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DECEMBER 2012

Q MAGAZINE

featuring  
MR STOJ  
a classic dj tale

**DNM**  
BAR & NIGHTCLUB

PRESENTS

# NYE 2012

**MON 31ST DEC**

## GLOW PARTY

Doors Open 5 pm  
Party kicks off 9pm-3am

- \* **DRESS CODE- WHITE**
- \* **GLOW PACK ON ARRIVAL**
- \* **DRINK SPECIALS**
- \* **MALE & FEMALE DANCERS**
- \* **NYE COUNTDOWN**
- \* **MIDNIGHT GLOWPAINT ATTACK**
- \* **3 ROOMS**
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## q comment: VOLUNTEERING

Have you ever thought about doing something truly meaningful on Christmas day? Had enough of the rampant materialism that seems to surround the festive season?

Why not volunteer some time to assist at the Positive Attitude Christmas Day Lunch?

For more than 20 years, the wonderful Yvonne Gardiner (founder of Positive Attitude) and her band of volunteers have put on a three – course Yuletide feast for those affected by HIV/AIDS, and the GLBTQ community.

Assistance is required Christmas Eve (daytime) for preparation and set – up, as well as Christmas Day. Tasks are as varied as peeling potatoes to decorating the tree and venue. You can donate as much or as little of your time as you are able – even a couple of hours is greatly appreciated.

The lunch is held at the Old Fitzroy Oval clubrooms on St Georges Rd, North Fitzroy, easily accessible by tram (112 from Collins street), and plenty of free parking is also available.

If you would like to help, or attend the lunch, please phone Yvonne on 9471 0033 or Stephen on 0413 337 805.

Don't let another Boxing Day go by feeling deflated after Christmas and thinking, "Next year, I want to experience the true meaning of the Festive Season."

Altruism is addictive – it gets those endorphins flowing, and makes you feel all warm and fuzzy inside!

So go ahead and volunteer, it's the ultimate Christmas gift to your community – and yourself.



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ABN 21 631 209 230



# q feature: DJ “MR STOJ”



Melbourne based DJ 'Mr Stoj' began his musical career in 2002 whilst living in London. He saved up enough money to buy a new set of turntables and mixer and that was the start of a life long dream. From this point, his story reads like a classic DJ tale.

Soon after returning to Melbourne he created and formed the 'Mecca' underground dance parties @ The Public Office in West Melbourne. The party which eventually spanned a successful three years, went on to showcase some of the best house music with a stellar line up of DJs.

Since the halcyon days of Mecca, Mr Stoj has made his mark by playing what he knows best, Uplifting pumping house. From rolling baselines to brilliant piano synths with amazing vocals the choices he makes to move the floor have earned him a reputation as a mover and shaker. A crowd pleaser, who blends his mixes in a way that keeps the energy constantly flowing.

This sound and style is what earned him a peak session residency at Melbourne's premier industry night, Sundays at Love Machine which he has been a part of for over four years.

Since then, Mr Stoj has risen to prominence, becoming a permanent DJ resident at the Spice Market where he has been playing extended sets to keep the clientele coming back for more on Friday and Saturday nights, by mixing an upbeat blend of current and old skool tracks that always keeps the dance floor movin' and groovin'. He is also a resident at cool hotspots like Q Magazine supporter DnM Bar & Niteclub, Alumbra, Baroq, The Hotel Barkly, The Motel & Fashion Lounge.

In addition to this Mr Stoj has also played at other large events such as Sensation New Years Eve 2010, Shiver, Rawhide, Rogue, Purr, Betterdays, Liveoneday,, as well as being one of the key players at the old Candy Bar Sunday nights and a resident at the iconic Market Hotel.

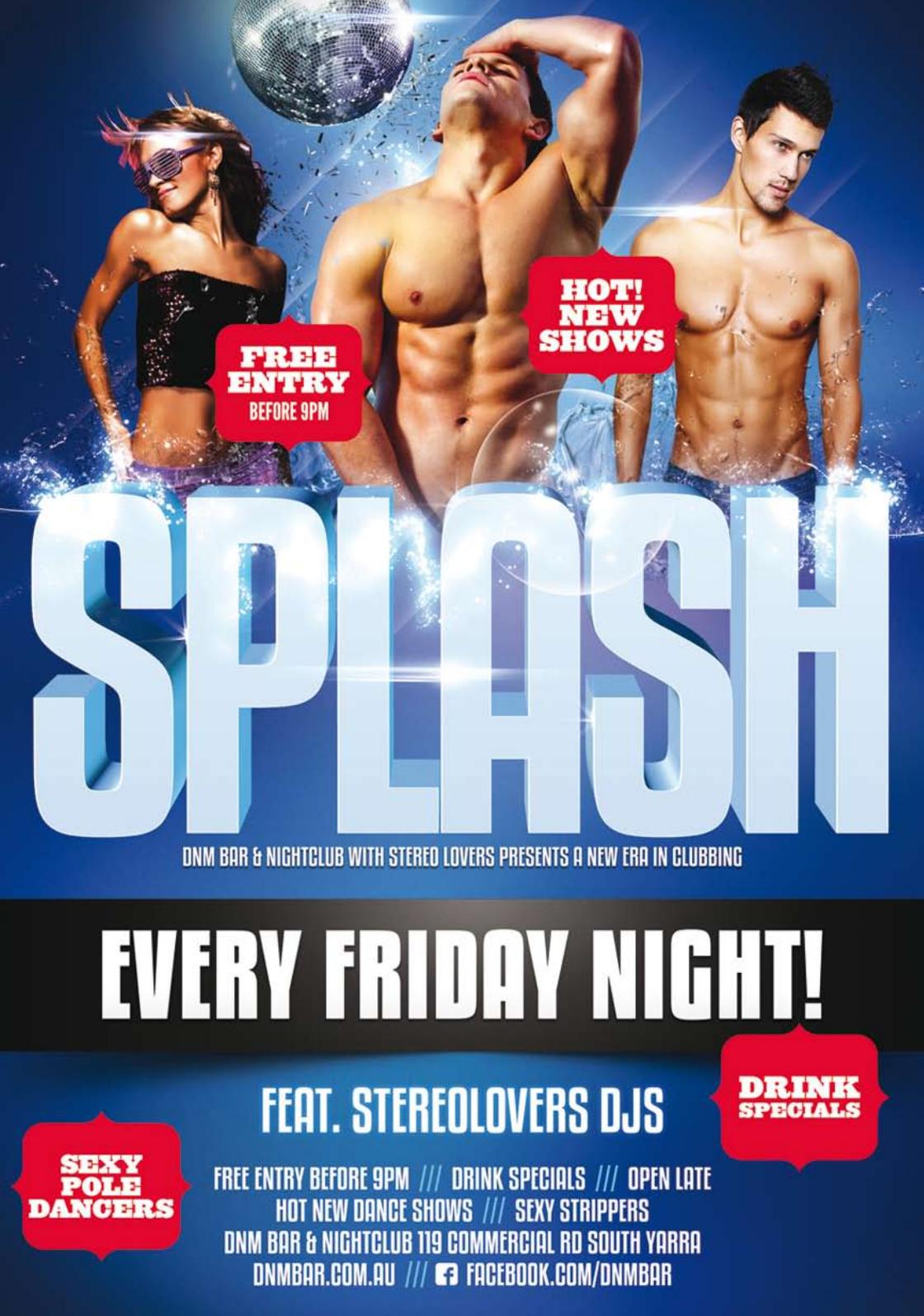
After years of spreading House music to the masses it was inevitable that the next step was to radio where he is currently presenting a weekly Friday night dance music show on JOY94.9 from 9 til 11 appropriately titled 'House Arrest'. The program showcased cutting edge club tracks and classic anthems and is tailor made to make you wanna throw your hands up in the air and dance around your living room.

Mr Stoj has developed a following that is diverse, large, loyal, and consisting of people who not only know good music when they hear it, but how music should be played to sound seriously good.

Mr Stoj can also be seen as one of the DJs at SPLASH – DnM Bar & Niteclub - every Friday.

