peace and tranquillity the number one objective," Andrea says.

The Retreat begins with four luxurious nights at the Royal Pita Maha, a five star resort nestled in the foothills of Bali's mountains in Ubud, which is an artists village that is very special within the Balinese culture. "The resort embraces a beautiful parcel of valley landscape that descends down to the Ayung River and features a healing centre for massage and spa treatments. It is also home to a fresh spring-water fed pool with a 150 foot waterfall which is overlooked by an ancient temple," Andrea says. "Our accommodation will be one of the 300sqm pool villas which have private bathrooms with large sunken baths, separate showers with deluxe amenities, and more."

Guests can start their first full day with breakfast at their leisure, before embarking on a tour of Ubud to discover local markets and boutique shops. After lunch, the afternoon is free, so guests can pamper themselves in the first of many spa treatments, whether at The Royal Pita Maha or at the stunning Kirana Spa located next door.

"While in Ubud, we will meet at the Ayung River Cafe to take part in an organic cooking class, and we will enjoy the fruits of our labour for lunch. We will also spend time in the local community and meet the women behind Threads of Life, an amazing Fair Trade Business that works directly with women across Indonesia to re-establish traditional weaving in villages," Andrea says.

On Day five, guests will move onto Petitenget, to experience the sophistication of nearby gorgeous Seminyak. Staying at the luxurious Eden-at-the-Beach Private Villas, guests will enjoy shopping at boutiques, lunch at an iconic beach restaurant and the first group yoga session.

"That night, we will head to one of the hippest bars on the planet, Ku De Ta, which is set right on Seminyak Beach and minutes from our villa. We will awake for a leisurely breakfast in the morning and spend the first part of the day relaxing either by reading, spending time with each other, or shopping...whatever takes your fancy! After lunch, we will all treat ourselves to an hour-long massage, pedicure and manicure in the privacy of our villa to ensure we're all feeling relaxed and gorgeous. We will then enjoy sunset drinks either on the beach or on the rooftop, whatever takes our fancy on the day," Andrea says.

The following day is filled with the opportunity for pure relaxation, starting with a private yoga and stretching session. There will be time to relax at the Spa, learn to surf, shop, read, explore the local surrounds, and more. "We will enjoy farewell cocktails and dinner somewhere glamorous that night, so be sure to pack a party frock," Andrea says. "On our final day, we will begin with a healthy breakfast at the Villa and a final yoga and stretch session before we depart, and have arranged late check-out in one of the villas if you need it."

This is a wonderful journey that every woman should experience at least once in their lifetime. "The most important ingredient of all is the amazing women that you'll meet...without doubt, they will inspire us with their stories, and often become friends for life."

The total escape package can accommodate up to 12 women. For those seeking to travel solo within the group, there is an additional cost. Prices do not include airfares. Several airlines fly to Bali, often with excellent deals. Travelling Divas recommends researching flights with Jetstar, Pacific Blue, Singapore Airlines and Garuda, and can book them for individual guests if required. Full terms and conditions are available on the Travelling Divas website.

For more information and booking enquiries please visit [www.travellingdivas.com.au](http://www.travellingdivas.com.au).

# q events: ADELAIDE'S FEAST

## Feast on Adelaide's Feast Festival

Feast, Adelaide's annual festival of queer arts and culture, will kick off the Festival City's festival season from 12-27 November and you're invited to celebrate.

*"This year Feast will be bigger and better than ever," said Creative Producer Kerry Ireland. "Our theme is Coming Together, and people from across Australia and around the world will do just that."*

The Festival Hub, a queer oasis in Light Square in Adelaide's CBD, will be the focus for major Feast events, with a wide variety of events taking place across Adelaide.

*"We launched the Hub last year and it was a huge hit," Kerry said. "This year's Hub has been expanded to include the whole of Light Square. We are creating a new venue in addition to our flexible circus tents and the number of shows and special events is amazing."*

Entry to the Hub is almost always free, with entertainment and a unique carnival atmosphere every night of Feast. It will also host several major parties and balls, including Opening Night, Picnic After Party, Ballroom Bliss and the Midsumma DJ Competition. Daytime events at the Hub will include an outdoor garage sale, art market, free zumba, bellydancing and salsa lessons, an afternoon tea Feast baked by Adelaide gay community identities and more.

