



AUGUST 2012

Q MAGAZINE

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featuring
DnM BAR, & NIGHTCLUB
Jason, Ree, Michael and Daniel

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Brett Hayhoe t/a Q Magazine
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q feature: DnM BAR & NIGHTCLUB

With the club just celebrating its first birthday I thought it time to find out who is behind the success that is DnM Bar & Nightclub. Since renovating and re-opening the [former] Xchange Hotel on Commercial Road, DnM Bar & Nightclub has become a favourite with the LGBT community once again.



Recently they also opened their kitchen and serve delicious chef-prepared meals from 5.30pm to 8.30pm daily. If you haven't been in lately, it's certainly worth a visit. I caught up with Michael (one of the four owners) and started by finding out some personal information about the team.

Who are the four partners? Where do you all come from? What relationship do you have to each (if any)?

Ok - Daniel, myself (Michael), Jason and Ree are the 4 owners and we all came from Sydney. Daniel and I were living on the Central Coast of NSW. My brother was living on the coast also and that's where he met Ree. So we all came from the coast but Daniel and I were from western Sydney before that.

Daniel and I have been together for 4 years this month and Jason (who is my brother) has been with Ree for about 2 years.

What were you doing in Sydney prior to moving to Melbourne?

Daniel and I owned a very successful cafe on the central coast and my brother opened a second franchise of the business in the bowling club and that's where he met Ree. She was the manager of the club. Before that I had been a nightclub promoter for over 10 years in Sydney. I ran all the gay and lesbian events out West for years (at several different clubs). These include Venus Room in Kings Cross, Suzie Qs on Oxford Street, Embassy Hotel, DNA Nightclub and a small club owned by 2 lesbians way out west in Richmond NSW - just to name a few. Daniel owned his own business at 21 years old before we started the cafe and my brother was a truck driver before he opened a franchise of the cafe.

What made you decide to buy the old Xchange Hotel? How much work was involved getting it ready to open as DnM Bar & Nightclub? Where does the name come from?

I have been wanting to open my own club since I started in the industry over 10 years ago and due to the success of the hard work invested in the cafe we had an offer and decided to sell. The whole time I used to look online to see what club had folded and gone out of business and found the Xchange. Not knowing how bad it had been run down and how it had been dead for so many years, all people said to me was that we were crazy and it would never work. As per usual, no-one tells me what to do so I ignored everyone and said "I can make it work". So everything they didn't do I did, and after working with the other 3, we worked day and night running the whole place: cleaning; running the bar; ordering stock; doing the promotions; the whole thing.

So we used to get about 4 hours sleep a morning which lasted for almost 6 to 7 months - until the place was built up. It was frustrating at times as this had been one of the places to be for almost 30 years, and with so many of the older x crowd telling us we were doing it all wrong as this is what they used to do, we basically did everything different. Our crowd is a very young crowd with an average age of 18 to 28. It's great - it's such a mixed crowd: gay; straight; and lesbian. It was a lot of hard work, a lot of money and a lot of time to just drop the Xchange stigma and create our own mark in Melbourne - that became DnM.

The name was originally Daniel and Michael, then when I wanted my brother and Ree to come on board (and couldn't have done it solo without them, financially and with any less sleep) we decided to stay with DnM - which is registered as "Deep and Meaningful Bar and Nightclub" ... but most people call it Dicks and Muff (lol).

As new residents in Melbourne, what do you think about the scene here in the cultural capital of Australia?

As for the Melbourne scene it is very different than Sydney. The thing is the gay population is a lot smaller than Sydney. You can basically open a envelope in Sydney and people will turn up. As we all know, Melbourne has lost a lot of the great clubs over the last few years and the scene is very spread out - where Commercial Road used to be the Oxford Street of Melbourne.

There are a lot of great clubs still left in Melbourne. I get out every chance I have and show my face. I love seeing the different clubs with a different array of people in them. I am a very strong believer in Melbourne supporting our true gay clubs - not straight venues that hold gay nights - taking the pink dollar out of the community (as they can't cut it). We have a small handful of clubs left in Melbourne and I hope gay Melbourne will keep going to support these venues that run most of the week as gay clubs - to keep them alive and going strong.

We have entertainment 7 nights a week: Monday is *pub night*; Tuesday is the original *Drag Bingo*; Wednesday is *Drag for Cash* (so all up and new coming queens or kings and win cash money every Wednesday and Melbourne can see the best and worst of Melbourne drag); Thursday is the hottest and biggest night in Melbourne with *Pure Gold* (it's like an upmarket uni night but with a big party atmosphere); Fridays we just launched *G.A.Y* (the hottest new clubbing night in Melbourne with some of the finest djs, unreal lighting we update every few months and a huge new led wall for our shows); Saturday night is *Bounce RnB* (it's massive - we get over 1000 people through our doors every Saturday); then Sunday is our all new night called *House Party* (it's like having a party at home but we get stuck cleaning the mess up - with awesome shows and the best music - with a real party atmosphere in the front bar).

We are all loving Melbourne and the people. We do miss Sydney as all of our friends and family are there, but this is what we all love doing and we're glad to be part of keeping the Melbourne scene alive.

You have seen a great deal of success with DnM Bar & Nightclub. What do you think the reason is for this?

I guess the reason for its huge success is we opened our doors to everyone.

Like we said from the very first interviews in Melbourne, we wanted to cater to everyone and that's what we have done. Making changes and bringing RnB music into the club a few nights a week (as no gay clubs in Melbourne or Sydney do - and let's face it, we all love some RnB lol).

The Lesbian community has been massive fans and supporters of DnM from day one - as we invited the lesbian crowd into our venue with open arms, and have also catered to their needs as well as the boys. It's about being gay - not a gay boy or a dyke girl.

We are all gay and should unite together, I believe.

Any future plans for the venue?

We are always making changes at the venue. Every few weeks something changes. We do have some huge surprises in store but can't give too much away. The original plan was to be here for 3 years then the building was going

to be knocked down then we had the option to come back and re-open the club 2 years later. This plan however looks like it might have changed and DnM could be around for alot longer!

Anything else you would like to tell the Q Magazine reader?

