



DECEMBER 2011

Q MAGAZINE

*Made in Melbourne!
Enjoyed Nationally
& Internationally!*

wishing you all
A HAPPY & SAFE FESTIVE SEASON

DnM CARNIVAL

dare to step inside



Launches Friday 2nd Dec

EVERY FRIDAY
8.00PM - 3.00AM

SHOWS FROM 10.30 WITH
DESTINY FORBIDDEN

LEXI GAGA
SENSATION
+ SAMMY

DJs
Mr Stoj
Jayden
Milio

119 Commercial Rd, South Yarra VIC 3141

q comment: **GIFT BALLS**

Gift A Ball travels 300,000km's to deliver smiles!

Canberra, ACT, 6th December, 2011 - Dejan Andreovski and Darko Andreski, launched Gift A Ball a short 8 weeks ago, and already their balls have travelled over 300,000km's around the country to bring smiles to the faces of hundreds of people!

An idea which originated as a simple circle being drawn on a whiteboard, was all the cousins needed to launch into a passionate 6 months of design and development to launch the online gift retailer www.GiftABall.com.au. "These balls are bridging the gap between gifts and gift cards," says Dejan, "we got sick of sending our family and friends traditional cards for special occasions, so we decided to design something better ourselves".



With messages such as "You're so Loveaball!", "Bounce back soon!", and the recent "Have a bouncy Christmas!" among their line-up, it is no surprise that people are flocking to the website to place their orders.

As of the 6th December, the business has shipped balls around Australia to the effect of 300,000km's travelled by the balls in total. One might say that this is a great distance to go to put a smile on someone's face, but the cousins maintain that this is their greatest motivator when pumping up balls late into the night;

"Seeing the continuous smiling faces in the pictures posted to our Facebook page wall, is what makes us think 'it's all worth it!'" says Darko, "It's not the kind of business which will make us the next young billionaires, so there has to be greater reasons to keep working hard, and for us, it's easily the smiles!".



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
Evan Davis, Alan Mayberry, Tasman Anderson,
Marc J Porter, Barrie Mahoney, Brett Hayhoe,
Chris Gregoriou, Nathan Miller, Amanda
Nassif, Pete Dillon, Brian Mier

Cover picture
Zoren McKiernan

Photographic Contributions
Alan Mayberry (gh), Alan Mayberry,
Leigh Klooger & Sonya Trajceviski
(q drag), Bron Evens Photography
(flamingos), Daniel Martin Bailey
(DnM Bar & Niteclub), Colin Krycer
(PMSF)

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 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: JAMES DUKE MASON

an interview by Marc J Porter

James Duke Mason has been quietly making a name for himself with his opinions and thoughts of gay rights. James is the grandson of actor James Mason and son of the ever lovely Belinda Carlisle. He has recently begun an acting career and agreed to be interviewed for Q Magazine.

How does it feel to come out in the US in this day and age, are their still major issues regarding acceptance?

Absolutely! Things have gotten better, but there's no question that oppression and prejudice still exists.

There's the legal battle taking place in Washington when it comes to discrimination on areas such as marriage and employment, and then there's also the social and cultural battle happening in Hollywood; you'd think that the industry in L.A. would be a pretty accepting and progressive environment, but in fact it is not, particularly when it comes to the situation for actors.

The men and women who have come to this town to act have been, by and large, forced to stay in the closet and pretend they are something they're not, and this in turn deprives the millions of LGBT youth out there across America and the world of role models they need to give them hope and encouragement.

Do you support gay marriage and do you think it will ever happen in the US?

I support marriage equality 100%, and I believe it will be a reality in the very near future. Right now there is a case making it's way through the federal courts, and there's a good chance that it will make it to the U.S. Supreme Court in the next year or so. When it does, my strong feeling is that the court, although it will be a close decision, will rule in favor of legalizing it nationwide.

Tell us about your daily life, what do you get up to?

My days are usually extremely busy! Aside from the typical things like walking my dog and calling my parents (I don't get to see them too often as they live overseas in France, so I try to talk to them as often as I can), I also spend my time going to auditions, going to meetings (I'm producing some film and TV projects, some of which I plan on starring in as well), and working on some writing some scripts. I believe you have to create your own opportunities in Hollywood, so that's what I'm trying to do! It worked for Sylvester Stallone with "Rocky" and Matt Damon/Ben Affleck for "Good Will Hunting", so perhaps it'll work for me!

Do you think more needs to be done to educate people on same sex issues, how can this be done?

There's no question that there's more to do, and I'm trying to help in that effort. There are multiple different ways to do it, and I've chosen to use entertainment and social media as my tools. Through film and television, as well as websites such as YouTube, Facebook and Twitter, you can get your message out there and help build a movement towards a cause you believe in.

Back in April I started a small online video project called The Trailblazer Campaign which was designed to encourage LGBT actors and musicians to come out. Since then celebrities such as Sandra Bernhard and Chad Allen have recorded videos, and it has accumulated more than 50,000 views to date. I'd say that's pretty impressive for a campaign I started on a whim, just sitting in front of my computer in my room.

What would you say is easiest? Coming out to your family or friends? And why?

That's hard to say; it depends on the individual. For me it was harder to come out to my parents, because I've always been close to them and didn't want to jeopardize my relationship with them. On the other hand, I can also imagine that it must be tough to come out at school for those who are really involved in their school's social environment, which I wasn't. No matter what though, coming out is the right thing to do, and although it can be tough, in the end it is positive and liberating.



Are you in a relationship, and if so, tell us about him?

I am! His name is Shawn; he's a great guy, and we've been together for almost six and a half months now. He's extremely supportive of everything that I do, and he and I are actually collaborating on a couple projects together (he's a fantastic screenwriter!). On top of that, he looks like a mix of Brad Pitt (back in the "Meet Joe Black" days) and Ryan Phillippe, two of, in my opinion, the most attractive men in the world, so that works pretty well!!

You recently made an appearance in a film called *What Happens Next*. Was it fun making this and will you start acting full time, has this always been your plan?

Making my first movie was an amazing experience! I got to work with actors of an amazing caliber (Wendie Malick, who now stars opposite Betty White on the hit TV show "Hot in Cleveland", as well as Jon Lindstrom, who's an Emmy Award-nominated actor), and the film has been very well-received on the film festival circuit (it recently screened at the Hollywood Film Festival, and will be released on DVD on, I believe, Valentine's Day 2012).



Acting is, without a doubt, my full time pursuit now, along with producing (and some writing, although that is more just out of necessity since I can't pay anyone to write scripts for me!). I've always been interested in the entertainment industry, although politics has also been a passion of mine for a long time. Who knows, perhaps I'll pull a Reagan/Schwarzenegger (the gay Democrat version of course!) and run for office one day.

You were named one of the most influential LGBT people in the world this year, that's amazing, and how did this happen?

It was funny, because I actually remember looking at the Out 100 issue from 2010 and thinking to myself, "I wonder if I'll ever be on that list one day". Strangely enough, come 2011, I get contacted out of nowhere by the editors of the magazine letting me know that I had been selected as an honoree for this year's issue. I went ahead, did the shoot, but the worst part was that I had to wait for 5 months, between the time I found out and when the issue was finally unveiled, before I could say anything to anyone other than my parents and a few close friends. I

was an incredible honor, and although I'm still in the infancy of my career, I'd like to think that it's a testament to the amount of progress I've been able to make in a such period of time.

Do you feel that celebrities should be more open with their public regarding sexual orientation or is it no one business?

I don't believe in outing, nor do I believe that it's my place to tell people when or how they should come out. It's a very personal decision for every individual, and one I respect and accept. I do, however, think that it's important that we strive to create an environment here in Hollywood where they feel encouraged to come out if they want to, not discouraged and threatened back in the closet, which is the way it's been for many years now, since the 1950's and 60's.