Feast showcases a host of SA, Australian and international talent, producing a world-class program of theatre, cabaret, comedy, visual arts, literature and music. With a brilliant blend of brand new shows and events plus classic Feast favourites, along with parties, balls, and special events, Feast 2011 will have something for everyone.

The high-profile theatre program includes Holding The Man by the State Theatre Company and The Dead Ones, the much awaited new show by Margie Fischer, plus offerings from the USA and around Australia.

The substantial cabaret and burlesque program includes Libby O'Donovan's sell-out show Some of My Best Friends Are Single, Pink Sinatra/Scott Free with his big band in the Ballroom, and the Starlets of Burlesque featuring Miss Burlesque Adelaide Chrissie Lyra LaBelle, Flavella L'Amour, Kristina Crème and Jolie Mystique.

Feast's comedy program features shows with intriguing names like Talking Poofy, Fag Hag, Free Sexy Love Money and Turns Out I Do Like Sun Dried Tomatoes, along with the eagerly-awaited return of Triple J's Tom Ballard.

The visual arts program will once again be hosted in our very own exhibition spaces, featuring exhibitions by Stephen House, Ben McKeown (winner of the 2011 Victorian Indigenous Art Award), Ian Willding and a rich variety of established and emerging artists' work.

Finally, the gorgeous Picnic in the Park will return to Pinky Flat on the last Sunday of Feast, wrapping the program up with a live broadcast by JOY 94.9, DJs, novelty sports and more.

The Feast guide is out in hard copy, on the Feast website at [feast.org.au](http://feast.org.au) and there's even an iPhone app available in the app store!

*For all the latest from Feast, follow them at [twitter.com/FeastFestival](https://twitter.com/FeastFestival) or [facebook.com/FeastFestival](https://facebook.com/FeastFestival)*







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# q drag: DESTINY FORBIDDEN

Commercial Road has gone through mammoth changes in 2011. At last things are settling down and Alan Mayberry spoke to Destiny Forbidden to see what role she has played in its renaissance. On stage regularly at a multitude of venues, no wonder she has been dubbed 'Destiny Everywhere'.

I grew up in the Northern suburbs going to Reservoir High School. I have an older brother and 3 older sisters, so I'm the baby of the family. Mum sadly passed away 2 years ago so now it's my brother and myself in reality, and my sisters, are amazing! I love 'em.

My family has always accepted my sexuality and life style – both playing footy and doing drag. I think I knew for a long time that I preferred the company of boys when I was young but realized fully my sexuality when I was in my mid teens.

I started performing doing free spots when I was 18 at Diva Bar originally and eventually after two years started to get paid gigs. From there I moved on to production numbers and also completed a theatrical make-up course. Heaven's Door on a Thursday was my first professional hosting gig.

Originally my ultra ego was 'Bleeding Betty' but I quickly gave that the flick and became Destiny, as I was going through a Destiny's Child faze. The 'Forbidden' followed about a year later when I realized I needed a last name for stage work. At that time a once well-know drag queen announced that I was *forbidden* to do her show ever again for reasons I still don't understand, so I sort of hung onto it as my catch cry.



Performing takes loads of time. I rehearse about 3 times a week, and more now DnMs is operating at full steam. As well I have to develop new ideas for the shows, dance routines, and productions for all the venues that I work at.

Apart from performing I've always worked during the day – everything from bar bitch to orange juice server at Boost Juice. I've managed clubs but currently work in management in the retail clothing industry.

I first met Leigh Kempster, about 7 years ago, in an Xchange drag competition. Several years later Leigh mentioned he would love to work with me! Five years later here we are! Leigh is my little brother! I love him. It's a real pleasure working with Leigh, and I work him to the bone – he's a true talent! I didn't look at my self as a dancer, but I do like a challenge, and Leigh knows all about that! I work extremely hard trying to learn and keep up with him and his chore. It's fun and keeps me on my toes. We are very close on and off the scene. We're currently doing Fridays at DnM, with 4 very talented dancers who work their asses off! Leigh and I have done Flamingos in Tassie several times, and I love the crew down there!

