

DECEMBER 2006

Q
MAGAZINE

Inside for Christmas:

Q Music with Anthony Callea
and David Campbell,

Q Postcard from London,

Q Accommodation from Sydney,

Q Pets, Q Art, Q Theatre, Q Extra,

Q Fashion, Q Travel, Q Generation,

Q WIN and a whole heap more.

*From all of us at Q Magazine, please have a
safe and happy 2006 Festive Season.
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q comment: FESTIVITIES GALORE

Well another year almost over. I certainly hope your 2006 has been uneventful [except in the best way] and that you have been healthy and happy.

Now after months and months of speculation, innuendo, and rumour, Laurie and Will have finally come to a mutually-beneficial conclusion over the negotiations with Saturday Night Greyhound. Laurie has been around for 12 years and it looks like he'll be around for another 12 as well [well with a good exercise program and a well-balanced diet]. They are already improving things with the installation of whopping great air-conditioning units in the place... but don't get scared folks - the famous [or should I say infamous] carpet is not going anywhere - well not for a while anyway.

A huge reminder that Pride March Victoria is happening - same time, same route - January 21 - and you're invited. Come along and show your support or register an entry via pridemarch.com.au and march along Fitzroy Street with everyone else. Stay around afterward and enjoy the entertainment on the Money On Line Stage or singalong to the antics on the Saturday Night Greyhound Karaoke Stage - hosted by Addam and Damian. Whatever you choose, make sure you don't miss it. Opening night of MIDSUMMA is two nights prior on Friday the 19th at Federation Square.



Thank you to all of you who have shown your support of my magazine over the past 12 months [in fact 3 years]. Thank you also to everyone who has contributed and advertised - here's cheers to another year of success and quality reading.

I do hope you have a great, happy Festive Season and a prosperous New Year. Eat, drink, have fun, but please do it safely.

This is **your** Q Magazine. Hopefully you will continue to enjoy it as much as I enjoy bringing it to you.



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



Album Out Now



Album Out Now



Album Out Now

q music: with DAVID CAMPBELL

I was so excited to finally meet David Campbell and interviewed him at the SonyBMG offices in South Melbourne. I started by asking him how much of an influence his father [Jimmy Barnes] has been in his career.

I think more in drive and ambition and professionalism than musically. There's musicality I take from him, but there's a lot I take from my Grandmother – who introduced me to swing music and that sort of stuff and my own journey.

I believe you did some training with Barbara Cook [whom I absolutely adore]. Tell me about that experience.

I did a Master Class with her here in Melbourne at the Arts Centre. It was sort of my big break through.

I think she is truly remarkable and I've been very lucky. No-one was really taking much notice of me here and she said in front of 1500 people that I was really good and to keep going. She has been such a big supporter and we did a show at the Opera House together for the Olympics – so I'm very lucky to have certain people come through – either on a large scale like Barbara Cook or a small scale behind the scene – to help me. I think it's really important in the industry to give people a chance.

This new album is definitely my kind of music [having had a much older mother] and I loved it.

It's just great music – timeless – and I think whether I do it or Jamie Callum or Barbara Cook – these songs should be passed on [with different interpretations]. That's the great thing about them.

You certainly made the songs on this album yours [with your particular interpretations of them].

It was a conscious choice. I don't really want to be a carbon copy of Frank Sinatra and the like. I tried to put my own stamp on the songs. We recorded a lot live, mashes arrangements together from stuff that I had done, other live recordings from Frank Sinatra or Sammy David Jr. – it was a very organic process.

How do you choose from the millions of songs in this genre?

Don't go for the obvious ones. Probably the one that I fought and resisted doing the most was "All the Way" – I was very dubious about tackling a Sinatra, but I've always loved Sammy David Jr. and Bobby Darin – they have been my two heroes, so there's a lot of that influence on this album.

What are thoughts on the Australian music industry at present?

Formerly I found it to be a very frustrating time for myself, but now that I have done this album, I find it very optimistic – now that there's webs, and my spaces, and iTunes – I'm coming at it from an angle that I don't think is necessarily a singles driven pop record – I think it's more likely to be an album record, if people aren't going to want to buy singles, they'll buy the album. So for me, I find the industry really interesting. I'm curious to see how people go with this – if they like it.

Will you be touring this album?

Yes next year. I did something at the Opera House with Dean Perry where we started formatting what would be the basis of a tour next year, so hopefully it will be a big vegas show – dancing girls, comedian.

And what about your acting career?

There's something in the pipe line now which is a film project – King of the Mountain – and hopefully that will come to fruition next year. I'm also setting up a production company with my friend Matt Newton. I like Australia because you do have the scope to do whatever you want.



SonyBMG

A brilliant voice, a brilliant album, and we have 5 David Campbell "The Swing Sessions" Albums to give away. Email getfree@qmagazine.com.au OR sms 0429 88 QMAG with "David" in the subject line to try your hand at winning.

q music: with ANTHONY CALLEA

I was equally excited to speak with Anthony Callea - having previously met him at a SonyBMG function. We too met at the SonyBMG office and I commenced the interview by asking Anthony did he prefer singing slow or fast songs...or didn't it matter.

I don't like to pigeon hole myself, and that's why with this album, I wanted to have different elements to it. I wanted to explore different parts of my voice and push myself to new levels. I think that's why it took a good year to put this album together - I didn't want to rush it. I started working on it in November last year, went overseas for a month - Milan, Sweden, London, Oslo - to work with some amazing writers [you don't get that chance based in Australia], then I came back and worked with local writers for the first part of this year making sure I had as much material as possible to choose from. The first album was virtually put together in two weeks [which everyone knows] and this time I didn't want to rush things. I couldn't do anything more to make this album better - out of the 15 tracks on it, I co-wrote 14. It's great to sit here and talk about an album that I don't have to force comments about, because each song has got a meaning to it - it's a great feeling to know that it's a part of you that you're putting out there.

The Idol experience - any negative feeling about it now?

I don't see it as a negative, I see it as embracing what you have done in the past. Idol is a great platform - there are so many Idol bashers out there, and everyone is entitled to their own opinion - and that [platform] is so important.

I started writing and recording at the age of 15 in a studio in South Melbourne - my parents used to drive me there 2 or 3 times a week - which was such a great learning curve for me. Listening back to the tracks that we wrote and recorded - they're shit - but it taught me how to record in a studio, how to start writing - everything you do to get to where you are - whether you make mistakes or achieve success, is always going to teach you something, and Idol is one of those. You are thrown into a situation that you know nothing about. All of a sudden you've got camera crews, publicists, directors, producers - all different elements that create that one environment. The thing with Idol is you have to take in as much as possible, learn from it, and enjoy it. It was a great part of my life.

How do you think this year's going?

I think it's a really strong year. Compared to last year, I think this year is a lot more entertaining - I don't know what it is, maybe it's the new set, maybe it's everything - it just seems more exciting this year.

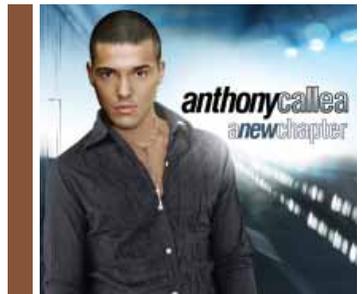
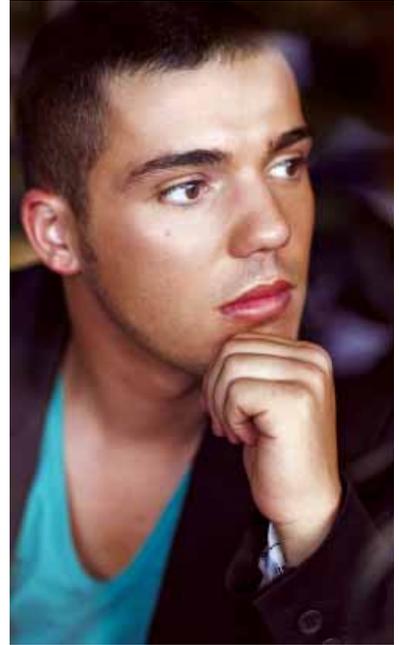
Will you be touring with this album? I listened to it just before I came here this morning, and I loved it by the way.

Fingers crossed, I'll be able to tour early next year. The plan is to get the album out there first. A couple of singles as well, then take it on the road and make this album come to life.

What has the journey been like for you...has it been a great experience?

Absolutely!