You'd think that it would have changed by now, but we still have movie stars who could make such a positive difference in the world and serve as role models and yet are told by the power players in L.A. that if they come out, their careers are finished. Not only is it unacceptable, but it is wrong and unjust, and I plan on doing everything in my power to tear down the status quo and replace it with real, progressive change. It won't be easy, but it can happen, and I'm committed to the challenge.

q lifestyle: with PETE DILLON

I love this time of the year. Not for gifts and champagne and the god awful music that reverberates through most commercial houses selling the unwanted to the uninspired to be given to the uninspired.

I love it as it provides me the opportunity to wander back through my year and come up with the top ten (or so) dishes I have had the pleasure to devour, either at my own expense or at someone else's - which usually makes them all the more tasty.

I apologise if this list is a little Melbourne centric, but given that's my usual habitat, it's fair to assume that it will feature heavily. So with no fear or favour (I can't choose these in order, so they appear in random order!)

Lobster Buns at Golden Fields in St Kilda. The third of Andrew McConnell's dining houses – the other two are Cutler & Co. and Cumulus Inc. These little parcels of loveliness are a delight to eat. Similar to a Chinese sweet pork bun but filled with lobster goodness, they were a monumental discovery.

While on McConnell, there is nothing more warming and hearty than the slow roasted lamb shoulder at Cumulus Inc. It is one of those dishes that you keep returning for again and again, because it is so good.

Gillian's Garden Café in East Brisbane offered up something so simple, but delicious I could not resist. Puffy little pillows of hand made gnocchi, in a white wine and parmesan cream was a discovery, so much so I had to go back and have it again. With crusty bread and a side of dressed rocket, it is the perfect lunch dish.

To Adelaide, and Andre's Cucina and Polenta Bar. Former Masterchef contestant Andre Ursini has set up a wonderful business and his skill with polenta is terrific. There are many great offerings from this kitchen but Ursini's Polenta con funghi e fontina - Polenta dressed with mushrooms and fontina cheese is soft, creamy and superb.

Back to Brisbane to The South Bank Surf Club, owned and operated by the surfing chef, Ben O'Donoghue. Thiedish, The Thruster has so many connotations that I can't begin to start. But it contains oysters, house cured ocean trout, tiger prawns, crab, Moreton bay bugs and salad. It's a big challenge but I managed to make my peace with The Thruster by the end of lunch!

Anything cooked by Paul Cooper at O'Connell's Hotel in South Melbourne I know will be good but I managed to find a stand out from chef Paul with beautiful Grampians pork. Greenvale farms slow cooked pork shoulder, olive oil crushed potato, melon and herb salad and cider sauce is special, really special.

Ian Curley from The European is one of the good guys in food (as I am sure they all are), but he truly is someone who has a great big heart and a deft hand in the kitchen. His Rabbit, Leek and Prune pie is something to behold. Stunning use of game and what makes it work are the sweet leeks and tangy prunes. Delicious.

The Wine Library in Paddington in Sydney proffered a treat that I could have made a right porker of myself on...the elegant simplicity of a soft, warm quesadilla of truffle and creamy stracchino. I would have liked more truffle but who wouldn't? A splendid accompaniment to one of the many sensational wines on their list and something I can eat again and again.

At The Bottom End in Melbourne, you will find delights of all types in a cracking new venue that loves the gays and their friends. And it's like you walked into Elvis Presley's death chamber. The food is carb heavy but there is nothing more delicious than the grilled Parmesan and artichoke dip, served warm with crusty baguette. One serve seems not enough, so have some mac cheese balls while you are at it!

I think I am to end up with eleven rather than ten, so for the penultimate, at Taxi Dining Room in Melbourne. Chefs Tony Twitchett and Perry Schraegan run a good ship, and if the Hiramasa Kingfish sashimi with ponzu jelly, spring onion and sesame doesn't do it for you, then tuck into Crispy Szechwan duck with pumpkin, daikon salad & blood oranges. It's terrific

And finally, drum roll please...Nothing, and I mean nothing beats the Coda rolls at Coda but they are no longer on the menu. What is there is the Quail Lettuce delight – a take on San Choi Bau with quail, lap chong (Chinese sausage), shitake mushrooms, water chestnuts and coriander. Have it with a good Riesling and life will be all good.

So that's where my culinary highlights have come from this year. May there be many more in the new year. Have a safe festive season and new year celebrations and I look forward to more dining debauchery in 2012. For more tucker and tipples from Pete, tune in to Cravings on JOY 94.9 every Saturday.



Q money: with EVAN DAVIS

Well it is that time again. Our post-Christmas holiday hang over is starting to fade as we realise we have shot up a waist size or two. The embarrassing behaviour from the office Christmas party seems only a distant memory.

It is of course the end of the holiday session and 2012 is looming large.

For the last three years I have always finished Q money on a quirky and ironic note. This year will be no different. I am going to help you survive the New Year period with some sound fiscal advice. Sit back, read this column, absorb its message and get a good lawyer.

This is ANTI-Q Money!!

Everyone wants to save money and it is important to start at the end of a calendar year. Go and get your self a stick, you're going to need a big one. We are going bargain hunting, end-of-year sale style. The post-Xmas sales are great for bargains. Make sure you push and shove as much as possible to get the best deals at the stores.

Pick your targets. Be aggressive and shop around people that are easy to beat to the bargains. Shopping close to elderly people is great. They are easy to push over and you'll be able to quickly loot their carts and trolleys while they are on the floor.

Stock up on as much as possible. Just think how much money you'll save buying everything at heavily discounted prices at sales. You'll also save loads of time later in the year by not needing to shop. Brilliant!

Funding your binge won't be a problem. Credit cards! We love them. They help us over-spend and over-commit. As we are on a mission devoted to crass consumerism; get as many cards as you can. Don't get caught down with the 'boring nuts and bolts' of interest rates, fees, charges, terms and conditions.

Spend and buy big! Stimulate the economy and save thousands at the sales of Australia's largest and retailers. Retailers are suffering at the moment so bleed them dry. Also you won't have to worry about your crippling credit card debt for at least 55 days and besides which, I have a plan.

'DUBL' shopping! We'll be rich. First I want to say it is 'network marking' and NOT pyramid selling (actually it is pyramid selling). Secondly, it is certainly not crap (actually is crap). At first you could say that I was 'DUBLious' about potentially getting 'duped' on this but I am sure that once I recruit all my friends and family to be this program and I get my credits up I will be able to wipe out the massive credit card debt from the sales! Too bad I burned them all last year on that 'AMWAY' BS...

Clearly this column has been written in jest. For those of you who believe in network marking send your hate mail to the editor, I am sure he will file it appropriately (in the bin). Be happy and safe over the holiday season and I will see you all next year. Thank you for reading my column which seems to have less to do with finance each month and more about a good rant.





Gear For Your Lifestyle.

Proudly serving our community
for over 7 years.

Leather. Rubber. Lifestyle. Gear.

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

**MANNHAUS®**

q concerts: TWILIGHT AT TARONGA

'Calling all party animals... go wild at Taronga Zoo this summer!' Every weekend from 28 January until 31 March 2012. Get ready Sydney and prepare to party with your friends as a brand new, exciting line-up of shows gets set to sizzle across the Taronga Zoo stage. The 2012 series features some of the hottest acts in the country, together with the ever-popular Taronga favourites. Plus our new party vibe will have you up and dancing from the very first note!

The series kicks off on Saturday January 28 with one of our greatest ever rock bands, The Church, performing all their classic hits in a very special show under the stars. Week two features the hugely popular family favourite, Bjorn Again, with their all-singing, all-dancing tribute to ABBA. Then two Aussie rock icons, James Reyne and Mark Seymour, join forces to perform all their hit songs, straight from the heart. Star of stage and screen, Tom Burlinson, follows with a sensational, swingin' big band night and the stunning Marina Prior returns to sing her favourite Broadway hits, joined by guest Kane Alexander.

