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MIDSUMMA 2017

Q MAGAZINE



featuring
MIDSUMMA FESTIVAL
including the iconic pride march

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The Backlot Rooftop Drive-in is now open for business and your viewing pleasure. Here are some great titles showing currently. Make sure you check with their website for an updated list of movies at <http://www.backlotrooftop.com.au>

Assasins Creed (CTC)

Through a revolutionary technology that unlocks his genetic memories, Callum Lynch (Michael Fassbender) experiences the adventures of his ancestor, Aguilar, in 15th Century Spain. Callum discovers he is descended from a mysterious secret society, the Assassins, and amasses incredible knowledge and skills to take on the oppressive and powerful Templar organization in the present day. ASSASSIN'S CREED stars Academy Award nominee Michael Fassbender (X-Men: Days of Future Past, 12 Years a Slave) and Academy Award winner Marion Cotillard (The Dark Knight Rises, La Vie en Rose). The film is directed by Justin Kurzel (Snowtown, Macbeth); produced by New Regency, Ubisoft Motion Pictures, DMC Films and Kennedy/Marshall; co-financed by RatPac Entertainment and Alpha Pictures; and distributed by 20th Century Fox .

Monster Trucks (PG, 105 mins)

Looking for any way to get away from the life and town he was born into, Tripp (Lucas Till), a high school senior, builds a Monster Truck from bits and pieces of scrapped cars. After an accident at a nearby oil-drilling site displaces a strange and subterranean creature with a taste and a talent for speed, Tripp may have just found the key to getting out of town and a most unlikely friend.

xXx - Return of Xander Cage (CTC)

Xander Cage is left for dead after an incident, though he secretly returns to action for a new, tough assignment with his handler Augustus Gibbons.

Tickets and gift vouchers are on sale now! For blockbuster session times, check the website and book your tickets to The Backlot Rooftop Drive-in today! The Backlot Rooftop Drive-in - Blockbusters on another level.

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A sister of perpetual indulgence at MIDSUMMA
Pride March with the compliments of Coal
Photography

Photographic Contributions
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(lead, q drag), Gregory Vaughan (Lina
- q talk), Manuel Rodriguez (Whoopi
and Lina and Candis and Lina photos
in the dollhouse - q talk)

ISSN 1449-499X
Q MAGAZINE
PO Box 7479, St. Kilda Road,
Melbourne Victoria 3004
www.qmagazine.com.au

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

q feature: MIDSUMMA PRIDE MARCH

On Sunday 29 January 2017, Victoria's iconic annual Midsumma Pride March will celebrate its 22nd Anniversary in St Kilda, solidifying and celebrating Victoria's diverse L.G.B.T.Q.I.A+ communities – bringing the streets of St Kilda alive with Pride!



Midsumma Pride March – a feature event of the annual Melbourne Midsumma Festival - stretches a kilometre along the length of the bayside Fitzroy Street, with around 40,000 people coming together to watch the annual parade – a free event - which features more than 4,000 marchers.

For the first time ever the Midsumma Pride March will be led by a smoking ceremony conducted by local Indigenous Elders along with a contingent of queer Aboriginal and Torres Strait Islander people, directly after traditional parade leaders - Dykes on Bikes - lead the 4,000 strong marchers (a world-over Pride march tradition).

And in another first- this year - Midsumma is also introducing the Midsumma Pride March Awards. Encouraging everyone to dress up for a bright and colourful Pride March, with the inaugural Awards featuring: Most Fabulous (for the most fantastically-frocked group), Significant Message (for the group with a timely and well-conveyed message), and Most Innovative (for the cleverest float in the show).

Winners will be selected by a panel of community representatives and announced at the Post Pride celebrations.

This year's Pride March will also see a coalition of hundreds of young people near the front of the march - in a powerful statement about fostering safe spaces for young people growing up in the LGBTI community.