I think the best way to put it is that the first year / year and a half was a total whirlwind - so many things happened - 4 or 5 singles, an album, a DVD, a tour, events - I got to the end of it, and I started thinking I was living in a bubble - and I appreciate everything that went on in that time - but then I needed time away to let it sink in, accept it, embrace it, to be proud of it - toward the end it did started to feel like a chore and that's when I knew I needed to take a break. In the last few months though I've been like ok give me a schedule, I'm ready, I want people to tell me what I'm doing every day. You have to want to do it or there's no use doing it. Having an album now that I am really proud of, and I put 110% into, day and night - to be able to say this is part of me, this is my creation - is a great feeling.



SonyBMG

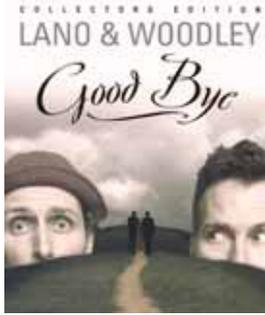
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q review: FINE FESTIVE FARE



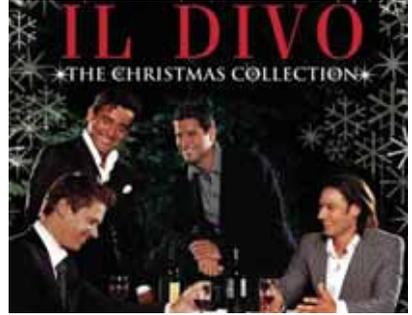
Bette Midler

11 fabulous toe tapping yule tide classics are on this CD release from the lady herself. Don't let your festive season go by without enjoying Bette Midler's superb renditions - out now through SonyBMG.



Lano and Woodley

This year we sadly said goodbye to this dynamic comedic duo, but you can keep them in your loungeroom forever with this equally funny DVD [rated M] - in all good video/dvd stores through Liberation Music.



Il Divo

Finally an album for the true musically minded. Out now through SonyBMG is Il Divo's Christmas Album "The Christmas Collection" - an album full of your favourites done in the magnificent fashion that is Il Divo. Featuring tracks like O Holy Night, White Christmas, Silent Night, The Lord's Prayer and much more - the perfect gift.



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InTheMix 2006

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q art: with DAVID WESTLAKE

Ho! Ho! Ho! It's that time of year. Again. Will it ever stop coming around so fast?

but it will never really be part of their collection because they didn't find it.

It's time to buy that well thought and planned gift for someone. But what do we give that special person who may be a collector? Or are you the collector? What will someone special consider when choosing a gift for you?

Lastly, buying a present is not hard. Remember, it is the thought not the value, so don't rule out flowers, chocolates, a book or the promise of a kiss.

Have a Merry Christmas and keep collecting.



First, let's cut to the chase - buying for a collector is hard. Finding a present for me is a nightmare. Ask my husband or family and watch their eyes roll.

To contact David, email art@qmagazine.com.au

If you really want to purchase an artwork for someone, do your homework - this may involve going to galleries, antique shops or view museum collections. This will give you a clue to their taste. If you do purchase a piece from a gallery or antique store, mention it's a gift and see if it can be exchanged.

BOB DOWNE... LIVE & SWINGIN'!
Old, New, Borrowed & Blues!

What a Midsumma cabaret treat! BOB DOWNE is getting all jazzy for his debut Butterfly Club season. Joined by Music Director JOHN THORN and a cookin' little band, Bob will be singin' and swingin' jazz, show and pop standards - old faves like 'Yeh Yeh', 'Wives & Lovers', through to 'Thoroughly Modern Millie' and 'The Beat Goes On', with wild new arrangements of classics like 'Frankie & Johnny' and 'Summertime'. Promises Bob: "The feel will be Olde Worlde Nightclub... the last time you saw me up this close was in the loo at a dance party!"

Another option is to take the person with you and let them browse and choose a one piece, or a number, they like. This is not piking out - it means you can give a gift you know they are happy with and it can still be as surprise. My husband once went with me to a bunch of my haunts, making serious mental notes about what caught my attention. Two weeks later, he presented me with a special piece that I treasure.

Now the real story. Don't ever try and buy an object for someone's collection unless you are both the collectors.

Why not? Because half the pleasure of collecting is the hunt. They may love the piece

Venue: The Butterfly Club, 204 Bank St, South Melbourne. Dates: 7.00 pm and 9.00 pm on each Sunday of the Midsumma Festival - 21 Jan, 28 Jan, 4 Feb, 11 Feb (8 performances). Tickets on sale now. Tickets: \$28 / \$25 concession or for groups of 8 or more (no booking fee). Bookings: Tel 9690 2000 or at thebutterflyclub.com



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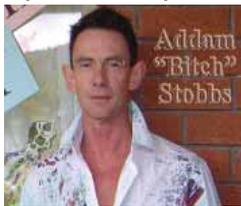
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q whispers: with ADDAM STOBBS



Do you know who you are?

I don't know who I am. I thought I did, but then at every new situation I face in life, I find out that I don't really know myself at all. Hard faced and cynical as I am, I find myself torn to shreds by the very things I perpetrate unto others. I always thought that homophobes were the ones who treated gay men with contempt and bitter viciousness, but it is insignificant to the way we treat other gay men and the way we treat ourselves.

A good example of this

I was 17 the first time I put on a dress, and performed in my first show. Drag has been an amazing experience for me since then. It has given me the opportunity to exhibit my artistic flare and perform on stage in front of an array of different audiences.

Some undertake a career in the drag entertainment industry to become better known. For me it has been about performing. I have never sought to host or be "famous", just to be a "Show Girl". However, drag has given me many opportunities to travel and tour in shows. I have met many different and wonderful people, appeared on some of the best stages in Australia, and performed within the gay community as well as the corporate sector and the mainstream and straight scene.

Not too many drag performers undertake this form of

internalisation is evident in my partner. He is Asian, and we have a good life together. I get furious at some of the racist things that STILL happen to him. He is not that bothered by it, he gets over it pretty quickly. The worst type of racism he tells me is the way he gets treated by other Asian people. That makes me guilty of assuming that all Asians are of the same 'race'. He is Thai and he tells me the racism he gets from other Asian cultures is FAR worse than the occasional sarcastic comment he gets in Australia.

I treat other gay men appallingly, and I like it. I often will refer to other gay men as "it" (e.g. "look at the head on that thing" or "I had it off with that before it put the weight on" etc.). I think many of us have all experienced this at times, in various forms, either as the perpetrator or the victim.

Is it that serious? Is it funny, or am I the bitch that I am constantly being told that I am. I don't think I am. I tell myself that all of those neuter descriptors I assign to other gay men are in fun and that they equally treat me the same way. It's fine. Is it?

I overheard someone saying something like that about myself recently. The people having

the conversation (two younger gay men) were using some very vitriolic and nasty terms to describe me, and several other men at a venue, and I suddenly realised I do the exact same thing and it's horrible. I instantly turned on the rationalisation, and chose not to take it on board, and dismiss it as part of the self inflicted cultural cringe that many of us (not all) are a part of. Over it, and laughed it off.

So why am I whining about it now? I don't know myself as well as I thought. Obviously I am not over it. Thankfully those unkind young men are on the same course as everyone else. Their turn will come. Don't think for a moment it has deterred me though. I am more determined than ever to be seen as being made of titanium.

Next logical step: assign blame. Usually I like to blame drag queens, lesbians, older gay men, heterosexuals and people who did not get a private education (I did by the way). Better one: the people around me have caused me to be like this.

Thank god for that. It's not that bad. Oh by the way, if you see me around the scene, don't bother to tell me off or how awful I am. That is one thing about myself I already know, and I don't care.

q says:

with ANITA MANN

entertainment as a full time career, as often there is not enough work to substantiate a decent or acceptable income. Most, like me, have various professions as well as our performing careers. The expense of make up, costumes, jewelry, hair and shoes can be enormous in itself. This, coupled with endless rehearsals and costume fittings, in my opinion makes it one of the hardest performing arts to undertake and become proficient at. However, when you get it right and are able to successfully entertain it is one of the most worthwhile experiences I have undertaken and would recommend it to anyone. I have done and seen things in my life that would never have been possible without drag entertainment.

You can catch Anita Mann every Friday night as part of Heavens Angels at Heavens Door.



q joke of the month

Peter met Sharon in a nightclub. They enjoyed each other's company very much and at the end of the evening Sharon invited Peter to her place, where they quickly got involved in a very passionate and energetic session in bed together. Finally, tired and satisfied, they both lay back in the bed and snuggled up close to each other. After a short while, Sharon began tenderly stroking Peter's manhood.

