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Q MAGAZINE

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featuring
MICHAEL LUCAS

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q comment: FEMME FATALE

After the success of the controversial exhibition by underworld celebrity Mark "Chopper" Read which gained prime time 6pm Melbourne News coverage comes the next exhibition, "Femme Fatale at the Bordello" by local Melbourne professional Model, Actress and Artist Nikita Ninotcha! Chopper's exhibition created much excitement surrounding Melbourne's "boutique bordello" Cromwell Manor.

Nikita Ninotcha is a self-taught artist whom mainly works with oil paints. Nikita has painted a series of works influenced by pop art crossed with comic art portraying the ever so deadly femme fatale. The paintings are an exploration of a woman's humorous cry for protection over herself and dignity. The paintings display strong, bold women who look out only for themselves. They are a man's addiction and a woman's exaggerated aspiration.

"Femme Fatale at the Bordello" is on exhibition now.

Cromwell Manor - 66 Cromwell Street, Collingwood, Victoria Tel: +61 3 9419 1611 cromwellmanor.com.au Pictured: Cromwell Manor's owner Nathan Pooley & Artist Nikita Ninotcha



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q feature: MICHAEL LUCAS AT 40

by Robert Herman
Visit LucasEntertainment.com



Michael Lucas the founder of the gay adult company. Lucas Entertainment turns 40 this year which gave us the perfect opportunity to speak about the issue of aging in the gay adult industry. Aging is tough for all gay men, but imagine if your business relies on your looks? Michael opens up to freelance writer Robert Herman in Robert's new piece, **FOUR OH!**, below.

Hitting the two-score mark is a biggie and something most gay men are not eager to rush into. Psychologists say we face two life-changing events that chart the course of our lives. The first is adolescence, that time when hormones run wild and life enchants and evades us, all at the same time.

The second is the moment most of us dread. That singular life changing moment: turning 40. Just as when we crossed the 18-year milestone (that gave the right to vote and the ability to drive a car) so goes forty in the diary of our lives. But think back to when you were eighteen. What did you think of forty then? If you were like most, you thought one word: old. Youth – and gay men under thirty - believe forty is the end of life. The good news, though, is that when most reach it, they realize forty is just the beginning. Michael Lucas has made his fortune from his youthful looks and body, yet he still says he is embracing the big four-oh.

It's hard enough for most gay men to turn forty, but you're in an industry that thrives on youthful male beauty.

For me, it isn't hard at all to turn forty. Age is just a number and I never

think about it. Also, millions of other gay men have done it before me and if you look at Hollywood today, most men we consider ideal are well into their prime: Tom Cruise, Hugh Jackman, Brad Pitt. . .

Do you feel pressure to stay in shape?

Through every stage in life there is pressure to stay in shape. In my teens, I felt too skinny. In my twenties, I wasn't built enough. Then I became busy running a company, so there was less time to go to the gym. The pressure is to find time.

What do you do to stay looking good?

I lead a very healthy lifestyle. I never touch alcohol, drugs or cigarettes. I also don't spend my life in clubs. I eat right and I try to get at least seven hours of sleep every night.

Does lots of sex keep you youthful?

I think a healthy sex life is important to feel good mentally, but not physically. It's not about quantity, it's about quality of sex for me.

Is forty really fabulous? Or is it just something old people say to make themselves feel better about being old?

It depends. Your twenties can be tragic and your forties can be fabulous. I was happier in my thirties than in my twenties and I look forward to being even happier in my forties and beyond.

What is the best thing about turning forty?

You are still very young, but you are experienced and you know exactly what you want and hopefully how to achieve it.

What is the worst thing about turning forty?

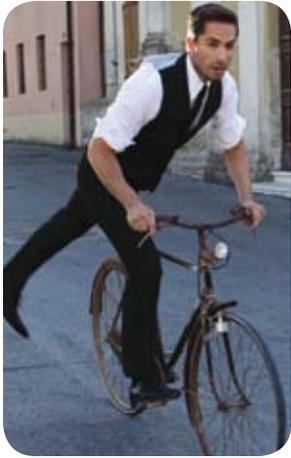
You are obligated to throw a spectacular birthday party.

Why do most gay men struggle with getting older?

I don't think that's true. If there are those that do, they shouldn't.

You haven't noticed the swarms of gay men over thirty-five shopping in Hollister and American Eagle?

I think it's not only wrong but quite funny. There are certain brands like A&F that are represented by 17-year-old models. If men think that by wearing these clothes, they will look like a youngster, they are very much mistaken. In my opinion, they should only be worn by teenagers and college kids.



What do you miss most about your twenties?

I miss the adventure. I miss the journey. I miss making mistakes that helped me to find out who I am.

What do you know now that you wish you knew then?

The difference between love and lust. Also, the difference between being vulnerable with someone and simple sexual desire.

How has your definition of success changed from when you were twenty?

When I was twenty, I measured success by my bank account. Now that I'm older, I see success as being happy, being surrounded by people I love and knowing how to enjoy what I have and how to enjoy the moment.

Would twenty-year-old Michael Lucas be proud of where forty-year-old Michael is today?

Absolutely. I always expected that I would be successful and have money. I worked very hard for it. I am very proud of where I am.

Did you expect to still be in the adult industry?

Yes. I always expected to be in the industry. It was never in doubt that I would be a director and producer and I worked very hard in order to make that my full-time career. I didn't really think about whether I would be in front of the camera or not. It was about the success of my company.

What's your advice to the new crop of young men pursuing careers in adult films?

Be disciplined and take it as a real job.

Can they expect to last as long as you have?

They can last as long or longer as long as they use their heads.

Where do you hope to be in twenty years?

Where I am right now, in New York City. Being as happy as I am today with the friends I have made and hopefully many more. I would also love to have children.

Michael Lucas wants to be a daddy?

It has always been a dream of mine.

If you could re-live your twenties, would you?

Definitely. I was born in Russia and left when I was 23. I would have left much earlier.

Would you do anything differently?

I would skip a boyfriend or two. I would spend more time with my family.

What is your biggest accomplishment of your life?

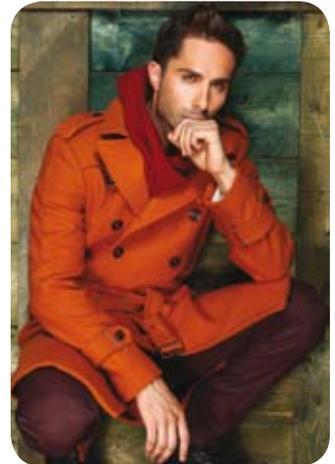
That I made it in New York. This is a tough city and I made it! Also, I was able to bring my whole family to the USA from Russia and give them a good life.

What's your birthday wish?

An end to all wars, but that's impossible to accomplish. Plato said two thousand years ago that wars will never cease to exist because they come from human passions.