The numbers I enjoy doing most are dance numbers, even though I am not a trained dancer. I've always loved a challenge and I think I pick it up pretty well. I do have fun at all the venues and enjoy my solos as well. I must admit I have a soft spot for Britney numbers.

I've been very lucky to be a part of some amazing shows, and work with Melbourne's best – Rita, Monte and Paris down at the Prince. I was also very lucky to do about 10 shows touring all over Australia with the *Divine Divas*, impersonating Britney Spears. Tina Sparkles has done an amazing job. Now I'm concentrating on my full-time job as well as my venue work. I love working at all of them.

To me the standout events have been touring with the *Divine Divas*, the *Le Femme Garçon Review*, hosting and performing at the Market for its final months, Pride March and, sadly, doing the closing night of The Market. I also did Ricky Lee's music video.

I am currently single but have had a couple of longer term relationships. Let's face it, it can be a bit difficult to find a meaningful partner when they find out, or you tell them, you're a drag queen. Sometimes they just don't get it at all! There's a lot more to me



than wearing a dress. Some think I live in one, which isn't the case! I see myself as an entertainer. I don't look on myself as a star. I am a venue worker – part of the venue's team. Just lucky to be a little bit better known in a small section of the community because I'm up front on a microphone, which makes me the face or part of the face of the venues where I work. My close friends haven't changed. They see me for me, not the persona I've developed in drag. There are some though who have tried to become friends because they see me as important or famous. But truly I don't consider them true friends.

To relax I enjoy a spa and kicking a football! I've always been a big fan of horror movies. And I like eating at Southbank and Chapel Street. But I enjoy catching a quick burger and chips from Macca's as well.

Relaxing is hard, as I'm so busy with 4 shows a week and a full-time job. I expect I relax when I get to sleep. I am very family orientated and do try and spend time with my family members whenever I can. That gives me that relaxing break from work, drag and the scene, which we all need from time to time.

A lot of people say Commercial Road has had it, but it's really made a huge comeback with the opening of DnM, and Heaven's Door is still bulging at the seams, and Priscillas has a constant regular following. I think that the strip will be as strong as it ever was. It's just gone through a bit of a hibernation and facelift for a little while.

When The Xchange closed I was approached by the new owners of DnM to discuss a show and asked to put in a written proposal which they liked. Since then I have been overseeing the entertainment there on several nights each week. The owners, Michael and Daniel, are really open to ideas and input. I was so pleased to be able to help them and help the strip in general. Michael who runs DnM agreed, 'Destiny's shows fit in here perfectly. We want to offer somewhere that is open and friendly to everyone. And 3 nights a week we have big production shows. Destiny has got together some very elaborate routines which the crowd loves. And our no cover charge policy is very popular.'

Who knows what the future holds. I won't be doing drag at 90 that's for sure. It's not the be all and end all, but I do love doing it. I'll always keep a day job because in entertainment one day you have 4 gigs a week and overnight you can have none. I'd like to be in a more senior management position at work and wouldn't mind undertaking a management course of some type focused on HR and retail. And selfishly it would be nice to find that special person to settle down with and play happy families. Only time will tell, but in 5 years I still hope that the patrons at venues will still want to see my shows and I will still be dancing on those stages around town.

For the moment I'm doing the best I can entertaining the people who come to see me and trying to give them the best show possible. If the punters make the effort to come and see me I always make the effort to be the best I can for them.





# q theatre: URBAN DISPLAY SUITE

## PROPERTY BOOM PREDICTED THIS SUMMER!

Urban Display Suite is a deliciously malicious musical satire on our national obsession with the property market. Following sold-out seasons at the 2011 Adelaide Cabaret Festival and Melbourne's 45 Downstairs, the show is now being given a by-demand return season at The MTC Theatre's Lawler Studio.

Armed with an acerbic wit and an ability to turn out a catchy tune, the show's creator Michael Dalley has previously delighted Melbourne audiences with hit shows such as Vaudeville X, Intimate Apparel and Death in White Linen, picking up two Green Room Awards along the way. His sharp barbs of wit and sophisticated delivery have been likened to that of a 21st century Noel Coward.