"Inclusion and connectivity is at the heart of the LGBTI community. Having so many young people under the age of twenty-five march at Pride is inspiring. We're stoked to send the message to thousands of other LGBTI youth that no matter how hard things can seem, they are not alone", said Micah Scott, CEO of Minus18 (a group that fosters care for the LGBTI youth).

After the march, St Kilda comes alive with festivities – inviting everyone to follow the final marchers into Catani Gardens for Post Pride celebrations held from 2pm – 7pm.

"There are a million brilliant reasons for Melburnians to head down to St Kilda for Midsumma Pride March – our restaurants, bars and cafes will be celebrating the day with Pride March special offers - right throughout the St Kilda bayside area - and of course, the Post Pride Party at Catani Gardens, has something for everyone" said GM, St Kilda Tourism & Events, Mark Smith.

Attendees at Catani Gardens will see the introduction of a moments silence and vigil performance - a new Midsumma Pride March tradition that pays homage to all queer peoples who have suffered violence because of their gender or sexuality. This will be performed by Deborah Cheetham AO, celebrated Yorta Yorta soprano, actor, composer and playwright.

Post Pride will be hosted by Dale Woolbridge-Brown, renowned Circus Oz performer and proud queer Kamilaroi man, and headlined by Melbourne favourite, DJ Grant Cook. As Victoria's leading Festival for and by LGBTIQIA+ peoples, Midsumma is proud to celebrate and deliver this significant event in St Kilda.

PRIDE MARCH (commencing at 2pm): Fitzroy Street, St Kilda POST-PRIDE PARTY (4pm - 7pm): Catani Gardens
29 January 2017 - FREE

Information about Pride March and all MIDSUMMA events, go to: www.midsumma.org.au

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everywhere.”

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15 January – 5 February



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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels and books for expats.



Cuba, Castro and the Canary Islanders

The death of Cuba's former President and Prime Minister, Fidel Castro, has provoked much attention in the media this week. Reaction has covered the entire spectrum of emotion ranging from detestation of a man seen as a tyrant and persecutor of his people, to elaborate praise heaped upon a man seen as saving Cuba from potential ravages and exploitation by the United States. Whatever the truth, which as always depends upon which side of the political spectrum one is standing, most will agree that Fidel Castro was a controversial and divisive world figure, and someone that could not be ignored. As far as the Canary Islands are concerned, the story of Fidel Castro and his link to these islands has fascinated me for some time.

During the Seventeenth Century, overpopulation of the Canary Islands motivated Spain to 'export' Canarian families to its American colonies in a 'tribute of blood'. Five Canarian families were sent to a colony in Cuba for every ton of cargo sent, but the numbers of Canarian families emigrating were often much higher. Unemployment in the Canary Islands continued until the Nineteenth Century, when more islanders migrated to Cuba to find work, to avoid starvation and to avoid Spanish military service. The Twentieth Century was a time when Spain was in the midst of a civil war and firmly in the grip of its dictator, General Franco. History has been harsh for Canary Islanders who have had to cope with drought, attacks by pirates, locusts, harsh taxes, epidemics and even volcanic eruptions in 1730, so migration to Cuba and other destinations in Central and South America must have been appealing, despite the hardship of the voyage and starting a new life on an island that was so far away from home.

Over time, migrant workers from the Canary Islands, known as *Isleños*, had a strong influence on the language spoken by Cubans. Spanish spoken in the Canary Islands is different to mainland Spain, but is very similar to Cuban Spanish. The cigar industry in Cuba was mostly owned by Canarian immigrants, and this led to the cigar industry being established in the Canary Islands as well. The Spanish dialect spoken by Cubans is most closely associated with the current residents of the island of La Palma, and the influence of Cuba is very strong on this small Canary Island.

