



DECEMBER 2009

Q MAGAZINE

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### q comment: **PMV 2010**

With 2009 coming to a rapid close and MIDSUMMA approaching at lightning speed, now is the time to think about Pride March Victoria 2010. Under the International Theme of One Heart One World One Pride participants are encouraged to dress their entry to this theme to add colour and fun to the March. Scheduled for Sunday the 7th of February, this premier "all of community" event on the GLBTI annual calendar is also undergoing some significant changes.

In response to community feedback, Assembly (on the corner of Lakeside Drive and Fitzroy Street) will be from midday with the March commencing at 2pm sharp - travelling down Fitzroy Street to Catani Gardens. All relevant forms - including the March registration form - are available now at [www.pridemarch.com.au](http://www.pridemarch.com.au)

The celebrations in Catani Gardens are also undergoing a re-vamp with entertainment the focus. With the Skinovate Karaoke Stage (hosted by Matt and Damian), the Gaydar.com.au Main Stage (featuring some amazing entertainment and hosted by the wonderful Linzi) and the new Gasworks Community Village and Entertainment Stage (featuring a range of acts from children's through to inovative adult entertainment) there is more for you to see and enjoy than ever before. Even the main bar has been doubled in size to ensure you can enjoy a cold libation without the lengthy waiting periods of the past.

Patrons of Pride, community organisations and GLBTI friendly businesses will be displaying their wares for the first time in the Gasworks Community Village. This new area is something the Board of Pride March Victoria hopes to be a favourite for all, establishing it as a regular feature of the annual event.

Whether you're Marching or supporting the people who are, Pride March Victoria is the one event where you can be who you are without excuses or shame. Please support YOUR Pride March Victoria.



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# q feature: TRACY BARTRAM

Talented, delightful, and sweet doesn't even start to effectively describe this lady. She is unique, effervescent, dynamic and amazingly open. She is Tracy Bartram. I had the great pleasure of enjoying her company over lunch recently where I started by asking her what she wanted to be when she was a little girl.

[laughs] I wanted to be a singer. In fact the first performance I can remember was in a migrant hostel in Nunawading and every Sunday I went to Sunday school (I think my mother took me to the Church service) and they stuck me on a chair, made the microphone really tall and I sang Jesus Loves Me and got a standing ovation. It was all about the roar of the crowd at the age of 3 and I just knew that that's what I wanted to do...and it never left me. I did all the Gilbert and Sullivan performances at school. My costume was always way too short. I was in the school choir and then if we fast forward I remember auditioning for a band or two when I was in my twenties - failing miserably cause they were pop bands and I've never been a rock girl - and then when I got to 30 I had been in sales and marketing (and was very successful) and I got the sack cause the boss wanted me to shag him.

*The boss wanted me to shag him and I had integrity and I wasn't going to do that ... but if I had fancied him I would have!*



But I couldn't get another job as I had been earning so much money. I went for job after job after job but when the money question came up they all said they couldn't pay me that. So, I did a metaphysics course and one night a whole bunch of us went to the Last Laugh and I saw this comedienne tearing strips off these guys and I thought it doesn't have to be like that. So I turned to my mates and said I think I'm going to do stand-up comedy and they all said "oh, thank God".

So, I just started writing, did my first gig at the Hilton Hotel Comedy Club and the 6th of December is my 20 year Anniversary (I have a gig with the band on that day which absolutely thrills me cause it's a real affirmation). About 2 or 3 years into my comedy career I did a parody of the song Rawhide. It was a piss-take. It really connected with people - they loved it. I think buried 13 of my friends in 1992 (at the height of the AIDS pandemic). It was a really really tough time. But the songs became an integral part of my comedy show.

Then I started to do songs I really loved and we did a show called "Discovering my Roots" at the Comedy Theatre with an 8 piece band. Then fast-forwarding again, I had a party for my husband's 60th and I'd had a vocal operation and I was in rehab for that. I was at Fox FM and I was exhausted just trying to push my voice out. People would say they loved my husky voice but it was because it was damaged. But at the party I decided to do 1 song and the pianist (who was standing in for the guy who was meant to be there) gave me his card at the end and said "you're a jazz singer". He said he owned a smoke-fee jazz club called Dizzies in Richmond and wanted me to go and sing with him. He nagged me for about 6 months then we booked a date and I was so terrified I gave myself the flu. We recorded it and put out 100 copies of it raw (it wasn't even mixed) and people loved it. I was just doing standards. So I sang with that trio spasmodically for the next few years.

## Where did radio fit into all of this?

It wasn't even a part of the scheme of things. It was never part of my consciousness - although I was a massive radio fan. My adolescence was spent falling asleep with the transistor radio next my ear until the batteries went flat. I remember walking to school holding it to my ear crying to ABBA's Mumma Mia. And then I had done a bit of radio promoting my own show in Melbourne and I met my husband when I was in Perth for Fringe. I call him my current husband to keep him on his toes.

It was funny, I had an agent in Perth who just keep ripping me off. When I questioned her she sacked me. I was parked outside a fish market in Northbridge (although it's not there any longer) and there was another agent so I walked over to her and told the story and she said "great, let's work together". I did a free gig for her to introduce me around and there was a radio guy there who was

hosting a breakfast show. He came up to me crying and said he had never laughed so much in his life to which I said "good on ya". He was a Kiwi - I picked where he was from. Anyway they got me on doing little bits and pieces - live crosses and stuff. Then he rang me and asked if his boss has spoken to me about doing a gig with him. I was actually off to Edinburgh that Friday (and this was the Tuesday). I went for the interview and he (the boss) asked me if I would consider myself a morning person. I said na!!! I'm a performer. I don't go to bed before 1am. So he said they wanted me to work on the breakfast show and asked if I could be back in town in time to start. So I agreed. I was really excited about it cause I had discovered I really liked doing radio. I worked with him for 3 years and the show went to Number 1. I was also pregnant through that time. I actually wrote them a letter from Edinburgh saying I can't ring you in case you drop the phone and I can't fax you in case someone else sees it (email wasn't invented) that I wouldn't have that much time off etc etc. Little did I know that if a female broadcaster has a baby, it's just the best thing that can happen cause all the listeners follow it.

## *Rollin' rollin' rollin'...when your man is swollen... keep those condoms rollin'...Rawhide.*

I was ready to come home after the 3 years and Fox contacted me. I was actually getting bored. I can't just do something for the money; it has to challenge me as well. It's why I love the ABC so much cause I can't have an opinion which is a real challenge for someone like me. I don't want a full time radio job anymore - I don't have the time or the passion.