March blasts off with an all-star line-up paying tribute to the incredible musical force of Queen. To keep things rockin' we welcome singer songwriter Diesel for an awesome night of blues rock. This is followed by a high energy celebration of the music and dance of the 'King of Pop', Michael Jackson, featuring some of the best musos in the country and the extraordinary dance group. We then journey back in time to the fabulous 50's for some good, clean, rock'n' roll fun. Australian music legend Richard Clapton teams up with Wendy Matthews to play the songs that warmed the hearts of a generation, then we wrap up the series with international jazz maestro and Taronga favourite, James Morrison, for a funky farewell night of classic jazz.



Tickets are all unreserved, picnic style, to allow concertgoers to bring their own rug or chairs. You can also bring along your own picnic or purchase fresh sandwiches, salads, fish and chips, beer, wine and soft drinks at the concert site. Or, you can order a gourmet picnic hamper for two via Ticketek.

Please note the 2012 season will see a restricted alcohol policy that allows you to bring in one bottle of wine per couple and a six-pack of beer per group of four.

So grab your friends and prepare to experience the thrill of a twilight concert in the wild surrounds of Taronga Zoo. Set against the stunning backdrop of Sydney Harbour and the exotic chorus of animal calls, this is truly an awe-inspiring Sydney summer experience not to be missed! Get your tickets soon as they will sell fast!

2012 SERIES CONCERT PROGRAMME

Saturday 28 January The Church 7.30pm

Friday 3 and Saturday 4 February Bjorn Again 7.30pm

Friday 10 and Saturday 11 February James Reyne & Mark Seymour 7.30pm

Friday 17 and Saturday 18 February Tom Burlinson Now We're Swingin' 7.30pm

Friday 24 and Saturday 25 February Marina Prior 7.30pm

Friday 2 and Saturday 3 March All-Star Salute to Queen 7.30pm

Friday 9 March Diesel 7.30pm

Saturday 10 March Celebration of Michael Jackson Special Guests Singers & Dancers 7.30pm

Saturday 17 March Rock Around the Clock – 50s Night 7.30pm

Saturday 24 March Richard Clapton Special Guest Wendy Matthews 7.30pm

Saturday 31 March James Morrison Classic Jazz 7.30pm

· Every concert ticket permits free entry to the Zoo from 3pm on the day of the show

· This is now a restricted alcohol event (see event website for details)

· Bookings through TICKETEK Ph: 132 849 or www.ticketek.com.au

· More details or a free series brochure call 1800 675 875 or visit www.twilightattaronga.com.au

Gayd8online.com

Meet lots of Gay Singles
And be a part of A New
Exciting Dating Site
Register today 100% FREE.
Gayd8online.com

- Instant Messaging
- Greetings Sender
- Who's Online Feature
- Free Profile
- Member's Search
- Web cam Chat
- Add Pictures

MEDICAL AESTHETIC & LASER CLINIC

Greensborough

South Melbourne

laser hair removal

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

Call now for a free consultation treatment plan and test patch

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

18000 laser 52737

laserhair.com.au

4 Day
gv.pride Departs: Friday 2nd March '12

SYDNEY GAY & LESBIAN MARDI GRAS

Double/Twin \$525.00

Triple \$490.00

Single \$799.00

**** All prices are per Person**

Optional Extra
1 1/4 hr Sydney Highlights
Harbour Cruise
\$35.00

Includes:- 3 Nights Accommodation & Breakfast at the Vibe Hotel Rushcutters & Luxury Coach Travel.

Please Note Departure Times

Friday 2nd March - Departing from Shepparton at 9:00am

Monday 5th March - Depart from Sydney at 11:00am

Contact Damien Stevens
Phone: (0418) 511 562
Email: gvpride@gvpride.org

CAFE / BOUTIQUE GARDEN CENTRE

This magnificent old world establishment offers so much for the Culinary Couple!

The fully licenced gourmet cafe and Gift Shop has its own Wine Garden, nestled amongst the beautiful trees & boutique garden centre.

The old world era comes to life as you stroll through this truly unique property spread over 5 intimate levels. It boasts its own bubbling brook, car park and private function area!!!

This 3/4 acre property has endless potential!

- Takings \$10,000 p/w
- Long lease
- Rent \$1,100 p/w
- Lease Negotiable.

\$250,000 + S.A.V.

Contact Hans on 0418 996 426

KLEMMS
REIV ACCREDITED BUSINESS BROKERS
551 Glenferrie Road Hawthorn East
9819 4211 www.klemms.com.au

q cuisine: with NATHAN MILLER

At this time of the year, I seem to find myself organising not only the celebrations at work, but also for my family. This year I am grateful that my younger sister took on the reigns of organising our Christmas Lunch, so now I have time to create some special desserts and spend some quality time with my loved ones. This year I am going to make my Dad's favourite dessert, individual sticky date puddings with a rich caramel sauce and double cream.

Sticky Date Pudding

(makes 24)

4 cups pitted dates

3 tsp bicarbonate of soda

250 g unsalted butter (at room temperature)

1 1/2 cups brown sugar

6 eggs

2 tsp vanilla

4 cups self raising flour 2 tsp ground ginger Caramel sauce

2 cups cream

250 g unsalted butter 1 cup brown sugar

2 tbsp golden syrup

Method:



Pudding

Pre-heat oven 280 °C (or 160 °C fan forced). Grease two muffin trays. Place dates in a medium saucepan and cover with 2 1/2 cups of water. Bring to the boil on medium heat. Stir in bicarbonate of soda. Remove from heat and set aside Using an electric mixer, beat butter and sugar until pale and creamy. Add eggs one at a time, beating well after each addition Add vanilla. Fold in sifted flour and ginger. Mash dates and fold into the batter. Spoon mixture into muffin holes and bake for 15 -20 minutes or until a skewer inserted comes out clean.

Cool in pan for 5 minutes before turning onto a plate.

Caramel sauce

Cut butter into cubes. Place all ingredients into a saucepan. Bring to boil on medium heat, stirring constantly.

Reduce heat and simmer for 8-10 minutes, until thickened slightly.

To finish, place puddings into individual serving bowls, drizzle with sauce and a little cream on the side.

For more about food, wine, travel, recipe's and shenanigans, visit <http://ramblingrelish.wordpress.com>

q books: **FLICK**

Little Island is proud to present:
Flick - The debut novel by Geraldine Meade
ISBN 978-1-908195-01-2

Felicity Costello, aka Flick, is pretty much like any other sixteen-year-old – except for one difference. A difference she doesn't want anyone else to know about. A difference she hardly admits even to herself.

Flick is a brave and important first novel which tells the story of a girl torn apart by pressure to conform to what her peers think is 'normal'.

Geraldine Meade fearlessly explores a teenage girl's dark journey as Flick struggles to resolve a conflict within herself that seems insurmountable through her own eyes and which she feels would shame her in the eyes of others.

Flick's reckless behaviour and its inevitable consequences as she struggles with the secret of her sexuality is all too true to life for so many teenagers. Meade has created an inspiring character who, instead of succumbing to darkness, finds the courage to realise that you can't help who you fall in love with.

As honest as Judy Blume, as shocking as Melvyn Burgess, Flick is a significant addition to Irish young adult literature and is necessary reading for teenagers and adults alike.



Don't forget to Join / Subscribe to Q Magazine ONLINE

Go to www.qmagazine.com.au and fill in the FREE quick and easy form on the bottom of the front page and then stay tuned. We're excited and we know you will be too.

Make sure you "like" www.facebook.com/q.magazine.australia too.

Stay in touch with YOUR Q Magazine
Made in Melbourne Enjoy All Over The World.

q choir: **CELEBRATING IDAHO 2012**

Sydney Gay & Lesbian Choir announces international song competition to launch OutPostChoir project.



The world's largest queer choir to celebrate diversity and sing out against discrimination for IDAHO 2012.

Harnessing the power of song and the internet, Sydney Gay & Lesbian Choir has launched an exciting project to celebrate diversity and speak out against discrimination and violence towards gay, lesbian, bisexual, transgender, queer and intersex (GLBTQI) people.

OutPostChoir will allow people to sing out with the Sydney Gay & Lesbian Choir no matter where they are in Australia or around the world.

