



JULY 2011

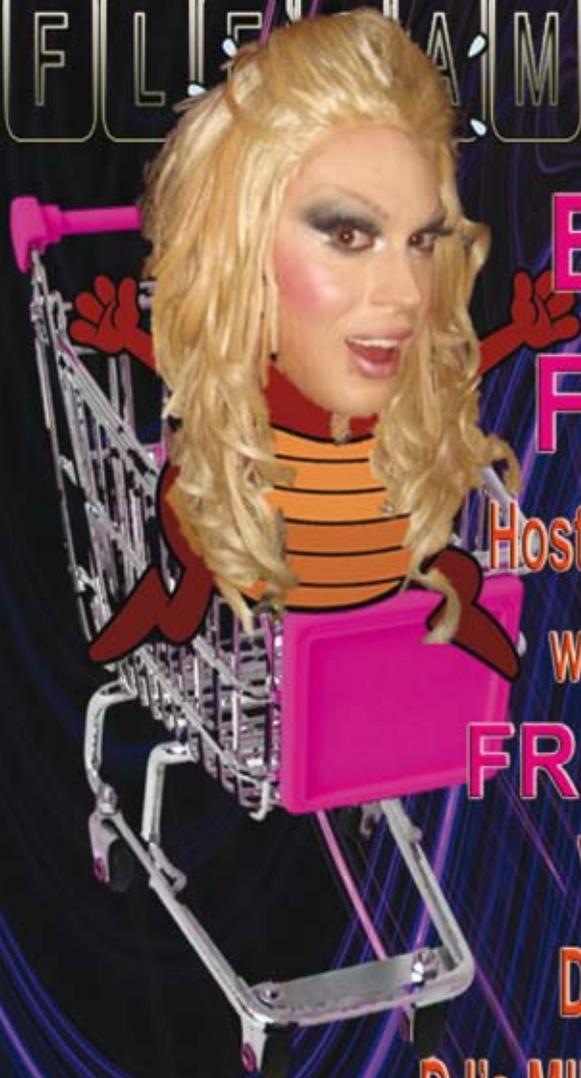
Q MAGAZINE

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featuring
RYAN JAGGER

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q comment: **A CHANGE IS IN THE WIND**

Well it took me a while but I have finally started to embrace the wonderful world of online!

After almost eight years printing Q Magazine I am now going to develop our online presence with some wonderful promotions and give a ways, all the monthly articles you have come to love in vibrant high resolution individual pdfs and much much more.

BUT - in order for you to take advantage of this you need to join / subscribe. This is the easiest part.

Simply go to www.qmagazine.com.au and fill in the easy, quick and FREE form on the front page. Some fields (information) are optional but the more information you provide me the better I can tailor promotions to you - my wonderful loyal readers.

Another exciting develop to happen over the next month or so is your Q Magazine will also be available via an iPhone app. All the articles, all the scene pics, plus a few little extras - all at your finger tips. So wherever you happen to be around this great big beautiful world of ours you will be able to enjoy Q!

I will also be making a fairly important announcement in the August issue so make sure you get a copy when it comes out.

Q Magazine started in March 2004 and has been my passion, drive and baby. I could not have come this far without the support of my advertisers - some of whom have supported the publication since inception, publicists - who consistently feed me with exceptional editorial material to keep you informed about what is happening, and my fabulous writers - all of whom do it on a voluntary basis and most have stuck with me for a very long time now.

I hope the next chapter in the Q Magazine autobiography is as exciting as the previous seven. This can only be achieved however with YOUR support - the readers! Your support is so touching and at times when I have asked myself why I am continuing to battle you answer for me by sending in your feed back and entering the competitions.

I hope you enjoy this month's issue of Q Magazine.



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q feature: RYAN JAGGER

an interview by Marc J Porter

Ryan is an International recording artist, critically acclaimed pop writer & an explosive live performer - having played to over 80,000 people on his Pride tour, which saw him billed with The Wanted, Basshunter, Peter Andre + N-Dubz. His original self-penned pop-dance-electro tunes, produced by Sony Music, are played on major radio stations in the UK, including BBC, and globally. Paul Gambaccini (BBC 2) described him as "the best pop writer to emerge from Cleethorpes since Rod Temperton", who wrote Michael Jackson's Thriller". iTunes have ranked him as the biggest selling independent solo artist from the U.K ever, while countless magazine & media appearances make him one of the most talked about, up-and-coming musicians this year.



2011 kick-started with Ryan featured in Gay Times / GT magazine's celebrity "Naked Issue" in aid of the Terrence Higgins Trust & the world-wide release of his electro-pop, alcohol-fuelled-house-party smash, 'B.Y.O.B - Bring Your Own Booze' which was hit with his huge, ever-growing army of fans & praised by critics, including Digital Spy online.

The wonderful Ryan recently agreed to an interview with Q Magazine - much to my delight.

Now don't get me wrong, you're kinda sexy and I first noticed you in the gay issue of Gay Times, was that a fun shoot, it came up pretty good?

I was so excited when I got the call to appear in Gay Times 'Naked Issue', and I didn't have to think twice about doing it. I definitely enjoyed getting my kit off in front of the camera a bit too much, it was so exhilarating, kinda like being on stage - but without the music... or the outfits!

I always get asked if I was 'nervous' stripping off for a glossy magazine spread, but that didn't come in to play as I knew we were raising money for the Terrence Higgins Trust, an amazing charity who do incredible work promoting sexual health, which is such an important issue to young people like me. If I can contribute by wearing nothing but a belt and a few chains around my neck, I'm game!

Tell us about where you come from and how did you discover music?

Music's more than a big part of my life, it is my life, and it always has been since I was old enough to make a noise. I swear I learned to sing before I learned to talk. I've always written, or scribbled, song ideas since I was a geeky kid in school with pictures of Michael Jackson glued all over my books. I wasn't academic & my school reports said my 'head's in the clouds', and I thought that was the best thing ever. I believe you gotta dream big and follow your heart if you want to be truly happy. I guess that's where my songwriting started; an ambition to entertain. I didn't wake up one morning and decide I was gonna try and come up with catchy-as-hell pop songs, it was just something I had to do.

What style is your music and where does your inspiration come from?

Unashamedly, unapologetically, take-no-prisoners! My music is pop! I love creating a tune that pins you down, pounds your ears & leaves you singing it over & over for days. I don't do ballads, I'm not trying to save the whales or bring world peace through my music - I make sounds that are fun, euphoric & that you wanna boom in your room before you head out for the best night of your life.

What is the recording process like and how long does it take to mix?

I'm not a prolific writer and I don't record music for the sake of it... I have to feel really motivated & inspired to write lyrics, melodies

& get my ass in the studio to record what's in my head. My songs evolve from a simple idea, sometimes just one word gives birth to a whole tune, and the process is intense, fast and very climactic. I never take more than 8 hours to write and record a song from the first bleep to the final mix, because I don't like to over-think my concepts. The most amazing feeling in the world is finishing a cut, and then hearing it played on the radio a couple of hours later... that's always a reason to celebrate with a beer!

How do you feel about being labelled in the gay singer category? Some embrace it, some hate it, what's your take?

There are so many obviously-gay artists in the charts right now who refuse to 'come out' and play because they don't want to alienate their female fans - it's so pathetic. I was approached by a very famous music manager who wanted to transform me in to a pop star more marketable to young, teenage girls - they wanted to give me a straight make-over! I love my gay fans too much to insult them & pretend to be anything that I'm not. I'd never be a less evocative, or honest, version of myself to be more commercially appealing... I'm true to my fans, and to myself, and I think that's the coolest thing ever.

Gay rights are becoming a bigger issue these days, should we stay apart or blend more into mainstream, your thoughts?

I often get criticised for playing Gay Pride festivals, many people believe the events aren't needed, are old-fashioned and irrelevant in today's society - but they are ignorant and blind to the daily persecution of LGBT people around the world, and in their own communities. While this prejudice lives, 'blending in' is not an option. It breaks my heart when I hear about children being bullied in our schools, taunted for being 'gay', beaten up for being a 'puff' - there is a basic lack of education, so they are seen as different. This is a new phenomenon as young people are reaching sexual age much earlier, and finding who they will be as an adult sooner. Of course discrimination is ageless and it affects most people who live as openly-gay - we must take a stand, continue to fight for fairness and show the bigots that we are not freaks, or the punch line to a joke - we are your brothers, sisters, cousins... we are human beings and deserve human rights like everyone else. Gay Pride is a time to remind society that homophobia, with all other minority bullying, is not acceptable... and in my words, "it sucks"! Pride also gives members of our community a sense of belonging, worth and strength. It is our job to send out a message of equality, of empowerment, of peace, love and of unity.



You are developing quite a following, I absolutely love your single B.Y.O.B, how does it feel having eyes on you, do you feel judged or are you happy to have people talking?

Cheers! 'B.Y.O.B - Bring Your Own Booze' was inspired by a late-night Jacuzzi party with just about everyone I know getting in on the action. Most of my party people were polite and brought bottles of liquor, a few geeks brought posh wine, but some arrived 'empty handed' expecting to sink my drink. I was all 'Whoa! I told you to bring your own booze'. The next day I hit my studio, with a bad head, and I knew I could lay down a cheeky tune about a house-party that people would get. It's gone on to be a bit of a hit, but you don't gain popularity & plays without people talking, or forming their own opinion of you before they've even met you. Being a good guy is so important to me - but because I've gained a bit of fame & wracked up a few column inches, people presume I'm celebrity hungry, or in love with myself - which is so sad. I don't make music to kill boredom... I do what I do because I believe it's my miniscule contribution to the world. If everyone followed their heart and not their heads, I believe there would be more love and less hate in this place.