### **So following all of this, you opted for a sea change. Tell me about that.**

Well I had stopped drinking because I am a recovering alcoholic. I just needed to heal my heart. I was very confused. I had to learn how to live without alcohol. It had been there from the age of 11 when I started. My Dad was an alcoholic and we now know there is some scientific connection with patterns and learned behaviour. I couldn't live that life any more - constantly surrounded by booze. We bought Riverdell as a weekender and we decided we would move there for a year and if we liked it we would buy something bigger. Well, 3 years later we are still in it. I was travelling so much it wasn't really an issue and then we bought another place just 2 minutes down the road. We wanted to build something bigger on the same block but we couldn't due to the proximity to the river. After travelling through places in New South Wales, I turned to my husband and said "let's turn Riverdell into a retreat". It's only been running about 18 months and it's still very much word of mouth. It's not pretentious. We've made it so you don't have to bring anything. Everything in it is organic. It's really quite and only 100 metres to the river. Lots of birdlife. It's really peaceful. Some people come for a weekend, some come for a week.



*It's been 6 years since I left Fox. I spent 2 years there, 2 years at Mix (the public demise from which was painful - I had never been sacked from radio before) and it's now 2 years after leaving there - and it feels like a heartbeat.*

### **And now music is the new chapter in your life?**

What it's done is made everything else more joyful. Seriously, when the band started I was so distracted. I couldn't eat. I couldn't sleep. I couldn't do anything but think about it. I couldn't do anything but listen to the new tracks I was learning. Our keyboard player is astonishing. He is so incredibly intuitive. He has a sixth sense around the songs that he knows I will love. He put a CD together for me with 15 tracks and I was driving home (we had all been out the night before 'til around 4am) and I had to keep pulling over and crying. I sent him a text and I was sobbing. he rang me and asked if I was ok and I said "no I'm not. I know I'm really tired but you've given me these songs and I love them all". He got into my heart and I think that's what music does. For me, everything I do - radio, mc, keynote address, singing with the band or a one woman show - I meditate and pray before I go and I ask for help and I let go of my pride and ego (and that's a big part of the 12 step program for addicts, we are control freaks). It takes a lot of energy, so letting go of control and of being right and actually collaborating on a level that I have never worked on before is an absolute joy for me. What the band has done for me is moved me. I feel like I am living in another world and that world is the world I want to be in. It informs everything else that I do because I am coming from my heart and I have to work and listen on a different level. I have

to listen to what the band is doing as they often change the tempo and improvise which is great as I don't want to do the songs the same way every time. The band for me an absolute joy - it's not about the money. I get paid very well for the other things I do. Everything in my life has changed because of the band.

Finally (with my other hat on as President of Pride March Victoria) I would like to invite you, your husband and your son to March behind the lead banner with all of us and for you and your band to play on the Gaydar.com.au Main Stage at Pride March Victoria 2010.

We'll be there. We'll be there with bells on.



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# Q money: with EVAN DAVIS

The festive season is upon us. For most of us it is a time that we hope to get a little closer to our loved ones and families. I couldn't care less about this. For me, I only hope I am able to get a car space on Christmas Eve when I have left my Christmas shopping to the absolute last minute - yet again.

Ordinarily Q money is themed around keeping one's self financially tidy. However, it has been my universal experience that avoiding a budget meltdown during the holidays is about as likely as finding three wise men and a virgin under the mirror ball at the Market nightclub.

## *So consider this to be ANTI Q MONEY.*

It goes without saying that your Christmas would be ruined without expensive gifts. If you give your friends and family cheap, or worse still, home made sentimental gifts, expect them to laugh in your face. I know that the budget may not extend to that fabulous Versace dinner set but luckily there is a magic solution.

Credit cards! Get one and if you already have one, get another. They're great. Buy now and pay later. If you rush down to the bank you may still have enough time to extend the limit on the card you already have, allowing you to spend even more money!

After the damage is done with the credit card you can start thinking about food. Nothing about Christmas should even resemble moderation. Get the turkey and the ham. Seafood dinners have become increasingly popular in recent years too. So pig out! Nothing says 'Merry bloody Christmas' like a massive table full of food and your guests overeating until they spew.

The booze here is critical as well. For the day to be complete every household needs a bitter, elderly auntie or uncle to lip off and say things that no one wants to hear. You can't expect this to happen by itself. You'll need to splurge. Buy heaps of grog to make sure there is a catalyst for this to occur. No booze may well mean no awkwardness, so don't run the risk. Stock up and make sure everyone's glass is full.

Christmas decorations. Get them up nice and early and also leave them out 'till mid February. This is a great way to get extra value from the money you have spent. Make sure you buy as many as you can too. It simply isn't Christmas unless the tree has so many lights on it that you can no longer see the green of the plastic leaves. The epileptic fits your guests have from the flashing lights will only add to the festive charm.

With rampant consumerism, great gifts, mountains of food and litres booze you and your abusive family will no doubt have a magical Christmas. Obviously this article is tongue in cheek, though please remember to enjoy yourself and have a terrific holiday season. After all the spirit of the holidays won't last long though the holiday weight might.



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# q business: HEAVENLY SOLUTIONS



One of Melbourne's most established and respected beauty salons, Heavenly Solutions has moved from Prahran. Joe (the proprietor) gave me the opportunity to find out why. I started by asking him the obvious question: why did he decide to move Heavenly Solutions?

The business is moving to a new location adjacent to my home. Like most small business owners, you spend a lot of your time working for your business. By moving to a property I own, I get the chance to have the business working for me. As Prahran is also becoming more crowded, clients will be better able to park and access the new premises without battling Market shoppers and the Chapel Street crush.



## What services will you be providing in the new location?

I will be offering waxing, facials, massage and tanning solutions as normal, and with a shower and a hydrotherapy spa in the new location I will also be offering sea clay wraps, full body scrubs and of course the spa facilities. Additionally, I have extended the range of massage services to include hot-stone massage. And of course, as I have full control over the new location, I can extend and modify services as clients' needs grow and change - I am always open to suggestions.

## What will the new building contain? Anything new/different from/to your previous location?

Heavenly Solutions has always offered a relaxing and private setting, which has been maintained in the new location. Additionally, there is off street parking available, and a view which looks to a tranquil garden setting and courtyard, and not the Coles carpark!



## Do you think there will be any disadvantages by not being near Commercial Road?

On the contrary. Many of my clients are looking forward to not having to fight for a carpark, as most of them do not live in the heart of Prahran. Additionally, the new location is on tram and bus routes, so I can cater for many transport options. I also find that most new clients are not 'drop ins', but find their way to me by word of mouth, or through advertising. I should say, the new salon is still in Prahran at 14 Williams Road, only minutes drive from the old location.

## Anything else you wish to share about the business?

My clients have been living this journey with me for several months now, and are as eager as I am to finally make the move and see the new place. I've taken the opportunity to rebrand Heavenly Solutions with a new logo, and as the business is aligned to my home, I am looking forward to providing my clients with a more personal experience. The building is new, with a Tuscan style reflected in the finishing touches such as stone tiles, a water feature (tank water, of course!), fresh vibrant colors and of course, me!