In April 2012, as the world takes action for the annual International Day Against Homophobia and Transphobia (IDAHO), the OutPostChoir website will launch a specially written choral song. People from all corners of the globe and all walks of life will be able learn the song on line, record their part on their personal webcam and then submit their video to the OutPostChoir website.

Each video submitted will be mixed into the virtual choir performance which will become an ever expanding mosaic of voices and faces as more and more people participate over the life of the project.

The first stage in the project launched this week is an international competition to choose the song which best captures the essence of the project. Sydney Gay & Lesbian Choir's Music Director, Dr Sarah Penicka-Smith said, "We are calling on composers from around the world to submit original songs which convey a positive message about celebrating diversity and speaking out against discrimination towards GLBTQI people. They must be approximately 3 minutes in length and in four-part harmony for soprano, tenor, alto and bass. It must be a song that will inspire the whole GLBTQI community and its allies to sing together from the comfort of their own homes, whether they live in the suburbs of Sydney, a remote town in regional Australia, New York City, Tanzania, or Iran.

This is an opportunity to be out, sing out, post your voice online and be a part of the Sydney Gay & Lesbian Choir no matter what outpost you live in.

The winning composer will have the honour of having their song performed by the world's largest queer choir, creating a united message for the whole world to hear.

Entries for the OutPostChoir song competition close on Sunday 22 January 2012. The winning song will be announced on Monday 27 February and will be launched on the website in early April.

Sarah Penicka-Smith said, "As we approach IDAHO day on Thursday 17 May 2012, we will also be taking the winning song and the OutPostChoir project to the streets to get the message out there and to encourage as many people as possible to add their voice to the project."

Sydney Gay & Lesbian Choir is a non-auditioned choir which welcomes members regardless of their age, sexual identity or musical experience. Since forming 20 years ago, the choir has performed Carl Vine's Mythologia with Sydney Dance Company at the 2000 Sydney Olympic Arts Festival, hosted the first Australasian Gay and Lesbian Choral Festival, performed at the Sydney Gay Games Choral Festival, and toured Europe, Auckland and North America. Its 2009 production of Henry Purcell's The Fairy Queen was the first opera in the world to be staged by a queer choir. In June this year, Sydney Gay & Lesbian Choir performed a major concert at Sydney Town Hall, performing the choir's favourite pieces from its repertoire of the past twenty years. It recently performed the world premiere of a major new choral work Dreams & Visions, commissioned from Sydney composer John Peterson.

The OutPostChoir project supports the Sydney Gay & Lesbian Choir's objectives of promoting inclusion and access, providing a positive role model for the GLBTQI community, and fostering new Australian music.

Further details on the Song Competition entry conditions and the OutPostChoir project can be found at www.outpostchoir.com

q products: CHOCOLATE WINE

Introducing Chocolate Shop, the chocolate lover's wine, which takes a perfect pairing - chocolate and red wine - to a new level, marrying fine Australian Shiraz and rich velvety chocolate to create an indulgent sweet wine experience like no other.

Dark chocolate and cocoa aromas and flavours are highly desirable descriptors of great Shiraz wines. This fact was the inspiration for Chocolate Shop, the ultimate chocolate lover's wine. Inviting aromas of black cherry and dark cocoa combine in the glass and continue on the palate, surrounded by hints of sweet vanilla. Nuances of creamy mocha linger on the smooth finish.

The Chocolate Shop concept originated on the West Coast of the United States, in Washington State, where Precept Wine perfected the technique of infusing fine red wine with chocolate. Released with great success firstly in the USA and soon after in the UK, the concept has now made its way to Australia where selected parcels of high quality Australian Shiraz with a smooth and satisfying finish are utilized in the blend. In the U.S., Wine Spectator has named Chocolate Shop as its "favorite chocolate table wine" in the Nov. 30, 2011 issue, and NBC's Today Show featured Chocolate Shop nationally for Mother's Day. Chocolate Shop was launched exclusively through Dan Murphy's stores nationally in mid November. RRP: \$15.99



Chocolate Shop Tiramisu - Serves 4

Ingredients

- 3 tbsp. Icing Sugar
- 250g Mascarpone
- 1 tbsp Vanilla Extract
- 5 tbsp. Chocolate Shop Wine
- 150mL Double Cream
- 4 Sponge Fingers
- 200mL Cold, Strong Coffee
- Small Chunk of Chocolate

Presentation

- 4 Serving Glasses

Preparation

1. Sift the icing sugar into the mascarpone then beat in the vanilla extract & Chocolate Shop Wine.
2. In a separate bowl, whisk the cream into soft peaks. Add the cream to the mascarpone and put in the fridge for a few minutes to set.
3. Break the sponge fingers in two and dip into the coffee. Put the fingers in the bottom of the serving glasses and spoon the mixture on top.
4. Grate the chocolate over the top, serve & enjoy!

**Also try with fresh strawberries layered within or as an additional garnish.*

www.rushpoppershop.com.au

q youth: with TASMAN ANDERSON

Forgiveness – In theory, it seems like such an easy thing to do. You take all your anger, frustration and hurt that you felt with a person, and simply let it go so that you can move forward with them. But is it really that simple? Can we really just forgive and forget or are we only able to forgive but never forget.

I know these past few months you've had to endure my constant ramblings about love, loss, hurt and confusion but as I grow up I've made both mistakes and new discoveries.

Remember back to a few months ago when I told you about how badly things ended between my friend Sam and I. We attempted to prove men and women could never be JUST friend's theory wrong but unfortunately we only ended up being wrong ourselves. After a horrid fight in April, we haven't spoken since except for occasional drunken calls late at night.

After enduring a roller coaster of emotions I have decided that enough is enough. I refuse to be that girl who sulks over a lost friendship so I've decided to take a chance and make plans to meet up with him to talk.

I have never dealt with issues of this nature head on before. I have a simple choice to make. Will I attempt one last effort to try and make things right again or will I simply let it go and accept that the friendship is dead. I decided that I wouldn't have a moment's peace if I didn't make the effort to try and fix things.

It was this decision that got me thinking about forgiveness. Can you truly let go of all those negative feelings and act as if nothing ever happened? I remember once hearing that forgiveness was needed so that both people were able to find closure to a situation and move on. But what if you can't bring yourself to forgive a person for what they did?

I remember a friend once told me that some things just can't be forgiven or forgotten. This was after she found out that her best friend had slept with her boyfriend while they were on a break. I couldn't quite understand what she meant. She had technically broken up with him and he had done nothing wrong but when you think about it, it was a matter of a heart.

From what I gather from situations like my friends, forgiveness doesn't seem to be a logical thing. It all bottles down to our emotions and if we can truly let go of the hurt that we are feeling. Forgiveness depends on whether we can accept the other person's apology and allow ourselves to open back up to them.

So what do you do if it is a family member that you need to forgive? One of my best friend's has an abusive father that he hasn't seen in a very long time. I asked him once whether he was able to forgive his father for everything that he had done and he told me that he could. He explained that his father had come from an abusive home himself and knew no better. He continued to tell me that although there were bad times, there were also many good ones and that it would be too easy to just hate him for his actions.

So what do I think of forgiveness? I think it is a beautiful yet scary thing. It takes a great deal of courage to apologise and atone for your mistakes but it takes a great deal more to accept a person's apology and forgive them. When you make the choice to forgive someone, you prove that you are strong enough to trust again and that is what beauty is all about.

"Forgiveness is a funny thing. It warms the heart and cools the sting." - William Arthur Ward



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 2479 St. Kilda Road VIC 8004
Tel: 0422 632690 F: (03) 9527 1669
www.qmagazine.com.au
E: info@qmagazine.com.au



The only
business
a dog has
doing under your
Xmas tree.



Don't buy animals as presents.