Surprised but appreciative, Peter comments, "Surely you can't be ready for more already?" Sharon replies, "No, but every now and then I get a bit nostalgic, and I miss the days when I had mine."

in bed with: BEN

An interesting encounter... (Not a sexual one you dirty buggers).

I'm the type of guy (a past country pumpkin) who is easy going and down to earth and I really don't get angry easily, until the other week!

As I was working away at home I had a gentleman buzz my apartment to ask me if I was interested in viewing a book about religion, of which I politely responded, "No thank you". Ten minutes later, I then had a lady buzz my apartment wanting to see if I would like to talk about God and the bible.

Being slightly frustrated after the first interruption, I asked her what the bible had to say about homosexuality (oh boy, you can see where this is going can't you!), of which she in turn calmly quoted the chapter and page in the bible which states that it's "unacceptable".

At this point in time I had a choice to make. Do I let it go and hang up or find out the reasoning behind this belief. Yep, you guessed it, I chose the latter. I proceeded to head downstairs and ask her for further explanation. The best response I could get out of her was, "I don't know it's just what it says and that's what we follow!"

I then went on to ask her what she would do if she had a gay son. The reply being, "We've helped a lot of homosexuals deal with their feelings." To which my response was, "In other words you help them repress their feelings!" At that point in time I could see in her eyes that this was the first time she'd ever really thought of it like that and in turn was left speechless.

Now I was baptized as a child and had to go to Sunday School and I have nothing against religion. However I do have somewhat of a deep sense of frustration when certain beliefs are accepted under complete blind faith without questioning the reason behind it.

In my teenage years I used to question myself and my sexuality and used to wish that I wasn't gay because of the possible repercussions that would come with it, either being teased or being bashed (especially growing up in the country).

When the lady told me that being homosexual was unacceptable, a trigger went off in my mind. I never used to be openly gay and never would I stand up for myself. Now 25, I'm no longer ashamed of my sexuality and will rightly stand up for myself if someone challenges me.



To make contact with Ben
email
ben@qmagazine.com.au

What scares and shocks me about my surprise visitor is the fact that there are teenagers still being exposed to this kind of outdated thinking. What's even worse is the fact that, like me, a lot of them, and still even adults, do not necessarily have the strength to stand strong against the critics.

I believe that we each teach people how to treat us by respecting our own feelings and accepting who we are through to the core. If we do not openly express who we are with our families and our work colleagues, we're not only making it harder for the teenagers who follow us, but for ourselves.

Ask yourself, "Have you been a role model for our generation lately?"

When we treat being gay as normal, others won't even blink an eye lid.

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Q Magazine Design

q wine: with PETE DILLON



As I gaily flurry about shopping for things to deck my halls with, or searching for the elusive Christmas present for the person that has everything, I am reminded that it is all about the giving. We are supposed to be celebrating some form of religious ceremony, but the closest I have been to a religious experience in recent times was Cyndi Lauper live in concert.

The festive season is for me several things – ridiculous amounts of money being spent on things that people don't really want, the knowledge that summer is upon us and that I will be pissed for most of the months of December and January. But there is no point being under the influence with bad booze.

So onto the important stuff – let's talk wine consumption over the festive season. Social occasions abound at this time of year, yet people do have a tendency for the supply of cheap grog. If you are throwing a party, here are some wine pointers that will help you avoid the chagrin of your invited guests. A great way to ensure that your guests enjoy themselves is to limit what you serve. This season, perhaps a sparkling and a rose would be enough – and a few beers for those that won't partake of the grape.

Fizz – There are some great options for serving sparkling at your party. You are not a cheapskate if you opt for a cleanskin sparkling. There are a great many cleanskin outlets around now that are selling quality unlabelled wines. With there being such a glut in the market, cleanskins have never been better. Try if

you can to spend upwards of \$8-\$10 if you can, and make sure you know where the product is from. This will give you a hint of the major wine makers in the area and you can test their labeled sparkling to see if it is up to par.

White – There are many options for serving whites during the party season, but head for something with a universal appeal. Steer away from Chardonnay's and Semillons as they are too heavy for afternoon/evening quaffing. A sauvignon blanc or a crisp verdelho will be perfect and also have a slightly lower alcohol content. Again, head for the cleanskins or splash out on a NZ offering in the Sauv Blanc department.

Red – Red wine is a tough one in the heat, especially in the afternoon. Head for lighter styles like a rose or pinot noir, and don't be frightened to serve your red slightly chilled. It is supposed to be served at room temp – around 18-22 degrees – so if it is 35 in the shade, it will be too hot. Keep some red on ice for an hour before the guests arrive.

Beer – Always make sure you have light beer available for those that are driving or may have to attend another party later. And serve good beer. Steer away from the major packaged ones, and try something imported from Europe or South America. They are lighter in style and easier to consume.

I am off to finish decking the halls and then heading to the tropics for a well deserved break. I wish all readers a very safe and happy festive season, and remember to always consume alcohol moderately and safely.

Tidings of the season. For more information regarding this column, email wine@qmagazine.com.au or call 0409 142365

q wine: NEWS

Once bitten, forever smitten

Refreshingly aromatic with a delicious sherbet like flavour, Moscato is the stylish frizzante style wine that is the perfectly fashionable drop to accompany the party season's fun and frivolities.

Brown Brothers Moscato has been the drink of choice at this season's most sought after soiree's including Marnie Skillings' most recent collection showing in Sydney and the Mercedes Benz Fashion Festival in Brisbane. Also ideal for the upcoming Spring Racing season, whether it be beside the track or at a friend's BBQ by the pool, Moscato is this season's must have fashion accessory.

This versatile wine is an ideal accompaniment to any occasion, served with or without food as an aperitif or table wine. When the sun begins to set, serve refreshing Moscato straight up in a wine glass or as the "Moscato Bite" - over ice with a squeeze of fresh lime. And because it has a low alcohol level of 5.5%, the enjoyment can last even longer.

The delicious mouth filling palate of freshly crushed grapes, musk and melon make the Brown Brothers 2006 Moscato the ideal drink for many special occasions. This wine should be served well chilled and enjoyed whilst young and fresh. RRP \$14



q generation: with LUKE HUGGARD



Reflections

It never ceases to amaze me how fast the year goes by these days. It seems like yesterday that I was pledging my commitment to ambitious and constructive New Years resolutions, and then here we are again... a fresh list to write and more that will probably go unfulfilled.

Maybe as I get older, my sense of time speeds up or perhaps I have worked so incredibly hard this year, and the weeks and months have passed by amidst constant productiveness. (If you know me please discount the latter scenario!)

Christmas decorations appear at home and on the streets, while New Years Eve plans are debated amongst friends. Uni is over for the year, Midsumma is approaching and Mardi Gras is just around the corner. I attempt to recall last summer, however not surprisingly my recollections are somewhat vague. Although, friends assure me that just enough time has passed to be pardoned for my lucid behaviour. As the weather gets warmer and the clothes come off, I can't help but feel a sense of nostalgia, that exciting times are almost here and it will be a summer to remember, full of good times with friends and new adventures. Only time will tell and I suppose this time of year is a good opportunity to reflect on the year that was 2006, what we have achieved over the last twelve months and what we need to in the future (if there is ever such thing as a good time!). This sort of self-reflection and evaluation seemed to be the dominant theme for myself this year.

As I turned twenty-one I couldn't help but have several realisations that were all too confronting. Aside from not being able to blame my parents for my mistakes anymore, came the realisation that these next few years could possibly shape not only my career in the future, but other aspects of my life. My situation is hardly unique and friends are quick to laugh at such analysis, reminding me that such internal self-reflection continues all throughout life.

Externally, reflections seem fitting also. Gay marriage continued its slow battle in much of the western world, as Canada, Spain, South Africa and New Zealand jumped on the gay rights bandwagon. Momentum for gay marriage gathered pace at home, with record numbers attending the Equal Love annual rally, perhaps inspired by the brave efforts of the ACT government in attempting to introduce civil unions. Simultaneously, our community was confronted with the realization that new and revised efforts are required to combat rising HIV infection rates. Kylie graced us with her presence during her Showgirl tour while the Rainbow Awards descended on Toorak. JOY Melbourne, a central tool in community building, renewed its license for another five years to the relief of many satisfied listeners. And of course, Q Magazine celebrated its second birthday earlier in the year and looked forward to its third, due largely to the efforts and work of one Mr. Brett Hayhoe.