# q products: **SOUND SPECTACULAR**

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# q drag: ZOWIE KNOX

The end of the year is always hectic for Master of Madness, Zowie Knox, show producer at The Market. There was the 10th birthday gala and now the Christmas and NYE extravaganzas. Alan Mayberry delves into the past to find out how Zowie gets inspiration after a decade of shows.

As a child I busied myself with ballet, tap dancing, music, drawing, singing and guitar while juggling other activities like swimming and football. I left school to become a draftsman at the CSIRO Soils Department but was luckily accepted in the Stanley Street Art School in North Adelaide where I studied drawing and design.

Having experimented with fashion and gender bending, I found my way on stage with Margaret Scott and The Galaxy Girls. It was ambitious for the time and I performed, directed and produced many shows in Adelaide over the next few years. I then decided to try my luck in Sydney at the Erskineville Hotel (of Priscilla fame) with Skye Brookes. We worked to packed houses, in the highest-paid drag show at the time and found many new fans and admirers.

I came to Melbourne in 1993 with the musical *South Pacific* at the Victorian Arts Centre. I had met Kerrie Le Gore with the Troll Dolls in the 80s. I broke into the Melbourne Drag scene as the fourth member of The Lipstix with Kerrie, Miss Candee and Doreen Manganini. The Lipstix were then four years old and Kerrie felt they needed a change. So I was recruited. I look back on those days with fond memories. 'I Will Survive' lingers as a fleeting memory – but they are memories and I don't think we can relive them. We've all changed.

Working in PZR with Paris and Rita was a 90's milestone. We all had strong ideas. Rita was into Broadway and I was always promoting the bizarre. We often ended rolling drunk in the gutter after Virgin Mary's on a Sunday arvo! Monkey and Freakazoid were also great hangouts. We won a truckload of Awards. It all seems so long ago now!

I tried not to limit myself just to the gay scene by working in television, also with The Australian Ballet and Opera and major musicals. A highlight was meeting Peter Allen. Funnily enough I ended up working in wardrobe on both Australian productions on Peter's life: *The Boy from Oz* with Todd McKenney at the Princess and Hugh Jackman at Rod Laver Arena. I loved being Warren Mitchell's dresser in *Hello Dolly*. He was 70 plus and I'd have to do up his fly and make sure no hookers pestered him in his dressing room.

This year has been a tough one for me with the loss of Vivien St James and my nephew. A lot of people forget that Vivien was my principal showgirl for the last 10 years at The Market and she was such a dear friend I miss her deeply. I was happy when Vivien used the name I had come up with for her fabulous one-woman show *She-Male*. Glamour is totally different these days. You can be a beautiful dancer, a great singer, but someone like Vivien was a walking piece of art!

I have always had a fear of flying but last year faced it and had the most wonderful experiences visiting America and England. I used my savings to go on that fantastic trip with Spiro who owns the Market. Patti Lupone



in *Gypsy* on Broadway was incredible, as was *Young Frankenstein* and *The Blue Man Group*. *QUEEN* at the O2 Arena was extraordinary. We had Madonna house seats at Madison Square Garden. I recall P Diddy and Rosie O'Donnell sitting in front of us. Highlights were meeting Jaclyn Smith from *Charlie's Angels* sitting in First Class on my way to see my friend Kathryn Cole in Chicago. We had great fun with the boys from Dolce and Gabbana and Kylie in London at the Shadow Lounge in Soho for William Baker's underwear launch. I ended up taking around 1500 photos: lots of architecture and Beverly Hills homes like The Beckhams, Versace and The Playboy Mansion.



I would rather produce than perform these days, as there is so much talent out there. I've always wanted to extend drag and add different elements and I hope my shows reflect this. For inspiration I'm a cyber space cadet. I trawl the internet, and am always up with the fashion and music sites. I usually go with dance club tracks. I've had a great team over the years that I must give credit to like Wayne Morton, Matt Thomas, Todd Patrick, Jason Duff, Adam Francis, Simon Wain, Adrian Wise, Phillip Mezzatesta, Mandy Kane, David Wisken, Davyd White, Rhys Bobridge, Queen Martine, Tony Sevehla and all the management at the Market. Spiro and John Wain are so great to work with. I don't like to name drop but I have been very lucky with the people I've come in contact with. It's good to be able to say stars like Sting, Boy George, Geena Davis, Danny La Rue, Chrissy Amphlett, Spandau Ballet, Village People and Divine have seen and hopefully enjoyed my shows.

With YOUTUBE everyone can now experience what we do at 3 am at The Market. I am uploading more shows, but it takes time as they are in DVD format and I'll change them to MP4s eventually. [Youtube.com/Zowie](http://Youtube.com/Zowie)



# q christmas: with MEL WILLIAMS

Christmas comes but once a year, which is a blessed relief for some. Along with a stocking full of pressies, they are annually the recipient of various forms of emotional baggage inflicted upon them by some angst-ridden relative. This phenomenon also goes by the name of "The Christmas Family Dump" or "I'm Never Going To Let You Forget How Pissed-off I Am At You For: inheriting the family jewels/not having me as bridesmaid/stealing my girlfriend, boyfriend, cleaner, stilettos in 1989"!



Too much good food, alcohol and for most, lack of sleep from pre-xmas celebrations seems to bring out the bad elf at many a family get-together.

Others who dread the onset of December, simply can't bear another year of pissed Uncle Kev's bloody awful jokes (which never seem to change), pissed Uncle Gary groping them while reaching for the cranberry sauce, and Auntie Edna - who you wish was pissed, 'cos she'd pass out on the loo like that time in '99 when she had too much champers with the punch, banging on about all those stories from your awkward youth such as, "We all thought you'd be scarred for life after being so riddled with acne as a teenager, amazing isn't it?" "or" You were such a tubby little thing, always told them it wasn't puppy-fat and you'd be dieting for the rest of your life."

It's enough to make some poor souls wish they had the balls to boycott the family bullshit altogether and book a ski holiday to Canada to conveniently coincide with the festive season.

For others its having to tolerate another year of ho,ho,ho-mophobia, with their partners not being welcome at family gatherings, themselves not being welcome, or having to sit closeted in silence, trying to deflect the usual inquisition of "So, have you got yourself a girlfriend/boyfriend yet, you'll be left on the shelf you know. . .good catch like you, I can't understand why you've been ALONE all these years?". All the while they're wanting to scream, "I have lived with a man/woman for 6 years who I absolutely love and adore with all my heart, and my partner should be here, but we're all waiting for you to cark-it, so you don't have a coronary when you find out I'm gay, you homophobic old arse-wipe!"

Don't despair, there are coping mechanisms available, and they don't involve imbibing colossal amounts of alcohol or other substances to survive the festive season.