PETA

q mens health: with BRIAN MIER

"PACKS UP!" IT'S TIME TO GO ON AN ADVENTURE

Let me extend the concept of Play covered previously and urge you to take some Adventures this holiday season, and often thereafter. What is Adventure? Here are some of its characteristics:

- **It takes you into the unknown.** In centuries past this might have been overseas to a continent such as Africa or South America, connecting with Nature and tribes of 'wild' people. These days people also go overseas seeking Adventure, but Adventure doesn't have to be grandiose or expensive as I'll illustrate shortly.
- **It involves action and activities.** Most often this implies physical activity, but it can also include mental and/or sexual exertion to meet the challenge of the unknown. Stretching your abilities may be involved.
- **It involves risk-taking.** We know that men often like to take risks, and when they are taken foolishly such as when driving drugged or drunk then the consequences may be deadly or end in serious impairment. Calculated risks on the other hand are part of the real Adventure with precautions taken in case of misadventure. These risks add to the experience.
- **There is a goal** to the Adventure, though much of the enjoyment will be the journey and not the destination alone. The goal may be tangible, or the outcome may not be known in advance - only guessed at or hoped for.
- **There is a sense of exhilaration**, of achievement, whether or not the goal is reached.
- **It takes courage** to go on the Adventure.



Adventure, like play, takes us out of everyday life and extends our whole being. Men's adventures may have an element of Power and Domination – over the environment, over one's previous limits. You can take them alone or with others.

I said earlier that an Adventure does not have to be on a grand scale. Here is the simplest of Adventures which I took this morning. At the time of writing this I am in Clare, South Australia, researching the topic of 'Creative Male Ageing' for a Conference to be held in 2012. Clare is a historic country town about 130 km north of Adelaide.

I went on a small Adventure this morning to Neagles Rock Lookout. I rose early and with map in shorts pocket walked uphill, then left up Neagles Rock Road. After about 1 km I observed some steps up off the road into the bushland. There was a small track which could just have been an animal track, but I judged it would take me to the Lookout and followed it. After about fifteen minutes I startled a huge old grey kangaroo which bounded down the slope at speed, stopping only once to look back. My action was mocked by some unseen kookaburras. A short time later I reached the Lookout. After reading the history plaque and gazing around at the countryside for some time, I selected another dicey-looking track to go down the other side. It turned out to be valid and I found the old quarry shown on the plaque, then hit Bennys Hill Road to return to Clare. Along the way I noticed the vegetation included wild lavender as the notice at the Lookout had said – a legacy of an earlier time when it was planted and harvested, but now it was regarded as a weed. Further along I came to the cemetery and wondered why there were three distinct parts of it and it was on both sides of the road. Perhaps it was a Catholic section vs the rest as exist in some cemeteries? Or just a sequence of time of burials, which I found some evidence of in the newest section? A short distance further on revealed the Police Paddock which seemed to be out of place. However, at the end of it and a turn of the corner I discovered the Old Police Station Museum - and made a mental note to visit it that afternoon. Then it was back up Neagles Rock Road and down the hill to my lodgings.

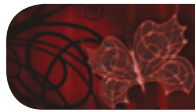
Along the way I also said 'Good Morning' to several people, and felt good in myself for acknowledging other possible Adventurers in the early morning.

On another little Adventure I took a few months ago I counted 32 species of exquisite wildflowers, greeted three locals including one on horseback, and discovered the funniest home letterbox I have ever seen. So, whether you don the walking boots, get on your bicycle, or take a train or bus to somewhere you haven't been before, take an Adventure or three this season. You will find benefits for your physical, mental, social, spiritual and maybe sexual health by so doing.

Best wishes for a happy holiday season. Find time to relax, adventure-seek, play, enjoy the company of family and/or mates if possible. Resolve to look after your Body, Mind and Spirit as well as you possibly can in 2012. A Healthy Man is much more likely to be a Happy Man, better able to cope with most things life sends our way.

q awards: UNDER OUR WING

Winner of prestigious award announced
Simon Taylor (pictured below) was recently
announced winner of the prestigious annual
'Under Our Wing Award', one of Australia's
top award given to emerging performers.



THE BUTTERFLY CLUB

Simon is a Melbourne-bred stand-up comic. He graduated in psychology at The University of Melbourne and went on to become a full time entertainer. His skill as a comedian allows him to present engaging shows about better understanding people.

He says "The Butterfly Club is the most nurturing venue I've been involved with. The award, for me, validates all the work and compromise that comes with a vocation in entertainment. It's almost a way for them to say 'don't worry, we don't think you'll be a poor starving artist forever'. So that's nice."

What media have to say about Simon:

"Humorous, edifying, literally amazing. 5 stars" – ArtsHub

"Warm, funny, clever and engaging. Don't miss him" – Herald Sun

"Intelligent stuff from a rising talent" – The Age

"The most amazing thing I have ever seen in my life!" – Ric Ditchburn, Magic 1278

"A refreshing alternative in the entertainment scene" – The Vine

"Inimitable, talented and rather dashing" – Beat Magazine

Simon Taylor can next be seen at Adelaide Fringe (2 to 11 March) and the Melbourne International Comedy Festival (28 March to 22 April). His show, "10 Things I Know About You" is about morality, happiness, language and love.

About the award

The Butterfly Club's Simone Pulga said "the Under Our Wing Award is given by the venue to an outstanding performer who deserves much more recognition than they are currently receiving. It puts the spotlight on 'the next big thing'."

Simon joins luminaries Tim Minchin (2003), Daniel Maloney (2004), Reuben Krum (2005), Sammy J (2006), Karin Muiznieks (2007), Joanne O'Callaghan and James Simpson (2008), Tom Dickens (2009) and Emma Dean (2010).

The inaugural recipient of this award was Tim Minchin at a time when he was an unknown. Today, he regularly sells out in large venues across the UK, USA and Australia. The Butterfly Club was the first producer to recognise and tour Tim's extraordinary talents and nurtured him for two years as a regular performer including his first show in the Melbourne International Comedy Festival before his rise to international acclaim.

Sammy J can now be seen on prime time television, Tom Dickens is one half of the Jane Austen Argument which will support the Dresden Dolls on their national tour in January, and Emma Dean has been honoured by the New York Post as one of the top 10 performers internationally to watch this year.



The Butterfly Club

204 Bank Street South Melbourne Victoria 3205 Australia

Phone: 03-9690-2000

Email: info@thebutterflyclub.com Website: www.thebutterflyclub.com

q drag: THE CHANGING FACE

The face of drag has had many changes since the glory days of Pokeys and Les Girls in the 70s and 80s. Alan Mayberry looks at some of the highlights.

Big budgets do not always equate to fabulous shows. Luckily for us the shows keep moving with the times. Whether for better or worse is up to each of us to decide.

All things go in cycles but there are some constants. The unstoppable **Dulcie Du Jour** is ending her supreme 16 year reign at Dts. With her biting wit, great sense of fun and always spot-on social commentary, she has never failed to impress. **Kerrie Le Gore** remains the undisputed matriarch of drag even though a replacement hip and knees have curtailed her high kicks for the last year. And **Doug Lucas** will forever be the consummate comedian.

LES GIRLS

In the 1970s Sammy Lee brought Les Girls to Melbourne. The shows were pure glamour, illusion and magic and for 20 years a major tourist attraction in St Kilda.

POKEYS

Pokeys was the mecca of gay entertainment in Melbourne, opened by Jan Hillier and Doug Lucas on Sunday, 30 October 1977 at St Kilda's Prince of Wales. Close to half a million saw the shows before Pokeys closed its doors on 13 March 1992. The Pokeys' *Dreamgirls* – Terry Tinsel, Renée Scott, Michelle Tozer and Debra Le Gae, brought Las Vegas glamor to Melbourne.

THE XCHANGE

The Xchange Hotel opened in Commercial Road as 'a new pub for guys' on Wednesday, 1 October 1986. It soon broadened its horizon and became one of Melbourne's main drag venues. *The Lipstix* opened on Thursday, 12 April 1990, and *Le Gore's Backyard* followed, ushering in the great drag take over, with spectacular rooftop drag extravaganzas that were a highlight of the annual Midsumma festivals.