Who inspires you and why?

Michael Jackson. I've always been fascinated by him. When I was young would rip out his picture in the newspaper & just stare at it - he was more than a pop star to me, more like a super hero. Years later, when I started listening to his music & watching his performances, I had an epiphany, I just knew I wanted to perform on stage just like him. I'm not a genius and can't dance like him, but I've learned from his innovation and his inability to be restricted by boundaries as an artist. He never conformed or did what was expected of him, and that's hugely inspiring to me.

Is there anyone special in your life or does your career come first right now?

I have a load of special people in my life - my mum, my sister, my manager & my amazing friends & fans. I love my fans! I do have a boyfriend, who learned pretty quickly that my music 'comes first', but he also doubles up as my roadie and helps me carry all my insane stage effects... smoke, bubbles, fireworks and good old strobe lights for the rave... that's a lot of machines to carry for one boy.

Where and how can fans keep up to date with the goings on?

My friend Kelly runs my official website, www.RyanJagger.co.uk, where I post blogs and talk about my life, my music, my passions & where I'm gonna be popping up next. You can also get your hands on some free downloads, too. I have singles available on iTunes, but I'm in to giving something back to my fans & I'm just flattered people want a bit of 'Ryan Jagger' on their iPod! I'm always late joining the party, but I've just got in to twitter (@MrRyanJagger) – I share way too many secrets, especially when I'm 'backstage'!

Do you have any plans to play gigs in other countries beside Europe, we'd love a show or 2 here?

Playing live is where my music comes to life and I've been amazed at where my tours have taken me. Music is so powerful – it transcends countries and continents, race and colour, sexuality and religion... it brings people together, and I get so much love from crowds even if they don't speak my language! I'm sure I'll be seeing Australia one day soon - you've got hotter climates & hotter guys than England – so I really hope so!

Is there anyone you'd love to collaborate with?

Although I'm a massive fan of many, more famous recording artists, I've never had a burning desire to work with any of them. If I got the chance to duet with a female vocalist, it would have to be P!nk – I love her attitude and her growl, although I'm sure she'd kick my ass on the mic! I get really amped-up collab'ing with new musicians who have that raw gusto and fire in their belly, especially the DJs who remix my music for the clubs. DJ Ben C remixed 'B.Y.O.B' for my iTunes single & he's an incredible talent who's going to hit the big time...keep your eye on him.

Are you planning on doing a full length album, how hard is it to get done?

My album is going to be available world-wide later this year. Until now, I've released digital singles on iTunes, but having a real CD in shops that I can touch/autograph/lick is going to be crazy exciting. It's definitely going to be a unique sound – I haven't come from a talent/karaoke show on telly, it's all my own work and I think it's going to surprise a lot of people who have never heard of me. You only get one chance to make a first impression, right? I'm going to keep making that music and I'm only gonna get louder, so you aint getting rid of me any time soon.

What's your message to the readers of Q magazine?

"You're terrible, Muriel!!"

Be sure to download Ryan's awesome single B.Y.O.B (Bring Your Own Booze) available on iTunes and be sure to check out his site RyanJagger.co.uk



q psychology: with AMANDA NASSIF

registered psychologist

Modalities and activities to help you become secure within yourself. In the last issue we discussed the importance of being secure within yourself in order to have a healthy functional relationship. In this session we will look at the different modalities that people can use to help you be secure.

Cognitive Behavioural Therapy

Helps a person to change unhelpful or unhealthy thinking, habits, feelings and behaviours to improve their quality of life. Cognitive Behavioural Therapy can help with anxiety, post traumatic stress, obsessive - compulsive disorders, depression, low self esteem, uncontrollable anger, irrational fears, hypochondria, substance abuse, eating disorders, insomnia, emotional and behavioural problems in teens and children. Cognitive Behavioural Therapy teaches you techniques and skills to alter behaviour with self help strategies that can effect immediate and positive changes in your life.



Solution Focused Therapy

Is a short term goal focused therapeutic approach that aims to find solutions to problems and issues rather than dwelling on the problem. It identifies how you wants things to be different and what will it take to make it happen. Solution Focussed Therapy identifies your strengths and resources and helps you recognise how to use these resources to bring about change by establishing clear goals and focusing on the future. Solution Focussed Therapy can help with depression, eating disorders, relationship difficulties, sexual abuse, drug and alcohol problems.

Narrative Therapy

Is a respectful, non blaming approach to counselling and therapy which centres on people as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them with reducing the influence of problems in their lives. Narrative Therapy identifies how we link events together and the meaning we have attributed to them. The Therapist seeks out stories of identity that will help you break from the influence of problems you are facing and create new possibilities for living.

Interpersonal Therapy

Involves an in-depth exploration of past family relationships as they were perceived during infancy, childhood and adolescence. Interpersonal Therapy emphasizes the ways in which a person's current relationships and social context cause or maintain symptoms. The aim is a rapid reduction in symptoms and improved social adjustment to enable you to have more satisfying relationships in the present.

Art Therapy

Uses drawing, painting and other art processes to assist and treat clients with emotional, cognitive, physical and development.

There are many professionals who can help you with using these modalities. Please visit the APS website or counselling sites to contact a suitable practitioner.

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q books: **GAY BATHHOUSE LOVE**

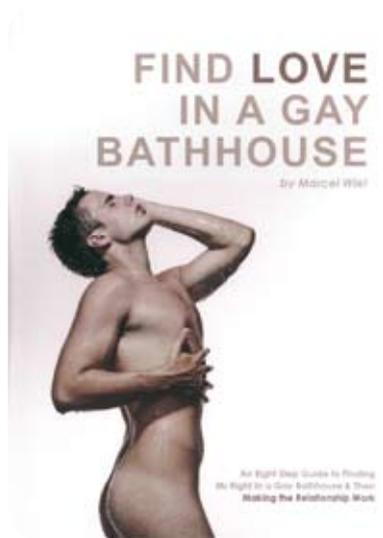
Find Love in a Gay Bathhouse - an eight step guide to finding Mr Right in a gay bathhouse and then making the relationship work - a great book by Marcel Wiel.

Find Love in a Gay Bathhouse is a new gay relationships how-to guide for bathhouse and sauna fans who also want to find true love, with tips and advice on:

- finding a beautiful relationship somewhere dripping in hot men
- confidence, self-esteem and making instant attraction happen
- practical stuff like seven steps to easy anal and the pros and cons of viagra
- staying safe and why sexual health check-ups matter
- the all important second meet - and with the right man for you
- and much much more

Learn that attraction isn't about having a porn star body and find out how to turn great sex into long-lasting love.

Find Love in a Gay Bathhouse is published by Homohappy Books and is available at www.findloveinagaybathhouse.com in print (for \$14.99) and in various eBook formats (pdf and ePub for iPads and mobiles) for \$7.49.



q activities: **SYDNEY BUSHWALKING**

VISITING SYDNEY? GO BUSHWALKING. The Southern Cross Outdoors Group (SCOG) is a club for the Gay & Lesbian community and their friends.

Camping in the Blue Mountains, day walks along Sydney Harbour. If this sounds like you then get in touch. Activities coming up include an easy heritage walk to Watsons Bay, cycling in the Eastern Suburbs as well as cross country in the Lithgow area. There is a sumptuous dinner in the Blue Mountains for those wanting a relaxing afternoon as we say goodbye to Winter. And plenty of medium and harder grade walks for those interested.

For a free sample copy of their Magazine "YOWIE" write to SCOG PO Box 433 Coogee NSW 2034 or email Barry at lifestream@post.com

q games: **DRAW BY RAPTUS**

'Draw' By Raptus Games August 2011 Release Date

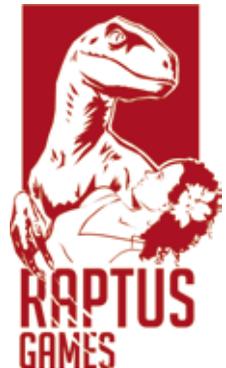
The team at Raptus Games are pleased to announce a release date of August 2011 for their first stellar production, 'Draw', on the iPhone operating system.

Boasting its unique art style, lead artist Sam Mummery spoke out about the project, "We decided on the sketch-cartoon fashion following the same vein as Valve's popular Team Fortress 2 project. We want people to enjoy all aspects of the game, the addictive and fun game play as well as the not-so-serious but attractive art-style."

'Draw' is a western shooter that see's the player utilising the iPhone's controls to progress through addictively fast paced levels and contains portions of humour mixed with challenging enemies and bosses, allowing users to leave their real world environment for a short taste of the wild west.

Pending the success of 'Draw' the team at Raptus Games has further long term ambitions, with a second title already in pre-production.

Visit www.raptusgames.com for more information.



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q cuisine: with NATHAN MILLER

As a chef I am constantly asked what's my favorite dish to cook. It was only recently that I noticed my answers change quite regularly; I guess it has a lot to do with the weather, my friends, where I have eaten recently and finally who am I trying to impress. If I had to select and prepare a dish right now that takes leaves satisfies my own criteria, I would love nothing more than to spend the evening enjoying some crusty bread, nice wine and a succulent pork belly.