Friendships were tested while others prospered and new relationships were formed while others were dismantled. Our year was enriched by those who remain with us and sadly by those who do not, yet will always be remembered. It was another year.

I wish you all the best over the holiday season. Have a wonderful Christmas and an extremely happy and safe New Year.

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q beauty: with GEORGE ALEXANDER

Looking for Christmas Gift Ideas?

Well it's the silly season once again and over the next month many of us will be in search of the new and wonderful in gift ideas for those nearest and dearest. Here are some ideas of what's new and exciting on the beauty market, that might very well be the perfect gift to give.

Gaultier2 Christmas Pack 40ml Eau de Parfum Spray 100ml Shower Gel

Gaultier2 was launched this year by Jean Paul Gaultier, the French fashion designer. It is the first unisex fragrance in the Gaultier line. It was created by perfumer Francis Kurkdjian of Quest International, and features notes of ambergris, musk and vanilla. The development is minimal, but the fruity-floral thing does calm a bit, the amber and musk get more intense, and the vanilla takes on a creamy, pudding-like character. It is very smooth, with a velvety, almost-powder finish. It also stays very sweet. I would guess that its official fragrance family classification is oriental, but under my own idiosyncratic system, it gets placed squarely in the cozy-comfort scent category. It is not your traditional unisex fragrance, but then, Jean Paul Gaultier did not want that either.

L'Eau Bleue d'Issey Eau Fraiche 75ml Eau de Toilette Spray 100ml Shower gel

Issey Miyake has launched L'Eau Bleue d'Issey Eau Fraiche, a fragrance with bergamot, rosemary, mint, maté, rose de mai, pink pepper, white patchouli and musk. Although it is a follow-up to L'Eau Bleue d'Issey Pour Homme, this one is to be part of the regular Issey Miyake line and not a limited edition. In the Miyake tradition, it is perfect for those summer months. It's light and fresh and is definitely not overpowering. Ideal for those who are looking for a subtle alternative.



Ultraceuticals Summer Grooming Essentials

- Protective Daily Moisturiser SPF30+ Ultra Exfoliating Gel Ultra Lip Protect SPF30+ Ultra Self Tan

Summer's beauty regime just got easier with Ultraceuticals launching their first-ever, Summer Essentials Pack – a summer survival pack containing four key products to help ensure superior skin protection this season. Featuring Protective Daily Moisturiser SPF30+ and Ultra Exfoliating Gel Cleanser, Summer Essentials will also launch the brand new Ultra Lip Protect SPF30+ and Ultra Self Tan. Harnessing broad-spectrum defense and the nourishing

combination of Vitamin E and Aloe Vera, Ultra Lip Protect SPF30+ is also water resistant, ensuring lasting lip protection all day long.

For those of us who love the look of a tan but want to shield our skin from damaging UV rays, Ultra Self Tan is the solution. Like Ultra Lip Protect, Ultra Self Tan combines Vitamin E and Aloe Vera to soothe, moisturise and protect against free radical damage. Ultra Self Tan develops a natural-looking tan over a four hour period and works best when the skin has been primed with Ultra Exfoliating Gel Cleanser which gently removes any dead skin cells.



Last but certainly not least is one of Ultraceuticals most famous products - Protective Daily Moisturiser SPF30+, a highly effective sun protector that provides superior defense against UVA1, UVAII and UVB rays. As well as providing an immediate defense system, this product also works to maintain the skin's youthful appearance by acting as a powerful free radical scavenger. The result is a daily moisturiser that protects on the inside and out.

Botani Olive Christmas Indulgence Pack - Olive Skin Serum 15ml Olive Body Cleansing Bar 125g Olive Shampoo Bodybar 125g Olive hand Cream 7ml

One of my Australian truly natural favorite brands, Botani has brought out an ideal gift for all skin types. Using the antioxidant effects of natural olive oil which contains squalene, that is naturally found in human skin. Squalene is known for its antioxidant properties, cell rejuvenation, moisturising properties, scar healing, anti ageing and hydrating benefits. Botani products contain no benzyl peroxide, petrochemicals, animal derived products, artificial colours or fragrances. Perfect for the most sensitive skin.



Have a safe and festive Christmas/New Year, and remember, if you can't be good, be good at it!

q beauty: NEWS

Jahreiss

Two Melbourne based entrepreneurs have created an innovative skin care product for today's male. "We saw a gap in the marketplace for a quality skin care product that is easy to use and targets the problems that men face" says Kristy. The skincare needs of men differ to women and they should therefore be using a product made specifically to address shaving rash, small cuts, blemishes and dry skin.

"Moisturising Skin Complex" is the first product to be created under the brand Jahreiss. It incorporates a unique Indigenous extract, Cehami®, which has been proven to have scientific benefits. The women look forward to expanding the product range and branching out to the international market. Contact info@jahreiss.com.au or www.jahreiss.com.au

Q Magazine asked two boys about town what they thought of Jahreiss: Anthony says: " Apart from the product itself - which is excellent - the packaging is really classy too". "It leaves your skin feeling silky smooth. I like it a lot", says Mitch. "It does exactly what they say it will - I will definitely be using it from now on".



q fashion: with BRECIK & ALEX



Apparently the weather does warm up over xmas so for that funky, cool casual look – grab some hot long sleeve shirts and roll up the sleeves. It's an awesome look to wear with jeans or to make that dress pant look a little funkier. If you look around in a few of the more popular men's wear stores, you can actually get shirts that the sleeves roll up and stay up with a strategically placed press stud!

There are some really hot fitted shirts out there at the moment. Stripes are still really in and looks like they are gonna be hanging around for quite some time. You can always however go the short sleeve shirt too! They are hot and as long as they are fitted, will compliment almost anybody. The cowboy style short sleeve shirt is still really in this summer – but please – I know we all loved the movie 'broke back mountain' but we don't need to look like them! If checks aren't your thing, there are some hot styles out there with patches and prints that also look awesome! I have even seen some cool stripy short sleeve shirts for that more conservative look.

It is that time of the year again when we all give and receive gifts... but really it's about partying down with all your friends and family and drinking way too much! While you are doing all that – it's very important to look your funkiest!

All the shirts we have mentioned above ideally should be teamed with a hot pair of low rise / boot cut jeans. By this we mean jeans that the waist sits just above your bits and they sit beautifully over your shoes. Grab a pair of jeans with the sexy 'whiskers' (the creases usually chemically put into your jeans around the pockets) although the bleach patches are still in, jeans are fast moving towards that clean colour.

Let's start with what is NOT cool to wear this xmas. Please, please do not feel the urge to whack on that Santa hat or reindeer antlers – so not cool – since when has the two dollar shop become the place to shop for accessories? Oh and yes – look the xmas themed tee shirts too!

To compliment your xmas party outfit you need a nice pair of shoes. Please remember that shoes are one of the first things we notice and they tell a lot about the person wearing them. A funky pair of casual / dress shoes is what is needed. Your shoes will also dictate the colour and style of your belt (which must always be worn) and your wrist accessories!

So now that we know you are all going to look hot at your different xmas parties – have a great one kids! For further information or to ask any questions, please email fashion@qmagazine.com.au

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q travel: SHOOT OUT ON THE GUNBARREL HIGHWAY

Pictures and article by Shek Graham

We had a meeting on the Great Central Road before we turned off for the Gunbarrel Highway. Jan and I were worried that one of our goals of travelling the Gunbarrel would be thwarted by him and his decrepit trailer. However, we all decided to go ahead – a unanimous decision. I prayed that his trailer wouldn't lose its wheels. The track was very rough, and often we were reduced to walking pace to get over huge ruts, washaways and soft sandy patches. The driving was awesome!!!

Whereas on other roads we were witness to the mouldering wrecks of crashed cars, shattered caravans and rusting trucks, the Gunbarrel Highway was littered with the wreckage of broken and abandoned trailers. My heart was in my mouth as we traversed the rougher parts – but nothing else fell off or broke! The trailer retained its wheels and we travelled on.

However tensions were still building up between the two couples in the group. After a hard day of driving, there was nothing better I liked to do than relax for a while with a cup of tea (or something stronger) and chat about the day, and play with the dogs. However they seemed to prefer to bicker incessantly about trivia. It's often the little things that create the most unpleasantness. Eventually we decided to tackle this problem and I approached them – quite politely I thought, suggesting a number of possible compromises. All hell broke loose – “how dare I criticise them” – “they had been married for 30 years” – “let's turn around and go home” etc, etc, etc. Utterly exasperated I went off to cool down. I didn't know if I could go on like this.