*'Become a fan of 'Mr Stoj' on Facebook'  
Email – [stevestoj@hotmail.com](mailto:stevestoj@hotmail.com)  
Download his podcasts at [stevestoj.podomatic.com](http://stevestoj.podomatic.com)*





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# q arts: at ART CENTRE MELBOURNE

**Look a Gift Horse in the Mouth this New Year's Eve. Celebrate in Style at the Official War Horse Opening Night Party - 8pm – 1am New Year's Eve, Arts Centre Melbourne, ANZ Pavilion.**

Arts Centre Melbourne is offering audiences the chance to ring in the New Year with Joey, everyone's favourite War Horse. A strictly limited number of tickets to War Horse and the Official War Horse Opening Night Party on New Year's Eve are now on sale, offering fans a once-in-a-lifetime opportunity to attend the Australian premiere of the production. They will then then rub shoulders (or manes) with War Horse cast members, including the life-sized horse puppet Joey, and wine and dine with some of Australia's entertainment royalty at the exclusive after-party.



To be held at Arts Centre Melbourne's ANZ Pavilion following the War Horse opening night performance in the State Theatre, the Official War Horse Opening Night Party also offers attendees a perfect view of Melbourne's skyline and the traditional City of Melbourne New Year's Eve Fireworks from the private terrace and balcony. Partygoers will graze on canapés from Arts Centre Melbourne's thoroughbred culinary team, including award-winning Chef Nicolas Poelaert, former Head Chef of French restaurant Embrasse, who is now heading up the kitchen at Brooks.

The National Theatre of Great Britain's smash hit production, War Horse, is set to be the hottest show of summer. Since its world premiere in London in 2007, War Horse has won numerous prestigious awards including two Laurence Olivier Awards, five Tony Awards and four Outer Critics' Circle Awards amongst a host of others.

Nick Stafford's stage adaptation of Michael Morpurgo's book, War Horse is a magnificent drama, which tells the heart-wrenching story of Joey, the beloved horse of a boy named Albert. Sold to the cavalry at the outbreak of World War I and shipped to France, Joey is soon caught up in enemy fire, and fate takes him on an extraordinary odyssey, serving on both sides before finding himself alone in no man's land. But Albert cannot forget Joey and he embarks on a treacherous mission to find him and bring him home.

*For more information visit [artscentremelbourne.com.au](http://artscentremelbourne.com.au) or phone 1300 182 183. Become a fan of Arts Centre Melbourne on Facebook or follow @artscentremelb on Twitter.*

**Arts Centre Melbourne will present its first ever Summer season, a spectacular curated program of local and international theatre, dance and live music performances and activities, kicking off in December and running through to February 2013.**

The arrival of shows at the Sidney Myer Music Bowl is one of the first signs of summer at Arts Centre Melbourne, and this year the Bowl is gearing up to host a genre- and generation-defying program from orchestra performances and iconic family events to electronic music festivals and concerts from some of the biggest names in music, including Gotye, Vision Australia's Carols by Candlelight, Summadayze, Weezer, Australia Day Concerts, a special concert from Opera Australia and the Sidney Myer Free Concerts with the Melbourne Symphony Orchestra.

The Fairfax Studio will feature the charmingly surreal one-man physical theatre show Leo from Berlin-based Circle of Eleven; Europe's favourite street theatre performers, D'Irque and Fien, performing their acclaimed kids and family show Oh Suivant!; and MTC's Constellations, the poignantly funny play by ground-breaking British playwright Nick Payne directed by new Associate Director Leticia Cáceres in her MTC mainstage debut.

The Playhouse is home to Justine Clarke's Pop Up Tour 2012 from Australia's foremost female children's entertainer, and Giggle & Hoot which will bring some of ABC TV's beloved characters on stage including Jimmy Giggle, Hoot the Owl and their best owl pal Hootabelle. There is also the Australian premiere of MTC's The Other Place by Sharr White, directed by multi-award-winning film and theatre director, Nadia Tass and starring Catherine McClements and Philip Quast; legendary Ethiopian singer Mahmoud Ahmed performing with local band the J-Azmaris; and Bernadette Robinson in the encore of Songs for Nobodies.

Hamer Hall will be a drawcard for locals and visitors alike with performances from international innovators David Byrne and St. Vincent, the electrifying streetdance production Blaze The Show, ARIA award winning musician Sarah Blasko in her first orchestral tour, '60s band The Hollies and The Key of Sea, a concert that brings together top Australian artists with emerging new talent.

Hamer Hall is home to the new Riverside Live, a new program of events running every Thursday and Friday lunchtimes and Friday and Saturday evenings, including free concerts, dance workshops and public debates with prominent Melbourne performers in the public spaces and foyers.

# Q money: with EVAN DAVIS

Each year, the holidays catch me by surprise and unfortunately for me the financial binge has started all over again. As in previous years I've been able to put together some helpful financial tips on how to survive the holiday season.

It is time to throw fiscal caution and prudence out the window and dive into my annual tongue in cheek column "Anti-Q Money" so let the lunacy begin...

Let's blow the bank, burn the tree and max the credit card because this year it's going to be BIG.

Right, we need to sort pre XMAS first.

You need to create your list of chores as soon as possible. Get the shopping lists sorted, the food organised and the grog pre-ordered. You have limited time to do this in and very finite time outside work. So the answer is obvious. Schedule phony appointments in your work diary and hit the shops when you should be working.

SORTED, oh and no need to worry about the boss. I'm one and I can assure you we're doing the same thing.

Funding your own holiday economic collapse should be simple. Punch a hole in your credit card. This is easily the best way to spend more than you earn. Don't have a credit card? Get 5! Bad credit no worries. Ring all your old relatives that haven't seen you in ages and guilt them into giving you cash!

While on the subject of work, you should try to be the one who organises the end of year party. The beauty of this is you can choose a really cheap and crappy venue. This frees up WAY more money to allocate to the bar. Just imagine how impressed your workmates and employer will be when the booze flows freely.

Also make sure you don't hold back. Australian culture is a drinking culture, so get stuck in! You don't want to embarrass yourself and appear a 'light weight' so you may need to start practicing now! Drink at least three to four standard drinks during your lunch break as a warm up for your end of year event. Don't focus unwisely on your work productivity after all it is the end of the year.

Just putting it out there, tequila shots. Tequila shots are awesome. Make sure you have as many as you can at your end of year event. Soon enough you'll be wearing nothing but a slightly soiled Santa hat!

Okay shopping and work are sorted so this really just leaves the holidays to cover off.

You'll probably need to see your immediate family, NEVER FUN. The best way to manage this is to over feed them and keep their glasses full. This really takes the edge off the day and should knock them out early, leaving you time to download this year's instalment of Christmas themed porn from Australian website [www.bentleyrace.com](http://www.bentleyrace.com).

Thanks for reading throughout 2012 and enjoy the holidays, I'll see you all next year!



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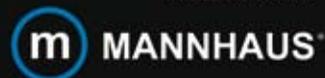
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# q business: with DR SPANO

## SUTURE LIFTING AT SKINOVATE

Nobody wants to go under the knife anymore and its getting easier and easier to avoid surgery but still get those youthful looks again.

Suture lifting or Thread lifting has been around for a decade or so. Its a mini face or brow lift by running a needle through the skin under local anaesthetic dragging behind it a thread with one-way tiny little hooks or cogs on it. These cogs allow the thread to pass only one way under your skin , when we pull it in the other direction it "catches" on the skin and , yes, lifts it up. So correctly placed and anchored above we can lift the lower or mid or upper face to reduce heaviness and sagging.

The new Promoitalia Threads are far more advanced than the two types of threads that have gone before (APTOS and Contour). The new threads have more cogs on them and each cog has a forked tongue with double the lifting power. To make things even better they dissolve over 7-10 months leaving behind them your own collagen ropes holding everything in place.

Dr Spano can do a suture lift in 45 mins under local anaesthetic in his brand new Moonee Ponds cosmetic theatre. Typical cost is \$3500 and results last 5-10 years. "It's a natural-looking lift, not overdone like the surgeons do, it's the biggest threat to plastic surgery since Botox and Dermal Filling." Dr Paul Spano.



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*Skinovate was founded in 1996 by Dr. Paul Spano a graduate of Melbourne University medical school. Dr Spano was a foundation member of the Cosmetic Physicians Society of Australia ,is a Member of the International Society of Hair Restoration Surgeons and Fellow of the Faculty of Medicine of the Australian College of Cosmetic Surgery.*

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# q cuisine: with NATHAN MILLER

The Yarra Valley is home to some of the best wines and sparklings in Australia, and yes the food up there is of equal standards. Having not yet been to eat at Chateau Yering, I decided to drop by with some friends and enjoy some amazing food before launching ourselves into the Day on The Green© at the delightful Rochford Winery.