Canary Islands' residents currently refer to a bus as a 'guagua', but not 'autobus', which is the usual Spanish word for bus, and 'guagua' is also widely used in Cuba, as well as many other uniquely Canarian words that reflect the shared culture and traditions that link these islands with Cuba. Mojo sauce served with small wrinkly potatoes cooked in salt water is unique to the Canary Islands, and it is unusual to find this dish in tapas bars in Peninsular Spain, but it is widely served in Cuba, as is gofio and ropa vieja, which is served in many restaurants. The Cuban influence and links are still very strong on these islands.

In a small museum in Aguimes in Gran Canaria, there is a wide range of interesting artefacts about life in the Canary Islands over many years. These artefacts include a height measure, as there had been a minimum height for men planning to migrate to Cuba and other Spanish colonies, as well as a personal letter from President Fidel Castro written to the people of the Canary Islands, in which he recognises the contributions made by Canary Islanders or *Isleños* to the culture and society of Cuba. To further emphasise the close links between the Canary Islands and Cuba, as well as other former Spanish colonies in Central and South America, which have been established for hundreds of years, the Spanish Government introduced new legislation in recent years that states that residents of Cuba and other former colonies who are descended from Canary Islanders can apply for Spanish citizenship, and return to live in the Canary Islands or Spain, if they wish. This reparation of legal rights also recognises that many Canarian families were forced to leave their homes under duress.

Many people living in the Canary Islands had moved to Cuba many years ago to find work, so the culture and lifestyle of Cuba and the Canary Islands share many similarities, and a long history. Despite the many challenges faced by the Cuban people, and some specific groups like gay and lesbian Cubans who have faced persecution over many years, there will be many Canarians who will remember Fidel Castro's positive achievements with respect for a remarkable leader.

If you enjoyed this article, take a look at Barrie's websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read his latest book, 'Footprints in the Sand' (ISBN: 9780995602717). Available in paperback, as well as Kindle editions.



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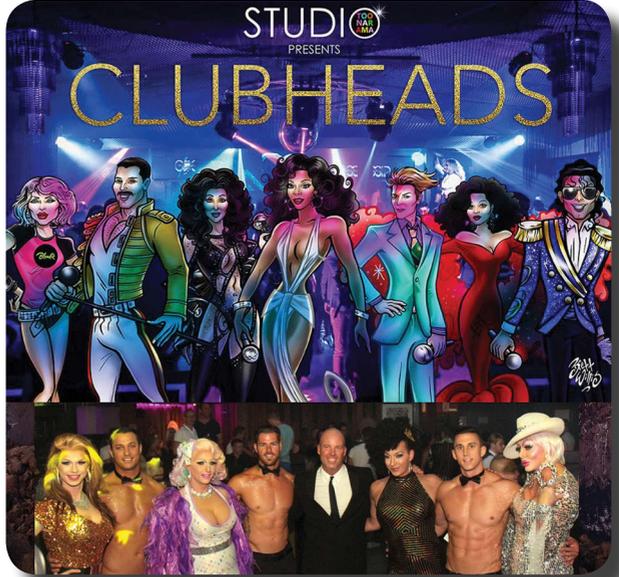
q drag: **BRETT WILLIS** **STUDIO 54 TOONARAMA**

Brett Willis never lets Midsumma down, and 2017 was no exception. Brett promised a glittering VIP event at the Love Machine, and for the sixth time he delivered on Sunday 8th January as Alan Mayberry reports.

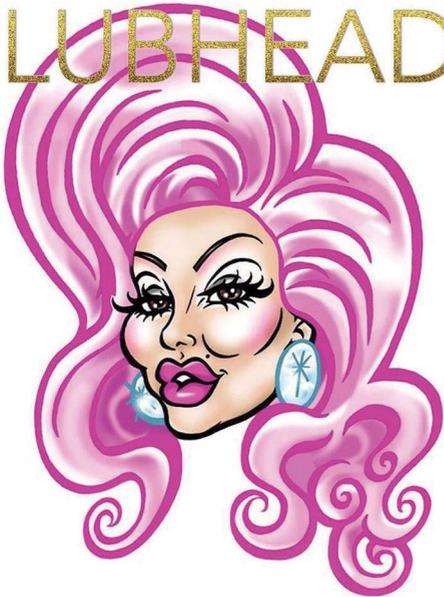
Always coming up with a new gimmick, New York's Studio 54 was a great theme for Brett's caricatures to celebrate the celebrity, glamor and music of the world's most famous (and infamous) nightclub. Opening in the 70s, Studio 54 operated for a total of 33 months, with its wild success put down to owner Steve Rubell's first rule of partying: 'The key to a good party is filling a room with guests more interesting than you.'