Professor Steve Ellen, Head of HIV Psychiatry at The Alfred had this to say:

"Its all about preparation and balance. First up, prepare yourself: Don't over-do it in December - avoid too much alcohol, get sleep, don't leave all the Christmas shopping till the last minute, don't spend money you don't have!! Then when you get to Christmas, balance the good and the not-so-good. Make time for yourself, for those you really love, and balance that against the obligations. Relatives can be stressful, and their attitudes and prejudices can magnify with the effects of alcohol. Take it in your stride, be true to yourself, but don't try to educate a drunk! No one has ever succeeded at that!!!"

Another suggestion is to host your own gathering - post family commitments, and surround yourself with people you love. Make sure you include someone you know who will be spending Christmas on their own. So go into the New Year with a smile. Live, love, create, dream and most importantly - laugh a lot. And remember, "Friends are the family we choose for ourselves". Have a fabulous 2010.



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# q theatre: A BUTTERFLY CHRISTMAS

## Looking ahead:

The Butterfly Club will be an eclectic performance hub for the Midsumma Festival in January / February, firmly putting the g, l, b, t and i into GLBTI. Also welcome back the Midsumma Moonshine cocktail, along with the sexy shirts that are so daring that they're only brought out for this Festival!

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## SAMMY J & RANDY in SWINGS AND ROUNDABOUTS

Fresh from return seasons in Edinburgh and London's West End, Sammy J & Randy return to their spiritual home at The Butterfly Club for more musical puppetry shenanigans! Expect songs, sketches, and sneaky glimpses of their upcoming Comedy Festival season.

Late-night Fridays and Saturdays in December: 11&12, 18&19 (6 performances) 10.30pm \$25 full / \$20 concession and for groups of 8 or more



## Hannah Smith in THE BARTENDER

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# 9 people: with MARC J PORTER

**Malachi Marx - Porn Con Artist? Malachi Marx, former high end fashion model surprised many when he began dabbling in gay porn in 2008.**

He starred alongside porn gods such as Benjamin Bradley, Wolf Hudson and Erik Rhodes. The ride was going along smoothly and men everywhere were in for the long haul, well so they thought, because last month Malachi suddenly announced he had quit gay porn, escorting and was about to release a book called Gay 4 Pay: The Revealing Life of a Gay Porn Star & Escort.

What the hell? Malachi was actually "straight" and had done this for a year just to write a book? Many thought it was just an attention seeking joke, how wrong were they.

Malachi actually likes having sex with women but he has respect for the gay community though, don't forget!

It is all very odd, very modern age, where being famous for anything is the key to peoples happiness.

I admit though, I will be reading the book. I want to know every detail of how someone can have sex with men day after day both on screen and when escorting when the whole time they have a fiance, it just seems to strange to be real.

Malachi kept a very low profile whilst being a gay porn star, I knew of him, had watched him a few times and that's about the extent of it.

It does bring up the question, what won't people do for money? If you are willing to have sex with men for that long, where does it end?

Reaction in the gay porn has been swift and abrupt. Malachi is now an outsider and will not be welcome back into that circle at any cost.

Is it really that bad though?. Was anyone hurt? The answer is no, he may have played the gay porn industry for a while, took them down a garden path but things need to be shaken up now and then.

Another porn star who claimed to be straight (my friend Wolf Hudson) recently broke up with his girlfriend and he began dropping huge hints recently such as a new years resolution was to be a better bisexual.

Labels are there to be challenged, not defined, so good luck to Malachi, he can't do gay porn again as no one will hire him and he can't go back to Ralph Lauren or Gucci because of his gay porn past but there will no doubt be another avenue out there for him to turn upside down.

Malachis book Gay 4 Pay: The Revealing Life of a Gay Porn Star & Escort will be available in 2010 and will gouge some interest but in the big scheme of things it's really no big deal right?

That question is up to each individual to answer.



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# q epicure: with PAUL PANAYI

Minh Minh - 94 Victoria Street, Richmond - Asian

If you live in Melbourne and have not eaten at this doyen of Asian eating, then stop reading this article, ring a few friends and go immediately to Minh Minh for lunch or dinner. This no nonsense Asian restaurant serves up a delectable mix of Lao, Vietnamese and Thai food - the 'Golden Triangle' of Asian eating.

The menu is ablaze with tasty, fun and delicious authentic choices. Unlike most of the restaurants on Victoria Street, this one serves real Lao, Vietnamese and Thai dishes and does not skimp either on freshness of produce or on generosity of serving sizes.

It's a really fun atmosphere and one best enjoyed with a group of friends. It's buzzing, fast, furious and fun. The owner and maitre dame - Sandy - is a vivacious and gregarious woman who somehow manages to keep all of her staff and customers in perfect harmonious order, despite the quixotic chaos.

Despite all of these charming gastronomic distractions, for the discerning gay - this is a Mecca of gay eating. The clientele are mostly fashionable young gay things (boys and girls) and their friends. They are not only there for the eating pleasure - no no - they are also there to be seen eating by others and to check out the cute thing on the next table.

There are some amazing dishes you must try. The sugar cane prawns are a heavenly starter - these scrumptious prawn roulades are formed around sugar cane skewers and served with a piquant sauce. The crispy saté beef main is texturally exciting and crisp, but luscious in its creamy saté sauce. The crispy calamari with spicy salt is always fresh and tender.

There are also a few authentic village-style gems that are not on the menu. One such dish is the beef stew - an aromatic yet sweet beef stew that is deceptively simple in and of itself; however, it is served with a pepper and lime dipping sauce and takes it to a hitherto unknown high - wow! - what a taste sensation! Very rarely - and if Sandy really likes you - you can ask for the stuffed tomatoes. These tomatoes are stuffed with fragrant pork and simmered in a spicy relish sauce. But be warned, they are seldom available and its best to order these a few days in advance, as they are very labour intensive.

There's always something interesting on the special's board and, unlike most restaurants in Victoria Street, the staff don't make you feel as though you have to leave as soon as you put down your chopsticks. Whether you want to pop in for a pre-clubbing meal or settle in for the night with friends, this place caters for all. Upstairs is also available for functions and is an ideal setting for a raucous birthday party.

Of all the restaurants on Victoria Street, this is simply the best. Full stop.

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# in bed: with BEN

## Rural South Australia Watch Out!

Do I or don't I?

That's the question I've been asking myself for the past month. You see I have been asked (and now booked) to speak at my old high schools year 12 graduation this month about my career, my new book and what it was like growing up on a farm and going to a regional school.

The amusing thing, I never graduated. Hell, I left after year 11 and never looked back because at the time I knew I didn't fit into the country ways. (I mean, I like cowboys but just not quite in the same way as the rest of them. Mmmm, cowboys...)

Now that's not to say that just because they did year 12 they wasted a year of their lives but then again, look at me, I am a published author after all. (That was a joke people I'm really not that full of myself! Or am I?)