But first things first, Chateau Yering is located in Yering, just an short drive from the Melbourne CBD, and being so close, it's a great chance to get away from the hustle and bustle and not be stuck in the car for hours looking for a getaway.

Arriving at the chateau, I was completely taken in by the charm, the decadence and the pure elegance of this historic property.

After settling into a lovely corner of the Sweetwater Café, my imagination was taken by the remarkable selection of fine wines and delicacies on offer. Kicking off the taste buds with some freshly baked bread, , I was ready for a journey of the senses.

I have heard a lot about the Executive Chef at Chateau Yering, the talented Matthew Macartney.

An entrée of seared scallops arrived at the table, and without thinking of this review, I dived in and was lost in the delicate, fresh and well-complimented scallops. The avocado, ponzu and wakame took scallops from being tantalizing to extraordinary.

Unfortunately between the four of us, I was only able to get a photo of the plates, proving the proof is in the pudding.

After soaking in the aura and sophistication of the well designed and laid out dining room, I was mesmerised by the swiftness and attentiveness of the smiley and friendly staff.

Our mains arrived with perfect timing, between drinks, enabling some pictures of these dishes to be taken. I was absolutely blown away by the design, scent and individuality of each dish, highlighting Matthew's unique and genuine creations.



Ok I have to admit, ordering a burger from such an establishment is not my norm, but in the circumstance sometimes the simplest of things can be the make-or-break of a chef's talents.

Without a word of a lie, the wagu beef burger with parmesan was exceptional and with the richness of freshly ground beef with freshly shaved parmesan, I was in heaven.

As I sampled all the dishes on our table, it was obvious that Matthew and his team of committed chefs have nailed a market in an area filled with great food, wine and surroundings.

If I hadn't already planned for Christmas, I would be whipping all my family out there for a festive lunch.

*For more information on Chateau Yering and upcoming events, visit <http://www.chateauyering.com.au>*

*For more wonderful cuisine news and views from Chef Nathan, go to [www.ramblingrelish.com.au](http://www.ramblingrelish.com.au)*



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# q music: DAVID ROGERS-SMITH A LITTLE BIT OF LOVE

David Rogers-Smith is a regular on the opera, musical theatre, concert, oratorio and cabaret stages. He has performed with all major orchestras in Australia (SSO, MSO, APO), recently appearing with the MSO duetting with Ben Folds.

Career credits include over 2,500 performances as Ubaldo Piangi for the International and Australasian tours of *The Phantom of the Opera*, Brujon/Jean Valjean cover for the International tour of *Les Miserables*, the Ziegfeld Tenor in *Funny Girl*, Mary Sunshine cover in *Chicago*, *Forbidden Broadway 2000*, Brian in *Elegies for Angels, Punks and Raging Queens*, Buddy Plummer in *Follies in Concert*, Sondheim's *Marry Me A Little* and General Kromov in *The Merry Widow* with Marina Prior. Earlier in 2012 David was in heels and corset as Zaza in *La Cage aux Folles* opposite the wonderful John O'May.



Operatic credits include Degas in *Gauguin – A Synthetic Life*, Ein sklave in *Salome* (Kirov Opera), Michele in *The Saint of Bleeker Street*, The Impresario in Mozart's *The Impresario*, and as a regular with Melbourne Opera he has played Lt BF Pinkerton in *Madama Butterfly*, the title roles in both *Pagliacci* and *Faust*, Danilo in *The Merry Widow* and Don Jose in *Carmen*.

Look for David next year in his debut with Victorian Opera in *Sunday In The Park With George*.

The title of his fabulous new CD is: *a little bit in love*

David describes this, his first solo recording, as a "red wine by the fire, romantic collection of songs which I absolutely adore".

Featuring the title track Leonard Bernstein's A Little Bit In Love (Wonderful Town) to Beatles classics In My Life and For No One and Leonard Cohen's Hallelujah, it is an eclectic set of songs accompanied by piano and string quartet.

To find out more about David and to purchase your own copy of *a little bit of love*, go to [www.davidrogers-smith.com](http://www.davidrogers-smith.com)

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# q people: with LEE TAUBE



A few weeks ago I received a call from a young man who proceeded to share with me a fabulous story about his life. So fascinated was I that I had to do an interview with him. His story is compelling, interesting and one which all should know and understand. I started in the usual way by asking a little about himself, such as where he was born; how old he is; did he have any family; and where he lives?

My name is Lee, I am 21 years old and a full time student studying liberal arts. I was born in Melbourne's outer west and currently live in Melbourne's inner city west with my partner. The only family members that I speak with are my nuna, nunu and younger sister who are very supportive.

**When did you first know that you were transsexual and did this create any issues growing up/working (as the case may be)?**

I knew that I was a boy and not a girl as soon as I was old enough to know the difference between a boy and girl which was kindergarten. I didn't know that I was transsexual until 17 when I felt it could safely be addressed straight after graduating from high school. The first issues I had were as a child voicing my gender and having it dismissed as being a tomboy from family. I was very verbal about dreading puberty so high school was the hardest time for me where I became disgusted, depressed and hateful towards my changing body. My masculinity was noticed by others at high school which resulted in getting socially out casted by nearly all the boys and most girls. I have not been able to secure an ongoing paid job due to lack of experience as a result of being knocked back from jobs in the past with my old birth name not matching my presentation and persona which has been questioned in job interviews.

**What has the journey been like through your transitioning period?**

The journey has been rocky and slow just as puberty is. Looking at photos and looking back, I have changed heaps both physically and emotionally. I feel differently emotionally with feeling anger much quicker than sadness however my personally and core values have remained the same. I am dramatically more confident and assertive about my needs and feel much more comfortable in my skin than ever. The social transition has been very smooth as my friends have been very supportive and when I meet new people I am now always addressed as he or if I'm somewhere fancy then sir!

**Did you seek support from a community organisation / friend / family member, and how this help?**

I got support mainly from friends who some were transitioning too and my partner which helped validate my feelings unlike my family as a child. It felt right and natural when my sister who I grew up with started calling me Lee and introducing me as her brother. There were no community organisations at the time to meet others my age for support which is why I helped build Y Gender which I currently facilitate a discussion group aimed at connecting others to support one another and reduce isolation.

**Do you have a partner?**

I have been with my partner for over two years who has been very supportive of my transition.

**You recently had a medical procedure. Please tell me about this experience (from beginning to end).**

I have had irregular bleeding since 14 just like my mother which she had a hysterectomy for. My doctor from the Prahran Market Clinic put me on Yaz which is another version of the pill to deal with it and confirmed it was safe for me to skip the sugar pills to not bleed provided I take the sugar pills three times a year to shed the old uterus lining.

This worked until I started testosterone a year and a half later in 2010. The testosterone was supposed to stop the bleeding which happens to most guys within three months of starting testosterone but my irregular bleeding became worse and got heavier. I even bleed for months straight. My doctor wrote referrals to clinics and hospitals for this and all three knocked me back despite one of them being fully aware that my condition had gotten worse developing into severe abdominal pains requiring endone and excessive bleeding requiring several emergency department admissions.

I had scans done which showed nothing abnormal except for 40 cysts in each ovary which did not explain the bleeding or the severe central abdominal pain. A gynaecologist had a theory that the pain could be coming from testosterone strengthening the uterus muscles so that when they contract it is causing pain and the bleeding could have come from blood vessels as scans had showed testosterone had made the uterus lining too thin to shed.

Eventually a referral was forwarded on by that hospital that refused to treat me to Southern Health's Monash Medical Centre who said that they would do the hysterectomy for me to fix my problems. All the doctors I met in outpatients were friendly and referred to me as he. I had the hysterectomy done under the public health system two and a half weeks ago at Monash Medical Centre on the 7th of November. The surgeon, doctors and nurses were all wonderful as well as professional.

The surgeon was also respectful of my wishes to keep the ovaries in for fertility options later down the track. Monash Medical Centre were fantastic! They were able to look past me being transsexual and provide me with the medical care that I needed. I'm even recovering much faster than I was told to expect.

#### **What advice would you give someone having the same feeling that you had?**

I have heard that abdominal pain is common with guys on testosterone and there is no research that has been done on the effects testosterone has on female reproductive organs. If you are having strong abdominal pain and or irregular bleeding I'd recommend seeing a doctor and getting it checked out. If a scan comes back with nothing wrong then that's the best that can happen. If not, as in my case with the polycystic ovaries then at least you know where you stand with your body.