Brett's TOON-tastic CLUBHEADS cast includes Studio 54 regulars and music icons Donna Summer, Diana Ross, Prince, Michael Jackson, Cher, Deborah Harry, Freddie Mercury, David Bowie, as well as local nightclub, community, entertainment and sporting celebrities. Wayne Morton made the night all the more magical with his larger than life cutouts of the celebrity TOONS.

But the real highlight of the night was the gathering of Brett's fans at Love Machine. Many of these only emerge now for special events, and this was indeed a special reunion.



CLUBHEADS



Great parties need great entertainers and we were treated to Disco Donna, headlined by Sasha Starr, Amena Jay and Paris, with DJ Peter Mona McNamara. The parade of well buffed doormen always helps kick the night off to success, with all proceeds supporting the Victorian SEALS and Melbourne SURGE Water Polo clubs.

If you missed the opening
the TOONS
can be viewed
from 17– 31 January
at MAMA MARIJA'S,
185 Commercial Road.



q fitness: with CHRIS GREGORIOU

6 Myths For Working With Weights

Let the truth be told, there are incorrect rumours going around about strength training. The truth is that strength training is one of the absolute best things you can do for your health and appearance. I will go as far as to say it's a must do for your body. For guys and girls! Our bodies have been made for it. It helps us in so many ways, even strengthens our bones.

If you've fallen for these 6 myths then you're missing out on tremendous potential results.

Myth #1 Muscle Turns Into Fat

Why would anyone want to build muscle if it could morph into fat after a span of neglect? Rest assured that this is a myth and it's been around for years. Muscle tissue is muscle tissue. Fat tissue is fat tissue. One will never become the other.

Myth #2 Strength Training Doesn't Burn Fat

On the contrary, muscle mass is your number one ally against fat gains. A kilo of muscle burns 20-30 calories each day, while you're just living and breathing. Regular strength training helps you increase your muscle mass as well as preserve existing muscle mass, turning you into a fat-burning machine. It's far easier to maintain a healthy weight if you're carrying a little more muscle.

Myth #3 Lifting Weights Makes Women Bulk Up

I hear this a lot. No matter what age, it's a constant fear of women of all shapes and sizes. Yes, strength training increases the amount of muscle on your body, so many women take this to mean that their body will become huge and look like a male body builder. The truth is that the female body simply doesn't contain high enough levels of testosterone to produce that level of results.

Myth #4 Strength Training Is For Young People Only

Ha, that's a used-up excuse that senior citizens across the world have proven wrong. Some older people can be more hard core than some of the younger generation, let me tell you. Some of the amazing body transformations I have been directly involved with for people over 50 have been outstanding. Directly related to using weights correctly and effectively. Assuming that your doctor has given you the OK, you have much to gain from a regular weight lifting routine. In fact, the older we get, the more we need to maintain core strength. It's not just for aesthetics, however, more for improving balance and coordination, better strength and flexibility, and for a decreased risk of osteoporosis are just the beginning.

Myth #5 Use Light Weight and High Reps To Tone

This myth, popularized in the 90's, of very high repetitions with ultra light weights would result in a toned physique has become outdated. These high repetitions may increase your muscular endurance but will not add strength or tone. We now know that in order to truly challenge your muscles, heavier weights with lower repetitions are a must. Start with an 8-10 repetition range and push your muscles with each set.