The next morning, though pistols were still drawn, the bullets had stopped flying. The atmosphere was distinctly cool as they agreed to take turns with us, preparing camp fires and meals so that each couple could go off and either bicker, or enjoy a pleasant break out of earshot of one another, before beginning camp duties. To give them credit the bickering did seem to reduce and eventually almost stop whenever we were in earshot.

Though the track was rough, and in several places alternate tracks had been made to avoid major washouts and other obstacles, the path was amazingly straight. This is how the track got its name – gunbarrel straight. The tracks in this area were constructed by Len Beadell and his army construction crew who first built these “roads” to ease land surveys for the retrieval of missiles that were fired into this remote area from the Woomera Rocket Range, and also for atomic bomb testing. Len Beadell started his surveys



and constructions after WWII, and named some of the “highways” after his children, such as the Gary and Jackie Highways.

I don't think you can get any more remote in Australia, nor in most other parts of the world. We travelled over 1000 km on this track over almost 4 days and didn't see a single car, person or even signs of established occupation. On top of a hill named Mt Beadell after the famous surveyor and road builder, we made camp and watched the full moon rise huge and red over the outback. We could see for many kilometres in all directions, but couldn't see another camp fire, light or even the head lights of another vehicle. We were completely alone for as far as the eye could see. To some, it could be quite a scary feeling, but to us it was wonderful.

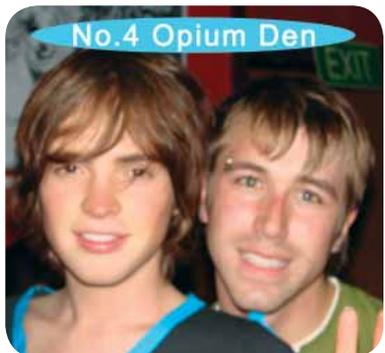
The rain we had experienced earlier in our trip had also drenched this area. The spinifex grass was in full flower sheathing the surrounding land in gold during the day, and silver by night. All around us were fields of beautiful wild flowers creating stunning little habitats for the native wild-life. Camels were everywhere, seemingly more numerous than the native kangaroos and emus that we saw. At one camp site we were surprised by a pair of goannas watching us set up camp! This was Australia at its most remote and beautiful. How blessed can a girl get?

Q cuties: PRESENTS UNDER THE TREE

Send your entries into cuties@qmagazine.com.au for your chance to be our monthly Q Cutie.



The idea is YOU choose the picture you think has the cutest guy or guys in it and sms 0429 88 OMAG with the corresponding number. The pic with the most votes will win a fabulous prize from our advertisers. So get your fingers working and vote today!!



Our November Q Cuties title goes to our cutie from the Yorkshire Stingo Hotel. You have won a \$50 drink voucher at the Stingo - simply identify yourself anytime from now to collect - congratulations.

Conditions: All Omagazine competitions are open to everyone, except those that specifically state you must be over 18 to enter. Competitions close on the final day of each calendar month with all prizes being drawn at 5pm the following day at Apartment 3, 15 - 17 Charnwood Road, St. Kilda 3182. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of Omagazine. All monthly Q Cuties winners will appear in the following edition of the publication.

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WOW! As 2007 rapidly approaches it's time to reflect on 2006. Simply... what an awesome year it's been! We approach the new year with the enthusiasm that we get the opportunity to do it all again, this time with more fun, stronger relationships and greater partnerships with our suppliers, linked credit providers and indeed our loyal customers.

When we say loyal customers... we mean loyal customers, because without each and every one of you we don't have a business, in fact we have nothing. The support that we have received from the GLBT community for over 10 years now is nothing short of amazing, our customer statistics from the GLBT indicate steady growth every year. We strive everyday to ensure your dealings with us are completely transparent and as "easy" as possible, because we believe that if you have a good experience, you will recommend us to your family and friends.

We also run off the premise that every expense in a business is truly reflected in the purchase price. We like to keep our costs down... that doesn't mean we are "no frills" as no frills = no service, however it does mean we keep our expenditure on customer necessities high and our costs on the less important things low. This way we can continue to grow as a business whilst catering for our clients' demands with the ability to channel excess funds back into the communities that directly support us.

In closing I would like to take this opportunity to thank you all for your support. We take your business very seriously. In an ever changing world where competition becomes fiercer by the hour we will continue to honour and uphold our commitment to you by offering market leading finance facilities, coupled with great service and continued support of the GLBT community. This support continues early in 2007 with our company's major sponsorship of Pride March Victoria. Looking forward to seeing you all there.

Wishing everyone a Merry Christmas and a safe, happy and prosperous 2007.

Scott Walsh

Scott Walsh
Managing Director

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q security: U-NOME

ELITE FEMALE TEAM HERALDS NEW ERA OF SECURITY

A new era in private security is in Melbourne with the launch of U-Nome (pronounced U-No-Me) Security Communications Specialists – a female owned and operated security company that employs women specially trained in communication and mediation to use brains rather than brute force to diffuse conflict.

U-Nome Managing Director, Naomi Oakley said when men become aggressive due to alcohol or drug consumption it has been shown that they are less inclined to show resistance when a female is negotiating the situation compared with another male.

"U-Nome offers a modern personalised approach to security, safety and protection services, provided by a highly skilled, well presented, elite team, made up predominantly of women. "Our business is about effective and targeted negotiation skills that lead to successful conflict resolution and a stronger female presence will appeal to event organisers and corporate businesses looking for a different approach to traditional security services," she said.

Having spent 12 years in the Victoria Police Force, a further five years in the private security industry including experience at corporate, music and sporting events, Naomi knows first hand how women handle conflict situations differently to men.

Female security personnel are seen as having less obvious or dominating characteristics regarding their physical presence at events, where often a more subtle security presence is preferred. U-Nome will focus on VIP and corporate events, fashion festivals, music events and gay community events.



Paul Mullet, Secretary of the Police Association has endorsed the business and is pleased that it will offer ex female police officers a viable career option. "In the year 2006, women police officers should be able to return to their duties however this is not the case. U-Nome Security does provide a terrific opportunity for former police women to use their skills in the private security industry," he said.

As a separate part of the business, Naomi has also developed an innovative "Independent Assessment" program for the crowd control industry. U-Nome Security Communications Specialists can provide impartial feedback on current security service providers, making them more accountable. This service can also be used by security companies wanting a fair assessment on current security personnel and even councils if they have an ongoing problem with a particular venue.

Telephone: 0417 363 742 or go to u-nomesecurity.com.au and tell them you read this in Q Magazine.

q extra: NATURAL SOURCE GIFTS

As part of our Festive Season Issue, I thought I should highlight some fabulous products available that wont break the bank. The Natural Source has been a wonderful supporter of Q Magazine throughout 2006, so I thought I would give credit where credit is due and give you just a taste of their incredible collection. Simply the best in Gift Giving.

1. The Natural Source - All in One Men's Pack - Price \$44.95 Easy peasy pampering for him! This deluxe kit contains products to help deliver strong, healthy skin and hair from top to toe. Includes: Terra Firma For Men Anti-Sting Shave Gel, After-Shave Skin Balm, Daily Protein Shampoo & Conditioner, Eucalyptus Vegetable Soap, and a Body Brush to exfoliate, invigorate and regenerate the skin.

2. The Natural Source - Daintree Leaf Soap Duos - Xmas Pack Price \$9.95 The perfect stocking stuffer or Kris Kringle gift idea. Beautifully scented, leaf-shaped cleansing bars that look great under the tree and leave skin soft, smooth and sweet smelling.

3. The Natural Source - Bath & Balm Bon Bon - Xmas Pack Price \$17.95 ***TOP SELLER*** These bright, colourful bon bons bring a smile at Christams without stretching the budget. With deliciously scented bath bubbles that deliver a gorgeous natural shimmer.



The Natural Source also has a brand new range of essential oils. Create your own space for "balance", "romance", "peace and tranquility" or for "having some fun" with these new Australian Made aromatherapy oils. TNS Organics are essential oils extracted from a variety of organically certified or wild harvested flowers, herbs and spices to benefit and enhance the mind, body and spirit.