Tuscan Style Pork Belly

Ingredients (serves 6)



- 2.5kg piece boneless pork belly (skin on)
- 2 rosemary sprigs, leaves picked
- 1 tbs fennel seeds
- Grated zest of 1 lemon
- 4 garlic cloves
- 2 tbs olive oil
- 2 cups (500ml) dry white wine
- 2 onions, thinly sliced
- 2 tbs plain flour
- 2 cups (500ml) chicken stock
- 1/3 cup (80ml) dry Marsala
- Lemon wedges, to serve

Method

- Score the pork skin and fat in a criss-cross pattern, without cutting into the meat. Place pork on a rack in the sink and pour over a kettle of boiling water (this will result in crisp crackling). Dry well.
- Crush rosemary, fennel, zest and garlic in a mortar and pestle to a coarse paste. Stir in oil, then rub paste into pork skin. Cover and marinate in the fridge for at least 4 hours or overnight.
- Preheat oven to 220°C. Place pork in a roasting pan and pour over wine. Rub 2 tbs of sea salt into skin, then roast for 30 minutes.
- Reduce heat to 160°C and return to oven for 1 hour. Scatter onions in pan and roast for a further 1hr until skin is crisp and juices run clear.
- Remove onion and pork from pan and cover loosely with foil. Rest for 15 minutes.
- Meanwhile, discard all but 2 tbs fat from pan, retaining any juices. Place pan over a medium heat and stir in flour. Cook for 1 minute, then whisk in stock and Marsala until smooth. Strain. Keep warm.
- Thickly slice pork and serve with the green beans, lemon and gravy.

Kick back out on the balcony with a glass of Cabernet Sauvignon and some great friends and your night is made.

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Q money: with EVAN DAVIS

Last month I explored the benefits of using an accountant to assist with your tax obligations. We have now started a new financial year and I thought I would speak with Eric De Ravel. Eric is the director of Team Work accounting in Point Cook and also a trusted business associate of mine. I asked how long he had been practising.

I completed my Bachelor of Accountancy in 1977, I did my training with Deloitte in Durban, South Africa. I joined Moores Rowland and quickly became a salaried partner. Strange to think about it now, but I left because some of the older partners were reluctant to computerize!! Tired of arguing, I decided to go out on my own in 1985. My practice grew over the years and by 2009 we had four partners with 50 staff. Due to the crime and political situation in South Africa my family and I migrated to Australia.



How long have you been in your current business?

I worked for an accounting practice in Williamstown for a year while completing a tax and a law module at Melbourne University so that I could practice in Australia. In May 2010 I purchased an accounting practice, Teamwork Accounting, based in the Sanctuary Lakes Shopping Centre in Point Cook. I also have an office in Hawthorn that I go to on a Thursday.

Why use an accountant in general?

Whether you are self employed or an individual tax payer you need correct and up to date financial figures to identify any opportunities or problems within your financial structure. A good accountant should be able to give you this service.

What do you do differently from other accountants?

I have an excellent team and we give clients a first class service. This includes having a quick turnaround time with the preparation of financial statements. We prepare quarterly management accounts for the clients whose BAS returns we prepare and I make comments on these for the client. I am available to answer client queries over the phone.

What is the strangest client you have ever had to deal with?

The most difficult client was most probably an old client that queried every account we gave him. Needless to say he died a millionaire!! We did however recover our fees as he appointed us to be his executors in his will so he must have been happy with our service!!

Who can you help?

Any small to medium sized business that needs financial guidance. Many business owners are good at what they do but get stressed with the financial side of the business. We can also help individuals with their personal tax returns.

Do you have any specials that you want to offer Q Magazine readers?

I am happy to meet for a 30 minute session at no cost or obligation so that we can discuss their needs. To take Eric up on his offer call him on 1300 832 648 (1300 TEAM4U) or email on eric@team4u.com.au



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q mens health: A HEALTHY MOVE

by Brian Mier

A Healthy Move for Men's Health in Victoria

It is still hard to believe that the progressive State of Victoria has no group or organisation to represent and promote men's health and wellbeing.

When you look at the organisations that should be doing this, you will find very little indeed. VicHealth (the Victorian Health Promotion Foundation, funded by the Victorian Government) does nothing much. The many community health services usually have a women's health co-ordinator and a range of women's health programs, but ask about men's health and you get a negative answer, or perhaps that they have a Men's Shed.

A small number of services such as Bendigo and Hamilton in country Victoria have recognised that ignoring men's health promotion ignores the other half of the community and do have full time Men's Health staff - A few more have a part time Men's Health Educator or similar. That's almost it!



The position began to change on Friday June 17 - the culmination of International Men's Health Week 2001. Forty-six male and female workers from a variety of agencies and organisations attended a State-wide forum in Carlton. All delegates surveyed indicated overwhelming support to form a collaborative network of those working in men's health, moving beyond mere co-existence and fragmentation to ensure a more sustainable future for men's work in all its various forms.

- Sixteen people indicated their availability to serve on the Steering Group that will meet within a month to clarify the aims and terms of reference.
- All respondents indicated unqualified support and wanted to be included in the mailing list.
- 88% of respondents to a survey at the end of the gathering gave it a high-very high satisfaction rating and the other 12% rated it Good..

THE PARTICIPANTS

At least 20% of the delegates were country-based workers from as far away as Mildura. The range of organisations included national agencies, private practice individuals, local government and community health services, universities and volunteer groups.

THE PROGRAM

Brian Mier

After starting the forum with the rallying anthem 'You are the Voice' (John Farnham) co-organiser Brian Mier shared his journey of exploration of the men's health sector and reflected on his discoveries. He concluded by saying "Today we do have a chance to turn the pages over, start a new chapter in Victoria's men's health work, and create a collaboration with our colleagues - so that our voices and those of the men for and with whom we work to make their lives better will increasingly be heard, respected, honoured and responded to positively".



Forum initiator and facilitator Rob Koch shared the need to work together to avoid attrition of under-resourced and under-supported people and programs. He outlined the continuum towards an integrated service model and his vision to see men's work in this state move beyond the silo mentality of co-existence and 'patchy' communication to greater co-ordination and collaboration.

All participants then introduced themselves to the meeting identifying their organisations, roles and dominant feelings about the forum. Those who had been involved in men's work for many years were identified and recognised as 'elders' among in the gathering.

Rob Koch

The first speaker Daniel Perkins, Men's Health Policy Advisor to the Victorian Government, who illustrated the dire state of men's health compared with the rest of the community. On almost all measures of preventable diseases and adverse



health outcome, men fare worse. He indicated that the Victorian Men's Health and Well-Being Strategy 2010-2014 was still under review by the new government, and he could not anticipate when it might be released again.

This segment generated some passionate discussion. A number of comments from those engaged long-term in men's health work sent a clear message that policies without funding for implementation would achieve little.

The gender inequity of resources and personnel provided for men's health work was highlighted.

Daniel Perkins and Stephen Toon

The second speaker was Stephen Toon, a Director of the Australian Institute of Male Health and Studies based in South Australia. He maintained that to conduct men's work with integrity there has to be a male-specific approach due to the undeniable biological and cultural differences between men and women.



SO – WHAT DID THE MEETING ACHIEVE?

A set of proposed Aims and Activities was presented for group discussion. It was agreed that these needed to include:

- Informing governments & agencies on men's issues for policy & action;
- Disseminating information to organisations & communities;
- Supporting regional health promotion initiatives;
- Providing Professional Development opportunities;
- Facilitating interaction and supports;
- Co-ordinating service delivery and events;
- Promoting community understanding of men's and boys' health;
- Sharing of information & resources;
- Promoting the strengths of men and boys - a positive attitude to counter the frequently negative views expressed in the media in particular; and
- Identifying gaps in services and providing initiatives to address them.



CONCLUSION

It is expected that the Steering Committee will meet before the end of July to get on with the work. This is an exciting, historical moment in time for Men's Health in Victoria.

Meanwhile, a variety of Men's Health events took place around Australia during Men's Health Week between 13-19 June. These ranged from talks to gathering to shared experiences to outings with a health theme. Regrettably, the gay male community was not involved at all as far as I have been able to determine - if you were please let me know and I'll acknowledge your efforts next month.

The involvement of gay men merits serious consideration when Men's Health Week comes around again in 2012. In this writer's opinion, the 'special' health needs of gay men receive almost all of the attention in the gay and mainstream media. But hey, we are all 'men' with the same physical, mental, social, sexual, spiritual and financial health needs and experiences as other men. We live most of our lives in the mainstream of society. In my view we should be out and proud, taking our place in the mainstream of men's health.

If you or your organisation wants some ideas on how to set up a general men's health program in your community - whether for gay men or all men - contact me on info@eaglehealth.net.au

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q youth: with **TASMAN ANDERSON**

Earlier this month I was faced with a question that I could never find an answer too. No matter how hard I tried to justify what happened and to reason that there must have been more factors, the main point is that my question truly had no one way answer. I bet you are probably wondering what on earth I'm going on about. It's the age old question as to whether men and women could ever really be JUST friends.



I know there would be many of you out there that would argue one side or the other. I once thought that friendship was easy between a guy and a girl but then after experiencing a true friendship with a single male friend, I realised that it was never going to be simple.