Myth #6 The best indicators of a good workout are how sore you are the next day.

Most hard-working individuals equate a good workout with being exhausted and sore. Some even think throwing up is beneficial. This is all rubbish, however getting you stronger, faster and more flexible actually takes some work. Throwing up is one of the most catabolic things you can do to your body. If your goals are increased muscular strength and or muscular growth, you should do everything possible not to throw up during your training. Post-exercise soreness is not always effective for muscular growth and certainly is not an indicator you will obtain improved athletic performance. Think of DOMS (Delayed Onset Muscle Soreness) as an unfortunate side effect of training, not a goal of training. Know this. It's easy for a trainer to make you tired, sore or to even throw up, but it takes a true professional to get you stronger, faster, more flexible and better toned. So include strength training as a part of your fitness routine. It really is essential for achieving a fit and toned body.





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q theatre: I AM MY OWN WIFE

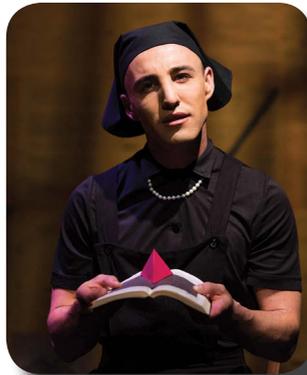
ACCLAIMED ONE-MAN TOUR DE FORCE TOURS TO MELBOURNE'S MIDSUMMA FESTIVAL AND BRISBANE'S MELT

After a sell-out Sydney season at the Old Fitz Theatre, Oriel Group's critically acclaimed production of I Am My Own Wife will have a limited Melbourne season at fortyfivedownstairs from January 17 as part of the 2017 Midsumma Festival and a limited Brisbane season at Brisbane Powerhouse as part of MELT 2017.

Not long after the fall of the Berlin Wall, playwright Doug Wright (Quills, Grey Gardens) began a conversation with Charlotte von Mahlsdorf, an elegant and eccentric 65-year-old German transvestite who, against all odds, survived two of the most oppressive regimes of the 20th century: the Nazis and the Communists. After hundreds of hours of interviews Wright emerged with this fascinating and breathtaking story of survival and identity.

In a performance that earned him a Sydney Theatre Award nomination for Best Actor in a Leading Role in an Independent Production, Ben Gerrard (Outland, Open Slather, Molly) plays 30 characters in this oneman tour de force to piece together Charlotte's controversial life. Winner of the 2004 Pulitzer Prize for Drama and Tony Award for Best Play, I Am My Own Wife is a profound and mesmerizing piece of theatre. This debut production presented by Oriel Group is directed by acclaimed actor and director Shaun Rennie (Rent, You're a Good Man Charlie Brown, Cats) and produced by Helpmann Award-winning actress Elise McCann (currently playing Miss Honey in Matilda the Musical).

I AM MY OWN WIFE
By Doug Wright
Starring Ben Gerrard
Directed by Shaun Rennie



MELBOURNE SEASON:

Presented by Oriel Group as part of Midsumma Festival
fortyfivedownstairs Theatre, 45 Flinders Lane, Melbourne
17 January – 5 February 2017

Tuesday - Saturday 7.30pm, Sunday 5pm, Saturday 28 January & 4 February 4pm
Full \$45, Concession \$35, Groups 10+ and previews \$30

Bookings: www.midsumma.org.au, www.iammyownwife.com.au, www.fortyfivedownstairs.com or
(03) 9662 9966

BRISBANE SEASON:

Presented by Oriel Group and MELT at Brisbane Powerhouse
Venue: VISY Theatre, Brisbane Powerhouse, 119 Lamington Street, New Farm
4 – 8 April 2017

Tuesday - Friday 7pm, Saturday 2pm & 7pm
Full \$45, Concession \$35, Groups 10+ and preview \$30

Bookings: www.iammyownwife.com.au or www.brisbanepowerhouse.org or (07) 3358 8600