Fire destroyed the main bar in 2000 but heralded the beginning of a new electronic age under Kevin Attwood's guidance, and Lucy Loosebox reigned as queen.

DnM Bar & Niteclub has now taken over wowing audiences with its young and fresh talent line up.

The Dynamic Duo

Barbra Quicksand and Miss Candee have worked together for 25 years. It's a duo in the true sense of the word. Like many of the comic duos in the straight world, they share the stage and microphone in a generous way, not competing but working together like a true team in possibly Australia's longest running drag partnership.

3 FACES and The MARKET

Commercial Road was the hub of the Melbourne gay scene. Mainly due to the vision of Ken Payne who opened the Market Hotel on 20 September 1984. *The Troll Dolls* were the major attraction, opening in November 1986. When Ken finally sold 3 Faces in 1999, it ended nine years of stunning entertainment. It nurtured some of Australia's best drag groups – *The Lipstix*, *The Troll Dolls*, *Skye Brook's New Wigs on the Block*, *The Fab 3*, and *PZR*. Kerrie Le Gore, Miss Candee, Doreen Manganini, Barbra Quicksand, Tabitha Turlington, Rita and Paris were just a few of the 'stars' to grace its stage. The era came to an end on Sunday, 19 September 1999 in a mammoth show featuring every drag act that had ever appeared on the 3 Faces stage.

The hotel was reopened again as The Market in November 1999 by Spiro Condos. Under the guidance of Zowie Knox and John Wayne the drag tradition continued on Saturday nights, with the emphasis on DJs until 2010.



Showbags – Drags Aloud

Amanda Monroe, Jessica James and Linda Lamont were the original *Showbags* in 2001 at the Greyhound. Later Vivien St James joined the trio and crowd numbers soared to a record 900 on some nights. The *Showbags* later moved to Pink at the Newmarket Hotel and have now evolved to *Drags Aloud*, performing around Australia, taking New York and Edinburgh by storm and winning multiple international awards.

Divine Divas

The brainchild of Tina Sparkles, the *Divine Divas* grew out of the *Extreme Dimensions* at the Greyhound in its early Social Identity drag days. Tina applied the rules of Pro Theatre to drag, and developed a mainstream impersonation show. A casino promoter shared the vision and the rest is history.



It has become a most lavish show with 48 000 people coming to see it last year – not bad for a bunch of Melbourne boys in frocks!



The Classics and Boylesque

In 2003 *The Classics* burst onto the Greyhound stage. Its founding members were host Paris, Vivien St James adding glamour, and Laura Gravity adding dance and humor. Later Rita added theatre, while Nova and Selena added youth, and Millie added Millie! Then came the sex appeal with a great line up of male dancers first led by Simon Voules and Craig Fook, and later with Matteo Snooks, Julian Ardley and Trent Harlow. Ever since the days of Pokeys no one has underestimated the oomph that a line up of spunky male dancers adds to a show. And the Classic boys shape up with the best of them. But no one disputes Paris is the glue that holds it all together.

Now *Boylesque* is added to the GH entertainment mix, showing that drag is not necessarily a man in a frock lip syncing the latest pop tune. *The Classics'* strength is its focus on burlesque and theatrics – not just doing drag numbers. *Boylesque* extends that even further.



And while all of the mainstream shows may take the headlines, we have the added bonus of great shows at Heavens Door, Priscilla's, The Commercial, Robarta and numerous other venues that are nurturing our drag stars of tomorrow. A friend observed, 'Younger drag today is more disposable, faster, looking to the present rather than the past, with the drags trying to be the celebrity they are portraying. The song, the costume, the hand gestures and the miming are their main focus. The satirical edge is going, only some keep the old school flag flying' – but that can be another story!

q health: AIDS 2014 IN MELBOURNE

Melbourne has been chosen to host the XX International AIDS Conference (AIDS 2014), the largest international conference on HIV and AIDS, where every two years up to 25,000 participants, representing all stakeholders in the global response to HIV, meet to assess progress and identify future priorities. AIDS 2014 will be the twentieth in the series of International AIDS Conferences.

AIDS 2014 is organized by the International AIDS Society (IAS) in partnership with selected government, scientific and civil society partners from Australia and the wider Asia Pacific region, as well as international partners from civil society and the United Nations. With a strong focus on Asia Pacific, one of the two local scientific, community and leadership partners will be chosen from the wider Asia and Pacific regions and one each from Australia.

"The IAS is extremely pleased to partner with the City of Melbourne, the State Government of Victoria, the Federal Government of Australia and with various scientific and community leaders from the host country as well as from Asia and the Pacific with a long and impressive history of leadership on HIV," said IAS President-elect and Nobel Laureate Prof. Françoise Barré-Sinoussi, Director of the Regulation of Retroviral Infections Unit at the Institute Pasteur in Paris and International Conference Chair for AIDS 2014.

"As the region with the largest geographic area and population, dramatically varying levels of wealth, and a complex mix of structural and behavioural determinants of risk, experts from the region have a unique perspective on the epidemic. Hosting AIDS 2014 in Melbourne will make it possible for these experts to attend the conference and share their successes and challenges on a global level," added Prof. Barré-Sinoussi.

Prof. Sharon Lewin, Director of the Infectious Diseases Unit at the Alfred Hospital, Professor of Medicine at Monash University and co-head, Centre for Virology at the Burnet Institute in Melbourne, has been named Local Co-chair of AIDS 2014. Lewin is a former President of the Australasian Society for HIV Medicine (ASHM), the peak Australasian organization representing the medical and health sector in HIV, viral hepatitis and related areas.

"The Australian health policy response to HIV has been characterized as emerging from the grassroots rather than top-down, with a high degree of partnership between scientists, government and community. AIDS 2014 will be a great opportunity to share the benefits of such partnerships with other countries," said Prof. Sharon Lewin.

"The Australian government also has a strong international development strategy for HIV, with particular focus on Papua New Guinea (PNG), East and South Asia and the Pacific Islands. As well as focusing international attention on Australia's national response, the conference will highlight the diverse HIV epidemic patterns and responses in the Asia Pacific region and has the potential to positively impact the HIV responses throughout the whole region," added Prof. Lewin.

AIDS 2014 will be held in July at the Melbourne Convention and Exhibition Centre. Melbourne has a long history in staging successful major events and conferences, is constantly adding to its infrastructure and has an established reputation as one of the world's leading business events destinations.

"We are excited about welcoming the world's top HIV scientists and policy experts to Melbourne," said Karen Bolinger, CEO of the Melbourne Convention + Visitors Bureau (MCVB). "This is the largest medical conference ever to be held in Australia and is a testament to the country's deserved reputation as a leader in HIV/AIDS research. Hosting AIDS 2014 in Melbourne will not only have a positive health and social impact on the state of Victoria, but is also expected to generate approximately US\$84 million for the Victorian state economy."

According to the Joint United Nations Programme on HIV/AIDS (UNAIDS), in 2009 an estimated 4.9 million people in Asia were living with HIV, including 360,000 who became newly infected that year. The overall trends in this region hide important variation in the epidemics, both between and within countries. Most national HIV epidemics appear to have stabilized and no country in the region has a generalized epidemic. However, in many countries in the region, the epidemic is concentrated in a relatively small number of provinces. Injecting drug users, men who have sex with men and sex workers and their clients have accounted for most of the new infections, and ongoing transmission to the female partners of drug users and the clients of sex workers is becoming apparent.

The HIV epidemic in the Pacific region is small, but the number of people living with HIV in this region nearly doubled between 2001 and 2009—from 28,000 to 57,000. However, the number of people newly infected with HIV has begun to decline from 4,700 in 2001 to 4,500 in 2009. The HIV epidemics in this region are mainly driven by sexual transmission.