In Urban Display Suite, the incredibly talented cast of four, Lyall Brooks, Michael Dalley, Sharon Davis and Gabrielle Quin, are our real estate agents, guiding the audience through a 'virtual' tour of the display home that represents a dream lifestyle to which we are all supposed to aspire.



*Michael Dally said, "Real estate is no longer about a home to live in. It's about lifestyle and asset base, It's about identity and image. It's about negatively geared, self managed super dinner party conversation."*

In the tradition of the classic musical comedy revue, the show's back-to-back songs bounce through a wide variety of styles and segue across topics such as urban sprawl, medium density living and the property boom, converting them from dull, water-cooler topics into hilarious, self-aware comedy. From the seductive tango, "If You Bought Before The Boom", to the soulful lament of "Whenever I Move to a Place That's Cool, All the Cool People Move Away", to a sweet duet on a child's education, "It's A Terrible School But The Grounds Are Stunning", the show will strike a chord with anyone who has ever tackled the property market.

Our obsession with creating the ultimate nest drives the huge ratings for television shows such as Better Homes and Gardens, The Block, Hot Property and The Renovators. This show is an opportunity for us all to laugh at ourselves, whether you are a commission-hungry real estate agent, a rate-fearing mortgagee who can barely afford the furniture to fit out your designer apartment, or a desperate Saturday morning warehouse warrior who spends hours deliberating over bathroom fittings and throw cushions.

The MTC Theatre, Lawler Studio  
140 Southbank Boulevard, Southbank  
From 28 December 2011

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# q world: PRIDE LONDON SET TO WOW

## PRIDE LONDON OUTLINES PLANS FOR BIGGEST PRIDE EVENT EVER.

Pride London, which has the honour of hosting WorldPride2012 in London next year, is delighted to confirm that it has presented plans to host the biggest Pride Event ever in London to key authorities in the city.

The Licensing, Operational and Safety Planning Group (LOSPG) , responsible for approving major events in the centre of London, has now been presented with the exciting outline of the plans for key parts of next year's celebrations, paving the way for acts and sponsors to get involved with the global party.

More details of the plans for next year's event will be released during the build up to the event which will be held on 7th July 2012.

Highlights of the plans submitted for approval yesterday include:

- Longer - The Parade will once again begin from Baker Street making the route over half a mile longer.
- Bigger, better – after the Parade the events space will this year extend from Oxford Street in the north to Shaftsbury Avenue in the south including the return of Leicester Square - After its absence last year due to development work a stage will return to Leicester Square
- Family area - Following its success at this year's event the Family Area will make a return in 2012 offering parents and children the opportunity to enjoy WorldPride in a safe laid-back space.
- A second day - Sunday 8th July plans are being formed to help visitors make the most of the WorldPride weekend and recover on the morning after the night before.

Pride London is already the biggest Lesbian and Gay Pride event in the UK, next year it will host WorldPride 2012. The event will provide the global LGBT community a chance to come together to celebrate the progress that has been made in achieving equality, and to give those who can't march safely in their own country a secure environment in which to do so.

The event will be used to draw attention to the fact that within the Commonwealth alone there are still 41 countries where homosexuality is illegal with punishments ranging from imprisonment to the death penalty. Over the next 12 months Pride London will be raising awareness and campaigning for the decriminalisation of homosexuality around the world.

*Speaking about the meeting, Paul Birrell, Chair of Pride London said: "We're expecting hundreds of thousands of visitors from all over the world to join us on 7th July so we really want to put on the greatest Pride ever to really show what Pride means in London. The parade is going to be bigger, bolder and longer than ever before.*

*"Planning for next year's event has started earlier than ever and I am delighted to be able to present these ambitious plans which we hope reaffirms our commitment to deliver an excellent event as part of a summer of international events taking place in London in 2012."*

WorldPride 2012 will be made possible thanks to the event's Headline Sponsors Smirnoff.

Applications to enter floats and walking groups will open online shortly with any organisation, charity, company or group welcome to submit an application to take part in what promises to be a spectacular-spectacular. Details will be published at <http://www.pridelondon.org/getinvolved/floats>



# q fitness: with CHRIS GREGORIOU

## 5 Easy Ways to Drop 5 Kilos

Yes it's true, you can shed five kilos in time for summer, but let's be clear on something! Losing weight can be put into two categories.