I'd also strongly recommend going to Southern Health's Monash Medical Centre if need be as they were outstanding.

#### **Anything else you would like to add?**

Monash Medical Centre doing a hysterectomy on a transsexual man under the public health system is a great step in the right direction for the gender diverse community. According to popular gynaecologist Professor Sonia Grover, she hadn't heard of a hysterectomy being done on a female to male in over 10 years. I have heard of many people going through the private health system due to being discriminated against and in some cases refused surgeries even when cancer is present. I have never heard of a hysterectomy being done on a guy through keyhole incision so whether I am the first or not, it certainly shows the beginning of a promising future for the gender diverse community.



[www.rushpoppershop.com.au](http://www.rushpoppershop.com.au)

# q world: with MICHELE MAHONE

I had the pleasure of chatting with the amazingly talented and incredibly kind psychic medium Chip Coffey. I started by asking him if his gift ran in his family?

Yes, absolutely. My great grandmother, my mother's father's mother, Minnie Sue Morrow Foster, was a Cherokee Indian and a medicine woman and a shaman. My mother, Carolyn, had my gift as well. A lot of my relatives were Christians so some passed it off as work of the devil and tried to escape it.

## Do you ever get scared?

I don't know that I ever get scared I get startled or rattled, I'm cautious and guarded, but I don't run screaming. There are some things I don't like to do. I don't like sleeping in haunted place, a very small number of things have made me say "I'm outta here and not coming back".

## Are you able to turn it on and off?

Absolutely I am. It's interesting; it's kind of like flipping a light switch or clocking on and off. I also ask spirit guides to stand sentry. You don't work 24/7 you work when you work and spend the rest of your time doing what you want to do. I just focus in on what I'm doing at the time on the fact that I'm supposed to be working.

## What do spirits do all day?

I have no idea. I'm not privy to that. But what I'm lead to believe is there are strong similarities between where we are and where they are. I don't think their world is a dense as our world is. The law of time and space is very different. They have said to me "Picture us playing cards, going to BINGO, on the beach in Florida" maybe that's just what they want me to imagine that they do, I don't know.

## Has a spirit ever sought you out to give a message to a stranger?

I have had that happen but I try to avoid that. I feel that that is trespassing or an invasion of privacy. You don't know what the reaction will be, I always ask permission, I'll say "I have been given a message for you, do you want to hear it"? I will not read someone without permission.

## Have you ever solved a crime?

I've given information to law that has been accurate but I don't do it that often. If you have an unsolved crime that means the perp is still out there and that puts me in danger. If they think I can point a finger at them they could come after me. I don't want to put my family, friends, animals or my home in danger. I've worked high profile cases and been invited on major networks to discuss it and I've declined; call me erring on the side of caution.

## Does sexuality exist in the next life?

They have alluded to the fact that it does. It's a lot less of an issue, jealousy is all third dimensional shit. That does not mean spirits can't be opinionated, they can still feel passionate about things but for the most part are no longer a part of this realm, they may or may not stay involved.



## Do most spirits cross over?

I don't encounter a lot of Earth bound spirits. Spirit that have made the transition can come back to visit. For example, if your mother is in the spirit world she's been other people, she will come back the way you knew her. As far as gender goes they will come back the way they are familiar to us. It's a lot less cared about (gender).

## We miss you on TV, what do you have coming up next?

I'm working on ideas for new tv shows, some are in preproduction. I recently played myself in a movie for the Farley brothers, I also played myself in an indie film based on Dark Shadows. The Wayans brothers parodied me in "Paranormal Movie", they could have had the real thing, I'm not afraid to poke fun at myself and have fun

## Can someone develop the gift if they don't have it?

I think that everyone has some level of psychic ability. Some are very attuned to it, some of us are not paying attention to it. Ask for it, maybe, but be very careful what you ask, for once it starts coming it can be hard to manage. You may get more than you bargained for.

For more information go to <http://www.chipcoffey.com>



# cabaret: MELBOURNE'S OWN



The Melbourne Cabaret Festival is calling for submissions to perform in its fourth annual festival. This is your chance to perform in one of Victoria's fastest growing festivals.

The Festival will kick off on Wednesday 26 June 2013 with an Opening Gala at Australia's largest capacity theatre, the Palais Theatre, then cabaret will burst upon stages all across Melbourne until the Closing Gala on Sunday 7 July.

Last year the Festival experienced multiple sold-out shows, attracting more than 8,000 audience members which was 83% up on last year and 150% up on the inaugural Festival in 2010.

To perform in one of Victoria's fastest growing and most exciting festivals, performers should submit via <http://melboursecabaret.com/perform-in-2013>. Submissions close at the end of February.

The Festival also announced hit show 'Candice McQueen: Nasty!' (starring London's Spanky) will return to tour Australia in 2013.

Dates and venues are:

Perth

The Spiegeltent, Monday 18 to Sunday 24 February

<http://www.fringeworld.com.au>

Sydney

Slide Lounge, Thursday 28 February (Mardi Gras parade week)

<http://slide.com.au/shows/spanky>

Adelaide

Holden Street Theatres, Friday 1 to Monday 4 March

The Spiegeltent, Garden of Uneathly Delights, Wednesday 6 March

<http://www.adelaidefringe.com.au>



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# q festivals: MIDSUMMA 2013

## MIDSUMMA CELEBRATES 25 YEARS

Midsumma, Melbourne's annual festival of queer arts and culture will mark its 25th year in 2013 with an exciting program in celebration of the milestone and the past, present and future of the city's vibrant and diverse GLBTI community.



The 25th Midsumma Festival has been launched and will run from Sunday January 13 to Sunday February 3 2013 with a range of performance, visual arts, spoken word, sporting, community and social events that will make-up the festival, which has become a highlight of Victoria's Summer cultural landscape.

Midsumma Chair, Lisa Watts said, "Since 1988, Midsumma has grown to be a loved Victorian major event, presenting a rich annual community celebration, encouraging the development of innovative artistic content and delivering a unique cultural experience.

Remarkably, Midsumma has stayed true to its community roots and is only possible because we have passionate volunteers who all know it would not happen without them. Every year we have to innovate and be intensely creative to make it come together and we do so each year with aplomb because of the entire team."

Carnival will once again be the opening event of the festival at Birrarung Marr on January 13th. This free event brings together all walks of our community and friends and family to enjoy a day of queer celebration with a range of performances and attractions for all. The Carnival Main Stage will host a sample of what's to come over the three-week Midsumma calendar.

Stallholders will bare their wares and bars will be flowing as JOY 94.9 broadcast live from Birrarung Marr. No Midsumma Carnival would be complete without the high-camp iconic Dog Show and pooches across the city are already preparing to take out the title in this watershed year.

### **Carnival will be followed by two party options - T Dance and The Gold Party.**

T Dance will once again prove the ultimate out-and-proud party by the Yarra River as the sun sets over Melbourne's cityscape. Selling-out in both 2011 & 2012, get your tickets early - to get down and get sweaty on the middle terrace of Birrarung Marr.

At the Transport Hotel the ladies that bring you Golden Gaytime will host The Gold Party. You don't have to dress in gold, but the night will be more "Spandau" if you do. The Gold Party may prove The Bard wrong as the evening unveils a celebration of the theory that all that glitters might still be gold.

### **Midsumma's 25th Birthday Program includes Premier Events encompassing visual and performing arts.**

Bent Burlesque will be an action-packed night showcasing Australia's best vajazzle-razzlers blowing you away with their twisted tease, erratic erotica and the delectatious delivery of Bent Burlesque. The world's reigning queen of burlesque, Imogen Kelly, presents the Bendy Burly All Stars featuring Glitter Supernova, Lillian Starr and Betty Grumble at Red Bennies from January 16 – 19.

A highlight of Midsumma's 25th Birthday celebrations will be Best of the Fest at Chapel off Chapel on January 23, hosted by Wes Snelling and Dolly Diamond. This one-night-only event will showcase the best of Midsumma past and present. The must-see event of festival 2013 as Midsumma celebrates our 25th Anniversary.

Blue And Pink Phenomenon presents a Queer frisson in a heterogeneous world at Hobsons Bay Substation from January 17 – February 24. This exhibition of visual art examines the queer role played in a post-identity and also, increasingly, post-gender contemporary society. Works featured include photographic images, performance and video, animalistic paper sculptures, billboard installation, and animation work.