I would like to thank Brett Hayhoe from Q Magazine. He has been a support from day one and we're very sad to learn he has left Pride March Victoria. A few other people we would like to thank are Destiny Forbidden (Barry Kennett) - he has been here and supported the club from day one - being our entertainment manager and Craig Lamont - my personal assistant and operations manager. These guys work endlessly to help us keep this place running along with all our djs and staff. Thanks to everyone out there for coming and supporting DnM - we couldn't have done it without you. Melbourne knows how to party xxx And last but by no means least, my boy Daniel - for putting up with my shit - who I love very much xxx



q lifestyle: with PETE DILLON

There are many things in my life that I love. Apart from my wonderful partner, my favourite things are food and sport. With the 2012 London Olympic Games in full swing, I thought it appropriate to explore British Food and the catering arrangements at the Games of the 30th Olympiad.



As each Olympics draws to a close every four years, we know more about host cities and host countries, and some of that is their cuisine.

The Brits will use London 2012 to showcase and possibly improve how people see their oft-maligned cuisine.

If we ran a survey to find what people define the cuisine of our colonial cousins to be, fish and chips, pie and mash or a full English breakfast would top the list. But these are hardly appropriate foods for a potential Gold medalist or elite athlete.

Whilst these dishes will in fact keep the hordes of fans from across the world well satisfied, the recipe books will have been pored over to find culinary offerings for the thousands of athletes in the village.

The 10,500 competitors, coaches and officials living in the Olympic Village, where the rooms come without a kitchen, will eat some 1.2 million of the meals.

"British food is getting better and better all the time," said Jan Matthews, head of catering for the London Games organisers.

"We have food from every corner of the British Isles.

"We went out to make sure it was really a celebration of British food," she told BBC radio.

The majority of the ingredients will come from Britain, in line with the Games' sustainability commitments, and will be made up of:

- 25,000 loaves of bread
- 232 tonnes of potatoes
- more than 82 tonnes of seafood
- 31 tonnes of poultry items
- more than 100 tonnes of meat
- 75,000 litres of milk
- 19 tonnes of eggs
- 21 tonnes of cheese
- and more than 330 tonnes of fruit and vegetables

But it is not all healthy options. In the Olympic venues, McDonald's estimates it will serve up 50,000 Big Macs and 180,000 portions of fries at the Games, the majority at its huge outlet by the Olympic Stadium.

Then there are the amazing world renowned chefs that will lend their skill and knowledge to the Olympics. The "Casa Italia" has the amazing chef Massimo Bottura in place, while Brazil has brought over Roberta Sudbrack, whose has the job of translating the nutritionists' specifications into dishes for its athletes at their training base in Crystal Palace, south London.

Meanwhile, Rene Redzepi, whose Noma establishment in Copenhagen has been voted the best in the world by Restaurant magazine for three years running, will open a special Olympic branch at Claridge's hotel for the Games.

Games catering is indeed recognised as being the 'largest peace-time catering operation in the world'.

The sheer number of people to feed, and the volume of food to feed them with, makes this catering operation a unique challenge in itself.

Three of the major sponsors of the 2012 Games are McDonalds, Cadbury and Coca Cola, which will send an interesting message to competitors and sports fans alike.

I am glad I am not in charge!

Pete can be heard every Saturday from 1-2pm on Cravings, on Australia's only full time Gay and Lesbian radio station, JOY 94.9

q money: with EVAN DAVIS

Consumer and business confidence may be weaker in response to the European debt crisis and slowing growth in China and India, but Australia continues to outperform most other developed nations on the economic stage.

While nationally our housing market remains subdued, many parts of Australia are benefiting from improving affordability, higher rental yields and ongoing population growth. Likewise, four interest rate cuts in the past eight months should appeal to many potential home buyers and property investors.

Economic factors influencing the Australian property market include:

- The Australian economy expanded by a surprising 1.3% in the first quarter of 2012 (taking annual growth to 4.3%), while our April trade deficit shrank from \$1.28 billion to \$203 million.
- Our high exchange rate and a weak short term outlook for building construction are expected to limit further growth (outside of the mining sector) in the short term¹.
- CPI inflation rose 1.6% over the year to March 2012, a significantly lower rate than the Reserve Bank of Australia (RBA) expected.
- Following a 0.5% cut to the official cash rate in May, the RBA sliced a further 0.25% off the cash rate in June, bringing it down to 3.50%.
- The unemployment rate for May 2012 was up slightly at 5.1%, with the trend estimate for Victoria at 5.5%².
- Property analyst Residex expects limited growth in the Victorian property market due mainly to a potential surplus of up to 20,000 dwellings.
- Economic conditions and affordability issues are also having an effect, although consumer spending remains strong and rental yields are improving³. Their March 2012 analysis of the Melbourne market revealed:

Melbourne, VIC	Median value	Capital Growth last qtr	Rental yield
Houses	\$563,000	1.89%	3.82%
Units	\$432,000	0.52%	4.60%

1RBA Statement on Monetary Policy, May 2012 2ABS Cat. no. 6202.0; Trend estimate May 2012 3Residex Quarterly Property Market Update, March 2012

The market aside, Australians are in general proving to be excellent savers! There is never a bad time to review your savings plan. A major Australian finance company recently released findings from a national survey which shows women are more likely than men to rein in their spending habits to meet their savings goals (73% versus 63% respectively).

Women said they were most likely to stop eating out (67%) or avoid buying clothes and shoes (58%) to save money. Men also said they would not eat out (68%) and would defer purchases of alcohol (36%) to save money. The RAMS Savings Satisfaction Survey has revealed that, other than saving for a rainy day, women and men listed the same items at the top of their savings 'wish lists' – a holiday and a house.

The results also showed a surprising disparity in attitudes towards saving, with Gen Y identified as more determined savers than the rest of the population. Young people, aged under 29 years old, are more likely to have a high-interest savings account compared to the rest of the population (58% versus 47%). These are just some of many interesting economic trends which reflect how Australians are dealing with challenging economic times.



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Leasing:

In the context of operating a business, leasing costs will often represent one of the biggest costs, next to wages. Importantly, too, the lease will often be critical to the viability of a business, particularly in a retail context.

