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JUNE 2021

Q MAGAZINE



featuring:

DAVID HERNANDEZ

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q comment:



**15th Annual
CMI LGBTQ+
Community
Survey**

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

Dear valued readers of Q Magazine,

Please take part in the Community Marketing & Insights (CMI) 15th Annual LGBTQ Community Survey!

For over a decade, this survey has provided free data to help non-profits, universities, and organizations better understand and serve the LGBTQ community. The report will be published on the CMI.info website for free download on approximately August 15. Previous surveys have had over 45,000 participants from 150 countries!

Also, participation in this survey gives important feedback to our LGBTQ community media and organizations, and provides data to companies interested in serving our community, sponsoring our charities, and supporting their LGBTQ employees.

The survey should take about 12 to 15 minutes to complete.

Here's the link to start the survey
<https://survey.cmi.info/se/359D342B06DB7AA1?CMID=1073>

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q feature: DAVID'S INCLUSIVE LOVE

American Idol's David Hernandez released "ILY.", a new summer anthem that is perfect for the Pride season, on May 21. Co-written with Stewart Taylor and produced by Alex Teamer and Push Kahlon, its powerful message is one of inclusion and how it is vital that we love one another for who and what we are. "ILY. is not pronoun specific and that was intentional," Hernandez points out. The initial pre-chorus was written as "I wouldn't be the man I am if it weren't for you". Hernandez changed the line to "I wouldn't be who I am, if it weren't for you". "I want everyone to be able to identify with the song's message. We are lacking inclusion in music and it needs to be recognized because inclusion inspires understanding and humanizes our experiences." Hernandez's "ILY." is being distributed independently and is available now on Apple Music, Spotify, Tik Tok, Amazon, and all other major e-music retailers. Its music video is on Youtube.

It is important to David Hernandez that we normalize the LGBTQ experience, and instill in everyone that love is love, regardless of race, gender, or sexual orientation. "Growing up, I was only taught the dynamic and gender roles between a man and a woman," Hernandez reflects. "There was never any rule or guide book on how two men can coexist in a romantic relationship. Navigating it on my own has been challenging, especially when many people in the world still continue to view same sex relationships as not normal." The "ILY." video, shot by Arno Diem, depicts two people in a relationship that are struggling with each other's shortcomings and insecurities. They visit a therapist, played by trans actress, Alexa Abraxas, and discover that through the heartache, they share a common thread of love for one another and that for many, it's the obstacles we overcome that make a relationship stronger.

Benji Schwimmer from So You Think You Can Dance plays David Hernandez's love interest in the video. He also choreographed the dance sequence that he taught to David in two days. "I had never danced so much in my career!" David laughs. "Benji is an incredible and patient teacher. He made the experience much less stressful and really helped me to connect the movement to the music."

"Talent is a funny thing," Benji Schwimmer reflects from his LA home. "It sometimes means you have to deal with personalities that aren't the easiest to get along with because it goes hand in hand with one's genius. That was not the case with David. Here you have an artist who not only can sing the roof off but also was on time for every rehearsal, practiced till we both were hot sweaty messes and never stopped seeking the best solutions to the project at hand. Beyond all of that, David is just an awesome, humble person, and it was a true pleasure to be able to move and create with someone I now call friend."

David Hernandez began singing at age six, starring in musicals and performing with various theatre companies. At fifteen, he started writing original music and recording his arrangements. In addition to American Idol, he has showcased his talents on The Ellen Show, The Today Show, MTV's TRL, EXTRA, Entertainment Tonight, Access Hollywood, Teen Choice Awards, Idol Tonight, FOX-TV's Idol Gives Back. He was named among TV Guides' Sexiest Stars and opened for John Legend at President Barack Obama's Inauguration. His previous single, Beautiful, released in 2016 became a Billboard Top 200 Dance Chart hit.

He has released two full-length albums, 2011's I Am Who I Am and most recently, KINGDOM: THE MIXTAPE, an album that included twenty original tracks, many of which reflected on the love and loss he experienced since rising to fame on American Idol.

David and Benji recall different experiences coming out. David's was simple in that he phoned his mom after a breakup, crying, "Mom, someone broke my heart". She asked, "Who baby? What's her name?" David answered, "Shane." Benji's coming out consisted of battling through fourteen years of reparative therapy within the Mormon church. He fought his temptations towards the same sex for many years until finally coming out via a 4-hour film documentary.

David Hernandez hopes "ILY." inspires acceptance and understanding as grace and love are essential. "We are all beautiful and intricate beings that just want to love and be loved," he says. "This Pride season, be who you are unapologetically and authentically. Break free from judgment and live your best life! ILY."



q history: THE RAINBOW FLAG

Knowing one's history is never a bad thing. With the compliments of <https://gilbertbaker.com/rainblow-flag-color-meanings> Please familiarise yourself with the real meaning of the colours in the Rainbow Flag.