In *Gaybies*, real life stories from same-sex parents, surrogate mums, donor dads, and their beautiful babies, will be told onstage by some of Melbourne's finest actors. Hotly political, deeply personal, funny, charming, sad and inspiring, *Gaybies* is a show for everyone. Presented from January 15 - 19 at MTC's Summer Theatre.

Hot on the heels of the triumphant Broadway revival of the smash-hit that rocked, shocked and defined a generation, *Hair: The Rock Musical* will play a strictly limited and highly anticipated season at Chapel Off Chapel January 31-February 17.

Melbourne Queer Film Festival, in partnership with City of Yarra, presents four warm and romantic nights of queer film favorites on the banks of the Yarra at the Fairfield Amphitheatre from January 19 - 25 with *Movies Under The Stars 2013*.

For *Roller Derby Saved My Soul*, photographer Zina Sofer and curator Tracey McIrvine join forces to present an exhibition of limited edition images, showcasing the extraordinary community of the Victorian Roller Derby League. Gasworks Arts Park from January 15 - February 3.



A camp, cliché-crushing crusade of comedic chorus as a young prince searches for love. *The Prince's Quest* is a hilarious and inspiring musical comedy, exploring the idea that a fairytale romance does not have to be heterosexual. This musical comedy about same-sex marriage equality will be performed at The Northcote Town Hall from January 18 - 26.

The camp classic *Psycho Beach Party* by 80's icon Charles Busch is making its Melbourne debut from January 11-19 at Theatre Works. This production boasts a cross-gendered cast and sixties surf rock hits set against the schizophrenic world of Chicklet, a Gidget-esque nerd with a dream to surf.

From January 17 - February 3 *Vieux Carré* by Tennessee Williams will have its Australian Premiere at fortyfivedownstairs. Billed as Williams' most autobiographical play, *Vieux Carré* is an uncensored and unstrained work that lifts the veil on the iconic author and playwright's sexuality and offers a candid and remarkable insight into coming out. Drawing heavily on musical traditions of New Orleans jazz and blues to evoke the rich and sultry landscape of the French Quarter, exploring sex, art and the search for connection.

Presented by Yarra Arts, *Energy From Stillness* harnesses the strength and imagination from 2 and 3 dimensional artworks to create an exhibition that is truly one of beauty. Each piece deconstructs what we perceive as energy and displays this to the viewer in an almost tangible form. January 16 – February 2 at the Red Gallery.

From Carnival opening day to the spectrum of premier and community events, *Midsumma 2013* will celebrate the festival's 25th year with a jam-packed calendar across three weeks. *For more information, ticket sales and full programme details go to [www.midsumma.org.au](http://www.midsumma.org.au)*



Melbourne's Lord Mayor Robert Doyle said, "*Congratulations to Midsumma on 25 fabulous years! 'This iconic festival continues to go from strength to strength. Midsumma's impressive mix of arts, sport, performance and social events makes it a highlight of the Melbourne events calendar. Midsumma 2013 will impress as it always does and we look forward to yet another exciting program'*."

Midsumma Chair, Lisa Watts added, "*Presented in 14 municipalities in over 70 different venues, our hope is that wherever you are on the GLBTI spectrum you feel this festival belongs to you.*"

# q drag: SUZY AKIKO & JACQUI MEOFF

Melbourne has never been short of talented drag performers. Alan Mayberry looks at the careers of two rising stars.

## Jacqui Meoff

I was born and raised in country NSW, coming from Doreen Manganini's home town Moree, where I lived till I was 12. The main role model in my life is definitely my mother. I am of Filipino descent from my mother and Italian from my father. I take more influence from the Filipino side though. Mum came to this country with very little and had to work so hard to support and raise my brother and I all by herself. She is also an openly lesbian woman and has never tried to hide that from me or anyone else. She is comfortable with who she is and I look up to her with a lot of love, pride and respect.

I kinda always knew I was gay, I never really accepted it until I was in high school though. It wasn't very gay friendly, so I guess I didn't really want it to be true. I know now that it's a blessing not a curse.

I moved to Melbourne 3 years ago for a change of scenery and lifestyle. It was great actually being able to be myself for once without having to worry about what others were thinking about me. It was good to have a sense of freedom and I now truly feel at home being in Melbourne.

When I first saw drag queens in person I never really liked it and I thought they were a bit freaky looking. But it was always something that I was curious about though, mainly because of the movie *Priscilla*, so when a friend asked me to dress up for her birthday I agreed. I remember telling all my friends that I was only going to do it once – was I wrong! I enjoyed it so much that I kept doing it. Now sometimes 5 nights in a row. I've a new appreciation for it as an art form.

My first drag appearance was a competition at Priscilla's. I thought it would be fun and I wanted to meet new people. I did it with Sasha Fagg, Missy La'Minx and Rhonda Buttons. I did make great friends and memories which I'll always hold dearly – it was one of the highlights of my life.

My first time onstage out of the competition was at the GH for the *Friday Night Project* with Pussy and Tabitha. I was nervous as all get out. I had never met either of them and to have them sit on stage watching me made it so stressful. But they were so supportive, encouraging me to get up and have fun with it. I'm so thankful they gave me a chance. The late Pussy Willow will always be a role model for me. Even though she came across as rude sometimes, I liked her attitude of being honest and telling people the truth whether they liked it or not. We also shared a birthday which made me like her more.

I now work as part of *Hey Gorgeous* at Robarta in St Kilda on a Monday night, working alongside Millie Minogue, Sandee Crack and Mercedes Benzover. I'm the resident door girl which is fun. They are more like family now. I'm also in 'Sisters of Sequin' with Nova China and Sasha Fagg. We are hoping for great things in the future. I do the odd guest spot but I'm happy just to go out and have fun and watch other queens perform – it's so much easier on this side of the stage.

As a day job I'm currently full time at a bottle shop. I try not to mix business and pleasure on the premises! I do enjoy it as I've been with the company for almost 9 years now and I've met some of my best friends working there.

The funniest thing to happen to me while in drag would be meeting my cousin Grace. I hadn't seen her for about 7 years when I noticed her at a club, I walked up to her to ask if it was her and the reaction I got was, 'who the hell are you?' Now I see her every week and we still laugh about it.

Jacqui Meoff wasn't always my name. It started as Jacqueline Verona. I always liked the name Jacqueline and I thought Verona sounded a bit classy – very *Romeo and Juliet*. I changed it when I started doing shows as I needed a more memorable name that made people smile.

I like to spend most of my time with my friends and family. I live for today and I very rarely think about where my future is heading. As long as I'm happy and comfortable with who I am as a person that's all that matters to me. Drag has become an important part of my life now and I'll probably keep doing it for a long time – well as least as long as people want me!



## Suzy Akiko

Growing up in the Hills District of Sydney, I graduated from Gilroy College in 2002. Then straight out of high school in 2003 I studied performing arts full time at Brent Street School of Performing Arts. I completed a short course in Cabaret at The National Institute of Drama (NIDA) and performed as the lead vocalist in cabaret shows in Japan 2005. Soon after that my drag career began.

I kind of fell into doing drag. I was a back-up dancer for one of my friends who won a drag competition. The next time round they dressed me up and I rocked up to the auditions. It was called *The Winner Takes It All* at Sydney's ARQ in 2006. I was like Bambi on ice. I was only meant to last the first round but surprisingly I went all the way to the end and won the thing. It really gave me a strong foundation to how I perform today. Soon after I performed with Minnie Cooper and Kitty Glitter in the *Summer Fresh* show, *Midnight Shift* and *Toy Box* - at Luna Park on New Years Eve 2007.

My real love was the theatre and I was doing quite a lot of children's character work. In 2007, I scored a role in the Australian tour of *Miss Saigon* and it was the most amazing time in my life. It was after that tour that I came to Melbourne in 2008 and was lucky to be included in *Kismet* and *The King and I* with The Production Company.

The name Akiko was only meant to be temporary in the beginning but seemed to stick. It means Autumn child and it was given by my translator who took care of me in Japan. The name Suzy came from a Sydney restaurant called Suzy Wong, that I went to nearly every day and that's how Suzy Akiko came about.

Apart from performing I work as a visual merchandiser at General Pants Co. I've been with them for about 7 years. It's awesome to have a creative position as my full-time job.