So the question that I have been asking myself is do I discuss growing up as a young gay man confused about my sexuality or do I leave it out of the mix so as to avoid copping possible criticism from parents and teachers?

After much deliberation I have decided 'hell yes!' The reason, I am more than happy to forgo my own credibility and even my own safety if I can help one teen from rural Australia feel comfortable in who they are, even if the rest of the world are still telling them that there is something wrong with them.

I always promised myself that when I had enough credibility that I would stand up and say something about it. The great thing is that the time has come and I'm bursting at the seams with the prospect of impacting a young adult's life in a positive way.

I remember growing up as a kid feeling incredibly awkward and living in fear almost every moment of my life. What was going to happen if I came out? Would I be disowned? Would I lose my job? Would no one love me? Would I be bashed up? The fears are plentiful especially when you lack the needed support network around you.

My fear is that this is still happening in this regional area in particular. Only a year ago one of the churches became gay friendly. Half of the parish decided to move to another church because of it. To me, that sends an incredibly powerful and damaging message to any teens in the community that are already struggling with their own individuality. It could even be the one thing that pushes them over the edge.

What is the response going to be from my presentation? I have no idea. The one thing I do know is I'm not doing it for me. I'm doing it for the individual that might be in desperate need right now and just needs to hear that they're absolutely perfect in every way as they already are.



An advertisement for Eagle Leather. On the left, a partial view of a man's face is visible. In the center, the Eagle Leather logo features a stylized eagle head above the text 'EAGLE LEATHER'. Below the logo, the text reads 'Your Erotic Adventures Start Here' and 'Clothing, accessories, toys &amp; more for you &amp; every man in your life'. On the right, a gift basket is filled with various items, including a box of 'ISCO' condoms and a black toy. The background is red with white stars. At the bottom, contact information is provided: '58 Hoddle Street, Abbotsford VIC 3067 T: (03) 9417 2100' and 'Shop online: www.eagleleather.com.au E: sales@eagleleather.com.au'. A small 'Proudly supporting' logo is visible in the top right corner of the ad.

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# q whispers: with ADDAM STOBBS

**Save your face. Self respect is one of those things that's paramount on my list of necessary contextual elements for dignity.**

There are two things in human psyche I don't get, low self esteem & lack of self respect. I am one of the most confident people I know; I'm resilient, hard working and (basically) honest. Recently, when I found myself recently standing in a queue, in the rain trying to get into a sleazy dive, at 1.30am I thought what the hell I am doing this for? I suddenly had this fit of dignity and self, and left; I will not stand in queues to get into Gay venues even if it is a packed SOPV J

This little incident sparked off a whole internalised stock take of self respect issues. The problem is, I have warped sense of dignity, and I make life difficult for myself. Frequently I get this sudden self image of "what I look like to others" and act impulsively. It's not unhealthy to have an inflated sense of self respect. It's probably wise, but there are some things I just could not do, yet people around me seem to do as a natural consequence of existence.

I hate showing emotion in public. I very rarely cry, and the few times I have, it has been in front of a lot of people. God I hate that. I acknowledge my emotional well being, and I choose not to share it with many other people, as if I had a choice. I don't care how 'brave' the 21st century emotional zealots may declare it, I feel pathetic if I cry in public. No, there is nothing wrong with me; I like to keep some of personal expressive articulations, private.

The few times I have burst into tears in public, it's been effective, (according to Nan McGregor) only once has anyone ever made an unkind comment, Gillian once made some snide comment about a very emotional experience I had in a public address I gave (6 years ago), and I cringe every time I recall it, this in fact reinforces my opinion that self respect is our own responsibility.

So then I find myself writhing in uncontrollable lust (and thank god for that – what's the alternative?) and I am forced to seek the pleasurable company of well endowed thrusting bogans. To what depths will I allow myself to plummet to find satisfaction? Before you judge me, think about yourself, your REAL self, how low would you go?

That leads us to the substances that bring us to a state of inhibition. Therein lies the multiplex of dilemma. If I am going to be off my tits to get off with some well-hung beer-swilling bogan what else I am likely to do? I get really bad and chronic migraines, so that option has not crept into my periphery.

Thank god for my exaggerated sense of dignity, for it does indeed save me from looking desperate, and prevents me looking like a complete middle aged 'ho' (I hope). So what ever filthy situations I end up finding myself in, I can feel confident that I have done so with the greatest if self esteem.

So the question we must all ask ourselves is – have you ever lost it? Have you found yourself in a completely undignified situation? If you have, you should deploy my ex-mother-in-laws philosophical mobilisation, "arbitrary blame assignment". Find someone around you to blame (she always did – oh it was usually me) J

Apparently it's healthy to cry in public (oh really, as if), pardon me if I choose to disagree, it's a deeply personal expression I choose not to share, yet I do not feel compromised if I am forced to ejaculate in a relatively open (but not public) place.

Here are some "rules of the thumb" for dignity. If you think anyone else looks ridiculous in a certain situation, you will too. Don't have domestics when you are out of the house (or car). Pretended not to be jealous in public and look as though you don't notice, get even later. (Poisoning is good – not that I am suggesting you should). Dress to your age, don't try to use inappropriate "props" if you're over 50, Caps, Skateboards and Lycra do not look 'self respectable', however a plastic shell necklace from the \$2 shop does (checkout my pic).



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# q fitness: with CHRIS GREGORIOU

## Holiday weight loss

It's that time of year again, the silly season. Silly enough that we stuff our stomachs full of things we normally wouldn't eat, such as turkey, puddings, deserts, and wash it all down with various alcoholic beverages? It's that time of the year where people break their personal record consuming the most amount of food in the shortest amount of time. Only to be followed days after by consuming left-overs and attending more booze filled holiday events.

Want to know how to get through the silly season without growing sideways?



## Your 6 golden rules:

### Rule #1: Arrive at parties after consuming a (pre party) healthy meal.

Start arriving to parties on a full stomach. It's not traditionally how parties are approached but who follows tradition these days? Yes, I realise that this goes against the grain of starving yourself before a party, but that's why most people gain weight. Feeling full and content will have you choosing things you really want, rather than allowing the hunger cravings to take control, resulting in you stuffing yourself and eating everything in sight. Keeping your metabolism fired up rather than stalling also helps process what you eat more efficiently.

### Rule #2: Bring a healthy dish to share.

Ever wondered what kind of food will be served? Will it be fried, fatty or loaded with sugar. Bring something healthy to the table. It can even be a talking point if there is nothing but sausages, chips and coleslaw, the host(s) will love you for being so thoughtful, and you'll have a healthy option to enjoy.

### Rule #3: Stay hydrated.

Water is an essential ingredient of life. We often are dehydrated resulting in symptoms that can be detrimental to eating healthy and feeling great. One common occurrence is that the brain will send out signals to say its hungry, even after a meal when dehydrated, resulting in excess food being consumed unnecessarily. Food of course can contain up to 90% water content. Have your 8 glasses a day but also remember to drink several glasses of water at a function, this will help fill you up and keep you hydrated.