There are three sets of essential oils in TNS Organics: • Certified Organic Essential Oils are from plants grown without the use of man-made fertilisers, herbicides or pesticides in managed ecosystems to maintain the health of both plant and soil. • Wild Harvested Essential Oils are grown and gathered from a natural habitat, rather than a cultivated controlled greenhouse. • Perfume Essence Essential Oils are from wild harvested plants combine with natural cold pressed jojoba oil so the fragrant oils can be applied directly to the skin. These oils can be safely used as an exclusive natural perfume as the oils are pre-blended with jojoba oil. TNS Organics are certified to Australian, as well as European, Japan and USA organic standards to guarantee a seal of quality, so you know you're not getting a diluted essence, but the true level of essential oil. Prices: TNS Organics – Pure Essential Oils – From \$8.75 – To \$65.75 Available: The Natural Source stores, or on the web at thenaturalsource.com For stockists nation-wide, call 03 9551 5544



q postcard: ENDA DOES LONDON

After the long journey to Heathrow, I enjoyed five days holiday in the south of Spain in the gorgeous town of Ronda. Then it was time to hit London and start on the promotional trail for my show.

It was so good to be back to London again after a five-year absence! In between performances of my own show, I got to see some great stuff. I crammed in performances of *Wicked*, *Mary Poppins*, *Schwartz Stories* and *Avenue Q*. Everything you may have heard about *WICKED* is true! It's an amazing show with an amazing cast. The show's original Broadway star, Idina Menzel recreates her Tony-winning role of Elphaba until January 1, when then sensational Kerry Ellis takes over. Australians Helen Dallimore and Adam Garcia also star. *Wicked* is the untold story of the witches of Oz: we learn how the Wicked Witch of the West became wicked. If you're in London (or New York), go and see *AVENUE Q*. This show doesn't rely on big sets, bit production numbers or big names but it's charming and fun with great songs. It also has the gorgeous and talented Jon Robyns heading the cast – he's an incredibly charismatic performer. It's always good to check out non-West End shows as you can often get some real treats. I caught Frances Ruffelle (Tony Award winner/original Eponine in *Les Miserables*) in *SCHWARTZ STORIES*, a revue of the music of Stephen Schwartz (*Godspell*, *Wicked*, *Pippin*) at the Kings Head in Islington. It also stars Paul Nicholas and the stunning Annalisa Rossi. Eating out in London only confirms that the cost, standard of food and service in Australia is far superior to anything available in London! It was great to get to go clubbing to places like *GAY* (although the entertainment was pretty dire the night I went) and London's funky new club *Too2much*, who have listed on their code of conduct inside the door: "Best behaviour will not be tolerated." – my kinda place!



London is still the place to go to party, and to get the best array of theatrical entertainment. With that said, I'm glad to be home! (www.myspace.com/endamarkeymusic)

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q community: PLWHA VICTORIA

New Executive for PLWHA Victoria

At the first meeting of the new Board of PLWHA Victoria on 8/11/06 a new Executive was elected for 2006/7. David Menadue was elected President, Paul Baines Vice-President, Brett Hayhoe, Secretary and Stephen Eustace, Treasurer.

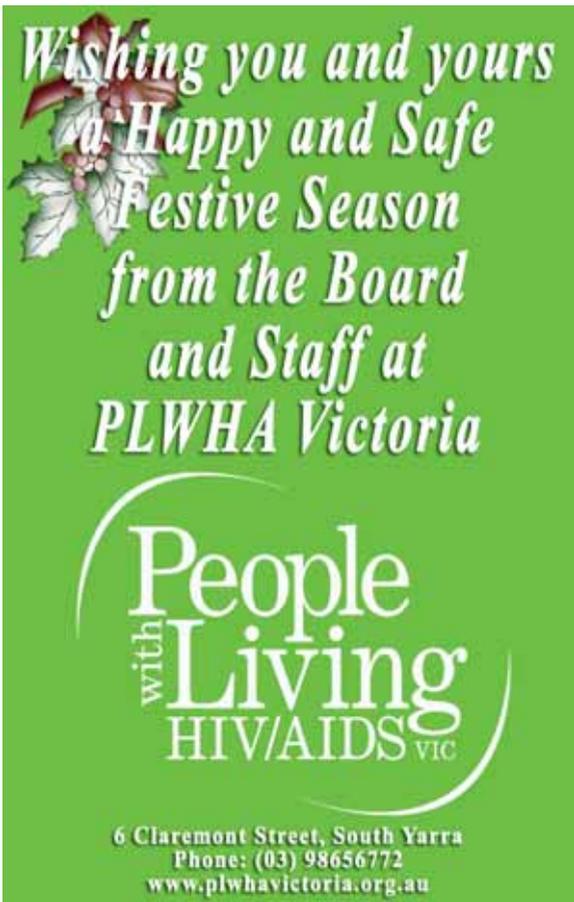


On his election as President, David Menadue said he was honoured to take on the role of leading what is now a very efficient and effective advocacy organisation within the HIV sector. "I am very grateful for the leadership which Greg Iverson played as President for the past few years and for the financial and governance changes which Greg and last year's Board were able to implement. Having Sonny Williams as Executive Officer has led to greatly improved relations with our funders and within the sector generally. We are in good shape to continue the important advocacy issues which our membership expect us to do on their behalf."

One of the advocacy topics that Menadue thinks will need attention during this year include the "reckless endangerment" issue – highlighted by the recent court case involving an HIV-positive man who is charged with intentionally infecting his sexual partners.

"This is a very sensitive issue for HIV-positive people," said Menadue. "We know that very few HIV-positive people would ever want to infect a sexual partner. It is a great fear for many of us whether we are in regular relationships or we are having casual sexual encounters. Communication in sexual encounters is never perfect or black and white. Disclosing your status to partners is difficult for most positive people, given the fear of rejection and others abusing the trust involved with such information. When we see court cases suggesting highly irresponsible sexual behaviour, if this is proven, we want people to know that this is not representative of all HIV-positive people. The PLWHA Board believes that even when individuals have shown difficulty in maintaining their commitments to safe sex, most people will respond to counselling and behavioural interventions. The Health Act, rather than the Crimes Act is by far the better way to deal with these situations in nearly all cases."

Other important work on the PLWHA Victoria workplan for the year includes increasing the health promotion work begun in 2005. The Positive Education project has been running a series of workshops for positive gay men on disclosure and sexual negotiation. The Healthy Living Project has run very successful Quit courses to help positive people give up smoking, to exercise and diet properly, including learning how to deal with conditions like diabetes which have been linked to HIV treatments for some. We have numerous other services including the Speakers Bureau and HIV treatments advice. If anyone is interested in volunteering to help PLWHA Victoria in our work this year, please ring Executive Officer Sonny Williams on (03) 9865 6772.



*Wishing you and yours
a Happy and Safe
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from the Board
and Staff at
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q pets: with CAT RESCUE



CatRescue - 'tis the season - the kitten season! CatRescue has taken in over 153 cats since the start of Kitten Season. 124 of these have been rehomed so far. On top of the desexing campaign this has been a massive effort for our small group.

Cat Flu, "sudden" pregnant cats and the costs of desexing are unfortunately slowing us right down. Everything at the pound is now suffering from Cat Flu, which means medication, treatment and quarantine. We need support from the community to help with the costs of ongoing care and treatment. Keeping kittens alive involves long hours of cleaning and medicating and unfortunately a high cost of medicines and treatment. You can make donations straight into our account at <http://www.catrescue.com.au/donate2.htm> or by cheque to VetFriends - Catrescue Account 1-3 Smith Street Chatswood NSW 2067 and all money goes to the cats.

Update - Desexing campaign

The landmark motion has been voted a strong YES the October Local Government conference in Katoomba, NSW to agree on Mandatory Desexing of Cats and will now go to the Minister. LGA Executive Ian McKenzie said, "the campaign of information by CatRescue, NDN, AWL and other organizations in the lead up to this conference provided a solid information base for delegates to make an informed decision".

Councillor McKenzie passed the Landmark motion with the following comments "there was a strong response to this proposal from NSW councils, it is a proposal that will be put to

state government". You did this! Thank you to everyone.

How to care for kittens

Kittens have unique and wonderfully playful personalities. If you have decided to adopt a kitten, there are steps to take that will keep your kitten healthy and happy. According to the web site a kitten will require several vaccinations between eight and sixteen weeks of age. These vaccinations will guard against upper respiratory illnesses, feline leukemia, rabies, and feline panleukopenia. Without these vaccinations a kitten can become seriously ill and possibly die.