Last year I met the most amazing guy who became one of my closest friends. He was caring, sensitive and kind hearted. He thought about others and would have easily taken a bullet for his family. There was an instant spark between the two of us, which turned into a strong friendship. I knew he was going to be special to me when he took me to my senior formal even though he wasn't permitted to enter the event (he was a grade under me).

He made me feel like a princess that night and for that, I am truly grateful. As the months went by, we became closer friends, sending sweet text messages and going out on double dates with my other close friends just so we weren't the third wheels. Things were going really well but then something went wrong.

To be honest, I can't say it was really a surprise. Although he seemed so perfect to me, he had his faults. He never allowed anyone to get too close. I never really knew why except that perhaps we both shared the same fear, that one day they would eventually leave us. He began to push me away when things were getting too serious. I knew things weren't peachy between us but I never thought that one party would be the end of our friendship altogether.

Two months ago, we attended a friend's party which we had anticipated for weeks. I brought a new dress and spent hours making sure that my make up was flawless and that my hair was curled perfectly. I wanted that night to be one I would never forget, unfortunately, I got my wish. A few hours into the party, this random guy decided to corner me in the bathroom, thinking that I was interested in 'hooking up'.

I felt incredibly awkward and blurted out that I had a boyfriend and that it was the guy that I came to the party with. I don't know why I did it and now that I think about it, maybe it wasn't such a good idea. But, I never dreamed that my guy friend would find this disturbing and would later freeze me out.

I'm sure many of you have felt that terrible feeling, as if everything is falling apart in slow motion and you have no control over what you say or do. Days went by and finally I confronted my friend. He explained that after talking to a few people, he thought I had gotten the wrong impression and was taking some time apart. I was humiliated. The first thought that came to mind was that a bunch of people knew how he felt about me and not one of those people were me.

Things went from bad to worse, hurtful words were said and the end result was two hurt people and loss of communication. To this day I still haven't heard from him. I don't believe that a friendship can ever truly die but what if there never really was a friendship?

What if I confused my feelings for friendship when really it was a romantic connection?

Can men and women ever really be friends?

Is it even possible that we can be friends with the opposite sex without having some romantic feeling for them? All I know is I miss my best friend and regardless of what happened, I still love him.

But, how can you ever come back from something that had the ability to destroy the bond you had to begin with?

Can a man and a woman ever truly be nothing but friends?

What do you think?

EDUCATION INFORMATION REPRESENTATION



PLWHA Victoria is a community-based organisation that works to advance the human rights and wellbeing of people living with HIV.

Our mission is to educate, support and advocate on behalf of all people living with HIV in Victoria, as part of a society-wide response that seeks an end to the HIV epidemic.

Our services:

- Positive Speakers Bureau
- HIV & Sexual Health Connect Helpline
- Planet Positive Social Events
- Education Events
- Peer Education
- Phoenix (newly diagnosed)
- QUIT Smoking Cessation Groups
- Individual Advocacy
- Poslink Magazine
- SAM (Sexually Adventurous Men) Program

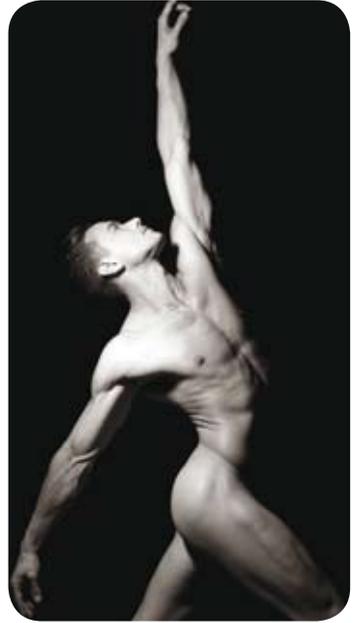
People Living with HIV/AIDS Victoria
Suite 1, 111 Coventry Street, Southbank Victoria 3006
Tel: 03 9863 8733 Fax: 03 9863 8734
info@plwhavictoria.org.au www.plwhavictoria.org.au

q drag/dance: RYAN STUART

Ryan Stuart has been a heart stealer dancing on the drag stages of Melbourne for well for over a decade. Alan Mayberry spoke to Ryan and found there is much more to this performer with a wealth of experience both singing and dancing in the 'legitimate theatre'.

I was born in Melbourne and grew up in Narre Warren in Melbourne's south-east. I started my secondary education at St Francis Xavier College, then won a scholarship to Mentone Boys Grammar, graduating in 1998.

I think I discovered I was gay when I went to my first Kylie concert when I was 9! But in all seriousness, being gay was never really something of a light bulb moment for me. I had girlfriends up until I was 19. I had gay friends, and was exposed to the gay scene and enjoyed it for what it was, never actually recognising within me that I was in fact gay. To be honest, I fought it for years, believing that because I was at a boys school, and knowing that boys 'mucked around' I never really took any of my 'inner thoughts' seriously. After all, I had a girlfriend, and to be fair, was in love with her. It wasn't until my friends and I were frequenting 3 Faces most weekends, did I truly realise that I enjoyed it so much because I felt at home and welcome. It still took me 6 months into my first relationship with a man to finally say, 'I have a boyfriend'. I am not embarrassed or ashamed of who I am, I just was not prepared, nor willing to endure the 'I told you so's'. But I soon discovered that my family and friends were so accepting and supportive. My parents are the world's most amazing people and my dearest friends. I wouldn't be doing any of this without them, their love, humour, sacrifice and resilience. I adore them! And my sister is God's most perfect child! They knew I was still the same person, irrespective of my sexual preference. After all, it's not a choice, it's just who we are. *Live it, love it, embrace it! Put your paws up!*



I was involved in school productions from a young age and always loved performing, even though I was extremely shy! (odd I know). But I was an athlete from the age of 7, so it was running, tennis, basketball, karate, and then I swam for the Victorian Swim Team 6 days a week, so performing was never really at the forefront of my mind. But I had an opportunity to impersonate Ricky Martin on the Xchange roof top during the Commercial Road festival (those were the days), and it snowballed from there. A permanent spot downstairs with the wonderful Tabitha, Caresse and Lucy followed, and shortly after *4Play* with Sondra, Caresse and Mark O'Halloran. This lasted a few years and was AMAZING fun. But I never really considered myself a 'dancer'. So at 25, I bit the bullet, and enrolled in some official dance training.



I completed a year at Danceworld Studios in 2005, and have since done casual classes at both Patrick Studios Australia, and The Space. A lot of my training has been 'on the job' and video recording and analysing my performance asking, What can I do better? How can I make it look easier? Oh, I love what that person is doing, What style of my own can I bring to this performance? I had the amazing opportunity very early on to work with some of this industry's best. I was a sponge, I took it all in. I called choreographers and asked them for work. Being proactive in the industry is vital.

My first professional performance was actually for Gucci in Hong Kong, for their spring collection, in August 2004. Talk about baptism by fire! But it was amazing! Absolutely amazing!

I worked with Candi Stratton for a great couple of years and toured with her *Cher Show*. I loved watching the transformations every night, hearing people gasp as she would change 3 era's in front of their very eyes. We toured Australia and Hawaii!

I've loved working too in the 'legitimate theatre'. It's hard to define which musicals I liked best, show,

Priscilla was my first musical, and my god it was a FABULOUS ride! It didn't feel like work and was 18 months of bliss! Working with an incredibly talented bunch of people, including the late, and immeasurable Mr Bill Hunter. It's so great to be a part of a show that originated here, and is now killing it on the West End and Broadway! **Chicago** – wow, every dancers dream! The day I got that call was without a doubt one of the best days of my life! Such a brilliant show, sexy, sleek, and musically brilliant. Working alongside Caroline O'Connor, musical theatre royalty. I learnt a great deal from this production. Words cannot describe the feeling of euphoria I still feel when I hear that trumpet sounding at the start of *All That Jazz!* Bliss! **The Boy From Oz** – brilliant show! Brilliant cast! Brilliant music! What was supposed to be a 6 show run, turned into a 6 month run in both Melbourne and Sydney! I had the time of my life! Todd McKenny is an inspiration! **Rocky Horror** – I had the pleasure of working with the mastermind behind this epic cult classic, Richard O'Brien! Surreal! Such a fun musical!

With all of that how can I tell you the highlight! But they would have to include the *Countdown 1 & 2 Tours*.

But these large stage musicals do not come round every week, and you can't sit round waiting for the next audition. I met Paris years ago, and we've always had little chats here and there, but it wasn't until recently did we start talking about *The Classics*. So naturally I jumped at the chance to work with her and the girls when asked! And let me tell you, the smiles on stage are real! It's a hoot! The same with *Boylesque* on a Friday. Paris, Todd and Trent have done an amazing job, not to mention the amazing boys who work their arse off every week! I don't think anyone here has seen such a massive production in a club before. You'd be amazed the amount of rehearsal that goes into our performance each week. It all pays off too as it is one of the classiest shows I've ever been part of in a gay club. The new GH stage is brilliant! The space, the screens, the backstage area! The owners Will and Indy have done it marvelously, and the crowds every weekend are testament to a job well done! I am thrilled to be working there.

I believe fitness is essential! I am a six-day a week gym boy. Weights, cardio, Bikram, swimming, and of course the *Boylesque* show keeps me fit! I watch everything I eat and try to rest when I can! I am always striving to better my physique and level of fitness (being almost naked on stage every week is motivation enough to put down the fries!).