Is youth wasted on the young?

That's what the old say. The young don't feel that way at all.



q lifestyle: with PETE DILLON

Its time to break out the chocolate googie eggs, and prepare the trouser belt to go out a notch as we move in to Easter, the season of warmed hot cross buns with loads of butter, more chocolate than one person needs to eat and fish for Friday...

Yet, one has to ponder the traditions that we celebrate at Easter and where they come from. I know I do and I have come up with some answers.

Easter originated from a Northern hemisphere pagan celebration known as Eastre. Originally a celebration of spring and fertility, today Easter has primarily become known as the celebration of the resurrection of Jesus Christ. However, many of the traditional foods still eaten at Easter take their origins from pagan customs.

Traditional Easter food varies from country to country, with Australia celebrating a diversity of different foods including:

Fish

Good Friday is often described as the day of "greatest grief" for Christians. Many traditions and superstitions are associated with this day but perhaps the most widespread custom is the eating of fish, said to be an alternative for meat out of respect to Christ's sacrifice on the cross.

The John Dory fish (which is also known as St Peter's fish in Europe) is a mild and delicate white flesh fish best when grilled whole or roasted in the oven. The Dory's alternate name 'St Peters Fish' refers to the "thumbprint" on the fish's side. This mark is said to have resulted from Christ instructing St Peter to go fishing, correctly predicting he would catch a fish containing a silver coin in its mouth, for him to give to the tax collector.

Eggs

Of all the symbols associated with Easter, the egg (symbol of fertility and new life) is the most identifiable. Traditionally, Easter eggs were painted with bright colours to represent spring and were used in Easter-egg rolling contests or given as gifts. After they were coloured and etched with various designs, the eggs were exchanged by lovers and romantic admirers, much the same as valentines gifts.

Different cultures have developed their own ways of using eggs in their traditional Easter foods. In Greece, crimson eggs (to honour the blood of Christ) are exchanged; Slavic peoples decorate their eggs in special patterns of gold and silver; In Italy eggs are found in soups such as Brodetto Pasquale (a broth-based Easter soup thickened with eggs) and in many different breads, such as in Calabria where a whole egg is inserted into the holes in the braid.

Easter Bunny

The Easter bunny also has its origin in pre-Christian fertility lore. The hare and the rabbit were well known for their fertility and served as symbols of the new life during spring.

The first edible Easter bunnies (made of pastry and sugar) were made in Germany during the early 1800s.

Hot Cross Buns

Hot Cross Buns have a mixed history. Some attribute them right back to the pagan spring festival and say only later were they given the cross by monks wanting to give a Christian meaning to the tradition.

Other accounts are entirely Christian in their origin, explaining the cross as a reminder of the cross Jesus was killed on.

Hot cross buns were traditionally eaten at breakfast time on Good Friday with buns baked on Good Friday supposedly having magical powers.

Other superstitions include:

- Hardened old hot cross buns protect the house from fire.
- You could keep a hot cross bun that had been made on Good Friday for at least a year without it going mouldy.
- Sailors took hot cross buns to sea with them to prevent shipwreck.
- A bun baked on Good Friday and left to get hard could be grated up and put in warm milk to stop an upset tummy.

Dove

The dove (symbol of peace and resurrection) plays a popular part in Italian Easter celebrations. In northern Italy, a specialty bread baked in the shape of a dove and studded with orange peel, raisins and almonds is eaten on Easter Sunday.

Lamb

The Lamb, signifier of birth and new life, is a major component of many Italian and Greek Easter feasts. Historically, whole baby lamb, was roasted or grilled over open air spits and while this tradition still persists, many today opt for the more convenient option of lamb roast for Sunday lunches and dinners.

So as you tuck in to Easter goodies and wonder why we eat them, know that each of the traditional foods, like those used in many other seasons, have a particular meaning to some people.

For more ramblings on food, wine and all things tasty, tune in to Cravings on JOY 94.9 each Saturday from 1pm.



Q money: with EVAN DAVIS

Last month I explored poor customer service and how it can impact on your business's profits, particularly in hospitality (See Q Magazine issue March 2012). This month I invited Tom Kendall Business Development Manager for AVTES to give us his thoughts. Contact 9417 0133 or tom@avtes.com.au



Evan, I did have a chuckle reading the 'borderville antics' of your recent encounter with a cafe staffer in what sounds like a very amateur food & beverage operation. 'Cool' can be an 'edge' for a business but it can also be very close to the edge of a slippery slope to financial failure. Such an unprofessional culture can easily reach a tipping point where operating costs escalate and customers or income, evaporate.

So what if you don't train them and they do stay? Slow service = low productivity = reduced sales per hour = higher operating costs = missed sales opportunities = wrong orders = waste & low customer satisfaction = cost increases & income reduction = poor, low or nil profit performance.

So, back to the hipster, in this instance who is at fault? Is it the hipster? Is it his manager or is it the proprietor? Who can blame the hipster, he was probably employed in that 'crazy get up' or something similar in the first place and he is probably acting as he has observed others in the organisation act, perhaps even the proprietor.

Let's face it, it starts and ends at the top, the proprietor, it is up to the proprietor to act!

In your article, you kindly pointed me out as key contact at leading Melbourne training provider AVTES, so I felt compelled to offer my suggestions as to what AVTES could do to assist this business and other businesses looking to develop a culture of professionalism in addition to a level of 'cool' or any other contemporary theme.

AVTES is a Registered Training Organisation (RTO), that means we are registered to deliver Australian qualifications and in doing that our customers can have their staff and managers trained to what is a recognised industry professional standard and potentially access State & Federal assistance to so. This assistance is subject to eligibility and must be assessed on a case by case basis however it is not uncommon for a business to deliver an enterprise wide staff training and development program with a cash flow positive outcome, in other words more government support than the associated costs. In addition their staff will be more efficient, happier (so will the customers) and more likely to stay and grow with the business.

Qualification training is available in most industries at all levels, line staff, supervisory and managerial. AVTES is an award winning RTO based in Collingwood, Victoria and providing 'on site' delivery of workplace training that is tailored to the enterprise needs and will lead to qualifications across all levels of Hospitality, Retail, Business Administration and Management.

AVTES provides staff and management training to many of Melbourne's leading 5 star hotels and hat restaurants.



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Last Will and Testament

As Ben Franklin once observed, in this world, nothing can be said to be certain but death and taxes. However, whilst most of us pay our taxes during our lifetime, surprisingly few of us make proper arrangements for our estate on our passing.

The reasons we fail to plan are complex. This might relate to a fear or anxiety of contemplating death and its consequences, or to a frequently mistaken belief that it is not necessary (e.g. I don't think I've got sufficient assets) or desirable (I might cause upset to my family/friends if someone gets left out). Sometimes, too, we're just slack!