I always knew I was gay, but when I was ten I was very attracted to my grade 6 PE teacher, that definitely confirmed my sexuality. I came out to my parents and close friends when I was 17 and my longest relationship has been 2 years.

Since moving to Melbourne in 2008 I've performed on events such as Fashion Aid with Ed Hardy and The Black Eyed Peas after party. I performed as one of the leads in the contemporary dance show *Climax* for Paul Malek and most recently played the half man/woman in *Carnivale* at Crown. I also was fortunate to perform in the cabaret *Le Femme Garcon*.

I'm currently in a new girl group called "Triple A" which consists of myself, Aaliyah Storm and Amena-Jay Alura. We've been performing once month at Love Machine under the direction of the amazing Todd Patrick and looking forward to many more events to come.

At the start of the year I joined The Classics and have been performing at The GH for 9 months now. I'm so grateful to be part of this beautiful family and I'm honored to share the stage with some of the most talented performers in Melbourne.



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# q comedy: RAW 2013

RAW COMEDY 2013  
APPLICATIONS OPEN NOW  
GET IN ON THE JOKE!



The Melbourne International Comedy Festival is on the hunt again for newbie fresh funny faces to join the ranks of Australia's largest and most prestigious open mic comedy competition in 2013.

From 30th November 2012, registrations for RAW Comedy will be open around the country, with the heats to be held in 10 locations between January and March 2013.

RAW Comedy is the competition for those who have a few classic corkers up their sleeve ready to be unleashed. If there's a joker sitting next to you at work, if there's a pal who brags that they're the funniest at every backyard barbecue, tell them to head online to [www.rawcomedy.com.au](http://www.rawcomedy.com.au) and put their hand up to impart some jest at their local heat. The next Chris Lilley, Pete Helliar, Claire Hooper, Tim Minchin, Ronny Chieng, Josh Thomas or Tom Ballard might be sitting right under your nose.

Professional comedians and comedy aficionados will tour the country to judge each heat, deciding who will go through to the big deal RAW Comedy Grand Final. The Grand Final will pit the top twelve finalists from around Australia against one another up on the main stage of the Melbourne Town Hall, 5pm, 14 April 2013.

The Melbourne International Comedy Festival has been inviting fresh faces to the country's comedy stages as part of RAW Comedy annually since 1996. Entrants must have earned less than \$500 from comedy and have a short set of jokes ready to go for their local heat.

The winner of RAW Comedy National Grand Final in 2012 was Lessons with Luis from Victoria. Amos Gill from South Australia came equal runner up with Cameron James from New South Wales. For a full list of heats go to <http://comedyfestival.com.au/raw>

Australia's most hallowed comedy competition is at your fingertips. If you want to be in it, make sure you get in on the joke early.

## **VICTORIA** - Melbourne:

Qualifying Heat #1: Sat 12 Jan, 1pm. Doors 12.30pm

The Evelyn Hotel - 351 Brunswick Street, Fitzroy

Qualifying Heat #2: Sat 19 Jan, 1pm. Doors 12.30pm

The Corner Hotel - 57 Swan Street, Richmond

Qualifying Heat #3: Sat 2 Feb, 1pm. Doors 12.30pm

The Esplanade Hotel - 11 The Esplanade, St Kilda

Qualifying Heat #4: Sat 9 Feb, 1pm. Doors 12.30pm

The Northcote Social Club - 301 High Street, Northcote

## Geelong:

Heat #1: Sat 2 Feb, 7.30pm. 50 Little Malop Street, Geelong

## **VIC Finals:**

The Evelyn Hotel - 351 Brunswick Street, Fitzroy

Preliminary Final #1: Tues 19 Feb, 8pm. Doors 7.30pm

Preliminary Final #2: Tues 26 Feb, 8pm. Doors 7.30pm

Preliminary Final #3: Tues 5 Mar, 8pm. Doors 7.30pm

Preliminary Final #4: Tues 12 Mar, 8pm. Doors 7.30pm

**VIC State Final:** Mon 18 Mar, 8pm. Doors 7.30pm

## **SOUTH AUSTRALIA** - Adelaide:

The Rhino Room - 13 Frome Street, Adelaide

Heat #1: Thu 10 Jan, 8pm. Doors 7pm

Heat #2: Thu 17 Jan, 8pm. Doors 7pm

Heat #3: Thu 24 Jan, 8pm. Doors 7pm

Heat #4: Wed 30 Jan, 8pm. Doors 7pm

Heat #5: Thu 31 Jan, 8pm. Doors 7pm

Heat #6: Wed 6 Feb, 8pm. Doors 7pm

Heat #7: Thu 7 Feb, 8pm. Doors 7pm

**SA State Final:** Mon 25 Feb, 8pm. Doors 7pm

The Arts Theatre - 53 Angus Street, Adelaide

## **TASMANIA** - Hobart:

Heat #1: Wed 6 Feb, 8pm. Doors 7pm

Southern Lights Hotel - 19 Kingstow View Drive, Kingstow

Heat #2: Thu 7 Feb, 8pm. Doors 7pm

Lower House Comedy Lounge - Despard Street, Hobart

**TAS State Final:** Sat 9 Feb, 8pm. Doors 7pm

The Playhouse Theatre - 106 Bathurst Street, Hobart

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# q gay travel: with BRIAND BEDFORD

Amsterdam is traditionally a very popular gay destination. This is due to several factors, including the long history of gay culture, its tradition of tolerance from the open-minded inhabitants and the liberal attitude towards certain so-called soft drugs. The city lost its attraction at the beginning of the century, where other cities in Europe became the new magnets with exciting new gay scenes. Rumors about the end of the famous coffee shops didn't help improve the city's former image. Many of the gay guesthouses and bars after struggling against local legislation have disappeared.

In the last few years the city of Amsterdam has re-discovered its gay culture and has invested a lot of work and money in promoting their city. The right-wing populist and racist politician Geert Wilders was finally defeated in the recent elections and a new liberal wind is sweeping through the Netherlands.

One company which has continually supported the gay community over the last years, advertising in gay publications and bringing gay men to the Netherlands is the official airline KLM. The Dutch airline has some exciting new features such as Meet & Seat, where you can choose the ideal person to occupy the seat next to you on your long-haul flight or Internet which will also be on board from 2013!

A true highlight in the gay calendar of Amsterdam is the Gay Pride and Canal Parade, which first took place on the canals of the city in 1996. This unique parade which takes place on the first Saturday in August attracts around 500.000 spectators to the canals in the city centre, making Amsterdam Gay Pride unlike any other event worldwide. The first Gay Pride to take place on the canals took place in 17 years ago – although Amsterdam was the first European city to hold a Gay Pride event – which took place in 1969!

This amazingly tolerant city celebrates its gay community, with many heterosexuals becoming so-called “gays for a day”, with such enthusiasm and heartwarming joy. Organized by the professional ProGay group, Gay Pride is a party for the whole family from old to young, and reflects the philosophy lived out in the city “live and let live”. The city's inhabitants seek the best viewpoints along the Prinsengracht and along the Amstel, particularly near the City Hall and the Muziektheater (Amsterdam Music Theatre).

The unique location on and on the banks of Amsterdam's canals gives the whole event a special flair. The Amsterdammers live on and around their waterways every day and therefore this water parade is so normal for the locals. Not only were the 80 boats colorfully and artistically decorated, the participants on the boats were tastefully dressed and after many hours of practice in the weeks leading up to the parade the performances were perfected and added to the exuberating atmosphere. Everyone looked and did their best to make an excellent show. After all a cup for the best boat was the ultimate challenge. The live singers on many of the boats caused the emotions of the normally rather reserved

Amsterdammers to explode. Even the short and intense rain shower didn't manage to cool down the heated emotions.

It all started on Friday afternoon. Our host Jennifer Hopelezz met us at the Homomonument in the centre of the city. I was one of the fortunate ones to be invited by Amsterdam marketing to visit their wonderful city and this unique event. Amsterdam's Homomonument was officially unveiled on Saturday, 5th September 1987! Exactly 25 years ago to the day. Its goal: a memorial to the gays and lesbians persecuted and killed in the Second World War and as a source of inspiration for the men and women who “continue to suffer persecution today”. The monument, designed by Karin Daan, consists of three equilateral triangles made from pink granite symbolize the past, present and future and are part of the walkways, integrating the monument into everyday life. In the early evening the Drag Olympics took place here, with exciting events such as the high-heel race, handbag throwing and hula hoop competitions. It was so way-out that you had to love it! The drag queens were unique and very original. The whole event was absolutely hilarious.