All of that takes a load of time and plays havoc with your social life. I believe relationships take a lot of work in any industry, but it takes a lot of understanding and patience to date a dancer! Gigs take us away all the time, and sometimes for an extended period. Now I am thrilled that I have found an amazing partner who supports and loves me. I adore him and am extremely grateful he is in my life!

I am currently working on the acting side of performance and would love to do film/TV presenting. I'd also still love to give London a go too! *I believe life is not a rehearsal! Seize it!*

Photos © by Chris Parker Photography (swimming pool - q drag/dance and q comment) and David Tan Photography (B/W)



q cabaret: **A WHOLE NEW DAY!**

Australia's own multi-talented Melinda Schneider, fresh from Dancing with the Stars, steps into the shoes of a great musical icon, American chanteuse Doris Day.

Doris - So Much More Than the Girl Next Door is heart-felt homage, co-written with musical theatre scribe, David Mitchell (Dusty, Shout!). Melinda traces her love at first sight of Doris Day in the 1953 movie musical Calamity Jane.

"She was such a huge talent" Melinda relates, "a triple threat as they say - she could sing, dance and act. I thought then she was the best of everything a woman can be and when I grew up I wanted to be just like her."

The clock turns back as Ms. Schneider lovingly recreates Ms. Days "voice" through such popular standards as "Sentimental Journey", "Que Sera, Sera", "Everybody Loves a Lover", "Secret Love" and a whole slew of hits from "Calamity Jane", "Love Me or Leave Me" and "Pillow Talk". "There will only ever be one Doris. Sadly Doris hasn't performed for over thirty years but so many great songs are associated with her and I get to sing them in this show."

Doris - So Much More Than the Girl Next Door is so much more than a re-imagining of truly great songs. Doris Day's real life story is equally rich and fascinating. Melinda and David have unearthed amazing little-known facts about Doris' journey from small-town Ohio, to the heights of Hollywood. Her four turbulent marriages, rife with abuse and finally catastrophic financial ruin, are also revealed. But throughout, the strength and sunny disposition of everyone's favourite film star shone through.

"The more I've found out about Doris, the more I've discovered that our lives have run a parallel course", says Melinda. "We're both born into German Catholic families, we both love our doggies and both have been through messy relationships and divorce."

Doris Day is a figure that still connects today. Melinda shares some of her own stories as well as those of her idol. "It's the universal story of women set to music of the forties, fifties and sixties."

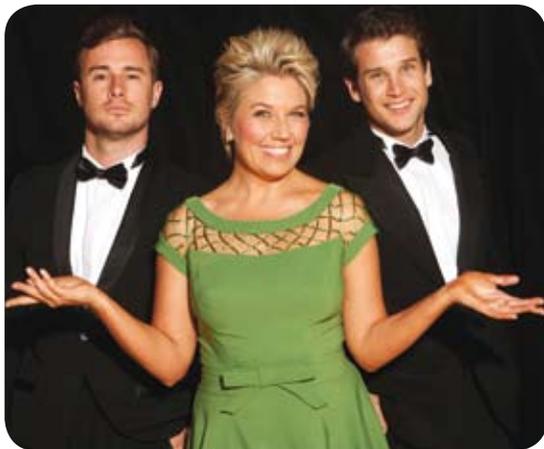
Ms. Schneider's most recent album, Melinda Does Doris: A Tribute to Doris Day grew out of the encouragement of David Campbell (her duet partner on "Love Somebody"). "If you don't do a Doris Day album", he told me, "I'm going to hit you over the head!". The album spent nine weeks at number one on the ARIA charts and it is from this success spawned this brand new stage extravaganza, featuring the songs and story of Hollywood's all-time greatest female box-office star, Doris Day.

Not only musical Doris - So Much More Than the Girl Next Door, is visually stunning as Melinda's on-stage wardrobe is a virtual runway of high fashion trends, Doris showcased in her thirty nine Hollywood movies.

It's a big production, about a big personality, performed by a big talent- Melinda Schneider, as she once again struts her stuff alongside two top male singer dancers, and a swingin' fourteen piece band.

Doris - So Much More Than the Girl Next Door is proudly produced by Bold Jack & Mike Walsh.

Website: www.dorisday.com.au
DORIS – SO MUCH MORE THAN THE GIRL NEXT DOOR
Her Majesty's Theatre – 219 Exhibition St, Melbourne
Tuesday 23rd August – Sunday 4th September 2011
TICKETS ARE ON SALE NOW – Ticketek 132 849 / www.ticketek.com.au



q story: A MOTHERS LOVE

by Louise Wilton

Unconditional Love for a child

What do you do when your child tells you they're gay? Do you think to yourself: My God how will I tell the family; what will my friends think; how did this happen; where did I go wrong; who did this to him or her? Do you turn your back on them or tell them you love them unconditionally?

Two years ago our beautiful son David came to us with those very words "Mum, Dad - I'm gay".

Our David was always the gentle creative boy who danced and sang. He even tried cricket once. When out fielding (bored and waiting for something to happen) he started dancing when a ball was heading his way with his team mates yelling David catch the ball. He did a beautiful leap catching the ball saving the game. Now he chooses to watch from the side lines, cheering on his younger brothers and sisters - still breaking into a dance step occasionally.

When he told us, David was surprised at our reaction as we said we had suspected it for quite a while. Not that there had been signs - but a mother just knows. On coming out to us the world David had kept private was then opened. We were surprised to find out that if his coming out had not been so accepted he had a safe house to go to. Not all people get the loving acceptance David received. Some are banished from their homes and families or bashed (yes bashed) by those who love them.

We have heard some sad stories of their lives but we have heard many happy ones also. One of David's friends told us of a young man who had been banished from his family only to gain acceptance after an accident almost cost them the true loss of their son. Now they are making up for many lost years and the family love him and his chosen partner, who was there by his side to nurse him through his terrible injuries, showed his parents another side of unconditional love.



So what do you tell your friends and family? You tell them the truth. If they know and love your child as much as you do and they see your acceptance they too will do the same. If they don't it's their choice and their loss.

Where did you go wrong? Do you really believe you did? Look over at your beautiful child. Remember the first time you held them and look at them again. They are still that wonderful young person you brought into the world all those years ago. They just love someone different that's not excepted by society as normal.

Also believe that nine times out of ten no-one has done anything to them to make them this way. But sadly this can be known to happen.

Two months ago we put our beautiful son on a plane for London - to see the world and for his job of a life time as a makeup artist in London. This is the start of his grown life away from us. Are we scared? Hell yes, but as parents we know we have done our best to give him the right values in the life he has chosen for himself. That's the first thing as parents we have to do. The other is unconditional love. If all we have to worry about is who they chose to love then damn be proud of yourself and your children. As my favourite saying goes "what's for you will never go by you". David tells us he going to come home a celebrity and, you know what, I'm sure he will.

Please, just love your children for who they are. Hold them close and let them know you're there for them through thick and thin and they too will know you have unconditional love for them. That in turn will make them wonderful parents one day, just like the wonderful parents they had. Just the other day I sent David this letter and he said I made him cry. Then he just said thank you and I knew then he had felt the meaning of unconditional love.

Picture: Sister Claire, David, Mum Louise, Dad Max, Sister Molly

q cosmetic: **HALF PRICE COSMETIC DENTISTRY**

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† Exception: All genuine Invisalign is sent to USA for manufacturing purposes.

q fitness: **with CHRIS GREGORIOU**

Now is the time to start on your summer body

How often do we hear friends say "oh, summer's just around the corner, I need to get fit". Question is why do we do it to ourselves (put on a winter coat) then have to make changes to our lifestyle (some drastic) to tone up or loose a bunch of extra kilos from the waist line.

It's true that we do lounge around more in winter, crave saturated fatty foods, are less active, don't drink as much water and sleep more. After all, who hasn't snuggled further underneath the covers for a little extra me time on a cold morning? We tend to spend more time indoors either at home, possibly on the couch or at various indoor gatherings for dinner and catchups just to avoid the rain and cold.

With this change in lifestyle around activity and the types of food that we eat within the colder periods it's no wonder you can notice a change to your waist line.

It's a fact that we do sleep more in winter.

It's a proven fact also that our bodies do change depending on the climate. Weather directly affects our energy levels, metabolism, skin colour and yes as mentioned, body shape.

So why wait until spring or even the start of summer to have the energy and body shape you desire?

If it's taken you four months to put on some weight, do you really think you can get rid of it in a few weeks before summer?

Small changes to your lifestyle work best.

I would suggest starting with gradual changes. These kind of changes are actually the ones that can stick and remain with you for a lifetime. Good changes of course!

Like a few examples? Have a think about the food that your eating. How many simple carbs are in your daily consumption? If you would like a refresher of what simple carbs are, go to www.google.com.au and type in "What are simple carbs" for a list. Ideally you don't have simple carbs in your diet as they provide little nourishment and when combined with other food has your body storing unused energy - resulting in fat. If you put sugar in your coffee, substitute it for a natural sweetener, have sandwiches with white bread - switch to a wholemeal or multi grain, if you have white rice with your dinner switch to steamed veggies (especially if it's your evening meal and you may find that you will sleep better). I have hundreds of tips however a good approach is looking at things you enjoy doing and of course eating and taking the healthy ones and incorporating them into your lifestyle.