As such, before you enter into a lease, it's important to appreciate that rent is only one component of the total costs, as landlords will seek to pass on most other costs to tenants. In a retail lease, these are detailed in the Disclosure Statement and shown as outgoings.

A prospective tenant should always ensure that the principal commercial features of the lease are acceptable.

These include:

- The rent and basis for rental reviews is acceptable having regard to the current or projected turnover of the business
- The permitted use is sufficiently broad to enable the tenant to conduct its business and there are no planning restrictions which might limit such use
- The terms of the lease and whether there are any options to renew (a retail tenant is entitled to a minimum 5 year lease)
- If the tenant must exercise an option before being advised of the rent for a further term

In Victoria, retail tenants are afforded some additional protections under the Retail Leases Act 2003 (Act). This applies to premises used for the sale or hire of goods by retail or the retail provision of services where the occupancy cost is less than \$1 million per year.

Before a retail lease is entered into or renewed, landlords must provide a disclosure statement to a tenant. This provides important details of the lease, such as rent, outgoings, and other obligations.

Where there is a new lease for retail premises, the landlord must give the tenant a disclosure statement and a copy of the proposed lease at least 7 days before the lease is entered into. The landlord must also provide a prospective tenant with an information brochure which is produced by the Office of the Small Business Commissioner.

In certain circumstances, where the landlord fails to provide a disclosure statement the tenant may withhold rent, and terminate the lease.

In a retail lease, a landlord is also prohibited from claiming certain costs from a tenant such as land tax, capital expenditure and costs in connection with the preparation of the lease (however, if the landlord incurs costs in connection with an assignment of the lease, then the tenant may be liable to pay for those expenses).

Under the Act, retail tenants are also given further protections under the unconscionable conduct provisions which protect against grossly unfair conduct by landlords such as an unwillingness to negotiate and the use of unfair tactics.

A lease is an important document insofar as it creates binding rights and obligations for both the tenant and the landlord. Prospective tenants should ensure they understand all of the provisions of the lease, and obtain advice from an experienced solicitor before signing any documentation.

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q youth: with TASMAN ANDERSON

This month I originally wanted to focus on inadequacy and feeling like you just weren't good enough. However, I suddenly realised that with inadequacy, comes a whole new cluster of emotions including envy, anger and most of all, disappointment.

During my winter holidays last month, I underwent two weeks of work experience at the Gold Coast Bulletin (GCB). I was so excited to go back to the newspaper that introduced me to the world of Journalism almost five years ago. However, being there also reminded me of a particularly painful part of my life.

As many of you might remember from previous columns (refer to: column), I lost a Journalism scholarship in 2010. Since I was fifteen, I declined party invites, signed on to write for more places and took on dozens of extracurricular activities just to make sure I had a fighting chance. I was quickly short listed and got to the final interview. Unfortunately, I was named runner up and my entire world fell apart. I'm sure many of you keep thinking that I should get over it and even I thought that myself. However, I was and still am a career orientated person so losing that scholarship was like losing my only real shot at becoming a Journalist.

In the end, I left that chapter of my life believing that I had been wronged. I was under the belief that the Editor had chosen to award someone else the scholarship because of an article I wrote a few months prior that he disagreed with. I was also led to believe that the girl who had won the scholarship hadn't earned it and that she was nothing special. This fuelled me with anger and unresolved issues that left me believing that both places were unfair. Being seventeen at the time, I was raging with different emotions that never really left.

When I started my work experience, I thought I had a handle on it. I was doing great at my university studies and enjoying my time there. I was also writing a lot and had just gone international after being published in Boston. However, on the second day of my work experience, I met a bright and friendly young cadet. We talked in my temporary office while we waited to go out on an assignment. It didn't take long for me to discover that she had won the scholarship that I had spent so long punishing myself over. In just ten seconds, my feeling of inadequacy along with new feelings came flooding back. I was filled with envy because she was where I could have been and was a painful reminder of what I had missed out on. I also felt anger because I could no longer hate her. Now that I had met her, it became obvious that she wasn't dumb or lucky.

She earned the scholarship fair and square.

I was more than ready to run away when my supervisor came in to accompany us on our assignment. In her car, we talked about the entire situation since she had mentored me through the three years working up to it. After speaking to her it became apparent that I wasn't chosen not because of any unfair reason but because they simply thought I would've eventually gotten bored working in a community based newspaper.

Thinking about it all now, I believe that I did let it all get to me a little too much and perhaps it wasn't the scholarship that was the issue, but the feeling of inadequacy that it created. Of course, it just HAD to take me two years to come to this conclusion. I think I needed to face my emotions to truly understand them. Inadequacy is such a powerful and crippling emotion that even the strongest of people succumb to it. I believe we doubt ourselves because we want to be the first to do so. We dread what other people think about us so much that we end up tearing ourselves down before anyone else can.

Like the powerful poem written by Marianne Williamson says:

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are we not to be?



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q cuisine: with NATHAN MILLER

Arriving at any venue mid to late morning, I am always unsure whether the dining will be a late brunch or an early lunch, but after perusing the menu at The Duchess of Spotswood for just a quick moment, it was clear. I was having lunch.

This tastefully decorated English inspired café in the heart of little Spotswood, is dripping with love, character and passion, that of a true and authentic English café. With the two talented chefs from London and Northern Ireland, it is very easy to see where the dishes originate.



After settling, I was soon greeted with a smooth, well-extracted latte, whilst I perused the well-constructed, thoughtfully compiled and greatly balanced menu. It was not over dripping with choices, but these amazingly described options caught the mind, teased my tastes and tempted my desires of that morning.

As it was just on mid-day, the Pork terrine, cured duck breast, Berkshire salami, asst. pickles, and sourdough platter sounded enough to get the taste buds kicking. It did not disappoint. Each of the delicacies were unique, rich of flavour and with the grab of the sourdough, it was easy to over indulge. The stand out was the cured duck breast and when combined with the pickled cucumbers; it sat perfectly on my palate.

After swishing down the Riesling (well it was lunch-time), I was caught between ordering the slow roasted pork shoulder sandwich with remoulade, and the slow braised duck leg.