The first point to note is that, even if we don't own a large terrace in South Yarra or drive a Bentley, most of us will have accumulated a base of assets by virtue of our savings, our investments in property and shares, and through superannuation and insurance benefits which may be payable to our estate on our death. In short, we're probably all worth a little bit more than we think!

Where a person dies without leaving a will, that person is said to die intestate. In those circumstances, any property that is owned by the deceased person will be distributed to the deceased's spouse or domestic partner, children, parents or other next of kin according to a statutory formula provided under the Administration and Probate Act 1958.

On that basis, you might be inclined to think that there's no reason to plan. However, you should be aware that if you are living in a "domestic relationship" (including a same sex relationship) and you want your partner to inherit, you should definitely make a will.

A "domestic partner" is not included in the scheme unless:

- The will-maker and domestic partner have been together for at least 2 years immediately prior to the death of the intestate partner; or
- They have had a child together; or
- The parties have registered their relationship under the Relationships Act 2008 (Vic)

If the will-maker also has a spouse and they die intestate, a sliding scale regulates the relative entitlements of the spouse and the domestic partner, based on the length of the domestic relationship.

The point, here, is that if you die without leaving a will you will often have significant assets which may be distributed in a manner that is completely contrary to your wishes. Your current partner may have no automatic entitlement to the estate, and your favourite charity will get nothing. And perhaps most galling of all, your estate may go to those who have no moral claim to your assets.

A will is an important document as its set out who is to administer your estate when you die (your executor or executrix) and how your property is to be distributed. It will generally include instructions on the payment of gifts, the discharge of debts, and the distribution of the residuary estate. In some instances, a will-maker may also specify funeral arrangements, or whether they wish to donate their body to science.

A will can be made or amended at most stages in life. In fact, it should be reviewed or amended when our circumstances change e.g. we turn 18, enter into or end a relationship or marriage, buy or dispose of substantial assets, or on the death of family and loved ones. It is no unusual to have 5 or 6 wills during your lifetime, and this properly reflects a change in a person's life circumstances.

In the end, after a lifetime of work, you owe it to yourself and to your loved ones to plan for the future. This will ensure that, as far as possible, your estate is distributed in accordance with your wishes, and you minimize the likelihood of someone suing the estate if they have not been sufficiently provided for.

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q cuisine: with NATHAN MILLER

Tuesday's in our great city equals the Sunday for our great chefs, restauranteurs and the fab people in the industry. I guess they do deserve some rest and recreation before gracing themselves at our places of worship.

When looking for a great spot to have 'date night' it has always been a difficult decision of where can we go and get great food and service in the early part of the week. A few tweets later and we found ourselves heading towards Hare & Grace, a place neither of us had been fortunate to grace ourselves at, that is until now.

This finely designed Eatery and Minibar, have not a large selection but a great selection of dishes that would suit anyone out for an amazing food experience.



With only brilliantly designed dishes available, it was hard to make a choice, so it was the atlantic salmon confit, nasturtium, broken vanilla and lemon jam for me. Salmon has been a menu item for many restaurants for many years, and I am always astonished by the way Melbourne chefs have been able to re-invent this delicate ingredient.

Secondly from the 'Principals' section on the menu I was attracted to the milk fed lamb loin, neck, basil carrot & orange, which in its self sounds quite simple, but believe you me, it was brilliant. The Lamb loin was served with a pea puree in a delicate cigar, while the lamb neck was braised to absolute perfection. Using a tea spoon to cut through the tender lamb would have been the correct utensil to devour this superbly tasting dish.

Now it's no secret that I could start the day with a coffee and sweets, but after these 2 dishes I was so very full and had no room for even for a small taste. So it looks as though I will be back for a small main next time and maybe I tuck into the Chocolate Bar or maybe even the parsley ice cream blackberry, beetroot coconut ice.

The chefs on the night were outstanding being led by the very talented Raymond Capaldi. The floor staff were dripping with knowledge and matchings, and everything from the decor to the ceiling fittings were brilliantly matched. Pricing was very reasonable for the quality and quantity, and therefore I will be dragging some good friends in there again soon.

q people: with MARC J PORTER

Modern Gay Life: With the closure of the Market Hotel/Nightclub in Prahran last year one can't help but ask whether gay night-life in Melbourne is dead and gone or now part of the mainstream?

I used to frequent the Market in my younger years, this is so 2002 I know and it was a fun night out, but the theatrics of gay men, the dramas and the drug taking quickly put me off and lets face it you can meet someone really nice there and have a great time but its kind of a lifetimes relationship in one night, you go from falling in love to dying in a few short hours. I tried a few other venues too but it was all the same, nothing different was being offered. Same crowd, same music, kind of depressing really.

So as these venues started dying off the gay crowd starting getting more confident about themselves and their place in society by trying general nightclubs and bars, the different backgrounds soon started mingling and before long it was just accepted and nobody really needed their own place to chill, everyone was accepted together.



I find this approach much more healthy, no offence to any gay nightclubs that have closed or are facing tough times but segregation based on sexuality alone is kind of dated, there is no reason why we can't all just get along. Society has moved on and so should night-time venues, in the day of instant gratification and social networking, the old gay nightclub or sex venue needs to just move with the times, adapt or die. You can bet any money given that Grindr will kill off sex on site venues, there is no possible way men are going to pay \$18 to enter a venue like this when they can cruise from their iPhones for not more than a few MB of download data.

I haven't even been to a gay nightclub for sometime now, don't have the need, I don't only have gay friends, and I like to try different places not just frequent the same old club week after week! I'd rather try my luck in the big crowd thanks not the wading pool of a dying nightclub.

q festival: BENDIGO QUEER FILM

When: 20th to 22nd April 2012

Where: La Trobe University Visual Arts Centre, 121 View Street, Bendigo.

What: The premier regional queer film and arts festival in Australia is back for 2012.



Showcasing and celebrating rural queer culture by providing a diverse, accessible and quality event for everyone to enjoy. Each year they present world class films and this year is no exception with a fantastic array of feature films including the Award winning Cloudburst, Morgan, our retro film D.E.B.S, a documentary The Cure plus an the ever popular collection of Australian short films.

Also back this year is the free session of Queer as F**k.

The Queer Country Art Exhibition, will again this year exhibit carefully selected art works and displays the talent of our rural artists.

This year we will be showcasing the talents of Jade Louise Leonard. An Australian singer and pianist, specialising in original, contemporary and jazz music. She is best known for her lyrical vocal tone and insightful lyrics and we are lucky enough to have Jade perform at our opening night after party.

The Bendigo Queer Film Festival has operated for eight successful years. From its small beginnings it has blossomed to become the only queer film festival in regional Victoria and one of only three queer film festivals to be held in a regional Australian city.