With the cold weather, it can be nasty to venture out doors and be active, however think about a few activities you can do indoors, even in your own home, at a gym or at a personal training studio. Things like star jumps, pushups, planking (not sit-ups as these can be bad for your back) oh and by planking I mean the type used to strengthen your abdomen and lower back, not the ones seen on Facebook, squats and lunges will all get your heart rate up and have you burning extra calories.

Oh and yes, there are lots of advantages in exercising in winter, from increases in energy, greater mind clarity, stress management, even speeding up your libido.

It's all about lifestyle!

What sounds better, easing into it now, subtle changes to your lifestyle with little work to do for summer, or smashing your body with exercise as well as doing drastic and crazy things to your diet all at the last minute? I promise you that the smash it and drastic approach wont last and you are actually selling yourself short, as your body wont be at it's peak for summer and as soon as the warmer weather creeps so do the old habits.

Oh and know that lifestyle changes should always be fun, enjoyable and sustainable.

If you wait till the last minute, think about how much stress you will be putting on your body, however know that every time you see a hot fit body walking past in summer know that they most likely have had a huge head start on you and that their lifestyle is reflected in the amount of body fat they are carrying.

So, summer body all year round?



q circus: NICA CIRCUS FESTIVAL

National Institute of Circus Arts (NICA) presents NICA MELBOURNE CIRCUS FESTIVAL
Melbourne is widely regarded as Australia's circus capital with long established companies such as Circus Oz and the Women's Circus being formed and based in Melbourne.

Over the past decade, Melbourne's international reputation as a centre for excellence and innovation in contemporary circus arts has been consolidated by the presence of the National Institute of Circus Arts (NICA) which has delivered professional training to over a hundred young artists from across Australia and overseas. Graduates of NICA have gone on to pursue exciting careers both locally and internationally, as well as contributing to the development of Melbourne's vibrant circus arts industry.

The NICA Melbourne Circus Festival will celebrate the work of NICA's alumni and others as part of its 10th anniversary celebrations this year.

Catering for circus lovers of all ages, the week-long festival will feature cabaret style entertainment celebrating the artists who have graduated from NICA since 2001 as well as shows for children during the day.

The festival will also showcase the wide range of small independent performance companies which have been formed by former NICA students and others, many of which have earned impressive reputations at international arts festivals.

Says NICA Director Pamela Creed of the inaugural Festival, "what better way to say thanks to all who have made NICA's ten years possible, than to celebrate by giving our alumni performers a stage to entertain, inspire, and delight us all!"

With a diverse program of ticketed and free performances and events, the festival will take place at the National Institute of Circus Arts on the Prahran Campus of Swinburne University, utilising NICA's custom-built performance facilities and other venues across the campus. NICA is Australia's Centre of Excellence for training in contemporary circus acts. It is one of seven national arts training institutes, offering Australia's only Bachelor of Circus Arts. The course is accredited by Swinburne University of Technology and attracts applicants from across Australia, New Zealand, the Pacific, USA, South

Program information and ticketing details will be announced shortly and both tickets and festival information will be available from www.nica.com.au



NICA MELBOURNE CIRCUS FESTIVAL
26 September to 1 October 2011
NICA National Circus Centre
Green Street, Prahran



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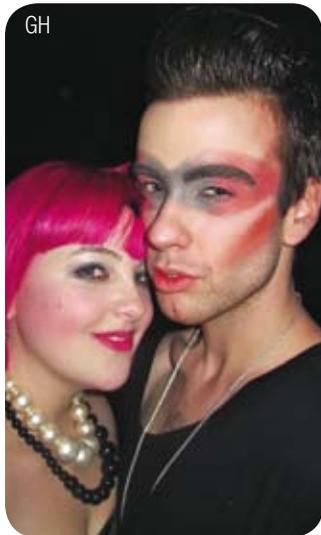
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and many more!



You are GAY

q scene: **OUT & ABOUT**





Hampstead Dental

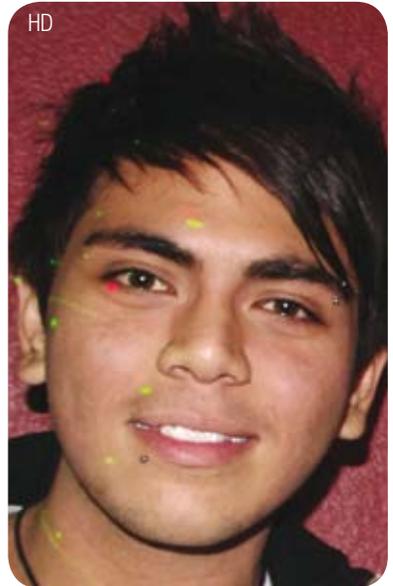
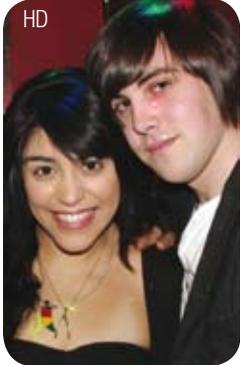
ZOOM 3 Whitening Cosmetic & General Dental

Located close to Highpoint – 5 mins from Footscray
10 mins from Kensington, Caroline Springs

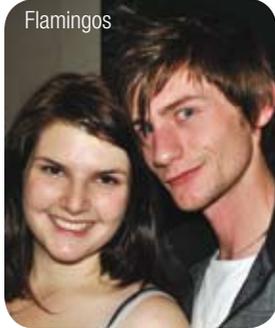
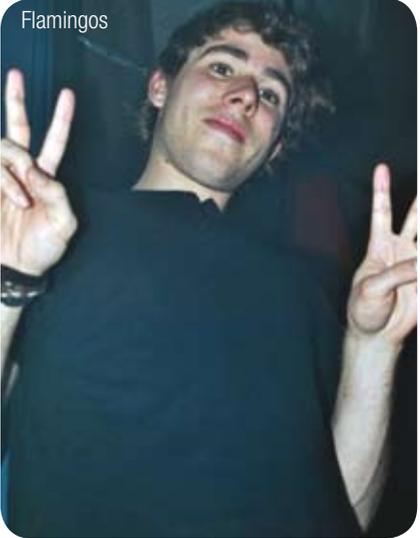
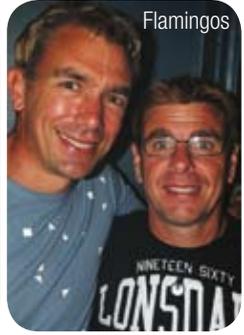
Dr Adam Mattsson, Dr Kris Rajan, Peter Mansour (Hygienist)
Suite 2 / 44 Hampstead Rd, Maidstone 3012

Appointments Ph 9318 5599

www.HampsteadDental.com.au

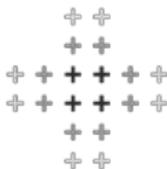


q scene: OUT AND ABOUT



q business: **OGAM MEDICAL**

OGAM Medical is a unique medical clinic founded by Dr Michael O'Gorman, based in Chapel Street South Yarra, and which incorporates General Practice, Allied Health, Skin, and Cosmetic Medicine.



Treatment of HIV associated facial lipoatrophy: OGAM Medical has become a designated centre of excellence in the treatment of HIV

treatment related lipoatrophy. Their doctors and nurses have undertaken specialist training in the specific use of the volumising product in reversing the effects of fat loss in the face seen with the treatment of HIV.

This product, Sculptra, is now available on the PBS. This treatment means a great deal to patients in improving the physical appearance often associated with HIV, and consequently improving their self-esteem.

OGAM **MEDICAL** **COSMETIC** **SKIN**

To access the lipoatrophy treatment program: Phone OGAM on 03 98265107 to book a consultation with one of the doctors.

This consult is bulk billed. On the day of your consult, you will need to bring a referral letter from your doctor advising your HIV positive status and associated treatment related facial lipoatrophy.

At the OGAM consultation, you will be assessed as to your suitability for the treatment and you will be provided with information on the treatment so as you can make an informed decision prior to embarking on a treatment course.

If you elect to have a treatment course, you will be provided with an 'authority' prescription to obtain the product on the PBS.

A procedure fee applies to the treatment but a medicare rebate is available to considerably reduce this cost.

They look forward to consulting with you.

OGAM Medical

**740 Chapel Street,
South Yarra VIC 3141**

**P 03 98265107
info@ogam.com.au
www.ogam.com.au**



q dance: **BANGARRA'S BELONG TOUR**

Belong - ID by Stephen Page - About by Elma Kris

Following its highly acclaimed European tour of Spirit, Bangarra Dance Theatre returns home this month to develop a breathtaking new theatrical experience.

Rekindling Indigenous culture, Belong features two new works; ID by Artistic Director Stephen Page and About by choreographer and dancer Elma Kris. As part of a world premiere national tour beginning in July, Belong completes its journey in Melbourne with a season at the Arts Centre in September.

Drawing on ancient and contemporary stories these two distinctive works trace Aboriginal and Torres Strait Islander histories and experiences across our vast country.

With ID, Stephen Page draws upon his personal experiences of observing contemporary Indigenous people tracing their bloodlines, re-connecting with their traditional heritage and living modern lives in a challenging urban society.

Bangarra's commitment to developing and nurturing the next generation of Indigenous storytellers continues with dancer and company choreographer Elma Kris.