Northern Lights The Legal Alternative

MANGO KUSH

Mango Flavoured Herbal Smoking Blend

R18



jackadam

A full-page advertisement for Jack Adam's underwear. It features a muscular man in a black and yellow thong posing with his hands behind his head. The brand name 'jackadam' is printed in red across the middle of the image.

party lights and herbal delights Imagine: its like a rainbow blew up in wonderland.

q fitness: with CHRIS GREGORIOU

What was your Christmas wish?

Did you wish for washboard abs this Christmas? It seems that every man wants big guns or a 6 pack, some want both and girls generally just want to tone up and be fit and healthy. What did you ask for? Well, Christmas and New Years is the time where you have very little chance to have defined abdomen muscles. If you're one of the lucky ones that has them, well you can easily find your little treasures sinking below your skin, into the deep abyss, lost from the outside world. Their return relies solely on you and just how devoted you are to them, as your six pack requires devotion, demands time, attention and love. Oh, you also need to behave yourself (drinking and eating) in order for this relationship to work. So just how sensitive is the relationship between you and your abdomen muscles?



All you need to really do is.....**Strengthen your abdominal (core) muscles and lose your body fat.**

That sounds really straight forward right? Without out the correct approach, it's not that easy. We all have a six pack, the problem is that when our body wants to store body fat, it generally chooses to do this over the abdominal area first. It's very good at hiding our abs! When you look at our hectic lifestyles and eating habits, most food that is sold in cafes and restaurants is not ideal for toning up. Food that's high in fat and food that contains simple carbs make it almost impossible to tone up, let alone show off our abs.

New Years Tip 1. Put a focus on your food and eat clean. It's actually really easy to eat decent food. The trick is to do a little preparation at home and have it ready for the next day. This way, you know exactly what your consuming (no sugar rich sauces or buckets of salt), and you are sure of the quality.

New Years Tip 2. Lift Weights. Total calories burned for the day are far greater after a workout with weights, as your muscles require more calories for recovery. Also, the more muscle your body has, the more calories your body uses and this includes days when you're not even exercising.

New Years Tip 3. Do some cardio. Have a balance of cardio exercises and make sure you work out with weights. Cardio on its own is a good start to improving your cardiovascular fitness and tone, however if you want to get real results and find your 6 pack, you need to do both. If you're serious about this, do your cardio in the morning and your weights training at night.

New Years Tip 4. Go hard with eating fiber. Eating tons of fiber will do wonders for your abs and they are ideal to fill up on when you're hungry. These are nutrient dense and low in calories. Go nuts on them!

New Years Tip 5. You don't want salt - you want buckets of water. Salt causes water retention. Bloating is not attractive over your 6 pack. Limit salt intake by not eating packaged or processed foods and put down the salt shaker.

New Years Tip 6. Don't forget your Oblique's! How much more interesting is a 6 pack with defined oblique's on either side to highlight it? Work your oblique's as part of your training. One exercise is to lay on your side with your legs straight and hands behind your head. Raise your arm and leg simultaneously and hold, while exhaling and squeezing your oblique's. Repeat at least 10 times, and then do the other side.

New Years Tip 7. Eat enough protein. Along with fiber, your meals should be packed with lean protein. This will help support muscle growth while controlling blood sugar — all important factors when it comes to washboard abs.

New Years Tip 8. No Sugar. Sure, sugar tastes good, but indulging in it causes your body to store layers of fat. Enjoy fresh fruit, rather than refined sugar. If you really want washboard abs, you have to say no to sugar.

By knowing all this, you can now make an informed decision if you want to meet your abs and to have them hanging out with you throughout the New Year. It's actually not that hard if you stick to these tips. If you would like further information, contact me about my tummy flattening programs that will get you those washboard abs that you wished for. www.metrobodyfitness.com.au



q theatre: **MUSICAL PREMIERE**

*"In this world of Darkness, evil rules by night,
but somewhere in the shadows ... someone's seeking light." – Cat Stevens*

It was recently announced that Moonshadow, a new musical written by Yusuf, featuring the music and lyrics of Cat Stevens/Yusuf, will make its World Premiere at the Princess Theatre in May. This \$5 million production will have an Australian cast and creative team other than the director, Anders Albien from Sweden.



Embarking as a young singer-songwriter in the sixties and with 60 million records sold worldwide, Cat Stevens (Yusuf Islam) has enjoyed one of the most unique careers in pop music history. With an incredible fan base in both East and West, appealing to audiences from all walks of life - young and old, worldly or spiritual - the prospect of a new musical conceived by him and spanning his amazing catalogue is a dream come true. Yusuf has chosen Melbourne for the global launch of Moonshadow as he has a strong connection to the city through family and friends.

*"Well, if you want to sing out, sing out, and if you want to be free, be free,
'cause there's a millions things to be" – Cat Stevens*

Through his much loved songs and music Moonshadow will take the audience on an incredible journey with a magical story of a young man and his moonshadow's struggle against the oncoming of darkness. As the night planet prepares for the big blackout by the death of the Moon, the odd duo battle to overcome the hidden enemy, in search for the mythical land of the lost sun...and everlasting happiness.

*"There's a way and I know, that I have to go – away,
I know I have to go" – Cat Stevens*

Moonshadow is about themes that are both powerful and universal. It's about hopes and dreams; greed and power; right and wrong; but most importantly Moonshadow is about happiness and love.

"Oh baby, baby, it's a wild world, it's hard to get by just upon a smile" – Cat Stevens

Moonshadow weaves together exciting new songs with Yusuf's most famous and beloved classics from his expansive back catalogue. With hits around every corner, such as Father and Son, Wild World, Morning Has Broken, Peace Train, and First Cut is the Deepest, this musical will not fail to send audiences out happily singing the songs they know so well.

"Leapin and hoppin' on a Moonshadow" - Register Now for Priority Booking ahead of general sales in February 2012.

Go to www.moonshadowthemusical.com.au for further information.

Save up to

HALF PRICE

on London theatre



www.westendtheatre.com
tickets for less

www.westendtheatre.com

www.westendtheatre.com/qmagazine



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



q win: SILLY SEASON GOODIES



CHOCOLATE SHOP

Chocolate Shop takes the perfect pairing- Chocolate and Wine – to the next level, marrying fine South Australian Shiraz and rich dark chocolate to create an indulgent wine experience like no other. Dark chocolate and cocoa flavours are highly desirable descriptors of great Shiraz wines.

This fact was the inspiration for Chocolate Shop, the ultimate chocolate lover's wine. Inviting aromas of black cherry and dark cocoa combine in the glass and continue on the palate, surrounded by hints of sweet vanilla. Chocolate Shop offers something new and different to the Australian market; perfect for consumers looking for a sweeter profile and taste. There is no need to wait for a special occasion to indulge! This wine is fabulous paired with dessert, enjoyed with friends or simply while relaxing at home.

To get your hands on one of the five we have on offer, email getfree@qmagazine.com.au with **CHOCOLATE SHOP** in the subject line for your chance to win!

KUSCO-MURPHY

Our good friends at Kusco-Murphy have again come to the party with their amazing hair care products for you this month.

Keep It Kleen Wash is a gentle and effective cleanser for the scalp and hair. Natural and organic ingredients of Peppermint Oil, Horsechestnut Extract, Vitamins A, B, B5, F and H help to maintain healthy hair, whilst promoting scalp stimulation for thicker, stronger hair.

Keep It Kleen Wash has a natural, fresh mint aroma and contains absolutely no sulphates. It will simply leave your hair shiny and healthy looking; the way nature intended.

Keep It Real Rinse is an effective scalp and hair treatment that thoroughly conditions the hair shaft whilst treating the scalp. Natural and organic ingredients of Sesame Oil, Jojoba Oil, Aloe Vera, Rosemary Oil, Peppermint Oil, Horsechestnut Extract and Vitamins E, B5, F and H aid in promoting the perfect environment for stronger, healthier and fuller hair growth. Ideal for those who are experiencing hair loss, or as a preventative measure to hair loss.



Keep It Real Rinse contains absolutely no sulphates and leaves your hair healthy, shiny and thicker looking.