RAINBLOW FLAG COLOR MEANINGS

Gilbert Baker Designed the Flag with Each Color Representing an Aspect of the LGBT Movement

Original 8 color Flag: 1978

The flag originally comprised eight stripes: Baker assigned specific meaning to each of the colors:



The story of the 6 color Flag. Popular since 1979.

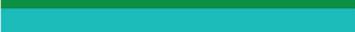
After the [assassination](#) of gay San Francisco City Supervisor [Harvey Milk](#) on November 27, 1978, demand for the rainbow flag greatly increased. To meet demand, the Paramount Flag Company began selling a version of the flag using stock rainbow fabric with seven stripes: red, orange, yellow, green, turquoise, blue, and violet. As Baker ramped up production of his version of the flag, he too dropped the hot pink stripe because of the unavailability of hot-pink fabric. Also, San Francisco-based Paramount Flag Co. began selling a surplus stock of [Rainbow Girls](#) flags from its retail store on the southwest corner of Polk and Post, at which Gilbert Baker was an employee.

In 1979 the flag was modified again. When hung vertically from the lamp posts of San Francisco's [Market Street](#), the center stripe was obscured by the post itself. Changing the flag design to one with an even number of stripes was the easiest way to rectify this, so the turquoise stripe was dropped, which resulted in a six stripe version of the flag — red, orange, yellow, green, blue, and violet

The 6 color flag



The 8 color flag

Hot pink		Sex
Red		Life
Orange		Healing
Yellow		Sunlight
Green		Nature
Turquoise		Magic/Art
Indigo		Serenity
Violet		Spirit

q life: with GABRIEL TABASCO

In this month's article I talk to Luke who run the Kahunaman workshops in Queensland. Luke tells us a little bit about the workshop, his profession and the hot men who he teaches.

Hi Luke. Tell us a little about yourself.

I am a 46-year-old Australian gay man, who works part time as a Kahuna bodyworker. I love keeping fit and healthy and doing Kahuna Bodywork. I have lived in London for 12 years and Los Angeles for three and have recently returned home to Australia where I am currently residing due to Covid.

Tell us a little bit about Kahunaman.

Kahunaman came about as an idea to teach other gay men Kahuna Bodywork. I started with the YouTube channel filming sexy guys getting massage in beautiful locations and get a good reception from viewers. I started holding workshops teaching Kahuna in group environments with other gay men. And last year I created a website and filming online courses so others could also watch and learn around the world. I have also just filmed a workshop with a group of sexy guys which has just been released on my website. Kahunaman is all about health, well-being, fitness and bodywork for gay men.

How did you get into this line of business?

I started learning Kahuna bodywork about eight years ago, and just did it for my own pleasure. It was when I was living in Los Angeles that I started massaging professionally as a way to help pay the rent. I was a gay masseur in West Hollywood at the age of 44. It was an awesome thing to experience and a great way to make money. I massaged a lot of men and no one was really doing Kahuna Bodywork there, and then I came up with the idea for Kahunaman.



Do your clients visit you for a treatment or for lessons?

I see massage clients at home, but only a few a week. I also teach in group settings every couple of months with the workshops, which are really fun. I do other work also, so the massage is only part time.

What is the most satisfying thing about your job and why?

I love creating content and filming the massage videos, as well as editing them. I very much enjoy this process. I love giving Kahuna Bodywork as it energises me and is great fitness. I wouldn't want to massage full time though. The workshops are awesome also.

What do you find the most frustrating in your role?

Finding someone else to give me a good massage! That is why I want to teach others.

A saucy question and most men worry about this when getting massages. Are erections frequent? And how do you handle it as a massage therapist? Or client?

It's fine, it doesn't bother me or affect the massage. I usually just work around it. I put a lot of energy in the bodywork, so for me the massage is the main focus.

Who is your idea type of client? And students?

I love massaging a nice body for sure, and it's great when someone is looking after themselves. It's so beautiful to do bodywork on a nice body, as you can see in my videos. But I massage all different body shapes and as long as someone surrenders to the massage it's more enjoyable for me. I do think health and fitness is important though, and hope that people are taking care of themselves. In regard to students, what I look for is someone who is eager to learn!

When someone completes a course you provide, are they accredited?

No. The online course is instructional and gives you much information and guidance to be able to perform Kahuna Bodywork. You will pick up a new movement and skill, and with practice you can start giving Kahuna Bodywork to others. It's great for couples to learn on each other also, but the course is not accredited. You could learn Kahuna as a hobby or new skill.

What are the Kahunaman lessons like? What do they comprise of?

The workshop is amazing energy and really dynamic. It's amazing how quickly you can pick up Kahuna. I love watching all the guys massaging each other with focus and attention. The workshop experience is totally unique, and now you can watch it yourself with the new release of workshop content on my website!

What advice would you give to someone wanting to join the business?

Learning massage and bodywork can change your life, it has certainly changed mine. Touch and connection are so important, and learning a new skill is always exciting. I would say go for it and practice, practice, practice.

Your Twitter feed is fantastic. You look great and so do the men you feature and obviously have a great marketing strategy. How do you find the models? Are they your students? And who films it?