1) The first is a fully concentrated effort. This is where you dedicate yourself to counting every calorie and slaving away doing exercise. The kilos come off, but once you relax the regimen your weight goes right back to where it was and sometimes, you put on weight.

2) The second is a combination of simple lifestyle changes. This is where you change a few key factors about what you eat and how you exercise, without making it a full-time job. This type of weight loss is gradual and permanent since you are able to maintain it long term.

From my experience working with people having experienced both categories, lifestyle changes (category two) is the only way to go.

The five simple strategies below all fall into the lifestyle change category. These strategies may seem ridiculously simple, but do them over an extended period of time and you will see amazing, permanent results.

### Strategy #1: Ditch Your Diet Soft Drinks

Studies are coming out that link diet drinks to weight gain. Researchers from the University of Texas Health Science Center at San Antonio concluded that those who drank two or more diet soft drinks a day had the largest waistline increases - about five times more than that of non-drinkers. They stated, "Data from this and other prospective studies suggest that the promotion of diet soft drinks as healthy alternatives may be ill-advised: they may be free of calories, but not of consequences."

Bottom line: Artificial sweeteners are addictive, lead to waistline increases, and cause you to crave sugary foods. By cutting diet drinks out of your daily routine, and replacing it with water, you will lose inches and kilos - effortlessly.

### Strategy #2: Swap Sandwich Bread for Lettuce

Move over bread, lettuce is better. It's time to re-define your sandwich. While bread has tradition on its side, lettuce wraps offer you weight loss and increased energy.

Bottom line: Eating bread and other starchy foods always leads to extra kilos, so change your ways. Swap your sandwich bread for lettuce for 30 days and see how much you will effortlessly lose. I bet you'll feel more energetic after lunch too.

### Strategy #3: Trade Slow Cardio for Intense Intervals

Doing slow cardio only will not give you results. In order to really make your workout effective, you need to turn up the intensity. If you love the treadmill, then do a series of sprints throughout your workout. If you're a swimmer, then push yourself extra hard every other lap.

Bottom line: Doing just slow, easy cardio will not give you the streamline body you want. Only intense intervals will do that for you. Pepper your workout with bouts of intense cardio and watch as the fat starts to disappear.

### Strategy #4: Avoid Sugar 99% Of The Time

Sugar will cause you to gain weight every single time. There's really no way around that simple truth. Sugar is standing between you and your perfect body. If you're serious about looking and feeling great, then understand that sugar has no place in your diet.

Bottom line: If you avoid sugar 99% of the time, then you will be on your way to a lean and energetic body. If it's your birthday or a special holiday, then partake in a small amount of sugar, but make that the exception and not the rule.

### Strategy #5: Exercise With A Professional

When I design your workouts as a fitness professional, you know it will be good. People who work with a personal trainer get better results than those who attempt to do it on their own.

Bottom line: All of my clients expect to get the best workout of their lives each and every time they train with me, and my job is to over-deliver.

So what is your strategy leading up to summer if you want to shed a few kilos? Diets are unsustainable and can only be short term with disastrous results. Lifestyle changes are more enjoyable, long term and sustainable.



# q review: with MARC J PORTER

I recently attended opening night of a very strange but wonderful production by 45 Downstairs. Fourplay by Sergi Belbel, is a wickedly seductive post modern story of a married couple who endeavors to save their marriage which is falling apart, by purchasing a two-metre by two metre bed, and subsequently inviting a co-worker each, to christen the bed. The play is translated by Sharon. G. Feldman, staged by Vicious Fish Theatre and directed by Scott Gooding.

Going to the theatre comes out of a religious ritual. It is certainly different from going to the movies, or walking into an arts centre. Upon entering the foyer, one immediately experiences a strong notion of artistic nostalgia. The building itself is old and archaic and smells damp. The stairway down is narrow, and leads down two flights of stairs to the old gallery that was once used to store industrial equipment and cloth bales.