Her choreographic debut was Emeret Lu as part of True Stories in 2007. Torres Strait Islander Elma Kris is inspired by customs passed down through families for generations. Reflecting the strong links between communities and their natural environment, About explores the mood of the winds as they move across land, sea and sky signifying key moments in time.

Bangarra's artists-in-residence David Page (award winning composer) and Jacob Nash (award winning set designer) together with Emma Howell (costume designer) and Matt Cox (lighting designer) will be collaborating with choreographers Stephen Page and Elma Kris for Belong.

Once again Bangarra creates a truly Australian theatrical experience connecting the spirit of traditional culture with our contemporary lives. Always uplifting and deeply moving, Belong will transform perceptions of the places we call home. Bangarra Dance Theatre is Australia's premier national Indigenous performing arts company. Under the brilliant and inspirational artistic direction of Stephen Page, Bangarra has strived to maintain the cultural integrity and spirit of Aboriginal and Torres Strait Islander tradition, combining it with contemporary expressions of stories, dance and music to create unique theatrical experiences, and to deliver these experiences to audiences across Australia and around the world.

'The mediums we work in are physical, poetic, spiritual and emotional. In those moments, as we sit in the darkened theatre or around the night-time camp fire, we share the community of the soul, a coming together of people prepared to give themselves over to a shared cultural experience.' Stephen Page



Sydney

Drama Theatre, Sydney Opera House

19 July – 20 August - Bookings: sydneyoperahouse.com Ph: 02 9250 7777

Perth

Heath Ledger Theatre, State Theatre Centre of WA

25 – 28 August- Bookings: statetheatrecentrewa.com.au Ph: 08 9484 1133

Canberra

Canberra Theatre Centre

2 – 3 September - Bookings: canberratheatrecentre.com.au Ph: 02 6275 2700

Wollongong

Merrigong Theatre Company, IMB Theatre, IPAC

8 – 10 September - Bookings: merrigong.com.au Ph: 02 4224 5999

Melbourne

Playhouse Theatre, The Arts Centre

15 – 24 September - Bookings: theartscentre.com.au ph 1300 182 183

q diary: **ADONIS GAY SAILING CRUISE – SARONIC GULF GREECE**

by JT - for further information go to www.adonisgaysailing.com

Saturday 21st May

Met with the crew and remaining passengers at the Alimos Marina at around 6.30pm. Intro's were done and met Mark (Skipper), Paul (Co-skipper and Cook), Jan Bart (Netherlands), Giuseppe (Italy), Marcel (Switzerland) and Peter (USA/Austria).

We did all the safety checks and were shown around the yacht and assigned our respective duties – mine were fenders on the left side and turning on/off the fridge. Others did fenders on the right, anchor, ropes for the harbour and a few other odds and ends.

We then cabbed it into town (Plaka) for dinner, tour and a drink before heading back to the yacht for a night cap and some sleep.

Sunday 22nd May

After a lovely breakfast we set sail for Aegina Island. The winds were with us and the sails were up for some time. Mark taught me how to steer the yacht and I spent most of the morning steering our way to Aegina (I forgot to put on sun lotion and got burnt on the shoulders). The others took advantage of the sun and were tanning on the deck for until we arrived at our destination.

We anchored into a small secluded bay in Aegina where we had the first chance for a swim in the crystal clear blue waters of the bay. We followed this by lunch and then set sail again for our evening port. On the way we spotted a couple of dolphins having fun in the sea.

We arrived in Perdika Port Aegina in the afternoon. The port is a tiny fishing village where we swam at the small beach besides the port and then wandered around the sights of the village. Dinner was on land at a nice tavern which specialised in seafood and fish (like most of the taverns). Being the only Greek speaking passenger my language skills help deliver a nice dinner that everyone enjoyed (especially the grilled and boiled octopus and calamari).

After dinner we went for a coffee/desert and then headed back to the yacht for a night cap and some well earned sleep.

Monday 23rd May

Breakfast and then sailing towards Hydra Island, a swim stop, lunch and then arrival at the lovely port of Hydra. The island is truly beautiful especially given the lack of any road vehicles with transport being limited to the hard working Mules on the Island. The port is quite large with many shops, homes, churches and paths to explore. Lots of walking to be done around the Port and lots of sights to see (including the Sofia Loren Windmill). The people are very friendly and everything was a sight to see. You could easily stay here for 3-4 days and not finish exploring. The guys found a nice watering hole for a great early evening swim.

In the evening we had a nice dinner overlooking the port at one of the better restaurants on the Island. This was followed by coffee and sweets and finally a night cap on board and then a well earned sleep.

Tuesday 24th May

Breakfast and then set sail for the port of Leonidio (Plaka) on the Peloponnesian Coast. The winds were not in our favour today so we slowed down to a crawl. The guys took the opportunity to jump into the water while we were sailing and then followed up with a lunch on board while motorising our way to the port. Leonidio is a typical mainland Greek village with lots of farming land and heaps of produce for the locals. Another enjoyable walk around the port and then we had dinner at Margarita's Taverna in the bay. Such a lovely lady who looked after us like we were family. Coffee and sweets at a beach café and then back to the yacht for a night cap and some sleep.



Wednesday 25th May

Breakfast on the yacht and then we caught a cab to visit the famous Monastery built on the cliffs of Leonidio. We met one of the nuns who showed us around the monastery built in the 1800's when the Icon was found by the locals. The Icon was recently stolen but fortunately was found and returned to its now very secure location within the Monastery. We drank and washed with the blessed water and then headed back to the yacht for our departure from Leonidio. We set sail towards Monamvasia Island (connected by bridge to the Peloponnese mainland). Again the winds didn't assist our journey so we took advantage for a swim on the way. Nearly lost Giuseppe in the process but when he was recovered the guys all dived in for a swim and drag behind the yacht while the motor was running. Lunch on board (prepared by Margarita) and then we continued our travels to Monamvasia.

On our approach we could see the historical fortification on Monamvasia which really looked like a child's Lego set. The island is quite small with a large rock structure in the middle. Steps lead up to the peak of the rock where ancient ruins can be found. We arrived in the port near the island (Gefyra) and then walked over to the Fortification to explore the sights. The fort is slowly being revived to its old form and is home to many residents as well as a few churches and shops.

Dinner was at a restaurant in the fortification followed by drinks and sweets. Finally a night cap on board and then sleep.

Thursday 26th May

After breakfast we spent a couple of hours visiting the fort again and doing some more in depth exploring and a final swim before heading back to the yacht. While in the port we were visited by a couple of Turtles in the water and swam a bit more before lunch. Our departure was delayed due to the high winds. In preparation for the return journey north we closed all windows and prepared for what looked like a nice windy day for sailing. It was a coolish day with very little sun around in the afternoon. The winds started to get a bit wild and then came the rocking of the boat which lead to my stomach going haywire. We were sailing constantly and most of the time the yacht was tilted at 45 degrees. Kind of exciting and scary at the same time. A few sea sickness tablets later and I was getting back to normal and Mark put me to steer the yacht to keep me distracted.



Our destination was a safe port in Kyparissi (Paralia) where we arrived at Dusk. Gee was I glad to see land again. Giuseppe and Marcel cooked up a three course dinner for us on board and needless to say we all crashed in bed quite early.

Friday 27th May

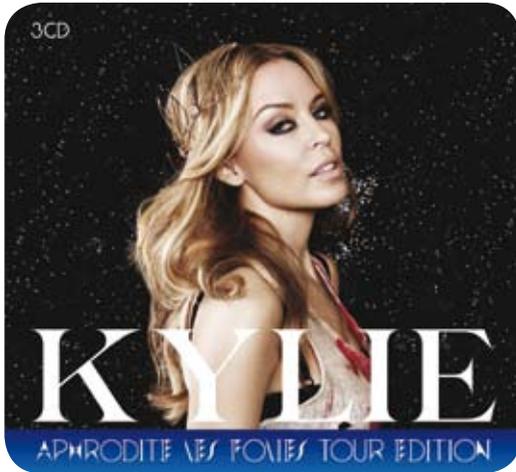
Mark took advantage of the better winds to set sail early in the morning (about 6.30am). I woke up from the sound of the engine and went to see what was happening. All was fine but the winds started to pick up and we got some rain. Sailing was perfect today (except for the rain) – we really did ride those waves. I had my first siesta on the yacht today (recovering from Thursday). We sailed for a few hours until we reached Leonidio again to collect more water and a break for Breakfast. We set sail again for our final destination of the island of Spetses. The afternoon was perfect for sailing and we reached 8.5 knots at one point and all on board were excited by both the speed we were travelling at and the weather conditions. We even spotted some dolphins again. Arrived in Spetses for lunch and then commenced our exploration of the Island's main port. We had to anchor in the bay and use the blow up dingy for the first time – didn't enjoy this myself. The port is quite large so we had lots to explore and fortunately lots of time to do so. I stayed in port till the evening and did quite a bit of shopping and explored the town with the horse drawn carriages a bit more. Spetses is also the home of Bouboulina the famous heroin of the 1821 revolution against the Turks as well as being covered by Cyprus Trees donated by an Italian aristocrat.

The island is riddled with expensive and glamorous hotels and in the evening we went out and checked the huge yachts of the rich and famous docked at the wharf. Pizza for dinner followed by coffee and sweets. We returned on deck for the now traditional ouzo and coke cocktails and enjoyed our last evening together as a group. Late sleep...