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q talk: YOUTUBE'S WILDEST

by Tom Corliss

"In The Dollhouse With Lina" Returns For Its Second Season
The Magic 8 Ball Brings Back Youtube's Wildest Talk Show Starring Lina Bradford and Her Collection of Barbies



In *The Dollhouse With Lina*, the rollicking YouTube show hosted by the spirited House Music DJ diva Lina Bradford, returns for its second season this month. In the show, Lina's quick wit (known as "Linish"...yes, she has her own language) and infectious smile take center stage as she discusses music, fashion and pop culture with her celebrity friends. In season one, her magic 8 ball transported Carson Kressley, Robert Verdi and Bevy Smith (host of "Bevelations" on Andy Cohen's Radio Andy) into the dollhouse. Season Two will welcome guests like Candis Cayne, NY Real Housewife and Home Shopping Network jewelry designer Kelly Killoren Bensimon and Whoopi Goldberg. Each episode is shot in Lina Bradford's Barbie doll room — she has over 600 pint-sized mannequins — and includes hilarious segments like the fan-favorite "Asian Fortune Cookie Kiki" where celebs play the Origami Paper Game with Lina, answering questions no one else would dare to ask.

"The wonderful part about doing a talk show is I get to be my fun, goofball self while doing the two things I most enjoy: learning more about the interesting personalities I adore and making people happy," says Lina Bradford from The Dollhouse studios in New York. *"What more could I ask for from a job?"*

Lina Bradford grew up as an only child in New York City, across the street from Carnegie Hall. Without siblings, she would spend most of her days alone with only her wild imagination to keep her company. *"I would put my Barbies in the craziest scenarios,"* she remembers. *"Whether they were fighting crime, sailing the French Riviera, or running high powered executive meetings in the boardroom, they always did it with glamour and style."*

Lina's career in entertainment began early. She studied dance for ten and a half years, performing modern ballet, tap and jazz in several companies throughout New York. The moves she learned would become part of her signature style when, twenty years ago, she left the dance stage for the dance floor, spinning records all over New York and Europe. She



would become best known for her ten-year run on Fire Island. Lina currently holds a once-a-month residency Party TBS (Throwback Sundays) at NYC's The Gilded Lily.

"I enjoyed a very strong upbringing from very well rounded intelligent Aries women who were all true Rams," she continues. "They taught me to be confident in who I am."

Lina Bradford is a trans woman but she does not define herself by it. *"I've never done labels. I've only worn them,"* she says.

People are drawn to Lina because of the essence she projects, one of love and light. *"I'm an Aries. I'm optimistic and I love a challenge."*

While In The Dollhouse, Lina enjoys bringing out new sides of her guests that fans don't normally get a chance to see. With Candis Cayne, she reminisces about growing up together in the legendary nineties New York scene. In her interview with Janet Mock, a transgender rights activist and author of the New York Times bestseller "Redefining Realness", Lina manages to tap into Mock's edge-y comedic side. *"People tend to think Janet is always very straightforward and serious but in my interview, viewers will witness a wicked sense of humor!"*

It's the reason hoards of viewers tuned into the first season of In The Dollhouse with Lina. The show offers Lina, her guests, and viewers too, a rare chance to revert back to a childhood when shaking the Magic 8 Ball, embracing imagination and playing with dolls was acceptable and encouraged. *"My show brings us back to our carefree days... if only for ten or fifteen minutes."*

In The Dollhouse With Lina is free at <http://djina.com>. Follow on Facebook @DJLina.



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TRANSPHOBIA & BIPHOBIA. ALWAYS.**

q comedy: **BABY GOT BACK**

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Ready for the jelly? Baby Got Back is BACK baby. After their SOLD-OUT seasons at the 2015 & 2016 Fringe World, these ass-clowns are in hot demand, and on the fast-track to becoming Fringe circuit favourites. It's a celebration of everything ASS; a tribute to toosh, a dedication to derriere! An entertaining, eye-boggling, side-splitting, variety spectacle featuring the very best in fringe performance from east coast Australia!