I'm always looking for good models!

Actually, some have been clients that have looked so good on the table that I ask them if they would like to come back and get a free massage if I can film. Most say yes. One of my most popular videos was in Mexico. I saw the guy on the beach in Puerto Vallarta, and he had the most beautiful body and bum. I asked him and paid him to be a model for me. I film my content on YouTube with a camera on a tripod and move the camera around to get different angles. I edit the videos also, which I enjoy. I had a videographer film the online course and the new workshop content.

Where do you shoot the films? It looks beautiful.

When I was in LA I filmed in Joshua Tree and Blacks Beach in San Diego. A nude beach is perfect to film on, so I try to find those. Luckily, I'm very close to Kings Beach in Byron Bay and have made a few videos there since being home. I would love to film all around the world in exotic locations. That would be my goal.

Where are you located? And how can people find you?

I'm on the Gold Coast. You can follow me on Instagram and message me there.

You're based in Australia, and this is an Australian magazine. What is your favourite part of Australia and why?

My favourite places are South East Queensland and Northern New South Wales. So much beauty between Noosa and Byron, and the most amazing beaches. I live on the Gold Coast and without a doubt that is my favourite place in the world, but I will always be keen to travel, and then return home here.



You can find Luke and Kahunaman on these socials: <https://www.kahunamanbodywork.com> www.twitter.com/kahunamanx www.instagram.com/kahunamanbodywork <https://www.facebook.com/kahunamanbodywork>

q cuisine: with HOME COOK HYLTON

Cloves are a spice harvested from *Syzygium Aromaticum*, a tree that is native to certain islands in Indonesia. During the spice wars, though not as contentious or rare as spices like nutmeg, they became a valuable commodity. Previously, they were exported as far as north Africa where they were extensively cultivated before the proliferation of the trade by the East India company in the 17th century.

Studding items with cloves not only makes for some flavourful dishes, but also avoids cloves being left floating in your dish or drink, and trust me, biting into a whole clove is not the most pleasant experience. Studding an orange with cloves, best done by pre-creating the holes with a skewer, makes for a wonderful additional to a batch of mulled cider or wine.

Coming into winter, especially when it's cold and rainy outside, sometimes there's nothing better than a hot, home cooked meal. Corned beef is one of those stock standards that, along with not needing to use the oven, is sure to warm you up, and also makes for some smashing sandwiches made with the leftovers. If you're not all that peckish, what could be better than warming your cockles with a piping hot glass of mulled cider?

Corned Beef:

Ingredients

The beef itself

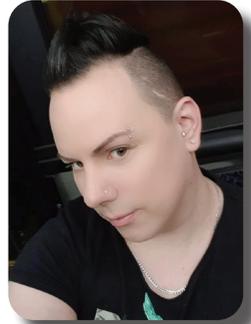
- 1 uncooked beef corned silverside
- 1 onion, peeled, and studded with around 20 cloves
- 1 carrot
- 1 garlic bulb
- 1 stick of celery
- 1-2 bay leaves
- 1 tbsp of black peppercorns

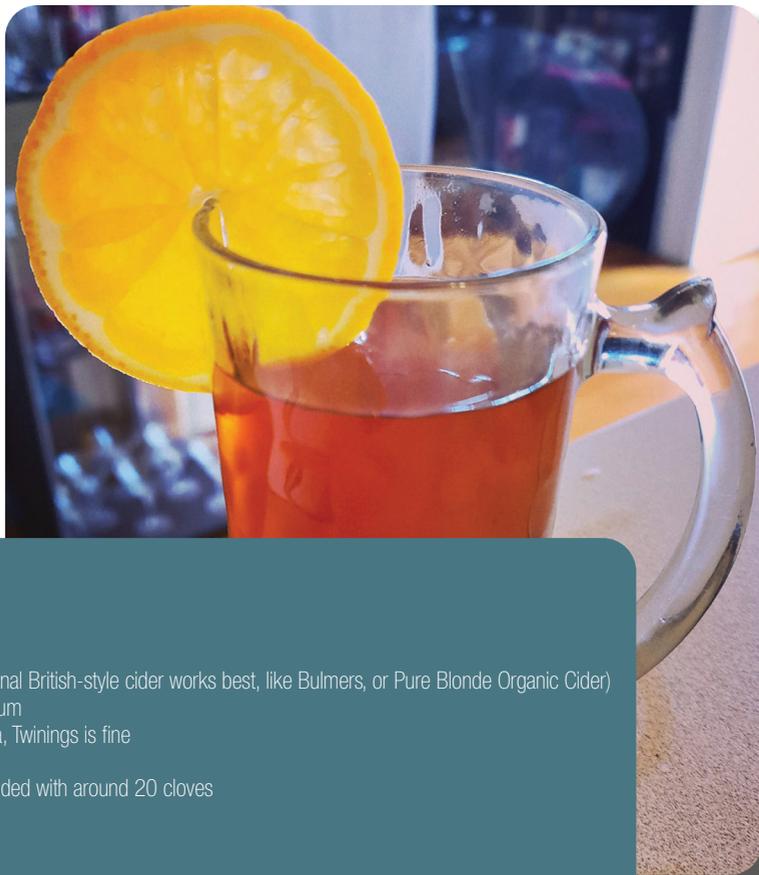
Sauce

- 60g butter
- 2 tbsp flour
- ¼ cup thickened cream
- Punnet of continental parsley
- 2 tbsp wholegrain mustard