After deciding to have both, I relaxed as the sun bellowed through the front glass window and gave another essence of warmth and comfort, two things I love when braising.

First of the dishes to arrive was the pork sandwich and on the freshly baked bread. The delicate pork rose to the occasion with the remoulade containing just enough seeded mustard to sharpen the dish.

The duck leg however, was rich yet delicate, tender, flavorsome and when combined with the light jus and croquettes, was just amazing. I will not eat duck again for some time now, as this dish has set the bar way to high.

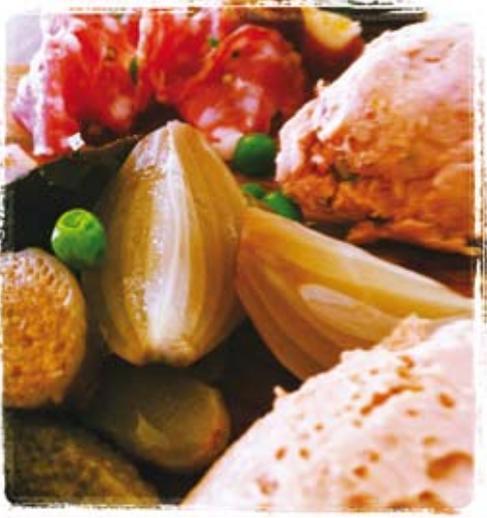
Like most dishes on the fare at The Duchess, they are not complicated, just raw wholesome flavours using the freshest of ingredients, cooked the style you would expect your grandparents to have prepared meals.

The Duchess of Spotswood is open 7am – 3pm Monday -Friday, 8am – 4pm Saturday & Sunday with dinner now Thursday to Saturday from 6pm.

Being just a quick trip from the CBD, the DoS is not to far for anyone to travel and is so worth the trip.

Prices for lunch are very reasonable and range from \$18-24.50.

The team at DoS are friendly, quick and very knowledgeable, thus proves that great staff are the success to any business.



q web: OLD DOGS & NEW TRICKS

As it prepares its second season, the sexy and laugh-out-loud serialized gay comedy *Old Dogs & New Tricks* announces several exciting new guest stars, including Olympian Greg Louganis, soap stars Ian Buchanan, Thom Bierdz and Terri Garber, Bruce Hart and legendary gay actor Michael Kearns. And if that's not enough, Noah's Arc star Doug Spearman is joining the cast as a regular.

Old Dogs & New Tricks (www.olddogsnewtrickstheseries.com) follows the adventures of four middle-aged gay best friends living in youth-obsessed West Hollywood. The series debuted in July 2011 and has achieved over 65,000 individual video views on YouTube - a bona fide success story in the crowded world of "web-tainment." The blogosphere has been raving about the show, its well-defined characters, hilarious and racy interludes, and fun guest-star turns. This May, the series was named 'Outstanding Dramedy' and 'Outstanding Ensemble Cast' by the Los Angeles Web Series Festival.

The Regular Cast:

The cast includes creator/writer Leon Acord as talent agent Nathan Adler, stage actor Curt Bonnem as sex-crazed '80s one-hit wonder Brad King, TV/stage vet David Pevsner as frustrated actor/house-husband Ross Stein, and hunky and humorous Jeffrey Patrick Olson as personal trainer "Muscles" Carter. Doug Spearman will assume the role of Ross' as yet-unseen workaholic spouse, Neal. In supporting roles, talented newcomer Ryland Shelton returns as Nathan's mysterious love interest Damian, and cabaret star Amanda Abel continues her role as Nathan's effervescent 'Girl Friday' Lydia Lasker, who also juggles her own singing career on the side.

New guest stars led by Olympic gold medalist Greg Louganis:

Greg Louganis first shot to fame as an Olympic athlete in 1976, winning a Silver medal at age 16. He went on to become the only male to win gold medals on both the three-meter springboard and the ten-meter platform in consecutive Olympic Games (1984, 1988) - and is widely considered the greatest diver in history. In 1995, he stunned the world with his courage when came out as a gay man on both Barbara Walters' 20/20 and the Oprah Winfrey Show. He continues to work with the Olympics as Vice President of the U.S. Olympian Association, for animal causes, and as a tireless advocate for diversity, GLBT and HIV issues. He is also writing a new book about creative learning and peak performance.



Ian Buchanan, a familiar face to TV and film audiences, will appear mid-season as an age-appropriate romantic alternative for one of the *Old Dogs*. Buchanan has been a regular on the soap operas *Days of Our Lives*, *General Hospital*, *Bold and the Beautiful*, was a regular on the prime-time series *Twin Peaks*, and has guest-starred on scores of television shows, including *Alias*, *Charmed*, *Nip/Tuck*, *NYPD Blue*, *The Nanny*, *Quantum Leap*, *The Larry Sanders Show* and *Columbo*. "I'm excited to be joining the cast of *Old Dogs*," said Buchanan. "It will be another new adventure!"

Thom Bierdz reprises his guest role Bobby Burton from Season 1. Fan-favorite Bierdz is best known for his role as Phillip Chancellor III on *The Young and the Restless*. He is also an accomplished artist, and the President of the American Arts Awards. Originally slated for only the first season, strong audience reaction brings him back for several episodes in Season 2.

Terri Garber is perhaps best known for her star-making turn in the '80s TV miniseries *North & South*, and its sequel miniseries *North & South Book II*, opposite Patrick Swayze. She's also a familiar face to soap fans, having played continuing roles on *As the World Turns* and *General Hospital*, as well as "Lesley Carrington" on the classic 1980s prime-time serial *Dynasty*. She's also appeared on *Law & Order*, *ER*, and many others. She plays Nathan's new therapist.

Hilarious Bruce Hart returns for several episodes as Nathan's 'frenemy' Nelson Van Eddy. Hart is best known as the writer and star of the gay feature film *Homewrecker*.

Finally, acclaimed actor, noted author and gay activist Michael Kearns is a significant figure in the worlds of performing arts and gay politics. His role in 1974's *The Happy Hustler* earned Kearns the title of "the first openly gay working actor in Hollywood." His long and historic career is detailed in his 2012 autobiography *The Truth is Bad Enough*. Kearns has appeared in mainstream TV and film while achieving international acclaim as an award-winning solo performer, stage actor, and theatre director and producer.