Featuring an all-female Australian cast comprised of dancers, vaudevillians, showgirls, puppeteers & comedians, the Baby Got Back collective presents an hour-long psychosexual adventure of demented dancehall, projection mashups & remixed soundscapes, burlesque shakedown and stripper mayhem. It's the intergala-ass-tic safari of your wildest dreams, right to the very far reaches of bad taste and beyond!

2 – 4 February
Thursday - Saturday 8.30 - 9.30pm
\$28Group: \$23 (min 6)Concession: \$23
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For bookings, go to <https://midsumma.org.au/k2event/baby-got-back>



15 JAN—5 FEB 2017

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Featuring a revolutionary patented 3D cutting system, the new VS for Men Beard Designer delivers ultimate beard and stubble perfection like no other tool before and with no irritation.

Really! Also part of this prize is the brand new Milkman Coco-Fresh Beard Balm. Especially created to condition and nourish hair follicles, it can alleviate beard itch, split ends, and dryness all while adding a scent of summer to invigorate the senses. And with nourishing ingredients like argan oil, hemp seed oil and vitamin E, your beard will look and feel healthy without a greasy finish!

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To win this prize, email getfree@qmagazine.com.au with **SASSOON** in the subject line and get your beard in shape for summer with VS for Men's new Beard Designer and Milkman's Coco-Fresh Beard Balm. \$ 333.95 RRP Value.



* 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.

INK NOT MINK



760 for **PETA**

Be comfortable
in your own skin,
and let animals
keep theirs.

q celebration: AUSTRALIA DAY 2017

NEW AUSTRALIAN LAMB CAMPAIGN CELEBRATES AUSTRALIA

The highly anticipated Australian Lamb campaign has launched, which this year shines a light on who we are as a nation, and celebrates modern Australia no matter what the date.

Australian's love for lamb is universal and the new campaign highlights this, featuring a cast of Australians from all walks of life coming together over a lamb barbecue.

Opening on the pristine Australian coastline, as the nation's first people search for the perfect spot to fire up a barbie. It doesn't take long for other revellers to join the hosts. Every arrival, from the European settlers to the most recent of Australian migrants, is welcomed to the modern day lamb barbecue, each bringing their own dish and flavour to the celebrations.

The resulting party is a truly united celebration of Australia.

The all-inclusive barbecue has appearances from familiar faces such as Sam Kekovich, Olympian Cathy Freeman and National Rugby player Wendell Sailor.

Other Australians present include Australia's culinary gem, Poh Ling Yeow, renowned Australian cricket player Adam Gilchrist and LGBTIQ comedian Rhys Nicholson alongside a list of Australian extras; again proving lamb is the most multicultural meat.

Watch the film on the We Love Our Lamb Facebook and YouTube page. View the content here: https://youtu.be/LX__j-zeaWs

Find lamb recipe inspiration at www.weloveourlamb.com.au. We Love Our Lamb is a brand originating from Meat & Livestock Australia (MLA). For more information on MLA, visit <http://www.mla.com.au>



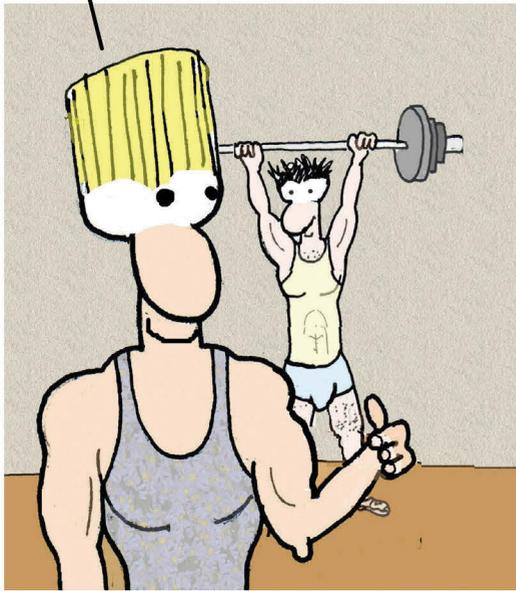
q scene: OUT & ABOUT

VisitGayAustralia MIDSUMMA Cocktail Party
at Tolarno Hotel, Fitzroy Street
St. Kilda