Method

1. Rinse silverside with cold water, place in saucepan and cover with cold water.
2. Bring saucepan to boil, remove corned beef, discard water and clean the saucepan.
3. Return corned beef to the saucepan, along with the remaining ingredients and a pinch of salt.
4. Cover with water and bring to boil.
5. Simmer, partially covered, for 2 hours, depending on size of roast. I find the easiest way to partially cover something is to place two metal skewers over the top of the saucepan upon which to place the lid. Seeing as a corned beef does tend to float slightly, it helps to turn the roast every half an hour or so, to ensure even cooking.
6. 15 minutes or so before meat is done cooking, in a small saucepan, melt the butter and add flour to create a roux. Gradually stir in 2 cups of cooking liquid from your corned beef saucepan, stirring constantly.
7. Once mixture has boiled and thickened, add cream and bring to the boil again.
8. Add mustard and parsley and pour into a serving jug.
9. Removed cooked beef from saucepan, carve and serve with sauce and your choice of vegetables. A steamed combination of Dutch carrots and chat potatoes are always a good choice.





Mulled Cider:

Ingredients

- 500mL dry cider (a traditional British-style cider works best, like Bulmers, or Pure Blonde Organic Cider)
- 60-90mL dark or spiced rum
- 250mL Apple & Ginger tea, Twinings is fine
- 50g dark brown sugar
- 1 orange, Halved, and studded with around 20 cloves
- 2-star anise
- 2 cinnamon sticks
- 2 bay leaves
- 2 cardamom pods

Method

1. Combine ingredients in a saucepan and heat until almost boiling.
2. Strain and serve.

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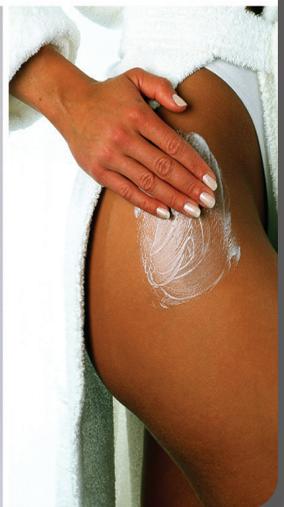
q beauty: COMPLETE BODY FIRMING

When it comes to skincare, it's easy to forget what's happening below the neck when we're in pursuit of a clear and radiant complexion. However, many of the ingredients we slap on our face are actually beneficial on other areas of skin, providing an exciting new era for active bodycare.

Pioneering the use of stem cell technology in Australia, luxury skincare brand, Enbacci, unveils the science behind their revolutionary Complete Body Firming Lotion, crediting the stem cells of a 11,700 year old plant, the Saponaria Pumila, for its firming and toning abilities.

Native to the alpine mountains during the Pleistocene period, the pink and fleshy Saponaria Pumila plant survived the last ice age by developing protective repair mechanisms to withstand extreme weather conditions. Preserved in the plant's DNA and harnessed through stem cell extraction, the plant is scientifically proven to protect dermal skin cells from UV radiation, improve human stem cell activity, and fortify the skin's natural defence system by improving skin barrier function, elasticity and firmness.

As the first all-over body treatment in Australia to contain Saponaria Pumila stem cells, the Complete Body Firming Lotion by Enbacci combines a host of natural ingredients, such as Sunflower Seed Oil, Sweet Almond Oil, Macadamia Oil, Shea Butter and Lecithin, to energise dermal skin cell activity, improve moisture retention and re-densify sagging, tired and mature-looking skin.



According to a study conducted by PhytoCellTec, a mere 0.5% concentration of Saponaria Pumila stem cells can protect the dermis from UV irradiation by 35% and improve skin density and firmness by 14% over a 28-day period.

Rich in essential fatty acids, minerals and vitamins C, E and K, the Complete Body Firming Lotion is non-greasy and vegan-friendly and ideal for all ages, skin types and genders.

Pregnancy and breastfeeding safe, the Complete Body Firming retails for \$80 and is available globally at www.enbacci.com

q festival: MELBOURNE CABARET

The Melbourne Cabaret Festival proudly returns to Chapel Off Chapel from 16 to 27 June 2021. The festival features two weeks of atmospheric, seductive and soul-stirring entertainment. You can experience an entertaining night out and be enticed by the launch of brand new and exciting cabaret shows. Many feature original music and other shows feature music from your favourite singers such as Annie Lennox, Aretha Franklin, Billie Holiday and Beyonce.