Old Dogs & New Tricks begins shooting its 10-episode second season in West Hollywood in October. It will premiere online in January 2013. The show is produced by Larilee Productions in association with Greasy Pig Productions.

q world: LEBANON with BRIAND



Lebanon is a melting pot of European, Mediterranean, East and West cultures. The St. Georges Beach and Marina is the best example of this and is the best place for those who wish to mix and mingle with the locals. Here the hottest guys the city has to offer lounge around in their swimwear. Sadly photography is not permitted but Zaitunay Bay is THE marina in Lebanon where the largest yachts and all that goes with them can be found. At the end of the yacht basin is the Hotel St. George, the "in" spot in the 1960s, now a derelict shell caught in disputes with local investors. This is also the neighbourhood of the former Holiday Inn hotel, partly destroyed by mortars decades ago and the place where a car bomb killed Rafik Hariri, the former prime minister, in 2005. A walk along the promenade is an absolute delight at night with the amazing lights!

The nightlife in Beirut is vibrant. The people here love life and show it. There are numerous outdoor restaurants where one can enjoy a water pipe and the warm evening breeze along with the delicious and varied Lebanese cuisine. One of the best addresses for this is the restaurant Republic located in Zalka. This is a haunt of extremely good looking, wealthy, young men and their stunning, high heeled girl friends, much to the distraction of the abundant, attractive and attentive waiters. Visit the ground floor toilets when you are there, you will be amazed!

Bardo (Mexico Street, Clemenceau) is the new playground for the young gay scene in Lebanon's latest effort to recapture the era when Brigitte Bardot was a regular guest to the city and Beirut was a fashionable playground for the rich and famous. Nowadays Arab visitors from Saudi Arabia or Jordan seek carnal pleasure here without the religious restrictions which they are subject to at home.

A recommendation which will help pass the time until the clubs are busy is the Armenian Restaurant Mayrig (282 Pasteur Street, Gemayzeh). The numerous dishes ranging from cold followed by warm starters and the main course followed by dessert is an explosion of tastes and perfumes. Try the meatballs with a red cherry sauce or the "Rose Turkish Delight" ice cream – just to mention two highlights of the excellent menu. The attractive waiters are a further delight.

After dinner the club Milk (in Port of Beirut, Salifi) or Ghost (Salouneh / Dekwaneh - behind Freeway Center) await to entertain you with oriental sounds and great looking guys. These clubs are frequented by locals and the exotic music animates spontaneous belly dancing. The entrance fee of around US\$20 includes an open bar, so once you arrive you end up staying long after sunrise. There is something special about this emerging gay scene, which has been long lost in Europe and America. The genuine "Joie de vivre" electrifies. The clubs don't get busy until midnight – even during the week, when they are notably emptier. Photography in these clubs is not allowed, due to the double lives lived out by many of those who flee the family and go clubbing for a few hours of fun!

For those looking for a traditional hamam, Shahrazad in the Al Massaken Street, Burj Hammoud is your best bet. Take a taxi because this place is difficult to find. A towel is needed in all areas. The sauna itself is on the lower floor with a dry and steam sauna and a Jacuzzi, with cubicles for massages and scrubbing.

A visit to the country's most popular tourist site is a priority. The trip to the Jeitta Grotto is well worth the effort. Held for one of the world wonders, these caves are very impressive. Especially popular is the phallic shaped stalagmite which stands on the path on the main cave. A boat takes you through the lower cave on a 7km ride. Sadly no photography is allowed here. Apart from when the lower cave is flooded by the melted snow, the caves are open all year round to the public.

An insider tip for accommodation in Beirut is the Cosmopolitan Hotel Beirut (www.cosmopolitanbeirut.com) with affordable and very comfortable rooms, a great garden with pool and a fully equipped gym as well as free WiFi.



Beirut is a safe and fun place. Arabs from the Golf States and Iranian tourists fear driving through Syria but still do so as this is by far the cheapest way to reach this pulsating city on the western Mediterranean shores. Saudis and Jordanians escape the summer heat at

at home and visit Beirut. For the gay scene this means a mixture of men from throughout the Middle East, difficult for us Europeans to determine their origins. It seems that in hard times the Lebanese enjoy spending money and enjoying life. Make use of the local tour specialists Lebtour (www.lebtour.com) to plan your trip to Lebanon. Bertho is an expert in his own country and ensures you will enjoy your time in Lebanon. He is also the local organizer of the Bear Arabia event and many other fascinating events and tours in the Arabian world.

Outside Beirut gay life is sparse and more difficult to find. The insider tips outside the capital city are easy to visit with help from the only gay travel professionals in Lebanon - Lebtour (www.lebtour.com)

The ancient Mediterranean port city of Byblos (42 kilometers north of Beirut) was founded around 5000 BC and was conquered and inhabited by over 17 civilizations since then. It is said to be the oldest, continuously-inhabited city in the world.

The latest highlight to Byblos is the Eddésands Resort – the largest resort in the Middle East. This five star resort was built on the former gay beach Paradise in 2003. The gay scene moved to St. Georges Beach in Beirut, although a small, gay beach is now located on the far end of the bay.

A visit to the self-help project Batrouniyat, located in Batroun is run by Philipp is especially recommended around lunch time. This restaurant with shop offering homemade local produce such as rose water or soap, oils and sweets was opened in 2007. Philipp recently returned to Lebanon after living abroad for many years. On Sunday an extremely popular brunch is served here with local specialties including their famous lemonade.

The Shouf Mountains, the greenest part of Lebanon is a must. A stop at the Beiteddine Palace which is 45 km from Beirut and at an altitude of 900m and experience how Emir Bechir El Chehab II lived. This is the best example of Lebanese architecture. Just above the palace was our hotel live like a king in the Mir Amin Palace hotel with 22 charming guestrooms, decorated with exquisite fabrics and antique furniture.



Baalbek, in the Beqaa Valley, is home to the annual Baalbeck International Festival (the oldest and best-known cultural event in the Middle East) in June to the end of July. Baalbek is 85 km northeast of Beirut and about 75 km north of Damascus and is one of the finest examples of Imperial Roman architecture and is a World Heritage Site.