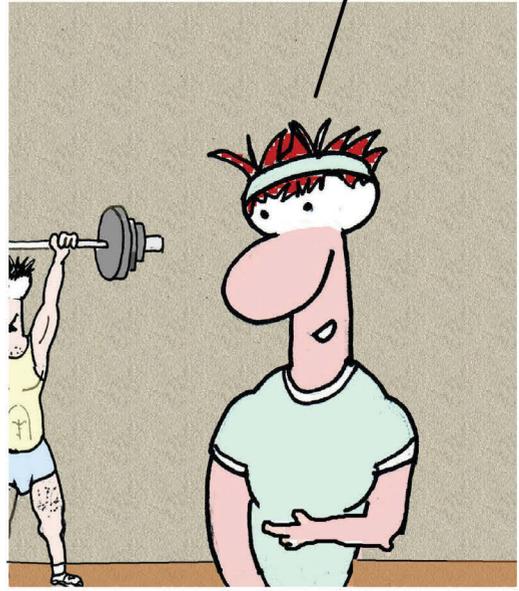


Gaylord Blade by KICHI

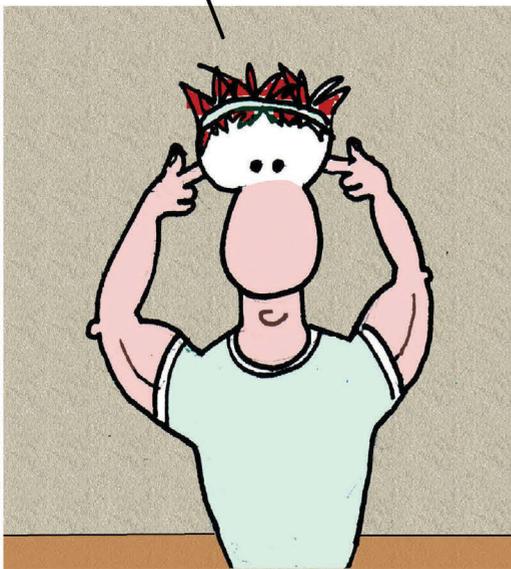
Guess who I shagged last night, not once, not twice..but **THRICE!**



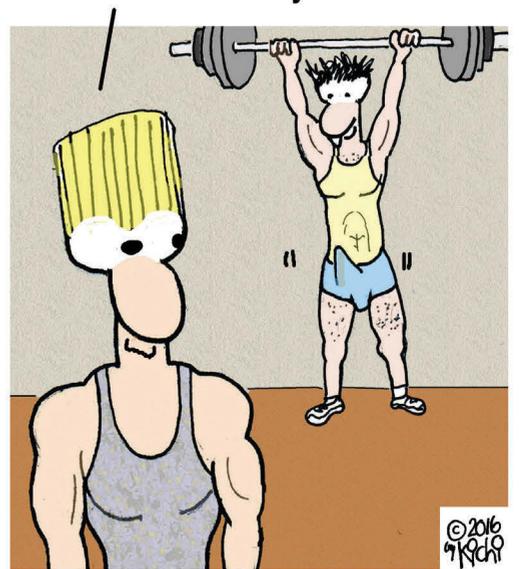
YOU had sex with **MACHO** Jack over there who has a girl friend?



Jack, who grunts and bangs the weights around loud as he can?



I've learned that men who make the most noise at the gym are the most sexually frustrated





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