The creative energy and spirit of our cabaret performers have been at play, germinating fresh ideas, songs and stories. They can't wait to get back on stage and perform their new works. Prinnie Stevens, Nina Ferro, Melbourne Accordion Orchestra, Tash York and Trevor Jones are just a few of the many performers in the festival who are set to entertain Melbourne audiences.



Festival co-producer David Read says "Almost every show in this year's festival is brand new. There's a great mix of shows featuring songs from your favourite singers mixed with shows featuring exciting original songs and a dash of comedy. There's a host of brand new performers you'll be able to claim with pride 'I saw them first', mixed with iconic, established names – truly the best in the biz." The festival is proudly brought to you with the support of the City of Stonnington and the Ron and Margaret Dobell Foundation.



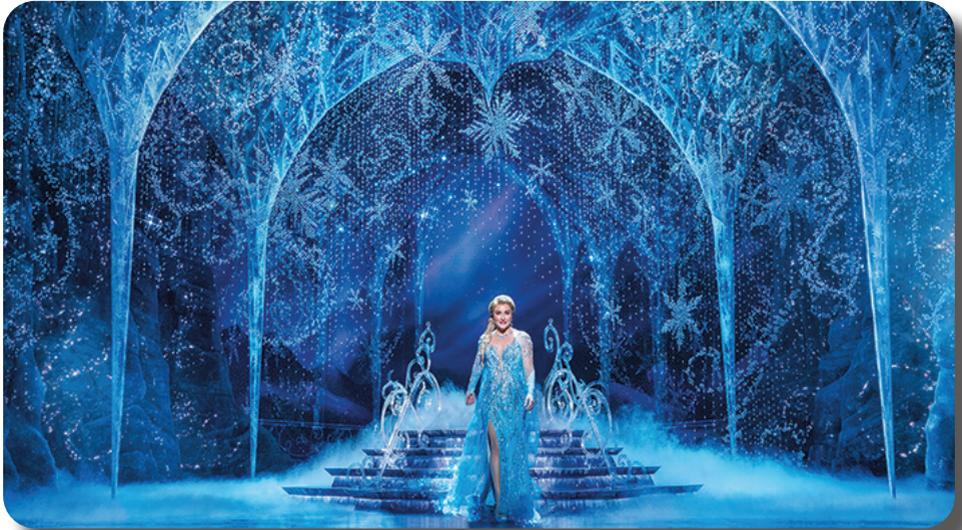
Chapel Off Chapel, 12 Little Chapel St, Prahran
For bookings and further information: www.melbournecabaret.com
03) 8290 7000

q musical: FROZEN - MELBOURNE

Disney's Frozen will have the honour of being the first musical to re-open the magnificent Her Majesty's Theatre since the pandemic began, when the much-anticipated Melbourne season of the hit Broadway musical opens in June 2021. The Australian principal cast features Melbourne's Jemma Rix in the role of Elsa, Courtney Monsma as Anna, Matt Lee as Olaf, Thomas McGuane as Hans, Sean Sinclair as Kristoff, Aljin Abella as Weselton and sharing the role of Sven, Jonathan MacMillan and Lochie McIntrye.

Produced by Disney Theatrical Productions (The Lion King, Aladdin, Mary Poppins), Frozen features music and lyrics by Academy Award®-winning songwriters Kristen Anderson-Lopez and Robert Lopez, with book by Academy Award®-winning writer Jennifer Lee, direction by Tony® Award winner Michael Grandage and choreography by Tony® Award winner Rob Ashford.

Adapted from the Disney film and original 1844 fairy tale by Danish author Hans Christian Andersen The Snow Queen, Frozen is brought to fresh theatrical life in this luxurious new musical. Frozen's journey sweeps audiences up into its thrilling world of adventure and classic comedy. While it does feature true love, the story has become beloved around the world for breaking the princess mold of girls needing to be saved by a prince, instead, focusing on the bond of two sisters, Elsa and Anna. The stage production features a full score, including 12 new songs from the original Academy Award-winning songwriters written especially for the stage.



Performances from 9th June 2021
Her Majesty's Theatre, Melbourne

Book at www.frozenmusical.com.au or 1300 558 878.

Groups 12+ call 1300 364 001 or email groupbookings@ticketek.com.au

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q opera: THE PHANTOM

Opera Australia and the Really Useful Group announce
CAMERON MACKINTOSH'S

Spectacular New Production of

ANDREW LLOYD WEBBER'S THE PHANTOM OF THE OPERA WILL GRACE THE STAGE AT ARTS CENTRE MELBOURNE
FROM NOVEMBER 14TH

Starring Australia's JOSH PITERMAN as the Phantom



Marking almost 35 years to the day since it opened in London's West End, before going on to become one of the most successful musicals of all time, this will be the first time it will be staged at Arts Centre Melbourne.

This spectacular new staging by Cameron Mackintosh premiered with a record-breaking sell out tour of the UK followed by a 7-year tour of the United States which grossed over US\$400 million and thrilled critics and audiences alike. Australia is now only the third country to see this new PHANTOM with its beloved and thrilling score including the hit songs The Music of the Night, All I Ask of You and Masquerade. With stunning new staging and scenic design, Maria Björnson's iconic original costumes and many special effects including a spectacular new realisation of the show's chandelier. It will be performed in Australia by a cast and orchestra of 65, making it one of the largest musical productions ever in Australia.