### Rule #4: Avoid calorie loaded sweet drinks.

Liquid calories are so sneaky, they easily and almost discretely slide into your stomach, sip by sip. Holiday time is usually where the sweetest concoctions are created and consumed along with commercial coolers, alco pops and egg nog. Because liquid doesn't remain in your stomach for anywhere near the time as solid food, you would be shocked at how many calories you can consume just in one night while sipping away.

### Rule #5: One plate of food is more than enough.

Seconds you say? It was that good, you feel the need for seconds? Set a goal of loading your plate just once. Why would you need to go for seconds anyway! Well unless you have stomach worms? Reality is that if you've had a healthy meal before arriving, the plate of food at the party will be a nice top up. You will be surprised how easy you can resist a second plate of food with this approach.

### Rule #6: No eating, just sampling.

Desserts are going to be all around you during the festive season. Do you think you can eat all of them? Approach your deserts as a taste treat only and a taste bud tease. Go for deserts with less sugar, more fruit. Only taste desserts - don't actually eat any.

So if you follow these 6 golden rules, start off with a healthy meal before a party, ensure there is something healthy to eat, just have the one plate of food, stay hydrated with lots of water, drinking sensibly and be a sweet connoisseur, sampling peoples creations with dignity. You really wont have much room for desert anyway. Oh, and leave the cookies for Santa! Have a lovely Christmas, Chris.



# q youth: with **TASMAN ANDERSON**

I can't remember the last time I switched on the five o'clock news and watched the entire programme without even a mention of teenagers or the havoc they may have caused. It seems like the media is only interested in positioning the audience to view today's youth as arrogant and destructive human beings who have no respect for anyone or anything.

The media have always been a strong link in running our community, they are the very people who create fear or love for something that would have gone by unnoticed otherwise. A person's reputation can be destroyed or improved with just one word from the media, so it's hard to ignore the importance of their existence.

With Christmas just a few weeks away, television stations and newspapers have generated dozens of segments and articles on teen related car accidents, blaming the season and the carelessness of youth for several deaths. Teenagers are often shown smoking, doing drugs or displaying rude behaviour that would be deemed as unacceptable in today's society. The media places such a focus on the negativity that the youth are causing; they neglect to focus on the good that some might be creating.

"I think it's a little unfair to all youths," Said Gold Coast Resident, Claire Dolesny. "They are so intent with capturing the bad sides of teenagers that they neglect to mention the positive sides. Not all of us smoke and drink; and not all of us disrespect our elders."

A recent example of negative coverage is that of the Gold Coast Schoolies event, in which thousands of recently graduated senior high school students spend a week away from their parents, partying hard and cutting loose.

What is frequently viewed upon by young adults as a fun tradition which is deeply anticipated from the beginning of their high school years is now alarming parents and concerned citizens. With so many drunken teenagers frolicking across the Gold Coast and other parts of Australia, it's no surprise that people will end up hurt.

So how are teenagers suppose to learn the valuable skills they need in life and become mature enough to continuing running our country if they're reputations are being constantly damaged by what appears in the media.

"I don't think parents and the older generation fully understand," Said Sydney Resident Kelly Saunders. "Don't they wonder where some of us learnt this behaviour from? The older generation are the ones we look up too, so whatever they do we mimic as we grow older."

Feature films have also implied that teenagers are unable to do anything but wreck havoc and learn nothing from school except how to misbehave even more. With their constant reinforcement of the stereotype, many are left questioning whether there is any chance of a well behaved teenager.

"I see heaps of kids at my school that obey the rules and try their hardest at school," Said Brisbane Resident, Mitchell Scott. "But they are left in the dark and are just stereotyped as being trouble makers. I'm one of these kids myself but because I'm not yet an adult i must be doing drugs and stealing from others. It's ridiculous."

Whether the media intends to discredit the youth is still a question left unanswered and many are left to make their decision about the youth for themselves. Regardless of the negativity that the media attention may bring, youths will continue to be documented as long as there are some that wish to give them something to report on.



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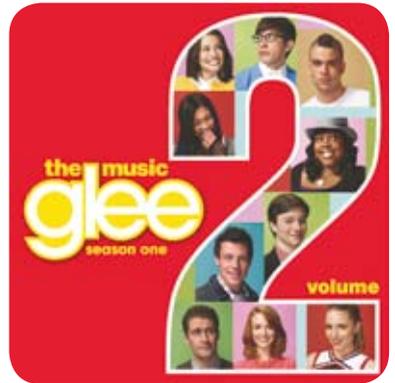
## Sony Music

Sony Music Australia is pleased to release Glee: The Music, Volume 2, the second in a series of soundtracks that feature some of the music heard in the

the critically acclaimed series.

GLEE has been heralded for its high-spirited musical numbers, incredibly talented cast and infectiously witty writing. A special preview episode of GLEE aired in July on Channel Ten and sparked a frenzy of praise from critics and fans alike.

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## Nathanpaul swimwear - making waves this summer

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# q announcements: SONY MUSIC

One of Australia's finest bands - Rogue Traders - has a new single, a new lead singer, a new album in the new year (May) and tour. I caught up with James Ash and Mindi Jackson at the Sony offices in Melbourne to chat about it all. Below is part of that interview. 'Love Is A War' (including remixes and b-sides) will be available digitally on Christmas Day.



## Mindi, what do you bring to the Rogue Traders?

I am here to be the first Mindi not the next Nat. I bring me, my quirky energy, and I think James and I have similar influences, which is probably reflected in the music. I'm quite a colourful character. (James) Something I have admired about Mindi from the very start is that she's a musician as well (playing keys and guitar) and she has a very artistic approach to music. It's not a business for her. I remember when she first joined the band telling me that she didn't care if we didn't make any money, she was just happy doing this - which was so refreshing.

## Now Mindi you were chosen in a somewhat unorthodox manner. Tell me about that please.

One morning I woke up and checked MySpace and there was a lovely message from Mr. James Ash. Immediately I questioned if it was real...but obviously it was. I didn't know what Rogue Traders were doing or where they were heading but instantly thought this could be something quite magic.

## James what did Mindi do to catch your attention?

We looked at so many people before and we were really keen to find someone who wasn't expecting to be found. Cause when someone comes to you and says they would be really perfect (and a lot of people did) there is a different kind of intention. Alternatively if we find someone who we want, and then see if they're interested, it's a completely different place to start. Someone tipped me off about Mindi's MySpace and I remember thinking she had a really interesting look, which was very important for me going forward that we had someone with a really strong look. I then listened to her songs - all of which were originals - and I thought "this girl can write"...and the boxes started to be ticked. I then asked her to send me a demo of her singing Voodoo Child (which she did that night) and I respected that there was someone who could approach one of our biggest hits and have the fortitude to do it differently and not sing it exactly as it previous was. (Mindi) coming in with James and the band in the studio they started playing me tracks that they had been working on and I was blown away - I just knew this was where I needed to be. Musically we are really on the same wave length. We are very excited about the new material. We've been working hard to get it as big as we can and take it a little bit further while keeping the essence of the Rogue Traders. Pushing some boundaries, exploring some new sounds, and some new styles. (James) We knew that we had to take some risks. The best pop music is risky at the moment. Pop is in a really exciting place right now. We had to get back in front - we couldn't keep repeating ourselves, so musically it's much more forward looking than anything we have previously done. Mindi brings a whole new energy - refreshing - and she can compete as well.