Saturday 28th May

Had a bit of a sleep in and then woke up and started to pack and get ready for our departure. We had a nice breakfast and presented Mark and Paul with a thank you gift. The water taxi came to pick us up and our final goodbyes to the guys and Jan Bart (who stayed on for another week). A very sad moment for us all. The remaining 4 passengers headed off to catch our ferry back to Pireus via (Ermonii, Hydra and Poros). The ferry was late so we sent off Peter quickly to catch his flight to Vienna (don't know if he made it on time) and Giuseppe and myself farewelled Marcel who was also heading off to the airport later. Giuseppe and I cabbed into town and caught up in the evening for dinner and drinks before we said our final goodbyes.

Q win: THESE WILL WARM YOU UP



Warner Music

In celebration of Kylie Minogue bringing her spectacular 'Aphrodite - Les Folies' World Tour to home soil, Warner Music Australia are excited to unveil the colossal three-disc 'Aphrodite - Les Folies Tour Edition' collection; complete with hot off the press remixes from Australian artists, Denzal Park and Muscles.

This package also features the highly sought after Pete Hammond Remix of 'Put Your Hands Up' as well as the Top 10 hit, 'Higher,' 'Aphrodite - Les Folies Tour Edition' out now.

If you didn't see her concert (or even if you did and you want to remember it forever) email getfree@qmagazine.com.au with **APHRODITE** in the subject line for your chance to win! We have 5 to give away.

This is definitely a prize for all fans of great music. Make sure you don't miss out on your chance and send an email today.

Guinot

Guinot is the number 1 prescriptive skincare in France.

Now in Australia, the entire range of unique formulation skincare is available in Guinot salons across the country. Guinot's exclusive signature complex, "Cellulaire Life Complex", was developed in a hospital burns unit in France, originally to assist burns victims with cell rejuvenation.

This complex which contains 56 active ingredients is the key ingredient to many of Guinot's products.

Guinot is the preferred skincare option from many local and international celebrities. From Peter Phelps and Daniel Amal from Rescue Opps to Karl Lagerfeld, Brad Pitt and Mel Gibson.

"Remember that age 30 is the time to prepare for the skin's appearance at 40. Age 40 is when to prepare for 50 and so on" Laura Pritchard, Beauty Expert Guinot.

We have five packs to give away this month, including:

- a 3ml soothing after shave balm;
- a 3ml revitalising face cream;
- and a 3ml eye gel.



Email getfree@qmagazine.com.au with **GUINOT** in the subject line for your chance to win! We have 5 packs to give away.

* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

q travel: **with BARRIE MAHONEY**

'Tweeters from the Atlantic'

Barrie Mahoney was a teacher, head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands as a newspaper editor. He is still enjoying life in the sun as a writer and author.



Energy Island

We hear a lot about global warming, renewable energy and climate change nowadays. The need seems to be clear enough but, as yet, only around 12.9% of the energy supply required by the world comes from renewable sources. Of that, about half comes from the burning of wood for heat and cooking in developing countries, which causes other problems. In addition, these sources are not always renewable, because they depend upon new trees being planted, which is often overlooked.

The fastest growing technology is solar electric power, yet this continues to be among the most expensive option and will continue to be so for several more years. The good news is that a recent report on climate change says that renewable technologies could provide 80 per cent of the world's energy needs in the next thirty years or so. However, there is a solution closer to hand than we may think, and that solution is just a few hops across the water to one of our beautiful

islands - El Hierro, once known as 'Fire Island'.

El Hierro gained its original name of 'Fire Island' from its origins of volcanic eruptions many years ago, and although volcanic activity has now gone, the natural Earth forces of water and wind remain. These power sources are now due to be harnessed so that by 2012, this small island in the Atlantic will be the first to be able to generate all of its electricity needs from sources that are renewable.

There is plenty of wind on El Hierro and visitors will have noticed that the reason that most plants and trees seem to be suffering from osteoporosis is that they have become bent by its force. There is enough rain to meet the needs of the 10,700 inhabitants of the island, and the five wind turbines in the north east of the island will produce enough electric power to supply all of the island's energy needs, as well as pumping water from a reservoir near the harbour to a bigger reservoir at a higher level within a volcanic crater. What if there is no wind? Well, in that case, water is released from the higher reservoir through these pipes that will drive hydraulic turbines to create electric energy. Therefore, electricity can be produced by wind or water power. Clever stuff!



This project in El Hierro is the first that does not use electricity produced from traditional methods, and contributes to moving the island towards being totally self-sufficient. When the project is completed in 2012, this renewable energy project will produce three times the island's needs for electricity, including electricity for 60,000 tourists who visit each year. Also, when there is a surplus of electricity produced, this will be used for three desalination plants to convert seawater into fresh water for irrigation.

In 2012, the oil-fired electricity power station that currently produces electricity for the island will close, reducing carbon emissions and saving on the cost of importing 6000 tonnes of oil each year. Although this renewable energy project will have cost €5 million, future income from this energy source will eventually repay this investment, cover future maintenance and replacement costs, and still make a profit.

This project alone means that the island will meet 100% of its energy needs by 2015, but El Hierro has launched other sustainability projects too. The island is mainly agricultural, and is a leader in organic farming, as well as in projects that convert sewage into fertiliser and methane.

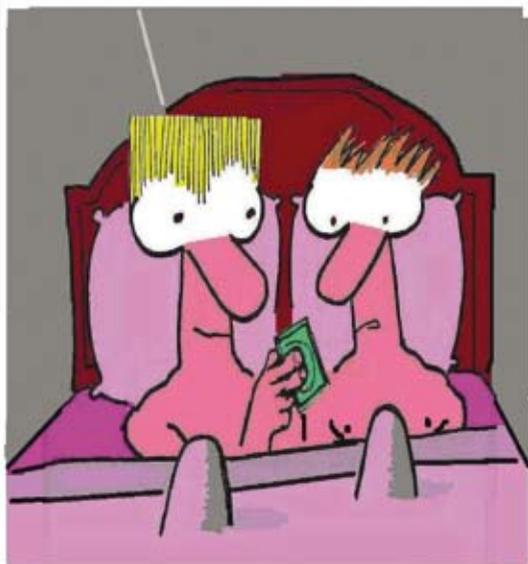
Even more energy savings are planned after 2012 by replacing all the cars on the island with electric vehicles, and although the investment costs for charging terminals and purchasing the vehicles will need a similar investment to the wind energy project, this would be repaid in ten years, assuming that drivers are charged the same price as for petrol. Yes, there is always a catch!

If you enjoyed this article, take a look at Barrie's websites: www.barrimahoney.com and www.thecanaryislander.com or read his latest book, 'Letters from the Atlantic' (ISBN: 978 184 386 6459).

Gaylord Blade

Young, Gay & Hot-to-Trot

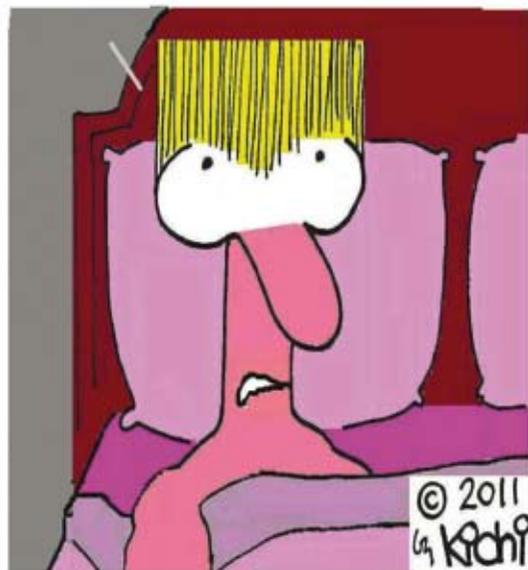
Here, put this condom on



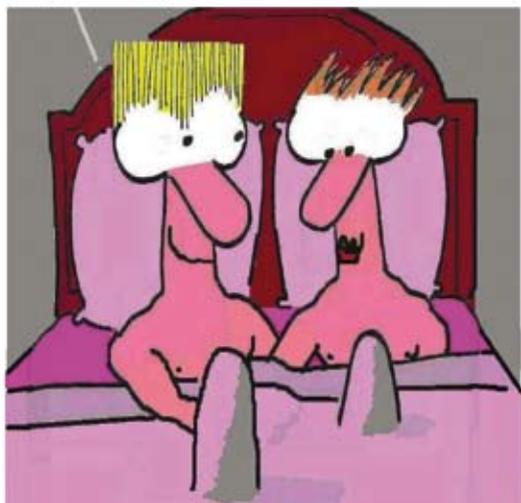
Gaylord, condoms contain phthalates that heighten estrogen levels in men



Okay. Put it on ME then



Phthalates WON'T turn me into a girl before I make you my bottom-bitch!

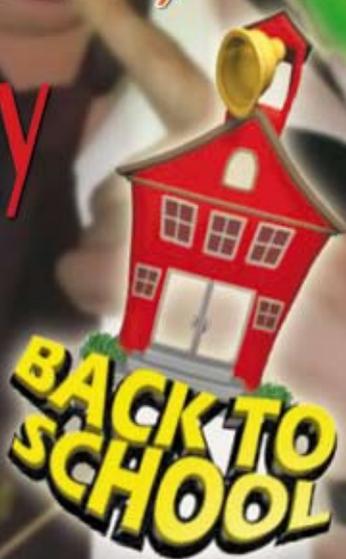


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