Cameron Mackintosh said, "I am thrilled to be able to bring this exciting new production of The Phantom of the Opera to Arts Centre Melbourne with its spectacular new staging by director Laurence Connor and fabulous designs by Paul Brown and Maria Björnson. The unprecedented demand for tickets to this new Australian production has set box office records in Sydney and we look forward to an equally successful season in Melbourne, where my original production was a legendary success in 1990, running for over 2 1/2 years."

The cast will be led by Melbourne's Josh Piterman playing the coveted role of The Phantom. Josh recently scored an impressive personal triumph playing the role in London's West End before sadly the show had to close due to the pandemic. Josh is an established musical theatre performer and classical crossover artist who has been working consistently on Australian and UK stages over the past 15 years. His past credits include being a part of international pop opera group The Ten Tenors, Tony in the 2010 Australian production of Westside Story, Bustopher Jones/Gus/Growltiger in the 2015/16 Australian season of Cats (a role that won him the Green Room Award for best supporting actor in a Musical), Cory Collins in the UK tour of Hairspray and Gerry Goffin in the 2017/18 Australian tour of Beautiful: The Carole King Musical.

Based on the classic novel *Le Fantôme de L'Opéra* by Gaston Leroux, THE PHANTOM OF THE OPERA tells the story of a masked figure who lurks beneath the catacombs of the Paris Opera House, exercising a reign of terror over all who inhabit it. He falls madly in love with an innocent young soprano, Christine, and devotes himself to creating a new star by nurturing her extraordinary talents and by employing all of the devious methods at his command.

Facebook: <https://www.facebook.com/ThePhantomOfTheOpera> Twitter: <https://twitter.com/PhantomOpera>
Instagram: <https://www.instagram.com/phantomopera>

For more information on the production and a video sneak peek, please visit phantomoftheopera.com.au

**“My reason to live is
Sundays with my girlfriend”
- Ashley**

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q sensual: A LINGERIE COLLECTION

A lingerie collection developed for sensual seduction and wild anticipation

Lovehoney

Wild ANTICIPATION

With much of the world spending the last year in lockdown, Lovehoney's latest lingerie collection invites Aussies to explore a new sense of freedom. The world-leading lingerie brand has always prided itself on being the 'sexual happiness people' - and is on a mission to provide people with the confidence to explore and discover new modes of pleasure both in and outside the bedroom.

This sense of anticipation is highlighted throughout the story of the collection, which seeks inspiration from period dramas the world became obsessed with. Deep desires, pleasure and romance at the forefront. Brimming with romantic flowers, soft pastels and femininity the collection is the epitome of RegencyCore.

The first instalment of the collection features ethereal lightweight silks, dashed with watercolour florals and light lace trims.



The Parisienne sets in Ivory Blush offer adjustable strapping and a new Basque-set profile; a silhouette that demands attention and embodies love and passion. Whereas, the white Beau Lace sets are designed in delicate floral and fishnet stretch lace offers a playful excitement for both wearer and voyeur.

The second act of Lovehoney's lingerie collection, on sale from the 14th of June, abandons this sense of romantic intrigue, giving way to wild prints. From the Zebra mesh of the Flirty Animal Attraction plunge bodysuit to the bright cobalt-blue hues of the Blue Belle baby-doll set, the call of the wild can be heard – a siren to embrace inner pleasure.



The collection reaches climax with the Boudoir Belle, corset style lingerie in blues and dusky grey, adorn empowering strong women. And the playful babydoll, Passion Flower, in pink with navy accents, promises seductive freedom.

The call of Wild Anticipation, will you answer?

For more information, please go to <https://www.lovehoney.com.au/wild-anticipation>



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q inspiration: **RUNNING 350 KMS**

Five things I learnt running 350 kilometres

I often get asked why I love running so much. Apart from the daily morning boost of endorphins, I love immersing myself into running adventures. Through running, I learn more about myself and maybe even about how to lead a fulfilled life. The longest race I've participated in so far took me over 350 kilometres along the Bibbulman track in Western Australia from Northcliffe to Albany and was fittingly called the Delirious W.E.S.T. 200-miler. Luckily, instead of becoming delirious I gained a lot of clarity on the journey. Here are my top five insights.

Lesson 1: Assemble a strong team around you

One of my biggest learnings in ultrarunning is not to attempt major challenges on my own. There is a much easier way than 'fighting things out' myself. Even in a solo sport, we are better off when we build a strong team around us. Without a strong support team keeping me healthy, I probably wouldn't even have made it to the start line. Certainly, I wouldn't have seen the finish line without my support crew's encouragement and them accompanying me in the later stages of the run. Regardless what challenges you are facing, take it as an invite to build a high-performing team around you.