CatRescue also recommends talking to your veterinarian about medications for preventing and controlling internal parasites. Parasites that can infect a kitten are tapeworms, coccidia, giardia, roundworms, and hookworms. A kitten infected with these parasites will experience vomiting, diarrhea, and can become extremely ill. If your kitten is scratching its ears excessively it may have ear mites. A prescription is available from your veterinarian to eliminate ear mites. Cats and kittens generally do not overeat, so food should be made available at all times. Feed your kitten a good quality food. This will ensure the kitten is getting the right amount of vitamins and minerals necessary for growth. Avoid feeding your kitten table scraps. Table scraps will cause a kitten to become overweight, and the kitten may not get the proper nutrition it requires. And don't forget to show your kitten lots of loves and attention. The earlier you build a trusting affectionate relationship with your new family member - the better your life together will be!

Look out for our article next month for more info on CatRescue and more Kitty Tips. Don't forget our website: catrescue.com.au

q business: IZETT STREET TRADERS

Is it the new Commercial Road? Well I don't know about that, but Izett Street certainly is a brilliant compliment to our Gay street.

Apart from easy access to Safeway [and that infamous carpark] Izett Street also boasts some wonderful stores specifically designed for the Gay and Lesbian market. In fact, the 3 to which I refer are also Gay owned and operated.

Starting from the Greville Street end, you find, tucked away in a series of cute cottage-style buildings, **Heavenly Solutions**. Part of the "Heaven" empire [if I can be so bold as to refer to it in such a way] Heavenly Solutions - under the very professional direction of Joe and his team - has everything you need to make you feel great and look sensational. A long established business with a reputation second to none.

Closer to Commercial Road [in fact just around the corner] are two other Gay owned businesses - one which has been around for a couple of years, and one which is brand new.

A good friend of mine - and a man with so much vision it is scary - is CJ at the **Shaft Store**. For those of you who have not been in, you are missing a truly amazing retail experience. From the moment you walk in the door, you are greeted with a smile and a welcome that is so rare these days. Yes the store is an adult shop - magazines, movies, toys, accessories - but it is laid out in a friendly, non-confrontational fashion. Everything in the store is top quality and if you don't know something, or want more information about a product, CJ is always on hand to assist. He even advises on which "aroma" is best for your particular application. Check out the Naughty Internet upstairs too.

Finally, the new kid on the block - **Faboo** [and what a great name for a store]. I will always promote young business people who are truly wanting to give it a go - Mark and Normie are two such guys. T-shirts, gift ideas, greeting cards [the non-rude variety] and quality nicnacs are just the beginning to what is available in this store. Go in and check it out - it really is very camp, the range is extensive and varied, and the service is extremely friendly. I wish them only the best of success.



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q scene: OUT & ABOUT

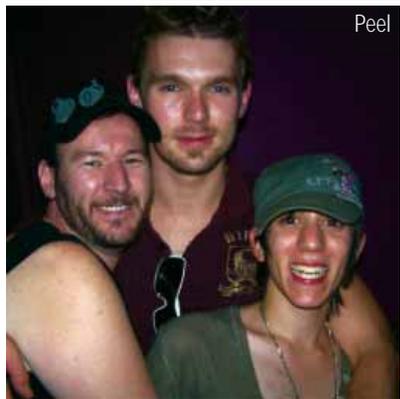
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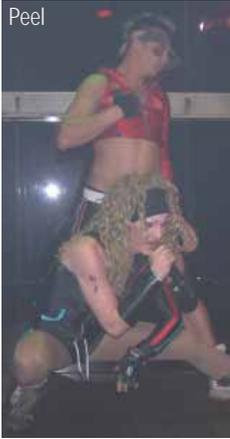
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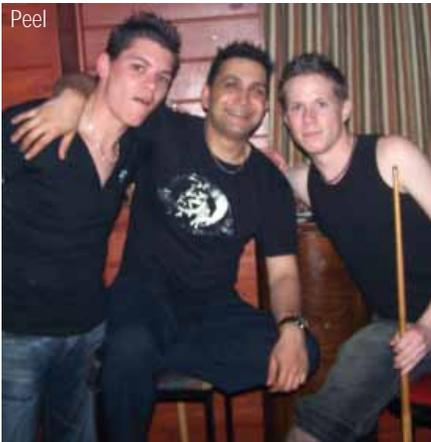
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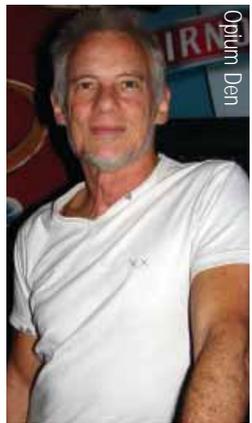
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q scene: OUT & ABOUT



Greyhound



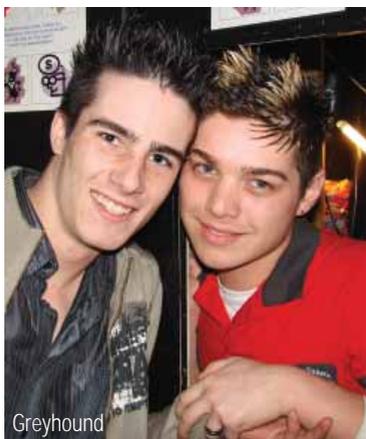
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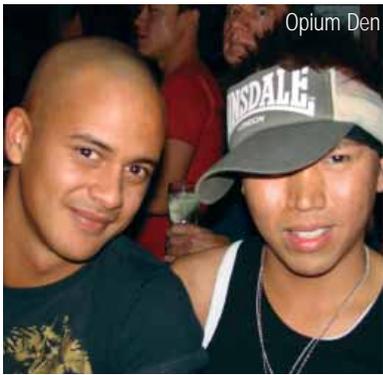


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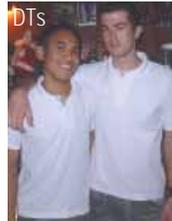
Market



DTs



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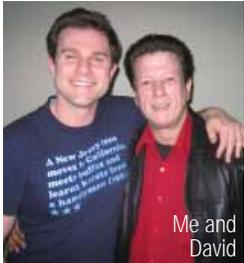
Bingo Candy



DTs



Opium Den



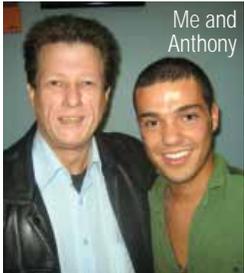
Me and David



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Gay Idol Winners



Me and Anthony



Bingo Candy



Bingo Candy

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q scene: OUT & ABOUT



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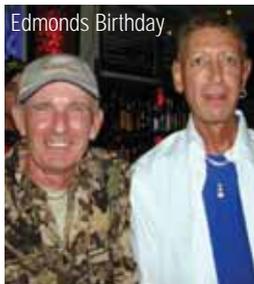
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Edmonds Birthday



Edmonds Birthday



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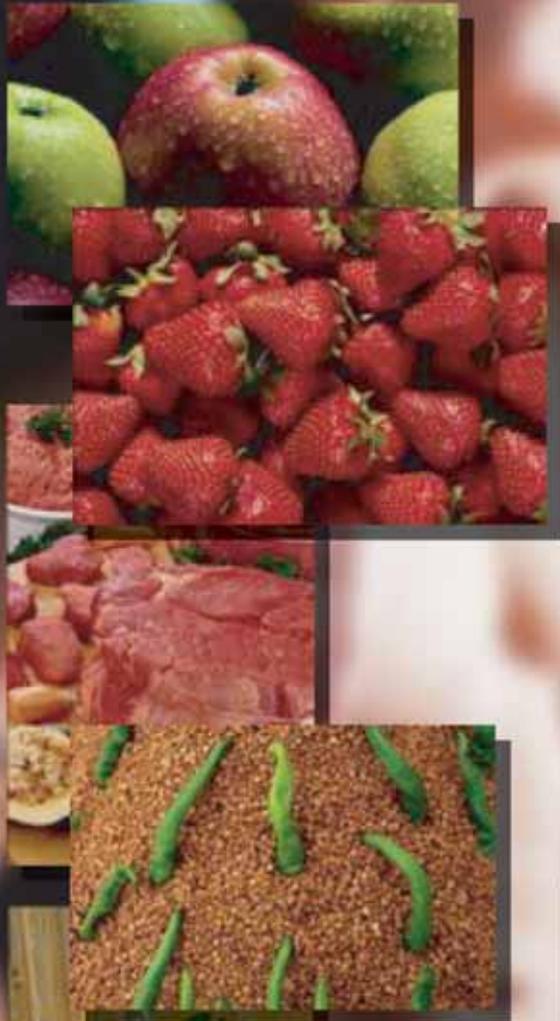


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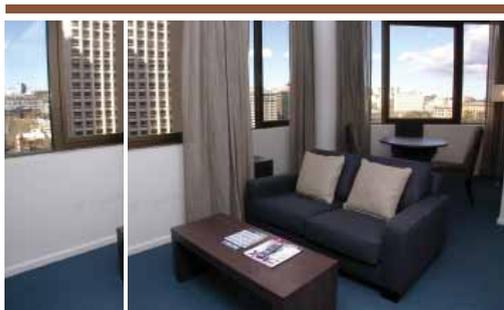
Q accommodation: SYDNEY STYLE

I was asked by the Metro Hotel group in Sydney if I would consider a "review" of their properties. I, of course, accepted their invitation. I extended a recent trip to the NAPWA AGM and enjoyed their hospitality for a couple of nights [after staying for the first few days in Newtown]. Richard Amour - Metro's Business Development Executive - was the consummate host, taking me to Edgecliff, both Pitt Street properties, and their apartments on Darling Harbour.