A gay trip to Lebanon or many other exotic destinations can be booked via the unique gay travel company OUT Adventures. You'll stay at locally owned hotels, travel with local guides, support local craftsmen and eat at local restaurants. Plus, in small groups you can make friends and be sure to be yourself. No stress and maximum fun. See www.out-adventures.com



www.rushpoppershop.com.au

q fashion: **STUD ME UP**

STUD, the dynamic sports brand created for today's active man, celebrates the optimism, energy and innocence of youth in its new collection, "Of Uth and Brothers". Produced in a striking colour palette of blues, reds, purple and yellow and featuring bold messages such as "Wear It Proud" and "Made with Pride", the follow up to last season's popular Winner Takes All line continues the brand's spirited interpretation of the modern athlete.

"Of Uth and Brothers" by STUD is available at select retailers and online at LAJock.com now.

"This is our most personal collection to date," reveals designer Voon Lai, who acknowledges he and co-designer Jonathan Cheng encountered turbulence while designing "Of Uth and Brothers" last year. "The conditions in Malaysia were stifling," he recalls. "We were producing fashions that many in our conservative Muslim country considered obscene. The backlash we received was unnerving at times."

On two occasions, the STUD website was hacked by Muslim fanatics from Indonesia. "We felt ourselves succumbing to the pressure and creating safer, less-provocative gear, all in effort to avoid creating a stir. But by yielding to the conservative ideal, we realised we were losing the original vision for our brand."

The pair decided a bold move was needed. They would release all fears and go full throttle with their summer collection. "We channeled the bravery we had as youth when we felt invincible and that we could do anything we put our mind to."

They experimented with new cuts, fabrication, prints and styles. They designed unique sporty waistbands and teamed them with fresh, sharp colour patterns.

"And we relied heavily on one another for support," adds Lai. "We are lucky to not be alone in this venture. I consider Jonathan a brother, hence the addition of brothers in the title of the summer collection."

Voon Lai and Jonathan Cheng met through friends in 2006. They became fast friends when they learned they shared a mutual interest in fashion design. Together, they worked various positions in women's wear, graphic design, architecture and interiors but both felt a calling to do something out of the norm. They founded Stud in 2009 as a lifestyle sports brand that celebrated diversity and individuality and filled a niche between the bland big brands and the overtly sexual smaller labels. "We saw potential in offering exuberant and energetic gear with a commercial appeal," explains Lai.

"STUD is more than just a garment," he continues. "STUD defines who we are, what we feel and how we express ourselves. We're feeling extremely positive and energetic this summer, like children who are ready to conquer the world. And it reflects in our new collection."

To view the entire "Of Uth and Brothers" by STUD collection, visit www.studmeup.com.



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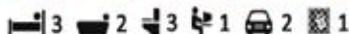


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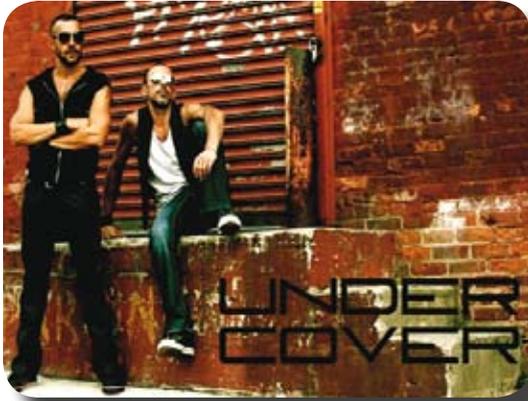
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q music: UNCOVERING UNDERCOVER

By Max Jimenez



Greg Scarnici and Joe Thompson are Undercover, the nu-disco/house act from Brooklyn. They're ushering in an updated freestyle era with their new self-titled album featuring the smash single, "Your Lovin' Touch". The pair started working together in 2008, when Scarnici, a comedic writer/performer who works at Saturday Night Live and has appeared on 30 Rock, asked Thompson to record vocals on songs he was producing. After hearing the result, they realised they could create serious dance music together.

"We decided from the start that we would not try to fit in with any particular trend or sound currently on the radio," explains Scarnici. They set out to make music they wanted to hear that would also allow them to be true to their selves. Both men are adamant about making music from their hearts that connect with people on a human level. However, they admit being out artists hasn't made selling records any easier.

What one word describes Undercover?

Greg Scarnici: NYC.

That's three words but we'll allow it with explanation.

Joe Thompson: Undercover's sound is inspired by disco and house which is rooted in NYC in the 80s and 90s.

Why has this time in music had such an impact on the band?

JT: It was the music we grew up listening to. We connected to it because it was music that was made by real people without input from a label. A lot of these producers had home studios and created new styles of music that were fresh, raw and exciting, but still had a lot of heart.

GS: Growing up, I would go to block parties where disco and house would play and it thrilled me. Songs like "Set it Off" by Strafe and "There But For The Grace of God" by Machine. Also, Giorgio Moroder, the Godfather of electronic dance music, influenced us from his early recordings with Donna Summer. We went for a late 70's Giorgio Moroder vibe on the Dark Disco mix of "Your Lovin' Touch".

You also cite Shep Pettibone as an influencer.

GS: Shep Pettibone and Steve Silk Hurlay inspired us because of their meticulous productions and innovative use of drum machines and synths.

JT: But we are inspired by lots of sounds from the history of dance, disco and R&B, including Lil Louis, Masters At Work, Pet Shop Boys and New Order.

GS: In fact, New Order's "Technique" inspired a lot of the kick drums and hi hats we used on our album.

JT: And freestyle had a very big influence on the choruses of "Your Lovin' Touch" and "After Dark."

How did you guys come together to form Undercover?

GS: We've known each other for years, but I finally called upon Joe in 2007 to sing choruses for some comedic songs I had written because he has an amazing voice. After working with him, I realized we could create serious dance music together, so I asked him and he was game.

What inspires your songwriting?

JT: So many things inspire our songwriting, from life experiences to a chord that brings to mind a melody, to a bass line that brings an entire song together. "Your Lovin' Touch" was inspired when Greg's boyfriend started working out of town a lot and he felt a loss of not having him near him for the first time in their seventeen year relationship.