In its inaugural year the 2004 Bendigo Queer Film Festival achieved an overall attendance exceeding 300 people from all over Victoria and interstate. In subsequent years the patronage has steadily increased currently reaching a peak of 800 people attending the festival.

The Bendigo Queer Film Festival has provided lesbian, gay, bisexual, transgender and intersex people, the general community living in Central Victoria and those who visit the region, with cultural and artistic opportunities.

Research has proven that people in rural communities, are more likely to suffer isolation, depression, self harm and suicide.

The Bendigo Queer Film Festival has enabled lesbian, gay, bisexual, transgender and intersex people, their families and friends to become connected to a group and lessen the feeling of isolation.

For further information go to www.bendigoqueerfilmfestival.com.au or find them on Face book.



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q sport: with EDWARD DAVIES

In this month's issue, I told myself several times I would deviate from my usual soccer rants and raves, from my obsession with the beautiful game, and to give you all an insight into the other goings on in sport over the past month.



So, first I shall move onto rugby union. Now, as all you union fanatics out there should be aware, the RBS Six Nations recently concluded, and, as always, the tournament threw up some shocks (Scotland only being slightly worse than usual) and some perhaps unexpected results (Italy managing to win a game, against Scotland). However, this year, there was no surpassing the strength and class of the Wales team. From start to finish, they looked a solid outfit, replicating their heroics at the World Cup last year which very nearly got them to the coveted final. It even gave them an opportunity to exact revenge on France, who eliminated the Welsh in New Zealand, in the final match of the 6 Nations to complete a Grand Slam title victory. Warren Gatland's men duly delivered, beating the French 16-9 in Cardiff, and claiming their 3rd Grand Slam in 7 years.

I should now point out, however, that I did not digress into the 6 Nations without a purpose; it merely papers over a debate which has been raging through my mind over recent weeks, and a debate which has been evaluated many times.

Just how big a sport is rugby union over here in Australia? More to the point, what is classified as the main sport down under? Why do other sports, such as soccer (yes, you saw that coming) and tennis perhaps not get the recognition that their popularity across the rest of the world merits?

If I were to conduct a survey as to how many fans would bring up their children playing soccer, or cricket, or tennis, here in Australia, how many 'yes' responses would I honestly get? Now obviously, let's bear in mind that these sports are existent in Australia, but is the reason that the national Australian soccer team do not succeed or do so well in global tournaments that, long-term, the sport has not been supported enough or valued highly as a sport which Australians can excel at? By the way, you have probably noticed I am swinging back towards soccer now. I cannot help myself.

Australians have the notion of there being a 'Big 3' in terms of sporting popularity: AFL, rugby league and rugby union. Indeed here in Queensland league is the most watched and discussed sport by a fair distance you would say.

So is that why Australia have such powerful league and union teams who regularly push for international titles? Because the sport is so well supported financially, by the fans, by the number of youngsters brought up playing the sport, consistently bringing in a well-educated and high standard of young players for the future? The fact of the matter and the bottom line is this: sports such as soccer, without efficient programs to promote the sport, to produce more competitive players and a much stronger league (the A-League blatantly lacks the quality of the majority of leagues around the world), will never rise to the level of acclaim and passion that AFL, rugby league and rugby union have in Australia, as without a significant backing and following, it will never truly be as popular as other sports. I am not saying there are not soccer fans here, there are plenty; and there are a lot of us who would love the chance to see the sport grow and develop and to become one of the most loved cultures down under.

But then again, I am a soccer maniac. I could just be biased.

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q icon: MY NAME IS MEMO

I am a theatre that was a gift to the good people of St Kilda, funded by the local community. I opened in 1924 as a dance hall after the First World War. The people of St Kilda were so very generous in donating the funds to bring me in to existence. The community raised money after the First World War and built the main building that fronts Acland Street and now accommodates the RSL, Army & Navy Club and Zenith Restaurant.



In the early times of my existence in the roaring twenties, St Kilda was a new hot spot following the complete redevelopment as a European style resort, developed by Carlo Catani between 1906 and 1912. St Kilda was full of mansion style houses and was the holiday destination for Melbourne's wealthy. When the depression hit at the end of the 20's, I was closed and the holiday mansions were sold as the rich folk of Melbourne lost huge amounts of money. Those big fabulous mansion homes became rooming houses and the entire fabric of St Kilda changed. I reopened in the 1930's when Hoyts took me over to make me in to a picture theatre. I remained working as a home of the movies, but I so missed the ambience and fun of the dance. With the popularity of drive-in movies and television, I again faded from popularity in 1958 when Hoyts closed me down as a picture theatre. During the sixties I became a store room for other theatres stuff and then for a while I was a cool recording studio. From the seventies Dust gathered and I became run down and almost unused.

There were occasional events and markets, but for the most part, I sat idle and watched St Kilda carry on its life around me. A few years ago, The Trustees of the building came up with an audacious plan to bring me back to life. I was given a bit of a going over and was made presentable for tender.

One of those that wanted to love me, and use me and bring me back to my former glory was David Carruthers. It seemed I was very popular and there were many good folk bidding for my pleasures. David is a most passionate St Kilda man, and owns Dogs Bar wine and arts hub, Slow Down Café and Village Store and Hotel Colombo. He was first captivated by my beauty when he was walking down Acland Street and saw my door open back in 2001. I invited him in to tempt him with my beauty and he was smitten from the moment he walked in the door. David had developed an arts hub at Dog's Bar almost from the moment he took it over in 2001 with short film screenings, Fringe Festival shows, live music, Comedy Festival and shows, storytelling, burlesque, visual art shows and drama, in recent years doing more than 200 events each year. David saw my inner beauty and determined to restore me to my former glory.

I have once again regained my former beauty, and with Mr Carruthers as my squire, I can once again come back to St Kilda society. He has given me a new name with an old twist St Kilda Memo and I will once again shine and be a beacon for arts events, music, cabaret, film, theatre and spoken word.

I am excited at the prospect of laughter and merriment bouncing off my walls, of the clink of glass and cutlery on china and the sound of wonderful music flowing through me, as I welcome corporate and social events to celebrate with in me and again, and to feel the wonder and the beauty of the dance.

www.rushpoppershop.com.au

q world: GOING FOR GOLD

by Benjamin Coleman

teamm8 pays tribute to the 2012 Olympic games with it's new Nations collection of swim and underwear. Produced in striking colors that match the flags of some of the leading countries going for gold – including the USA, Australia and Great Britain – Nations takes the spirit of the summer games into the locker and bedrooms of everyday champions.



"We first introduced Nations in 2008 as an underwear to celebrate the Olympic games in Beijing," explains Michal Nicolas, teamm8's founder and head designer. "For 2012, we've added swimwear. The entire range has become a staple of our brand and is now an important part of our story."