Lesson 2: Take breaks to maintain momentum

Our biggest challenges typically cannot be tackled as if they were a sprint. On the contrary, we tend to be in for the long-haul. Therefore, our approach to recovery makes all the difference. While we spend most of our time worrying about what we need to do, we rarely consider how to become elite in taking breaks. If we want to tap into our full potential, we have to have the discipline to regularly switch into 'rest mode'. Learn how to use breaks well and you will maintain your momentum 'in the long run'.

Lesson 3: Follow your own path

If I contemplate my biggest challenges over the last years, they all have one thing in common: There comes the moment when I get lost – sometimes literally, sometimes metaphorically. In the Delirious W.E.S.T. I got off course multiple times and added unnecessary mileage to an already long adventure. Once, I threw a mini-tantrum, but even in my sleep-deprived state (less than 2 hours of sleep in total) I reminded myself that getting lost was part of the journey. Staying upset would have side-tracked me even further and, as I learned later, wasting only 10 minutes was a blessing compared to a four-hour detour of another competitor. We all have to follow our own path.

Lesson 4: Don't underestimate the little things

I have learned that once things get tough (which is unavoidable in major challenges), it helps to cherish the little things. Whether a hot home-made soup in the middle of the night or a fortune cookie when our fate seems sealed, the trick is to always stay open for what the world has on offer. It might be all it takes to re-energise you and get you around the next bend.