In the actual theatre, there is a warm welcome by the staff. "Do not enter without a drink in your hand", says one, as he looks directly at me, and laughs hysterically. The bar at the entrance is no escape and I am compelled to buy a glass of chardonnay. The audience seems quite familiar with the place, the staff and with each other. This is indeed a ritual like no other; one that can only be felt in a theatre.

The actors were clad in subdued attire, as with the underplayed stage design that included a bed, a mat, the windows and the floor. All this added to the muted emotions that the story provoked, heightening the realism that the play evoked. This is a story about a modern couple that is afflicted with complexities in their relationship and resort to igniting their relationship with some extra fun and seduction. Sexual innuendos, even with a revealing set of lingerie worn by the voluptuous colleague, don't come across as promiscuous or whimsical.

The play began and ended literally on a large bed, no loud music, no bright lights, just 4 actors in the middle of a sparse room.

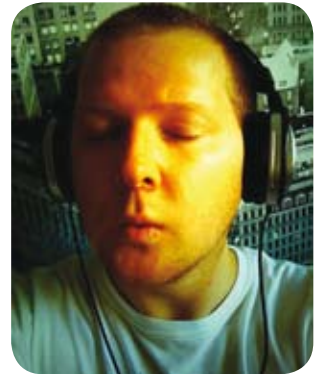
The story of a married couple on the brink due to being able to conceive was very dark and brooding. The nameless couple each bring a young guy and girl into their lives to have them conceive a baby for them. All hell broke loose, fighting, tears, the man tries to seduce the younger guy and the wife the younger woman, gay tendencies abound and contribute to the sense of divorce that you know is coming.

This play was superbly written. The actors portray their roles with aplomb. At first I wasn't sure I wanted to attend as the play was advertised as 4 people, 1 bed. All kinds of sexual innuendo sprung to mind and whilst their are severe sexual overtones throughout the story is much more about not getting what you want or maybe you never really had it.

It was hard to watch so much tension and wanting of worn out souls who desperately wanted a cute young couple to get it on and make a baby.

The show ends with everyone wondering were the young couple real or a figment of the married couples complex and fraught minds?

*Fourplay was part of the Fringe Festival and stars a diverse group of up and comers Michael Argus, Kaitlyn Clare, Liza Dennis & Scott Gooding.*



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# q win: FUN IN THE SUN - ALMOST



## Cadelle Leather

Cadelle Leather's "paris text belt" will instantly update any look. This investment piece features a silver buckle with playful, coloured text on white. Designed to be worn with pants or jeans. It's valued at \$77 and we have one only to give away this month.

You can see the full range of fabulous quality goods available at Cadelle Leather by popping into the store at 168 Bay Street, Brighton, by calling 1300 363 474; or going to [www.cadelleleather.com.au](http://www.cadelleleather.com.au) and having an online browse.

To get your hands on this exciting fashion accessory, email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **CADELLE** in the subject line for your chance to win!

## Sony Music

Tony Bennett's highly anticipated new release, *DUETS II* debuts at the #1 position on Billboard's top albums chart, with 179,000 units sold in the first week. The album has remained in the top 5 on iTunes' album chart in the US and other countries since its release.

Danny Bennett, Tony's son and manager stated, "It's an unprecedented and historical event that an artist at the age of 85 has topped the charts. He's remained at the top of his game without having ever compromised his integrity and standard of excellence."

The entire six month recording process for *DUETS II*, during which Bennett recorded live with each duet partner in the studio, was documented on film by Academy Award winning cinematographer Dion Beebe. Footage from sessions held in New York, Los Angeles, London, Nashville and Italy was distributed to a variety of online outlets, resulting in over 100 million impressions online and will become the basis of a documentary "The Zen of Tony Bennett," an intimate look into the artist's creative process as he reflects over his 60 year career within the context of his latest recording project.



*DUETS II* was produced by Phil Ramone and Bennett's son, Dae Bennett. It features a celebrated roster of many of today's greatest artists - including Lady Gaga, Michael Bublé, John Mayer, Carrie Underwood and Amy Winehouse - performing with Tony, showcasing his catalog of greatest hits. *DUETS II* is a follow-up to Bennett's highly successful *DUETS* CD, which was released for the singer's 80th birthday, received three Grammy Awards and became his best-selling record to-date.