The gay bars in the city centre were quite the night before this grand event. The gay scene is concentrated in three main areas. The largest of which was not far from my hotel, in the Warmoesstraat, not far from the Central Train Station. Here you will find the oldest building in the city, which now houses the Eagle Cruise Bar, the flag shop RoB and the famous Mr. B leather and rubber shop. It is also not far to the Café 't Mandje at the Zeedijk. This was the first gay and lesbian bar in the Netherlands and celebrates its 85th birthday this year. It is so famous that a copy of the bar along with original decorative memorabilia can be found in Amsterdam's History Museum. Amazingly Joseph Ratzinger was born 85 years ago, but sadly not in Amsterdam!



The second gay area is around the Flower Market (hardly surprising). The third and smallest gay area is not far from the Leidse Plein in the Kerkstraat, with the famous Church Cluband the Pink Point for gay information about the city. The Homomonument is located next to the Pink Point.

Of course a visit to Amsterdam would not be the same without a canal cruise. There is an extensive range of different cruises on offer. With a City Card a free canal cruise is included in the price, as well as free entrance to 40 museums in the city, including the Van Gogh Museum.

Amsterdam Gay Pride is a huge celebration with the goal of equality for the LGBTI community and will be held from Saturday, 27 July to Sunday, 4 August 2013. The second largest “gay” event on the canals of Amsterdam Konninginnedag (Queen's Day) on the 30th April. Thousands of brightly decorated boats pack the narrow Amsterdam canals.

For more information, see: <http://www.iamsterdam.com>

# q youth: with TASMAN ANDERSON

I'm sure you've all been told to follow your dreams at some point in your life. Your parents, your teachers, your coach or your best friends have told you at least once to go for what your heart really wants. However, is it really that easy? Is simply wanting something enough of a reason to have it?

This past month I've been spending some time re-evaluating what my dreams really are (I promise, it's not as cheesy as it sounds). I was getting to a stage where everything felt like a routine and that I didn't fit in anymore. It felt as if I had grown out of who I currently was and that I was becoming restless.

I'm positive this is completely normal for any nineteen year old but for me, it was absolutely scary. I didn't even feel satisfied with what I was already doing and no matter how much I tried to rekindle my enjoyment, it just wasn't coming. For that reason, I decided to take a leap of faith and make a decision that I had been thinking about for the past several months, I was moving to Los Angeles.

I know what you are thinking... "Everyone wants to go to LA and live their dreams, what makes you think you're any better off?" and to be honest, I don't have an answer for you. To me, the idea of packing up my entire life and relocating to another country all alone is terrifying and a tad bit insane, especially when the new place is LA, the city of dreamers. However, when it came down to either remaining where I am and trying to stay happy or going after what I really want, it was an easy choice. Once I decided on what I was going to do, it really got me thinking about why it is that we hold onto our dreams so tightly. So, like any self-respectable writer would do, I googled it.

According to Addicted2Success, there are exactly 16 reasons as to why following your dreams is so important but to save my article from looking like something a high school student would create when giving a speech, I'm going to sum it up for you.

According to the ridiculously inspiring website, it's human nature to want to succeed in whatever we do with our time. Success is often linked with failure and by following our dreams and accomplishing them, we begin to appreciate the experience of failure and understand that it really wasn't that bad because it was all worth it in the end.

Another important point the website makes it that chasing your dreams will also develop your courage. I know it's not always easy to be courageous when it comes to things that scare you but having the courage to achieve amazing success in life and follow your dreams ensures that soon enough you'll be unstoppable.

Probably the most important thing to take from this website is that dreams can distract you from the negative events in life. Regardless of what you are currently facing, you will often find yourself making the decision on what is more important, your dreams or the drama. Obviously the answer is your dreams, unless you are the type of person who loves to live your life like you are in an episode of Degrassi.

I think what we really need to understand is that following our dreams is not just a cliché. Going after your goals is fundamental to living a happy and full life. I know it seems like something your grandparents would say or something you'd read on a motivational poster in your guidance counsellors office, but it's true.

Maybe it's time to ask yourself this: if you are not fighting for your dreams then what are you really living for?



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# q nutrition: with MICHAEL KLIM



A three time Olympian, Michael Klim knows the importance of nutrition and it's effect on athletic performance. Preparing for competition puts huge demands on an athlete's body, and so ensuring your body gets the right nutrients from food is critical.

After years of training with a strict diet regime, Klim continues to watch his food intake even after retirement. These days *"I have to be even more careful with my diet as I'm not burning off as much. Disappointing, but it's something I have to get used to"*.

Drawing on what he's learned from years of professional advice, food choices come naturally to Klim who now runs a successful skincare business (Milk & Co) and has three young children who help keep to him busy and active.

Klim says, *"I'm lucky enough to have the food knowledge that allows me to make the right choices and get the best of my workout, even if it's no longer for competition"*. Klim shares his nutrition tips and best advice for preparing the body for physical activity, and helping it to recover.

1. Fruits, vegetables, beans, nuts, whole-grains and lean meats, fish should make up the majority of meals and snacks. Foods typically have more nutrients in their natural states so are a far better choice than heavily processed options.

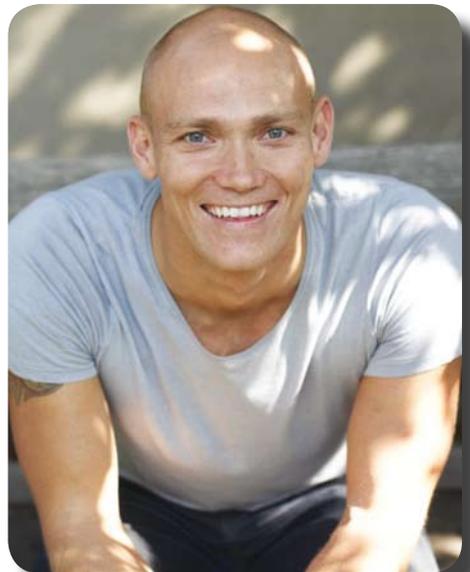
2. On average, we lose up to 2 litres of fluid per day, so it's really important to stay hydrated. Dehydration has many roll on effects such as fatigue, loss of concentration and hunger, so make sure you drink plenty of water throughout the day. For any exercise that lasts longer than 30 minutes, drink while you're working out. Sports drinks are also a good idea for periods of high-intensity exercise.

3. Whether an elite or amateur athlete, breakfast is key to performance. Your morning meal should be rich in carbohydrates to provide your body with the energy that it needs. Cereal is a good choice as it's a simple way to get carbohydrates, iron and calcium when eaten with low-fat milk or yoghurt. It's also easy to add a piece of fruit like a banana or strawberries to boost the nutritional value and the flavor of healthy breakfast cereals.

4. Fuel your body within half an hour of exercise - that's when your body absorbs fuel best and helps you recover quickly. Snack bars are good option. They offer convenience, and also have the nutrients you need to help prepare or recover from physical activity.

Klim recommends his own range of high-performance snacks, Milk Active \$3.99 RRP.

With 19g of protein per serve, they are low in both carbohydrates and sugar.



# Q win: 'TIS THE SEASON



## SUITJAMAS

Suit Up with Suitjamas this Christmas!

Husbands, brothers, sons and boyfriends will raise their hands for the highest of fives when they see Suitjamas under the tree this Christmas. A four-piece pyjama suit, made of high quality silk/satin material, Suitjamas calls for men everywhere to Suit Up!

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*"Designed as both a novelty item and a luxury sleepwear product for men, Suitjamas can also be worn to bucks parties, honeymoons and – for a bit of a laugh – casual Fridays at the office," says Suitjamas co-founder Tariq Khattab.*

Suitjamas are the ultimate (or wannabe, in the case of husbands and boyfriends) playboy's uniform. This debonair ensemble will ensure the wearer looks dressed to impress at every hour.

Best of all, unlike Barney Stinson's four piece suit, Suitjamas are designed first and foremost for comfort. Put that frumpy-looking nightgown or old t-shirt away, bed time is no time to compromise – when the lights go out, suave is still in style.

Inspired by the legen–wait for it...–dary! character Barney Stinson from TV show How I Met Your Mother, Suitjamas are available in all sizes from small to XXL.