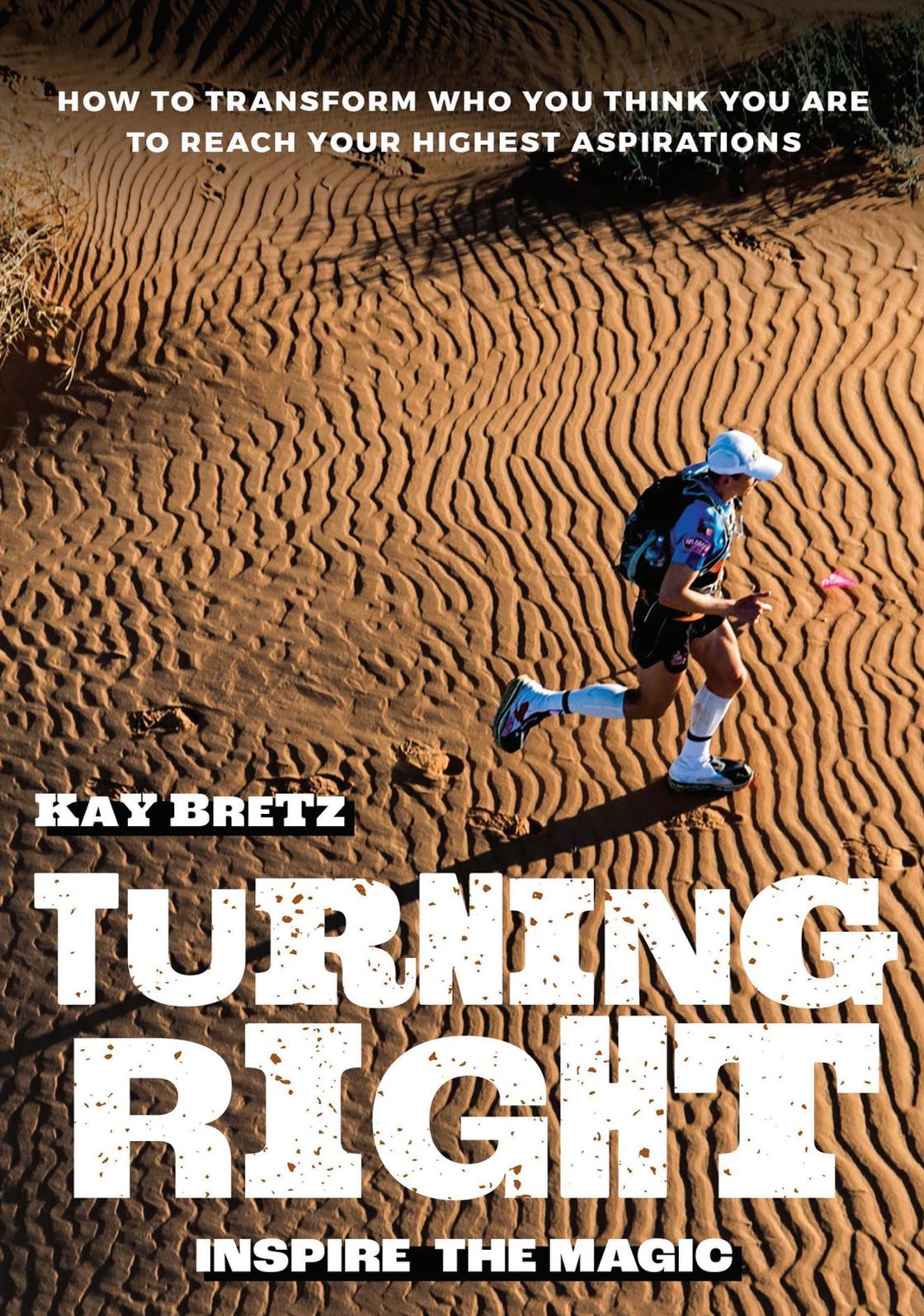
Lesson 5: Be your own cheerleader

Whatever challenge you are facing, don't do it for the glory. After 68 hours and 52 minutes I finally reached the finish line in Albany. I was reflecting on the long way I had come, the close encounters with poisonous snakes and the instances when giving up would have been the easier choice. It was almost 4 am, so I knew that I couldn't expect many people cheering me over the line. In fact, only the race director waited for me, peeling himself out of his sleeping bag to hug me and give me my medal. I did not need anything else to be filled with deep satisfaction. We don't need cheerleaders when we back ourselves. Whatever you do, don't focus on the achievement or you might be disappointed. Ask yourself who you have become in the process and you will be amazed by the answer.

To become all that you can be, most people don't need to run 350 kilometres. All you have to do is to embrace your own challenges and learn your own lessons along the way.

Kay Bretz, author of Turning Right: Inspire the Magic (Major Street Publishing, \$32.95), is a facilitator of transformation, executive coach and inspirational speaker. As the founder of Turning Right he draws on his experiences as a corporate leader and as an Australian representative at the 24-hour world championship. Turning Right is now available at all good booksellers. Find out more about Kay at <https://turningright.com>



A high-angle photograph of a runner, Kay Bretz, running across a vast desert landscape. The ground is covered in intricate, wavy sand ripples that create a textured, undulating pattern. The runner is wearing a blue and black athletic outfit, a white cap, and a backpack. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The overall mood is one of perseverance and achievement in a challenging environment.

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TO REACH YOUR HIGHEST ASPIRATIONS**

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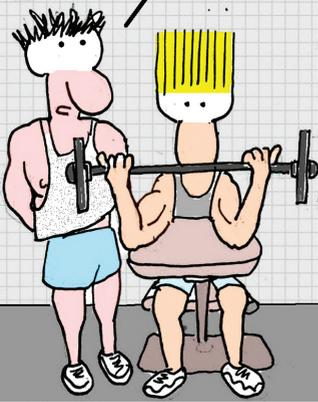
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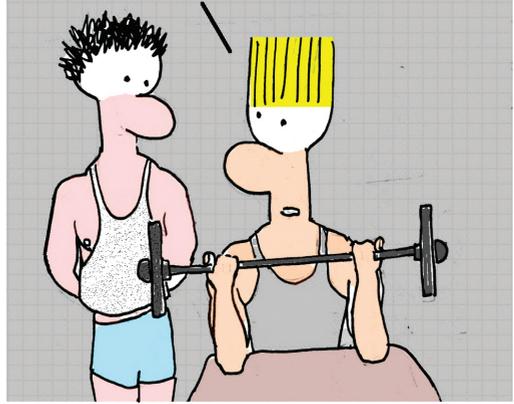


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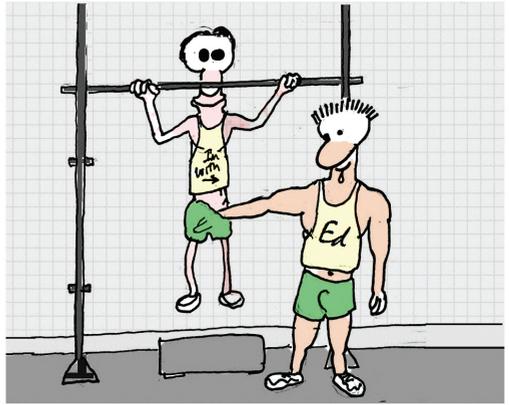
I want to have muscles so I can attract men with muscles!



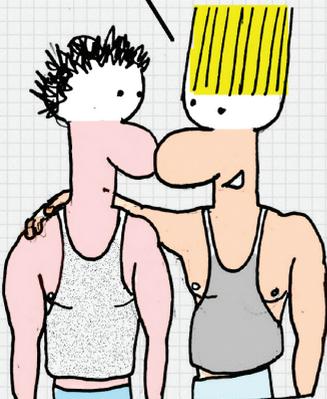
But muscle men are useless narcissists or they're like hunky Ed over there



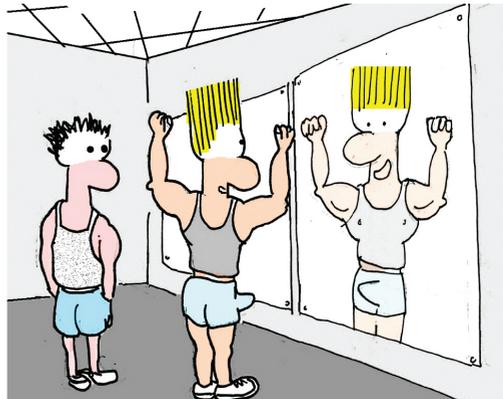
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Yes, it's an unpredictable world, but being hot can be its own reward



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