Tony Bennett has garnered high praise with *DUETS II*.

Tony Bennett is an artist who moves the hearts and touches the souls of audiences. He's not just the singer's singer but also an international treasure honored by the United Nations with its Citizen of the World award, which aptly describes the scope of his accomplishments. Anthony Dominick Benedetto was born in the Astoria section of Queens, New York. He has placed two-dozen songs in the Top 40, including "I Wanna Be Around," "The Good Life," "Who Can I Turn To (When Nobody Needs Me)" and his signature hit, "I Left My Heart In San Francisco." Thus far, Tony has earned 15 Grammy Awards, including the Grammy Lifetime Achievement Award as well as multiple Emmy Awards. Named a Kennedy Center Honoree and NEA Jazz Master, The United Nations also presented him with their 2007 Humanitarian Award. In 2001, Tony established the Frank Sinatra School of the Arts, one of the highest rated public high schools in New York City. With his wife Susan, they founded Exploring the Arts, a non-profit organization that supports arts programs in 14 NYC public high schools in all five boroughs.

Tony Bennett celebrated his 85th birthday on August 3, 2011

To try your luck, email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **BENNETT** in the subject line for your chance to win! Thanks to our friends at Sony Music we have five (5) copies to give away.

\* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

# q scene: **OUT & ABOUT**





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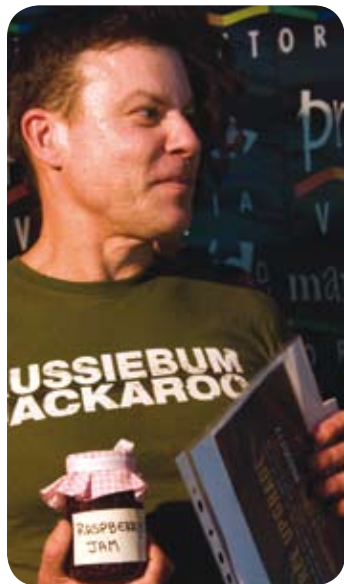
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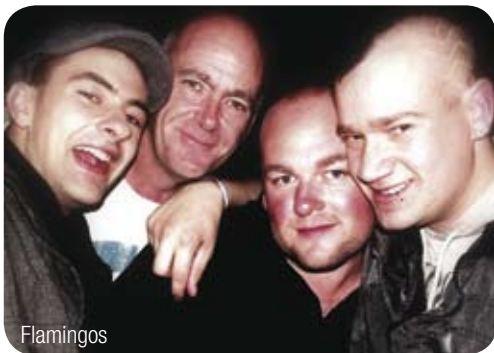




# q scene: GREAT AUSSIE BAKE-OFF







# q travel: with BARRIE MAHONEY

'Tweeters 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.*



**How big is your gnome?**

I have to confess that I am not a great lover of gnomes. No, I don't mean the real ones that appear in fairytales, but the depraved garden variety. Toadstools, seagulls, fairies and wishing wells I can take quite happily, but the grinning garden gnome, wearing that totally impractical, ostentatious and irritating red hat really makes me see red (if you excuse the pun). A garden is meant to be a thing of beauty, an extension and reflection of our own personalities; so why is it that some people fill their gardens with these malevolent, desperate looking creatures?

Many people think that garden gnomes are quite innocent, sitting quietly with their fishing rods dunked into a sea of concrete that will never catch any fish. Do they really think that they are sitting on a toadstool for their benefit? No, they are planning their next attempt to undermine the human race. Besides, most gnomes are far too plump and well fed for any self-respecting toadstool to survive under their weight.

I am not quite sure why I react in this way. Maybe it was some horrific tale that I read in childhood - after all, some fairy tales actually are not at all fit for children (the authors are not called the Brothers Grimm for nothing!). Maybe they remind me of a much-detested Sunday School teacher from my early years or, as I have long suspected, the uncanny likeness between them and the much disliked Great Uncle Gilbert.