## Generally, how do you view the music industry at the moment?

(James) That's a really good question Brett. From what I can see, everything is being forced to reinvent itself. What's interesting about music retail is that you used to go to a store and buy your music. Now there's so many ways to acquire music legally and illegally - there's no direct channel...and that's the way bands are having to promote themselves as well.

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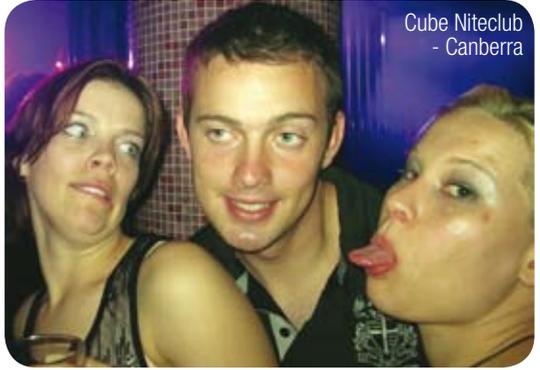
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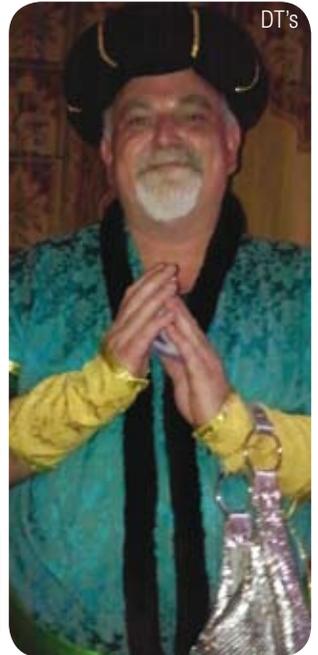
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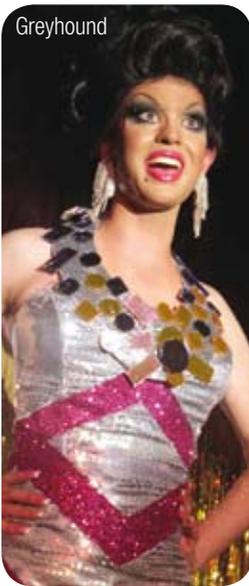


DT's

Greyhound



Greyhound

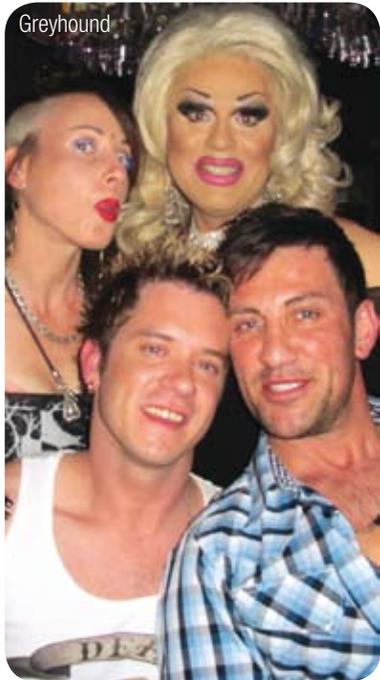


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Greyhound



Greyhound



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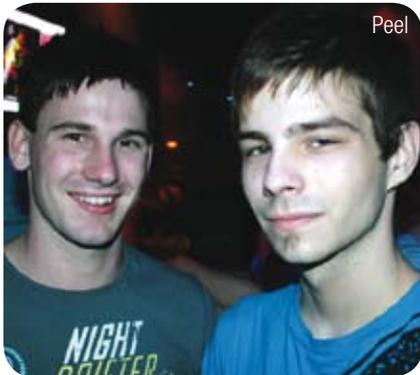
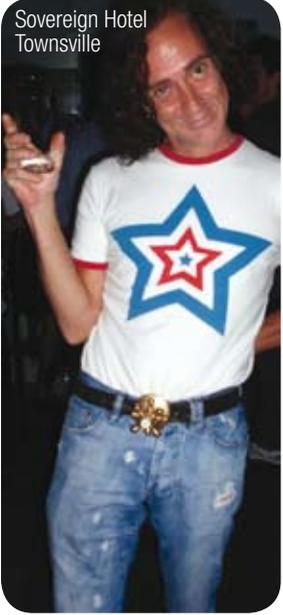
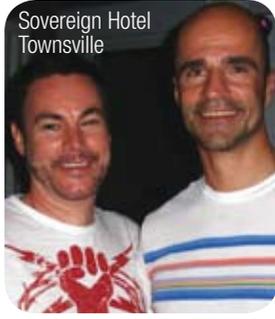
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# q scene: OUT & ABOUT



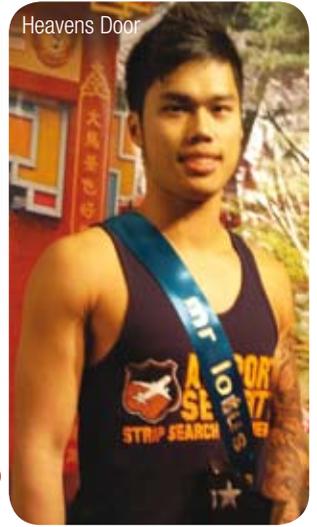
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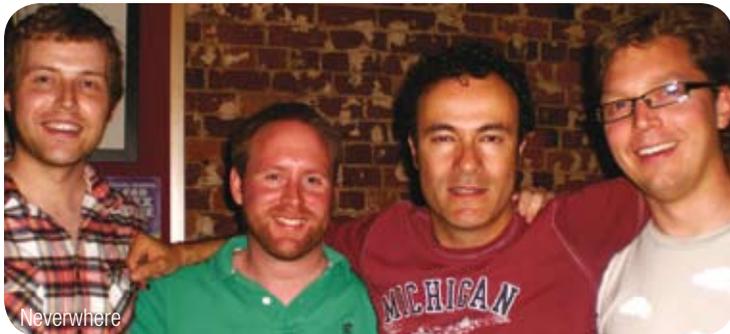
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# q scene: **OUT & ABOUT**



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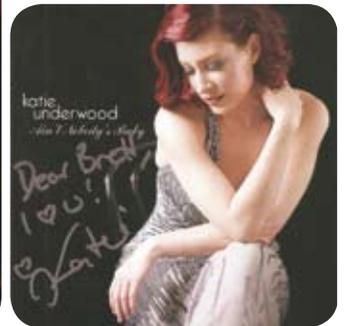
# q release: **KATIE UNDERWOOD**

I was extremely honoured to be invited to the launch of Katie Underwood's new album "*Aint Nobody's Baby*". Not only is Katie a dear friend she is one of the most talented vocalists this country has produced.