What is your favourite track on the album?

GS: "Don't Stop" is my favorite because it is simple, timeless and classic dance track with a sensual vibe. The bass line and percussion are indicative of what I like to think Undercover's sound is all about.

JT: I have two favorites. "Inner Space" because the instrumental track Greg sent me was so beautiful, and the melody came to me instantly. Our voices and ideas blend together nicely on it. And I love "Your Lovin' Touch" because it's a jammin' track that Greg wrote and I hope it makes people realize what a great songwriter he is.

What has been the band's biggest struggle so far?

JT: The biggest struggle for Greg is probably getting a hold of me.

GS: (Laughs) So true. Our biggest struggle is being independent because we have to do absolutely everything on our own: song writing, producing, recording, mixing, seeking remixers, releasing, promoting, shooting music videos, booking our gigs, designing our website. . . you get the picture.

What has been Undercover's biggest break?

JT: Getting the John Rizzo mix of "Your Lovin' Touch" added to the Summer Playlist at Abercrombie and Fitch stores across the nation. It has really brought us attention.

"Your Lovin' Touch" was released a few months ago. It's been slow to the gate as far as getting the attention it deserves but has suddenly begun to pick up speed. Why has it taken so long for people to discover it?

GS: As independent artists, you can't just release a song like Lady GaGa does and have it go straight up the charts. You really need to work a single and get it out there.

JT: "Your Lovin' Touch" is just starting to build momentum now and we're riding it. It's been working its way into blogs, podcasts and onto DJ set lists. It's now up to us to keep pushing it out there this summer.

The music video features adult film star, Vito Gallo.

GS: We approached Vito as a model because he is so classically handsome. We found out about his porn career while we were shooting. We didn't know he was a porn star!

Really? The music video for "You're Turning Me On" also features an adult film star, Jake Deckard.

GS: Yes, I ran into Jake the week before the shoot and asked him to be in the video. Finding out that Vito Gallo was in porn was just a coincidence but it has created a trend in our music videos that we plan on continuing. We are currently seeking a porn star to appear in the music video for our third single, "After Dark."



Whose idea was it to include voguers in the music video for "Your Lovin' Touch"?

GS: I wanted to include voguers from the first moment I heard the completed track because I visualized them serving it up to that bass line.

How has being out artists impacted your musical careers?

GS: One thing I can say from my experience in the world of entertainment is that being out makes things a lot harder. I have been in pitch meetings when the first thing out of a producer's mouth is "Just so you know, we don't want anything gay."

JT: But we both feel the need to be true to ourselves and make music from our hearts and souls that will connect with people on a human level. It has made it harder to sell records because ninety percent of the world is heterosexual, and may not share our musical sensibilities and style. The one thing it does make easy for us is that we feel we can connect with our gay audience because we're speaking straight to them without the guise of trying to put up a front.

Why did you decide to release the album on your own label?

GS: Because these days you don't need to have a record deal to be able to release music. It allows us to focus on making the music we want without the creative interference of a record label, which may not have been as understanding of our use of vintage drum machines and synths.

JT: Of course there are disadvantages: funding for promotion, radio play, and getting the music into the hands of DJs, etc. As independent artists, we need time to build an audience. We released the first single from the album, "You're Turning Me On", last September, to start building a name for ourselves and to help build some momentum for the album release.

What's next for Undercover?

JT: After releasing our full-length album, we are going to focus on the remix EP and music video for our third single, "After Dark". We're also lining up live performances to help promote the album's release.

GS: And when all that is said and done, we will start working on our second album, which I'm excited about because I just got a new bass module that is producing really great sounds.

For more information, visit Undercovergrooves.com. The video for "Your Lovin' Touch", featuring gay porn star Vincent Gallo and voguer Omari TipTon Welles can be viewed at : <http://www.youtube.com/watch?v=ZhOGYnqFUDQ>

q drag: FAREWELL PUSSY WILLOW

Shah Gopal Whybrow
4 April 1974 - 8 July 2012



Alan Mayberry has been a good friend of Pussy for over a decade and witnessed her rise from audience member to superstar (she was just ask her). He recalls some of that rocky road to stardom, to becoming the best warm-up act in town.

Pussy's favourite quote was: *if you don't have anything nice to say about somebody ... come and sit next to me.* She adored a gossip, especially if it was malicious.

In show business you gotta have a gimmick and hers was just being Pussy. She could be brash and rude, at her funniest when you least expected it. Her scathing aside as someone walked by, or a throw away line. All were hilarious. Nothing was scripted she was just genuinely funny. She could be absolutely vile to people and get away with it. Many times she had bar staff, lighting and sound operators and audience members in tears, but they forgave her.

I always worried that 'fat' was her gimmick, but she proved that a slim Pussy could still pull a laugh. Pussy had lost 10 kg before her lap band operation in 2011 and more than 40 kg since the operation. She said 'people said to me 'there's your gimmick gone! You're only funny because you're fat'. But as Tabitha said 'Pussy used to play on her weight for comedy, but she's not a one-trick pony, a funny person will remain funny, no matter what they weigh. Where she used her weight for a laugh once, she now gets a laugh about the actual weight loss.'

Like Barry Humphries, she was an observer of people. She dwelled on their misfortunes and made it the basis of her monologues. And they were monologues. She needed a Tabitha, a Kerrie Le Gore or a Paris to bounce off, and bounce she did, whether there was 130 kg of her or 98 kg.

Tabitha said Pussy was my comedy partner, but so much funnier than me. She always said she was Laurel to my Hardy, Costello to my Bud Abbot, Dawn French to my Jennifer Saunders or Bert Newton to my Don Lane. It worked, and I am so sad it has ended too soon. She was a very funny person, and a most caring person. She would give anything to those she held close to her, she loved and she adored Paris. I loved the way she was so vile to people just as I was also known for being vile, but I mellowed as I got older. It was nice to be able to share the workload with a person who had a similar way of seeing things and the same acerbic sense of humour. I'd drive her home via Mc Donald's or get Krispy Kreme donuts, but once she'd had the lap band and I had diabetes all that stopped, but the craving remained.