Über Close Shave Gel has a unique cushioning formula that instantly helps to protect even the most sensitive skin from redness and irritations that occur due to daily shaving and razor burn. Natural and organic ingredients of Chamomile Oil, Eucalyptus Oil, Tea Tree Oil, Peppermint Oil, Spearmint Oil and Camphor Oil help to strengthen, revitalize, sterilize and heal sensitive skin.

Über Close Shave Gel is easy to apply and won't clog your razor. This transparent gel will soften your beard in preparation for shaving whilst maintaining your skin's natural pH balance. This product contains absolutely no sulphates.

For further information and to buy online go to <http://www.kuscomurphy.com.au>

To get your hands on one of the five packs we have on offer, email getfree@qmagazine.com.au with **Kusco Murphy** in the subject line. Your hair will thank you.

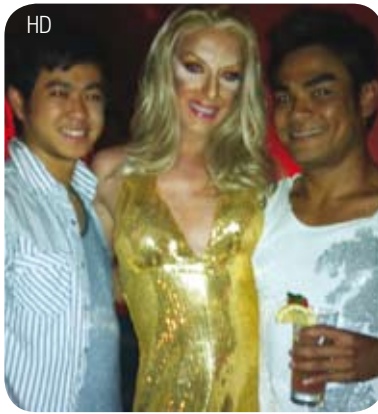
* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning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

q scene: **OUT & ABOUT**





HD



HD

Hampstead Dental

caring for OUR community
Implants, Cosmetic & General Dental

Located close to Highpoint
5 mins - Footscray, Yarraville, Moonee Ponds
10 mins - Kensington, Caroline Springs, W.Brunswick

Dr Adam Mattsson, Dr Kris Rajan and 2 Hygienists
Suite 2 / 44 Hampstead Rd, Maidstone 3012

Appointments Ph 9318 5599

www.HampsteadDental.com.au



Pride March Street Fair



HD



HD



HD



Pride March Street Fair



HD



HD



Pride March
Street Fair



Pride March Street Fair



Pride March Street Fair

q scene: **OUT & ABOUT**





Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos



Flamingos

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.



Admiral Nelson and the Canary Islands

You may remember Horatio Nelson from school history lessons as the jolly little man with the big hat and equally inflated ego; his costume goes down a treat at fancy dress parties. In pictures, Nelson is instantly recognisable as the semi-blinded, one-armed naval officer who destroyed the French and Spanish fleets; he also had a fascinating ménage à trois with the rather interesting Lady Hamilton. So what is the real story of the man whose statue dominates London's Trafalgar Square, and how does it link with the Canary Islands?

I am often surprised to discover that these lumps of volcanic rock, known as the Canary Islands, punch well above their weight when it comes to links with famous and interesting people, as well as key moments in history; the links with Admiral Nelson are yet another example.

According to the history books, Nelson lost his right eye capturing Corsica and his right arm whilst attacking the Canary Islands. He captured six and destroyed seven of Napoleon's ships at the Battle of the Nile, trapped Napoleon in Egypt, assaulted Copenhagen and dealt with Napoleon's combined French and Spanish fleets off the coast of Spain. This defeat of the French navy stopped Napoleon's power at sea, and with it, his dreams of world domination. Nelson is, of course, best remembered for winning one of the greatest naval battles in history, the Battle of Trafalgar, on 21 October, 1805.

The Battle of Santa Cruz de Tenerife was launched by Nelson on 22 July 1797, and was heavily defeated. British soldiers who succeeded in reaching the beach were riddled with bullets fired by the citizens of Santa Cruz; indeed, these citizens were so closely involved in repelling the attack that many were given honours and medals. Three days later, the remains of the British landing party withdrew under a truce, which allowed the remaining British forces to return to their ships with full military honours. Part of the truce included an undertaking not to burn the town, or make any further attacks on Tenerife or the Canary Islands. The British fleet had received a painful defeat and would never again attempt to capture Santa Cruz, yet Nelson was given a hero's welcome back in England.

The Spanish suffered 30 dead and 40 injured, whilst the British lost 250 and 128 men were wounded. Nelson had lost many men and ships and so the journey back to England was going to be a problem. In a generous act of chivalry, General Gutiérrez let Nelson borrow two Spanish ships to help the British to get home, as well as allowing the British to leave with their arms and war honours. These acts of chivalry led to a friendly exchange of letters between Nelson and Gutiérrez. However, Nelson would later comment that Tenerife had been the most horrible hell he had ever endured. Nelson's letter offering a cheese as a gratitude token is actually on display at the Spanish Army Museum in Toledo.



Nelson himself had been wounded in the arm, which resulted in partial amputation. Nelson's operation was quick and the limb was thrown overboard, despite the admiral's wish to keep it, presumably as a macabre souvenir. Or was it?

One of the parts of this story that intrigues me is that during the assault against Tenerife are claims that Nelson's arm was kept as a souvenir and later stored behind the altar in Las Palmas Cathedral in Gran Canaria. Whether there is any truth in this story seems unlikely because it would have been against Roman Catholic rules, as only the relics of saints are kept under altars. Nelson may have been a great man, but a saint he was not. Maybe his arm was an exception to the rule?

Interestingly, Canarians also regard Nelson as a great man, and the date of Nelson's attack, 25 July, is still a public holiday in Santa Cruz de Tenerife where he is described as, "The most gallant enemy we ever had."

Although some sections of my old school history book are questionable, Nelson was certainly an outstanding naval commander. However, he did say, "Kiss me, Hardy," and Captain Thomas Hardy did kiss him, twice. Sadly though, Nelson never wore an eye patch, so do remember this minor detail the next time you hire a costume for a fancy dress party.

If you enjoyed this article, take a look at Barrie's websites: www.bariemahoney.com and www.thecanaryislander.com or read his latest book, 'Threads and Threats' (ISBN: 9781843866466)

Gaylord Blade

Young, Gay and Hot-to-trot

You're a U.S. Marine?!? No!!
My butthole just dilated!



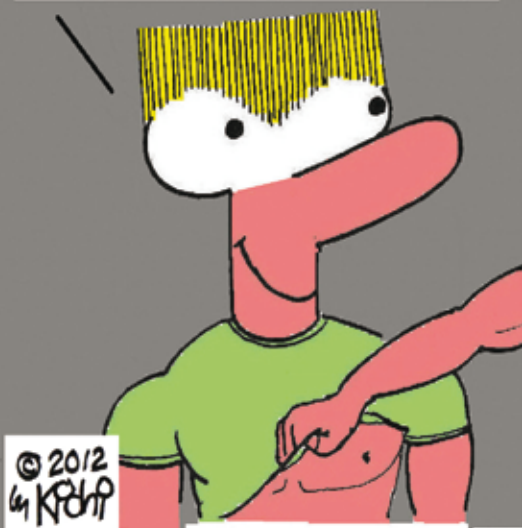
I order you to go on night
patrol through the valleys
of all my cleavages!



Okay, but afterwards I'll have
to beat the crap out of ya to
feel like I'm still a real man!



I'm Royal Marines. I gotta
beat the crap outta you, too!



© 2012
KPH



FLAMINGOS DANCE BAR

201 LIVERPOOL STREET, HOBART
www.flamingosbar.com

KICK YOUR NEW YEAR OFF IN STYLE

NEW YEARS EVE
SATURDAY DECEMBER 31

FEAT. SHOWS BY Lady Mignight,
JUSTIN CIDER & fANTASIA !
Sexy FLAMINGO DANCERS & DJ MISTAL !
Drink SPECIALS
Lucky DOOR GIVEAWAYS AND MORE

AUSTRALIA DAY BEACH PARTY
WEDNESDAY JANUARY 25
FEAT. DRAG SHOWS & DANCERS !
Drink SPECIALS ! Lucky DOOR PRIZES !
AND MORE FROM 10pm

UNCUT FRIDAYS

FROM 10pm WITH SHOWS ! Sexy DANCERS !
Drink SPECIALS ! FREE ENTRY BEFORE 11pm