I used to think that gnomes were a 'Brit thing' and I recall many quite attractive gardens in the UK ruined by rows of these miserable creations. I recall another uncle who had dozens of things, which he brought into the garage each winter and spent his spare time repainting them ready for the next season. As a child, I always had the desperate urge to pull the communication chord on a fast moving train. Similarly, I also had the desire to blow the heads off as many of these evil creatures that I could find in Uncle's garage. No, don't worry, I never did either, but I wish I had.

I thought I was safe in Spain, and maybe more so in the Canary Islands. Don't believe a word of it. Today, I walked past a neighbour's house - they are a nice old couple who spend a lot of time developing their small garden. It has moved on from being a stony desert left by the builders into a thing of beauty, a delight on the eye and full of colour for most of the year. Neither is there a prickly cactus in sight, which is remarkable - given where we live.

As I walked my dog Bella past the garden gate, we stopped as usual to peer inside at the latest development. Horror upon horrors! As I peered over the gate, the gaze of another being met my eye. The evil gaze that met me was from the largest and most malevolent looking creation that I have seen for some time. It was the tallest, plumpest gnome that I have ever seen! He grinned and, I thought, winked at me. Bella growled menacingly and I walked smartly on. Bella seemed relieved to get away too.

So there we have it. Our early nightmares come back to haunt us in later life, it seems, wherever we are. Mine lives just a few doors away and is a constant reminder of the nightmares of childhood.

We also have other neighbours, well known artists, who have a passion for drawing, painting and designing naked gnomes. The first time that I saw them I was rather taken aback, but at least they had hung up those silly red hats. As with humans, it is rather hard to look intimidating without wearing a shred of clothing. Apparently the pictures sell rather well in a specialist market and I was given a free sample, but that is a story for another time.

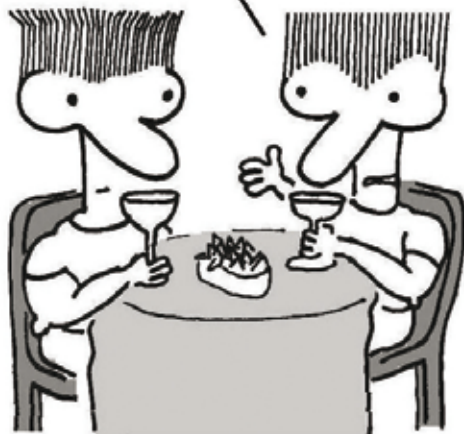


*If you enjoyed this article, take a look at Barrie's websites: [www.bariemahoney.com](http://www.bariemahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his latest book, 'Letters from the Atlantic' (ISBN: 978 184 386 6459).*

# Gaylord Blade

*young, Gay and hot-to-trot*

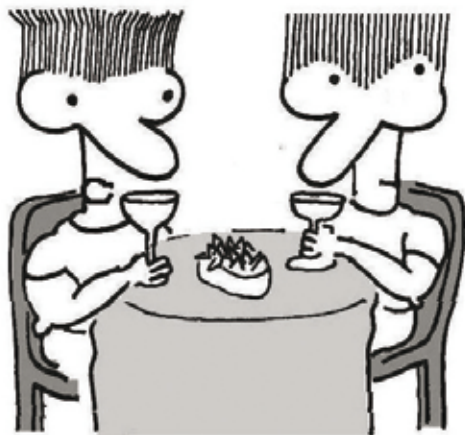
**I'm not dating again until I figure out what should come first, love or sex!**



**Here's you check, cutie! How about we get naked? I'm free in 5 minutes!**



**I thought you said you weren't dating, Gaylord.**



**Well, I just figured it out! It's SEX that comes FIRST!**







# FLAMINGOS DANCE BAR

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**Friday**

**NOVEMBER 4**

DIAN TAI LIVE  
(syd)

**SATURDAY**

**NOVEMBER 26**

RAINBOW AWARDS  
DINNER AFTER PARTY  
FEAT. DJ MISTAL  
SHOWS BY FANTASIA  
& THE FLAMINGOS  
DANCERS

**SATURDAY**

**NOVEMBER 5**

FLAMINGOS FESTIVAL  
CLOSING PARTY  
BACK TO THE 80's  
FEAT. DJ KAT (melb)  
SHOWS &  
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