RRP \$89.95

Available online at [www.suitjamas.com](http://www.suitjamas.com)

We have three (3) fabulous sets to give away in time for Christmas (small, medium and large). Email [getfree@qmagazine.com.au](mailto:getfree@qmagazine.com.au) with **Suitjamas** in the subject line to see if you are a winner.

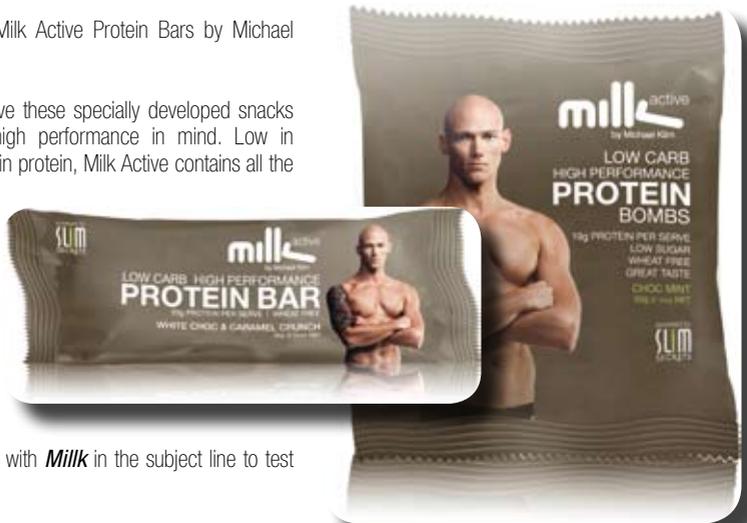
## MILK

Milk Active Protein Bombs and Milk Active Protein Bars by Michael Klim.

Each with 19g of protein per serve these specially developed snacks are designed with health and high performance in mind. Low in carbohydrates and sugar but high in protein, Milk Active contains all the nutrients you need, without any of the nasty ingredients you don't. Milk Active Protein Bars have amongst the lowest serve of carbs of any other protein bar currently on the market.

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For further information go to [www.milkskincare.com](http://www.milkskincare.com)

\* 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



DESIGNED BY DANIEL MARTIN EAST

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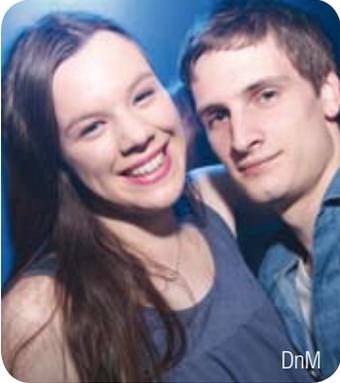
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# q scene: OUT & ABOUT



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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.*



## Something for the Weekend, Sir?

Walking past a new hairdressing salon in a Las Palmas commercial centre made me stop and briefly retrace my steps for another look. There was something just a little unusual about this salon and its clientele. Instead of the usual rows of salon chairs, hair dryers and display stands revealing the latest expensive hair products, were small red fire engines, delightful rocking horses, fabulous open top cars in shocking pink, and red velvet thrones fit for any aspiring King or Queen. There were no perms or blue rinses in sight, nor were there any ladies with their hair adorned with tin foil or cling film awaiting the next stage of the colouring process. No, this establishment was strictly for kids only.

The owners of this attractive and brightly coloured salon had spotted a great business opportunity clearly aimed at those parents who have a little extra cash to spend on their children, and want them to look good. Many children that I see here are dressed in fashionable, and I assume expensive, designer clothes and so a designer cut and style is the next obvious step. After all, the family dog goes to the pet parlour for a cut and trim, so who can begrudge Carlos or Maria from having the best possible hair styling in a place that understands children, which is also a happy and non-threatening place to visit?

Seeing this wonderland for children, complete with a vast array of drinks, ice creams, sweets and designer accessories, made me think back to my own childhood and the times that I dreaded going for a haircut at the barbers in the Lincolnshire village where I lived. How I hated visiting Potter's, with its heavy door, dark wood panelled walls and strange smells. The queues of grumpy, and often smelly, old men, many of whom were smoking cigarettes or pipes, sat on wooden benches waiting their turn for a shave or haircut. The heady, sickly smell of Brylcreem, combined with tobacco smoke made for a heady, vomit-inducing mix for a young child. Also, what exactly was inside those small packets labelled 'Durex' that were strategically placed by the mirrors, which the barber pointed to knowingly as his customers left his chair? Were they sweets, or maybe small cigarettes?

It was always a mixed blessing when my turn finally came, and I was beckoned forward and strapped into what look like a dentist's chair and shrouded in a huge white sheet. Mr Potter continued talking to the smelly, grumpy old men whilst he operated, cut and fiddled with my hair with his enormous pair of scissors and comb. Mr Potter was probably a very nice man, but as he never spoke to me, I really cannot say for sure. The final insult was the thick globule of that ghastly, sticky Brylcreem ladled out of its white pot into my hair before I escaped from the chair and was directed to a bench to wait until someone came to collect me.

The strange thing is that I cannot remember being taken or collected; I just remember being there.

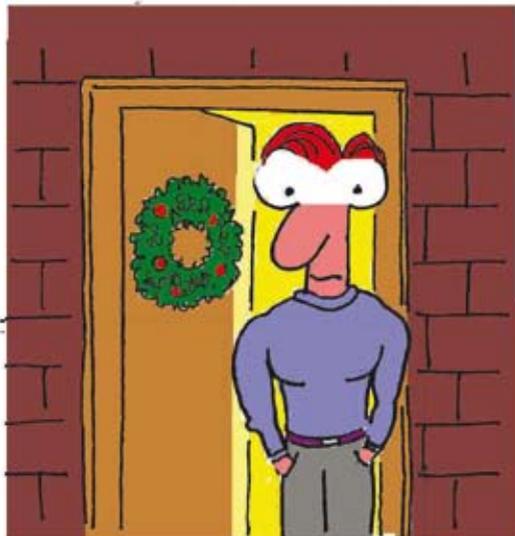
It is a memory that haunts me to this day and one of the reasons why, as soon as I became responsible for my own hairdressing, I refused to set foot in another barber's shop, and much preferred unisex salons. Well, at least they had no Brylcreem on the premises! This was until a few weeks ago when my own delightful hairdresser was on holiday and I needed a quick cut. I foolishly entered a barber's shop in the town where I live. As I walked inside the dark panelled shop, memories came flooding back of troubled times long gone. Along the walls were seated a similar group of miserable looking old men sitting on wooden benches waiting their turn that I remembered so well. Two 'dentists' chairs filled the far side of the room, whilst two barbers in white coats cut, poked and prodded their victims' hair with large scissors. I made my excuses and swiftly fled to the nearest bar for a coffee and brandy.

Thinking about the new kid's salon in Las Palmas, with Carlos sitting in the fire engine and Maria on the horse eating sweets and listening to music that they liked, made me realise just how lucky they were. If I had been them, I would have chosen the shocking pink sports car!

*If you enjoyed this article, take a look at Barrie's websites: [www.barriemahoney.com](http://www.barriemahoney.com) and [www.thecanaryislander.com](http://www.thecanaryislander.com) or read his latest book, "Expat Survival" (ISBN: 978 147 913 0481)*



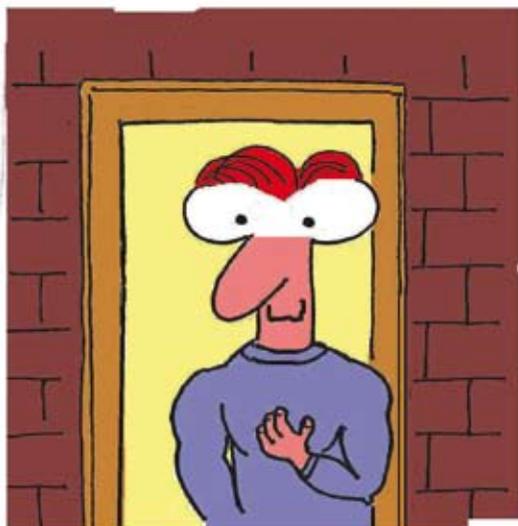
Why are you wearing a Jesus mask to my Christmas party?



To remind us that Jesus never condemned us homosexuals!



Yes, his love was all-inclusive and touched everyone, Gaylord!



Now, let me in so I can TOUCH all the hotties at the party!





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