That story began in the living room of Nicolas' home where with a simple website and two styles of underwear, he launched one of the fastest growing athletic wear collections on the market today. In addition to undies, teamm8 competes in swim, tees and fitness wear.

They consistently come out on top by simply putting "play" back in the game. Michael Nicolas explains.

Men outside of Australia call the brand "Team 8", but isn't the correct pronunciation Team Mate?

Michal Nicolas: A lot of people abroad get confused but the name is in fact 'team mate', as in a fellow member of a team. I abbreviated it to 'm8'. To me, the name embodied everything about the brand: Australian, the sporting values, the masculinity and the unity.

What is the ideology of the brand?

We are for everyday champions; for active achievers who tackle life head on. I always say, 'at teamm8, you are the star player and we are your support team'.

Is it true you started from your living room?

I did! I launched with a website and two styles of underwear, that's it. That was in 2008 and back then I operated and managed every facet singlehandedly. The brand grew almost instantaneously and over the next few years, I introduced more underwear styles and then a basic swim line.

Now you have sweats and tees too.

I was hesitant to go into sportswear because I thought it was an overcrowded market but I was floored by the reaction of our first athletic wear collection. We learned guys wanted stylish fitness wear that didn't make them look like they were going to a club or running a marathon.

What separates teamm8 from its competitors?

Quality and style. Our athletic wear is great for the gym, a lunch date, or for just hanging around in all day.

Is there an advantage to being a smaller company?

Boutique brands enjoy the luxury of dancing to the beat of their own drum. Decisions are made and acted on quickly. We're not dragged down by corporate influences and strategies.

How would describe the 2012 collection?

Our best yet. This collection remains true to our core design values yet with a little more fun and excitement, especially in the athletic and swimwear.

The athletic collection has a slimmer cut than most gear out there.

A slimmer cut is more flattering on most guys. Don't get me wrong, I'm not a fan of skin tight fits. There are very few guys who can or should wear them. But at the same time, I don't think drowning in your clothes is flattering either.

What has been the response to teamm8's Super Low Rise briefs?

They're one of our best sellers. They are so low!

Many of teamm8's briefs tend to be low.

We do keep a low rise to all our briefs, but they're not all so ridiculously low. Comfort is our number one design rule and if the rise is too low, we find the brief is not comfortable to wear all day. But with the success of the Super Low Rise collection, there's no denying some guys like low.

What are some of the other best sellers?

We introduced the Star Player brief in 2009 and it was an instant hit. We couldn't keep up with demand! We had football players battling for it. This season, the pink Star Player brief is our best seller.

Does teamm8 thrive on competition?

We take big risks at teamm8, but that was how I founded the label, taking a huge risk. That and extremely hard work and dedication. But I believe you achieve nothing without playing life that way, and that's exactly how we approach everything here at teamm8. You work hard, you enjoy the benefits.

Teamm8 Nations collection is available at LAJock.com





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q theatre: NAKED BOYS...SINGING



The long running Off Broadway hit show *Naked Boys Singing*, comes to Melbourne for two weeks only from 1st May 2012 at Beckett Theatre, The Malthouse.

This all Australian production of *Naked Boys Singing* will include eight all singing, all dancing, all gorgeous, all Australian, and unashamedly, all naked boys - Tim Carney, Glenn Ferguson, Nicholas Gentile, Joshua Harrison, Chris McGovern, Mitchell Roberts, Elijah Rohner and Tye Shepherd.



This hilarious musical revue kicks down the taboo of the male body; you might blush at first, but then be thoroughly entertained with a collection of toe-tappin' songs including "Gratuitous Nudity"; "The Bliss of a Bris" which turns the religious act into a spirited romp

of genital fear; "Fight the Urge" which takes the audience into the high school locker room where an errant erection could spell doom; "Perky Little Porn Star"; "The Naked Maid" and the laughable lyrics about how-to tenderize- your-meat in "Jack's Song".

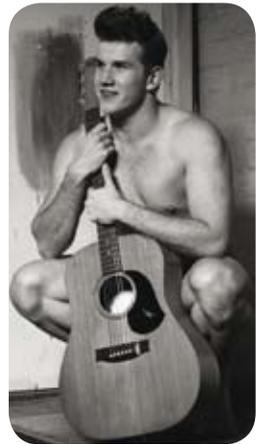


This new production is revamped and re-imagined for its Australian season.

Director / Producer: Jonathan Worsley
Choreographer: Adam Williams
Musical Director: Sheena Crouch
Cast: Tim Carney, Glenn Ferguson, Nicholas Gentile, Joshua Harrison, Chris McGovern, Mitchell Roberts, Elijah Rohner, Tye Shepherd.

Beckett Theatre, The Malthouse, 113 Sturt St, Southbank
Tuesday 1st May to Saturday 12th May
Tuesday-Thursday 8:00pm, Friday & Saturday 7:00 & 9:00pm

Prices: Adults \$61.50, Concessions \$51, Groups 8+ \$51
VIP Premium section \$78 (includes beverage + program)
All tickets available at www.nakedboysinging.com.au

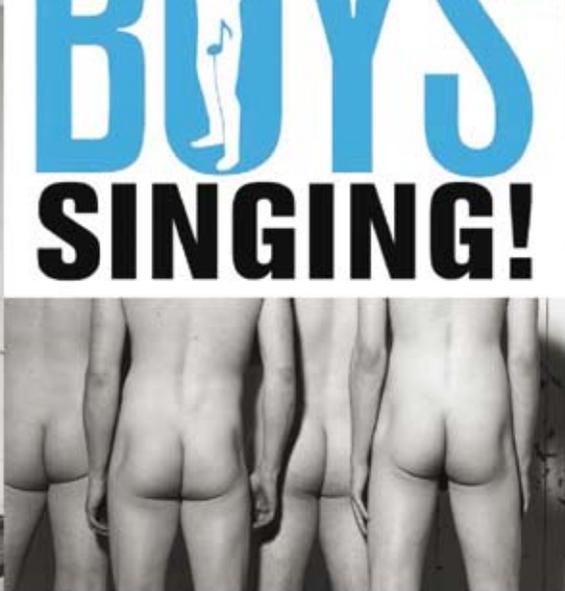


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q drag: RENEE SCOTT

In a world where the word legend is so overused, Alan Mayberry recalls an icon who stood the test of time. Renée Scott, headlined at Pokeys for 14 years and before that at Les Girls, stopping the show at every Rainbow Awards and Fantasy Ball. She was a performer dreams are made of and will always be the focal part of the Pokeys Dreamgirls (Debra Le Gae, Terri Tinsel and Michelle Tozer). Alan has known her since Pokeys started in 1977. She died at home alone on Sunday 25 March aged 61. For decades she had been the toast of Melbourne.