Conveniently located on the corner of Pitt and Campbell Streets - opposite the Capitol Theatre, walking distance from Central Station, Chinatown, and Paddy's Market, and only a ten minute walk to Oxford Street [10 minute taxi ride to Newtown] - Metro Hotel Sydney Central, was where I stayed.

Whether you live in Sydney or are considering a holiday there, or to any of the destinations where Metro Hotels operate, anytime soon, I can personally recommend Metro Hotels. Go to their website [www.metrohotels.com.au] for the full range of properties throughout the country, and make sure you mention Q Magazine when you make your enquiry or booking.

From the spacious and comfortable lobby [complete with wireless broadband, a chill-out area which doubles as reception for groups - complete with a huge wall-mounted plazma to sit and relax watching. I was placed in a beautiful top floor suite with sweeping views of Sydney and Central Square. Very well appointed room with separate bedroom / dining / lounge / bathroom [featuring a large bath], comfortable furniture, and a Queen-sized bed. The service from the time I booked in was excellent including when I asked the young man which way to Oxford Street on the Saturday night, he quickly and efficiently gave me a map to take and showed me the easiest route [pardon the pun]. On the Sunday night I did catch some of Australian Idol - which was very nice to view on the plazma screen in my room. Everything in Sydney right now is non-smoking but Metro Central Sydney still has 3 smoking floors. The stroll to Oxford Street [on my way to meet Chris from Queer



TV at the Flinders Hotel] was a tad difficult as it is mainly uphill, but, of course, that meant the stumble home at 3am from the Midnight Shift was very pleasantly in a downhill direction.

All Metro properties have a variety of room configurations [except for the Darling Harbour apartments...they are all identicle] and a wide range of prices. All rooms have an internet connection and will be upgraded to broadband very soon.

Almost tucked away from site, down the other end of Pitt Street [although only a short walk from Central Station] is the location for Metro Hotel on Pitt.

One of the big selling feature of this property for me was the large rooms with a two man spa in the bathroom. These particular rooms are very spacious and perfect for the discerning traveller who wants all the luxuries of life while still maintaining a serious level of anonymity. Of course, there are many other types of rooms available - just ask when you call. This property is totally non-smoking.

Surprisingly close to the City is Edgecliff - the address for one of the Metro Inns.

Designed for the budget-conscious traveller, Metro Inn Edgecliff, none-the-less commands unbelievable views of Rushcutters Bay. The rooms are certainly not as luxurious as Sydney Central or their other Pitt Street property [which is totally non-smoking by the way], but the reception is very welcoming, the rooms are spacious and comfortable, the breakfast room [which boasts morning fare for only \$5 a head] also has a view to die for, and everything is neat tidy clean and across the

road from the train station. Certainly a good choice for anyone on a tight budget without the hassles often attached to backpacker-type accommodation.

There is no disputing that Sydney's Harbour is an amazing wonder of our country and the world. Darling Harbour is also a wonderful work of art.

From the balconies at Metro Apartments on Darling Harbour, you can see across to Star City Casino, the Aquarium and much much more.

As all rooms are strata titled, they are identicle in configuration - with reasonable-sized kitchens, a good-sized balcony [including ash trays], spacious living areas, mezzanine level bedrooms, bathroom and laundry.

If you are intending to stay in Sydney for any length of time, these apartments are ideal. There is 24 hours reception and security is extremely good with entry by room key. The upper levels of the building command incredible views over Darling Harbour and you are literally within walking distance from some of the best attractions, bars, shopping, and entertainment available in Sin City.

If you're feeling adventurous, atop the building is an area used to take in the sun or a Sunday afternoon BBQ. Be careful though, the place is surrounded on all other sides by office buildings. You may be getting watched by people who don't appreciate your body as much as you do [wink wink].

Thank you Metro Hotels for a fabulous end to my week in Sydney. I will definitely be staying with you again. Great choice for Mardi Gras weekend I think.

NEW YEAR COUNT DOWN

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SUNDAY 31 DECEMBER

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q fitness: with CLINT McDONELL



Fit for Christmas

It's only a month or so till xmas and you're not the man you want to be. Too fat, too skinny, no muscles.no problem! Here's a workout routine for the month of December for anyone who wants to improve their fitness. You don't need to use a gym to do these workout routines.

Do this every Monday:

1. Full body push ups* till failure. That means keep doing them till you can't do anymore. Do 5 sets of these over the course of the day. Write down how many you do so you have a target to beat each week. If you can't do push ups on your toes do them on your knees. A push up is almost as beneficial as all the chest exercises in a gym combined.a winner for upper body strength and shape.
2. 50 situps* anyway you know how. If 50 is too easy, do more or make them harder by holding the contraction longer. If 50 is too many, break it down to smaller sets over the course of the day, say 5 sets of 10, but do the whole 50.
3. Run for 30mins. If you can't run, walk fast for 40mins.

Every Tuesday:

1. Full body pull ups till failure. A pull up is like a chin up*. Lie under a desk or table, get your hands onto the edge, and lift your chest up to your hands. It doesn't matter if your legs are bent or straight, just try and get as much contraction as possible through your back muscles and do it till you can't do anymore. Do 5 sets over the course of the day.
2. 50 situps
3. Run for 30mins. If you can't run, walk for 40mins.

Every Wednesday:

1. Sit and stand squats*. Stand about 8inches away from a chair and bend your knees until your butt touches the chair. Keep your back straight and your chest up. You'll get better posture and target the muscles better if you also keep your eyes up rather than looking at the floor. You need to stick your butt out as though you're worried the chair is too far away, then you'll be doing it right. Do 5 sets of 20 reps for strong legs and a firm butt.
2. 50 situps
3. Stair climbs. Find a stairwell containing at least 20 stairs. Take 2 steps on the way up but do every step on the way down. Going faster will increase your cardio output which may help you burn fat, but the main purpose of this exercise in this routine is to get you extra leg strength. Do 5 sets or more as time permits.

Every Thursday:

1. Have someone pin your elbows to your side with the palms of their hands on the outside of your elbow. The pressure they

exert should be just enough to make lifting your arms difficult but not impossible. The closest gym exercises to this are lateral raises*, upright rows and perhaps shoulder press. In any event it is intended to be an exercise for your shoulders and upper back so if you feel it somewhere else you're not doing it correctly. Do 5 sets of 10.

2. Bench dips*. A standard exercise for your triceps. 5 sets of 10 for beginners, 5 sets of 50 for experienced exercisers.
3. Masturbate*. In the unlikely event you haven't tossed off by this stage of the week, give it a serious nudge today. It's about the only way you can work biceps without weights, and it does have the additional benefit of engaging supporting muscle groups including triceps shoulders and back muscles.

The more creative amongst you may be able to involve more muscle groups, but make sure you swap hands for a bilateral experience. It's important you increase the duration of your workout, so think John Howard in the nude. And if you get busted wanking for your fitness, just say you want your mum to be proud of you when she sees you at Christmas lunch.

Every Friday:

You deserve a rest if you've done everything required so far this week. For the very committed, do some light cardio and the situps.

Every Saturday:

Do 2 sets of each of the push ups, the pull ups, the squats, the lateral raises, the bench dips and the situps. Do the exercises in the order they are written. Increase your cardio output to one hour of light jogging or fast walking. I know it's a big day of exercise for you but it's only once a week and it will round off your week beautifully.

Every Sunday:

Have a good rest today. Do nothing. Your body won't respond to the punishment unless you give it a chance to recover.

If you do this routine for a month and be just a little bit sensible with your diet you will look awesome for Christmas. Good luck!

*If you don't know how to do this exercise do a google search for a video demonstration.



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