The evening was filled with amazing street theatre and a very friendly crowd. The night's musical entertainment commenced with several numbers from the Nymphs (also doubling as Katie's back-up singers).

The album is over 35% written or co-written by Katie herself and features one of the most moving renditions of Hallelujah you will ever hear. Katie's unique vocal talents shine as she presents some wonderful jazz tunes like *I'm in the Mood for Love*, *Under my Skin*, and *Fever*. Get any party started with *Hound Dog* or sit back and enjoy the almost autobiographical *Evil Gal Blues*.

For further information about Katie and this fabulous 11 track album find Katie's fan page on [www.facebook.com](http://www.facebook.com/katieunderwoodmusic) or [www.myspace.com/katieunderwoodmusic](http://www.myspace.com/katieunderwoodmusic). With the compliments of Skinovate you'll also be able to catch Katie live on the Gaydar.com.au MAIN stage at Pride March Victoria 2010 on the 7th of February.



# q cuisine: with NATHAN MILLER



Recently I have noticed a large increase of Asian flavoured/style dishes on the menu's around Melbourne. Whether this has to do with our largely increasing population or the search for a lighter and healthier approach to our daily living, I am sure this recipe will satisfy your healthy lifestyle.

## *Udon Noodles with Teriyaki Steak*

### Ingredients

- 500g eye fillet steak
- 1/3 cup (80ml) teriyaki sauce
- 270g packet dried udon noodles

- 3 tsp sesame oil
- Handful (30g) baby spinach leaves
- 100g enoki mushrooms, stems trimmed
- 50gm Shitake mushrooms, sliced
- 2 spring onions, thinly sliced on an angle



### Method

1. Place steak in a bowl with 2 tablespoons of teriyaki sauce. Toss to coat, then allow to stand at room temperature for 5 minutes.
2. Heat a lightly oiled pan over high heat. Add steak and cook for 2-3 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Rest for 5 minutes.
3. Meanwhile, cook the noodles according to packet instructions, then drain.
4. Bring the remaining teriyaki sauce and 2 cups (500ml) water to the boil in the udon cooking pan. Remove from heat. Stir in the sesame oil and noodles, then use tongs to divide noodles among bowls. Thinly slice steak and arrange on noodles with spinach and mushrooms. Using tongs, dip enoki into broth, then place on noodles. Pour broth over and garnish with spring onion.

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# q travel: TROPICAL NTH QUEENSLAND

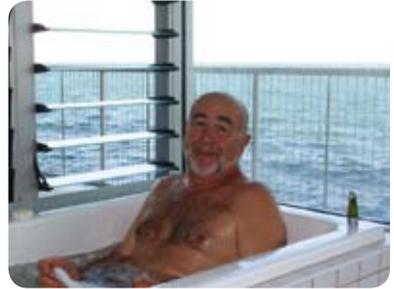
The capital of North Queensland, Townsville, with her sister island Magnetic, are ideal if you wish to take in that out back experience and visit The World of Charters Towers while enjoying a beach to tan and relax.

Some smart Internet research prior to departure revealed [gaymagneticisland.com.au](http://gaymagneticisland.com.au) proving a wealth of local knowledge, headlined and updated by Phill Stephens. Phill also works at the Stagedoor theatre restaurant, treading the boards as John Revolting coupled with the beautiful Oliver Neutron Bomb (Bernadette Smith). Both masters at keeping the audience in stitches with this regional revival of Greased. A lightning two hour show of free wheeling lyrics and ribald retorts. Greased even got us up to jive at the Rydel High Hop. Dinner was the big surprise however. My Pork cutlet (imported from Australia) was perfect, served with warm spiced apple-n-blueberry chutney - magnificent. After the Pavlovas, Pelvis was in the building with Busty Springfeel performing some more toe tapping tunes until the local bus returned to the comforts of the Mantra at the marina.



That night the waxing full moon made Maggie even more magic. Magnetic island (AKA Maggie) once known to the Walgurukaba canoe peoples as "Yenbuennun" has gone up market this millennium with a new all-weather marina and Sun ferry car and passenger terminal which is certainly proving a hit with locals and tourists alike. This new development is also a proud solar smart community. Shining a light on sustainable living. At the lifestyle centre they display their Keep Australia Beautiful sustainable cities award from last year.

Mantra (at 1 Bright Point) was our base for our stay. Perched on the granite headland at the marina entrance, Mantra was handy to everything we could wish for. Comfortable bed, a fully equipped kitchen or if you wish to DIY there is a fully stocked IGA deli just next door. Mantra's three pools and rooftop gym is ideal to while the time away spotting dolphin, eagle and rays. Inside, the big white spa bath with ocean view finished the bathroom amenities - amplifying sounds of the waves crashing on the rocks below! We were glad to take advantage of the rooftop pool at the Mantra as the Townsville Strand beach was closed after many crocodile sightings and the start of the stinger season.



Back on the mainland at Thuringowa you will find River Way Riverside Gardens - featuring patrolled cascading fresh water pools right on the banks of the Ross River creating a new chic civic hub in the twin cities.

The watering hole for the local GLBT community centers around the Sovereign Hotel on Flinders Street. A big friendly old country pub lovingly restored by long time partners Peter and Steve. Steve used to be a refrigeration mechanic so he insures the coldest beer in town - so [www.sovereignhotel.com.au](http://www.sovereignhotel.com.au) states. The Sovs budget smart spartan accommodation is upstairs. Ground level hosts three different themed rooms catering to most tastes. Also for your enjoyment there's a video juke box, large projection screen and mirrored urinal - for those who want to watch D.J. Steve keeping the dance floor alive until 5am. The kitchen was closed for renovations while we were there in preparation for a cafe which will be opening soon.

Townsville tourist information invite visitors to don a wet suit to dive a reef or wreck, jump on a Jet ski, pull on a parachute and do some barrel rolls in the cockpit of a Red Barron bi-plane, or take a load off on the sand on the strand. The Strand is Townsville's proud promenade with monuments to the cities past achievements - commissioned art reflecting the diverse population. Olympic triumphs on the sporting field are remembered and memorials to the fallen in too many wars past remind us that Townsville is a garrison town.

Townsville's dry tropical climate makes it a great place to explore relax and unwind - and it really never gets that cold.



*Written by Wally Cowin. Photographs by Steve Roosen.*



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