The Prince of Wales was Renée's second home. She always lived close by. Her St Kilda apartment had an old world charm. John Gould Bird prints lined the walls, and a piano had pride of place in the bedroom of all places – I love to play classical music, but I hate playing in public explained Renée, as she burst into sixteen bars of Chopin to prove she's not exaggerating. For years Jan Hillier tried in vain to entice me to play in the piano bar at Pokeys!

I grew up in Chelsea, the oldest of 3 boys; a very conservative family. The family knew I was gay from when I was 20 – almost 40 years ago. I went to Chelsea State School and then Aspendale Tech. I'm a fully qualified carpenter. Mum and Dad were very poor but for some reason sent me to music and ballroom dancing classes. Little did I know that would help my career for the rest of my life.

I went to Sydney when I was about 21. I was young and adventurous. I actually hated Sydney. I worked as a boy but lived as a girl. When I came back to Melbourne I went with my brother to see *Les Girls* at the Ritz. I thought how very glamorous they all looked. I must have been naive or arrogant because I rang and asked for a job. Getting into their show at Olivia's in 1973 was the greatest thing that ever happened to me. My big number was *Night and Day* with Graham Pengilly.

I was working for Sammy Lee's *Les Girls* when Jan Hillier invited Graham and I to do *Night and Day* at Pokeys about 3 weeks after it opened in 1977. We were paid \$5 each a night. I said 'Graham at least it will pay for our drinks'. Either the drinks were very cheap or I didn't drink as much then! I was there for the next 14 years. It was the best dressed show that's ever existed here due to Jan Hillier's diligence. I'm still quite flattered that people still wanted to hear me doing *And I'm Telling You* for seventeen weeks in a row. Those standing ovations were something I'll never forget. I loved working for a gay crowd far more than a straight crowd.

Prior to Pokeys the three scenes did not mix at all – gay boys, gay girls, transsexuals. Trannies wouldn't dream of going to a gay venue because we'd be treated so terribly. Pokeys brought the 3 scenes together, which is a bit of history. The gay scene should be very grateful for that. Doug Lucas and Jan Hillier were responsible for our gay scene, otherwise we'd have been leading three separate lives. I was sad when it all finished. It was a recession and AIDS was at its height. There was just no money. We performed for gratis on the last night.

Years ago I had a ghastly accident at Pokeys doing a roller-skating number. I used very old roller-skates, and when they were stolen someone said: 'I've got a pair in the car.' But they were professional speed skates. I went screaming off the stage shattering my ankle. It took two and half years to mend. The wound got infected – I was lucky not to lose my foot. In the late 90s, a doctor friend wanted me to have my varicose veins fixed and said he'd pay for it. When I said I'll never be able to repay you he said: 'You already





have with your performances.' The operations gave me a real renaissance – the legs, then the face and breasts. I became really depressed when I took so long to heal. I couldn't even sit up I was in such agony for a couple of months. The legs gave me a new lease of life.

I have no greater fears of growing old than anyone else. I've lived through the best years. I just love the gay boys. I adore their company. I guess I don't like getting old, particularly when I'm with a 28-year-old boy!

The drag scene is fantastic at the moment. It is simply a different genre to the Pokeys era. It all boils down to entertainment – whether it's provided by a transsexual or a cross dresser doesn't matter, as long as it's entertaining. My style has obviously gone out of favour now.

I did miss performing, and one night 4 years ago I said to Vivien St James who was working at the Prince, 'Vivien you and I should do a show – maybe some numbers out of *Les Mis* or *Phantom*!' Viv suggested I watch the first show. Rita and Viv did a series of crude strip numbers with dildos and the worst language! I went back at interval stunned. *'It's not quite Pokeys is it? Let's put the show on hold!'* Vivien joked later that Renée looking stunning in furs and jewels and was like Norma Desmond returning to the studio to find that everything had changed.

I'm basically very insecure. Personally, I don't think my performance is anything out of the ordinary. Others put it down to that undefinable 'it quality' they had in the 30s. You've either got it or you ain't. And honey I seem to be lucky enough to have it! Nevertheless insecurity almost gets the better of me. The fear of giving a bad performance becomes all consuming. I don't think I have ever been truly happy with any one performance. I always think I could have done a little bit better. Doug Lucas says, Renée had a very dry wit, and great sense of humour. Graham Pengilly agrees: I don't think she ever realised how popular and talented she was. She was vulnerable – that's why she was such a good performer – the best dance partner I've ever had. She had a real flair and panache that you talk about. People talk about the 'it' factor on stage and she just had an ability to transport you beyond that, it became a much more credible performance. Performing was something she just loved – the one chance where she got the opportunity to show who she was as a person and a performer.

Renée had 4 longish relationships over the years but that had past: My idea of a good night is wonderful gay company, nice wine, going to the opera. I'm heavily into Puccini, maybe *La Boheme*, then a light supper and mad sex afterwards with someone half my age! An evening listening to Patti La Belle is not on the agenda! I'm more into Chopin.

I've always been obsessed by birds. When I was younger I was into hawks and falcons. I was renown for my falcon collection. I belonged to the Gould League when I was at school, and that got me interested in the lithographs. I owned an Alexandrine parrot, and Louis, a 16-week-old-male eclectus that talks, and, as if they didn't keep me busy, I had a Russian borzoi and toy poodle. Now the poodles are my life.

I've lived in St Kilda for years. I have always felt quite safe at The Prince because I know so many people. I worked in the public bar for 35 years and just loved it. I enjoyed talking to people, but lately I feel sad and lonely at times, as did Jan Hillier at the end. I feel I don't even know what's happening in St Kilda, often only travelling to and from my place to the Prince! ... Even so Renée never lost that amazing mystique. People were still in awe to meet her. She was always a star – even pulling beers behind the public bar!



q social: DRAMBUIE LAUNCH

Drambuie has announced the launch of the exclusive Drambuie 15 and The Royal Legacy of 1745 into the Australian market. Drambuie 15 and The Royal Legacy of 1745 have been launched as the brand moves towards creating a complete product offering.

With Drambuie Original being re-invented in 2009, and pitched towards a younger audience, Drambuie 15 and The Royal Legacy of 1745 have been created to appeal to the astute Drambuie loyalist, liqueur connoisseurs and malt whisky experimenters.

These products complete the Drambuie range and give Drambuie a product portfolio that covers all discerning drinkers.



About the products:

Drambuie 15 is a whisky connoisseur's expression of Drambuie; made with a selection of 15 year old Speyside malt whiskies and infused with Drambuie's secret recipe of herbs, spices and heather honey it's perfect for sipping and savouring either neat or over ice.

The Royal Legacy of 1745 is the world's finest cask infused malt whisky liqueur. Presented in an embossed decanter, crowned with a weighty cork stopper, The Royal Legacy of 1745 evokes the luxury and indulgence of a bygone regal age. Each bottle is individually hand signed, numbered by a master distiller and presented in a stylish presentation box. A total of 2,250 bottles have been made worldwide with only 500 available for sale in Australia.

Drambuie Senior Brand Manager Matt Thurlow says "the launch of Drambuie 15 and The Royal Legacy of 1745 into the Australian market has been made possible thanks to the successful repositioning of the core brand in recent years. Drambuie 15 and The Royal Legacy of 1745 are an integral part of Drambuie's new family and show the craftsmanship and heritage of the brand."



Drambuie 15 will have a RRP price of \$84.99 for 700ml and will be available through bottle shops nationally. The Royal Legacy of 1745 will have a RRP price of \$199.99 for 700ml and will be sold in travel retail stores and selected liquor merchants.

About Drambuie:

DRAMBUIE was created more than 260 years ago exclusively for Prince Charles Edward Stuart of Scotland. It is a unique combination of aged Scotch whiskies, heather honey and a blend of herbs and spices - a recipe kept secret since 1745. From the Gaelic "an dram buidheach" – the drink that satisfies – DRAMBUIE is enjoyed by those who appreciate its timeless, yet distinctive taste. DRAMBUIE can be served on the rocks, in classic cocktails such as the Rusty Nail, or more contemporary long drinks such as the DRAMBUIE Libertine and the DRAMBUIE Ginger Beer. For more information, visit www.drambuie.com

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q fitness: with CHRIS GREGORIOU

Like to have a hot ass?

Well, who doesn't? Question is will you admit it?

I am never surprised at how people view their behind. Some might say if its not seen it's forgotten. We this is usually the case, until someone says something about it, where it becomes a high priority.

So this editorial contains some very effective exercises to help you strengthen, firm and trim your butt & give you the shape you desire.



Exercise 1: Hip Lift (great for building strength). Start with laying on the floor with your back flat, knees bent, and feet resting on the ground. While keeping your arms at your sides on the floor, lift your bottom and lower back off of the floor. Hold for a few seconds, and then slowly lower yourself. Repeat. To work your muscles even more, lift a leg in the air when you raise your bottom off the ground. Lower yourself and then repeat, lifting the other leg.

Exercise 2: Leg Lift (no impact). To do a leg lift, lie on your side and prop yourself up on your elbow. Raise your top leg slowly into the air, as high as you can, so your legs make a "V" shape. Hold for a few seconds, and then slowly lower your leg. Repeat 15 times, turn onto the other side, and lift the other leg.

Exercise 3: Plie Squat (no impact). Another form of squat is the plie squat. If you don't have an elastic band, this is the exercise to add definition and shape to your butt. Start by standing with your legs slightly more than shoulder-width apart and your toes pointed out to the sides. This is what ballerinas call the plie position. For balance, hold your arms in front of you. While keeping your back straight, slowly squat to the ground until your thighs are parallel to the floor. Hold this for five seconds and stand back up. Repeat 12 times.

Exercise 4: Lunge (one of my favorites - works a wide range of muscles) A fourth exercise that targets the muscles of your butt, thighs, and hips. Putting one foot out in front of the other, lower your body toward the ground, keeping your abdominals tight and your torso straight. Lower until the front knee is bent at 90 degrees and not extended past your toes. Stand back up and then extend the opposite leg and bend. Perform 8 repetitions. For an increased workout, hold some weight in each hand.

Exercise 5: Run or Walk/Running or walking outside or on the treadmill are other great exercises that work your butt while giving you a cardio workout to burn fat at the same time. Make it your goal to exercise 30 to 45 minutes at least three times a week, including walking or running each time.

So now you have no excuses on how to work your butt. Work it hard, work it often and work it well. Within a reasonable period of time, you will see the results. If your not used to working your gluteal muscles you'll definitely feel them being sore in the early days, hang in there for the distance as your end result will be worth the effort!

For any further information feel free to checkout the blog for this editorial and others via www.metrobodyfitness.com.au

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q youth: with TASMAN ANDERSON

This month's editorial is going to be a little more risqué than usual. So kids, you've been warned.

Earlier this month, I was shocked to discover that a few of my friends have NEVER experienced an orgasm. It seemed strange to me since they both had partners and healthy sex lives.

My first friend to tell me was Lauzy. We were sitting at her mums place having lunch when our conversation turned to the topic of sex. I was always curious about her experience since I had a very limited amount myself. We were talking about blow jobs when she told me that she didn't know what an orgasm felt like. I was completely shocked. How was it that she was having sex as frequently as a nymphomaniac and yet still hadn't gotten an orgasm? Even I had managed to have an orgasm and I'm still a virgin! It didn't seem possible that people could have so much sex and never fully satisfy their partners.

The second time I heard about a lack of orgasms was when I spoke to my best friend, Jess. We were sitting in her car after going to the cinemas one night and we began to talk about her ex-boyfriend. We had always been open about our sexual encounters so when she told me that she had never had an orgasm I was once again shocked. She had never shared this information with me before so I always assumed that it was just Lauz that hadn't had one. I asked her whether or not her ex had 'warmed her up' for it and she seemed confused.

It was the same situation with Lauzy. When I asked her whether her boyfriend put enough effort into the pre-sex warm up she said no. That seemed to be the problem with both of their relationships. Neither of their partners put enough effort into the before sex foreplay and only focused on getting in there and finishing off. Although I know that makes them sound selfish, that wasn't the case. Both guys wanted to please their women but neither of them had had any experience themselves.

I never knew how important foreplay was to making sure both people had an amazing time in bed. You hear all the time about not being selfish and making sure you get each other hot before actually having sex but no one ever listens. When you've never had sex before, the one thing you are thinking about is making sure you don't do anything embarrassing like moaning strangely or hurting the other person.

I asked some of my guy mates about their first times and they all agreed that they really had no idea what they were doing when it came to foreplay. Many of them thought that taking their clothes off and kissing was enough.

We are taught so many things about sex from forums and friends but everyone seems to neglect to mention foreplay. Without it, how are you supposed to fully satisfy the other person? It's the same for guys too. They need to have their partner paying attention to them so that they can get into the mood themselves. So if you think your girl or guy is having an amazing time, think again. How can you be completely sure that you are doing it for them? Are you focusing on their bodies before getting inside them? These are questions that you really ought to ask yourselves and even your partners.

Think you might need a bit of help with the foreplay department but are too embarrassed to ask anyone for help? Don't worry about it, I found that <http://foreplaytipsadvice.com/> was able to provide a lot of tips and was very discrete.

After all, no one has to know your little secret ;)





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.

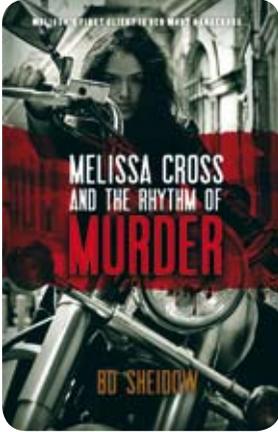
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MELISSA CROSS AND THE RHYTHM OF MURDER

Melissa's first client is her most dangerous. When Melissa Cross opens her own practice straight out of law school, little does she realise how easy it is to cross professional boundaries, and just how dangerous her first client would be. So did her teenage client really kill, or was she set-up? The Rhythm of Murder takes Melissa through a web of obsession, crime, police and court corruption. With twists and turns woven throughout the story, who can be trusted? A smart action-packed first novel from author BD Sheidow, *Melissa Cross and the Rhythm of Murder* is a page-turning debut with broad appeal to readers of all ages.

Please visit www.bdsheidow.com for more information and where you can buy a copy for yourself. RRP: AU\$24.95

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

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To test your luck and see if you can win the one bottle we have on offer this month, email getfree@qmagazine.com.au with **Ferragamo** in the subject line.

Pure Bamboo

Australian bamboo charcoal products company Pure Bamboo has just announced the release of its Bamboo Watch, which combines Japanese timekeeping precision with hand-crafted, eco-friendly, health-conscious design.



The strap and casing of the Bamboo Watch are handmade by skilled artisans using 100% natural Moso pure bamboo, sourced from pesticide-free forest programs in Taiwan. Old world craftsmanship meets new world technology with the watch also incorporating quality Japanese quartz movement and a calendar, resulting in a fashion accessory that is extremely functional while epitomising eco-stylish elegance. It is a unisex item with prices starting at \$198 for the smaller version. Each watch also comes in its own attractive bamboo gift box. Besides being a highly attractive timepiece that any eco-smart trendsetter would love to own, the Bamboo Watch is also ideal for the health-conscious consumer, with bamboo being a proven anti-allergenic as well as having other health benefits including air

purification and the ability to absorb electromagnetic radiation. And we only source from pesticide-free plantations, so you're helping the environment, too.

The Bamboo watch can be ordered through Pure Bamboo's website: www.purebamboo.com.au.

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* 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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q scene: OUT & ABOUT



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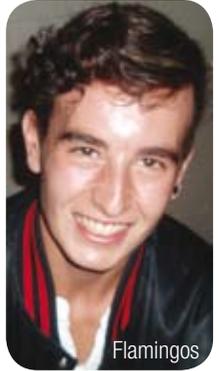
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q travel: with BARRIE MAHONEY

'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.



Wear White and Throw Talcum Powder!

I am not a violent man, and I detest violence of all kind. However, I do make an exception for just one day each year in the Canary Islands - Dia de Los Indianos (Day of the Indians).

As many Canary Islander residents and visitors already know, Carnival is celebrated with a passion in every major town in each of the seven main Canary Islands, with the main celebrations taking place in the capital cities of the islands. These celebrations take place between January and April each year with the actual dates changing according to when Easter is celebrated; this is most annoying for holidaymakers, but take that issue up with the Vatican! The forty days before Easter, known as Lent, have always been marked by the Catholic practice of giving up meat. So the fiesta of Carnival that takes place just before Lent begins on Shrove Tuesday or Mardi Gras. Carnival means 'goodbye to flesh' in Latin and became a time for a wild party, and yes, I do mean wild!

There are references to Carnival in island government records as far back as February 1556, but the fiesta has grown from strong influences from South America and the Caribbean, as many Canarians left the islands after the Spanish Conquest seeking work or their fortunes in the newly discovered lands of the Americas. Some islanders were forced to leave their homes in the Canary Islands by the Spanish government, as it wanted more people to settle in the Spanish colonies in the Americas. Later, many Canary Islanders returned home, having made their fortune, dressed in Cuban-style white panama hats, and carrying large suitcases full of money. These newly wealthy emigrants were so full of their own self-importance, bragging about their riches, that they became the target of Carnival jokes.

On the small Canary island of La Palma they hold a unique fiesta called Fiesta de Los Indianos - The Festival of the Indians - and now often called the White Party. On the Monday before Shrove Tuesday or Mardi Gras, the city of Santa Cruz de La Palma celebrates Los Indianos Fiesta. This is a celebration of those who emigrated from the island many years ago, particularly for islands in the Caribbean and South America and then returned having made their fortune. The fiesta is a representation of people wearing white suits and costumes of an earlier colonial period; some portray the wealthy and some are their servants. The parade takes place through the streets of the capital to the sound of Latin American music. The main event of the day is the Batalla de Polvos de Talco when bags of talcum powder are thrown at anyone standing nearby. So, by the end of the battle, most people have white hair and faces, as well as white clothes.

The traditions of this important part of La Palma's Carnival have been 'borrowed' over the years and now play a full part in the Carnival activities of the other Canary Islands. On Carnival Monday, the streets of Santa Cruz de La Palma, as well as Las Palmas de Gran Canaria, will fill with thousands of white-clad revellers and huge clouds of talcum powder in this eccentric celebration. Now, that is what I call a real fight and, hopefully, no one gets hurt! Maybe I should suggest this to the United Nations as a way of settling international disputes.

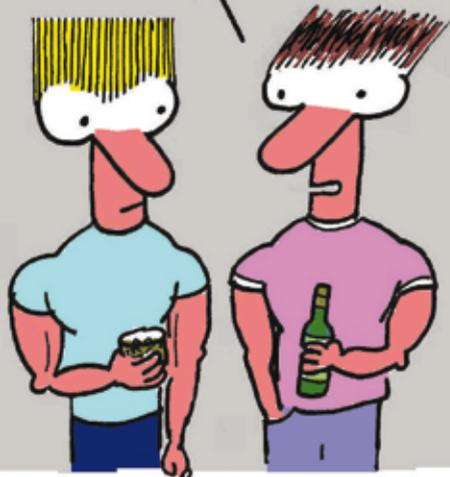
If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his latest book, 'Threads and Threats' (ISBN: 9781843866466)



Gaylord Blade

Young, Gay & Hot-to-trot

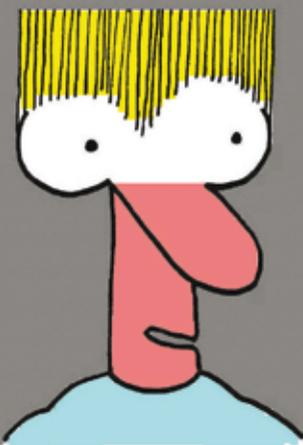
Gaylord, does a hot party during Holy Week strike you as a bit gauche?



Don't get me wrong. I enjoy the blatant homo-eroticism of Easter more than most!



Well, I'm not very religious but my boyfriend is, and he has no problem with it...



... besides, it's my boyfriend who's throwing the party!





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