She absolutely adored a Broadway musical. Nothing cheered her up when she was down like listening to a show tune. She could play Debbie Reynolds musicals and her deepest depression would disappear. No matter how brilliant an act was she would always say 'Gene Kelly did that back in 1948.' She followed every musical from its inception and she was never wrong on facts.

Yes she was lazy. She refused to learn new numbers relying on her old favourites. She loathed doing songs many people loved best like *Busy Line* instead resorting week after week to *Saved* or *Cabaret* to avoid her learning a new routine. She was happiest doing anything from *Cabaret*, and struggled with any songs written beyond the late 70s.

Tabitha said, 'we don't actually rehearse any talk spots, it's all off the cuff, with extensive dance rehearsals in the car on the way to the GH. The show is like watching two friends mucking around together. The talk spots are like us driving in the car together having a talk and a laugh, making fun of ourselves and our own short comings – not to mention others' misfortunes!



Even as a child Pussy loved people like Danny la Rue, Dick Emery and Stanley Baxter. She was obsessed with Julie Andrews, musicals and variety shows from the 60s and 70s. Instead of wanting to play cowboys and Indians, she wanted to be Mary Poppins or Annie, never a superhero.

Pussy was born in East Melbourne. Her parents were very much about doing their own thing so Pussy was passed around from grandmother to great-grandmother, all very, strong stylish and hysterically funny women. Her great-great-great grandmother was Korean, her name was 'phat ghut'.

At the age of 6, Pussy moved to far north Queensland, the single most horrific event in her life! Ten years later, at 16, she came back to Melbourne with the aide of a substantial inheritance from her great-grandmother. She finished her schooling, took 4 years off and squandered the estate. Upon its total decimation she went to work in the cosmetics industry.

It was only after seeing Candee and Barbra at 3 Faces that she saw the light. They were so so funny with their camaraderie and she found herself hooked, returning every Sunday. Then one night, long before they became friends, she saw this amazing vision of hair, make-up and costume, it was her dear chum Paris: she was a walking, talking,

staggering Auntie Mame come to life, and boy did that open a new window! Like a moth to a flame, Pussy was drawn to her, and somewhere down the line they became dear, dear, friends and occasional fr'emies!

Pussy told me, 'Being gay or straight was never an issue. There was never a closet for me to come out of, I was just me. I think I was predestined to become a drag queen.'

Paris encouraged her to pop on some lippy and mascara and hey presto, Pussy Willow was born – a fat, angry, hot, hungry, slightly Asian-looking creature. They performed at Heat, and then the Xchange in a show called *Big Mother* with Pussy lucky enough to be Paris's side-kick. She claimed if anybody wants to point the finger at unleashing me on the gay world it should be my pal Paris and the Xchange's lovely Kevin Attwood, they both have a lot to answer for! Till Tabitha came along she had most fun (again as side-kick) to the legendary Kerrie Le Gore for her limited return season of *Le Gore's Backyard*. Filming with Kerrie and Kevin were some of the funniest times she claims to have had in drag.

Her latest talent was creating videos, not just for her Home Movies segment at the GH but to promote *Boylesque* and *The Friday Night Project*. She had become quite a Steven Spielberg first just featuring her and Tabitha, and later the lustful bodies reminiscent of the *Boylesque* team.

Paris commented. 'Pussy was a wonderful entertainer She's been a big part of Melbourne since she started. What she did was unique. She always got on stage basically portraying herself. That was the beauty of her act. She didn't rely on diamante and feather she just relied on her own humour and wit. Paris spoke to Pussy on the Sunday she died, 'She had never been happier and high on life. She went out happy and as positive as I've seen her in my years of knowing her, and that's the one comforting thing.'

Personally I found it heartbreaking to see the 100s of photos taken over a decade (two and half at the GH and before at the Xchange) in living colour on the giant screen at the recent funeral and tribute. Apart from Miss Candee we will probably never see another face like hers that was great in almost every photo, doing some stupid pose to make the shot memorable. God how I will miss thinking up a weekly prop, that she claimed to hate but really loved, to make the shots gimmicky, be it an Aussie flag, a fire hose or a cardboard birthday cake. As Steve Anderssen said: *The Friday Night Project* is an experience that should be on everyone's bucket list.



I'll miss you long time Pussy.

q party: **HAMER HALL**

Over two weeks on Saturday 25 August and Saturday 1 September, Arts Centre Melbourne's Hamer Hall opens its doors for an all-night dance party featuring world-renowned DJs and musicians from around the globe. Hamer Hall's brand new Stalls Foyer will be electrified by the music mixing prowess of Japan's Aoki Takamasa, Kazu Kimura, the UK's Photek and Melbourne's own Qua.



10pm – 3am, Saturday 25 August
Hamer Hall, Stalls Foyer

Heading to Australia for the first time, Aoki Takamasa is one of Japan's leading electronic experimental artists. Specialising in and experimenting with ambient, electronica and IDM (Intelligent Dance Music), Takamasa has undertaken collaborations with prolific Japanese artists such as Ryoichi Kurokawa, Fumiya Tanaka and Tujiko Noriko. He has also had several releases on Alva Noto's Raster-Noton imprint. Takamasa's sound has been described as Boards of Canada meets Autechre and will also incorporate a stunning visual media display into his set.

DJ Kazu Kimura is best known for launching some of the earliest dance parties in Tokyo in the early 90s. Originally from Nagano, Kimura is now based in Madrid, where he performs regularly at the best clubs and festivals. At Hamer Hall, Kimura will unleash his signature mix of tech house and minimal techno sounds.

Tanaka and Kimura will be supported by a live set from Melbourne's, Qua, helmed by electronic maestro Cornel Wilczek. Fusing techno sounds from a decade past with bleeps and beats from a distant future, as Qua, Wilczek has released albums on Mush Records (USA), Headz Records (Japan), Surgery Records (Australia) and Someone Good (Australia). Wilczek will be accompanied by James Cecil (Super Melody, Architecture in Helsinki) on electronic drums.

11pm – 3am, Saturday 1 September
Hamer Hall, Stalls Foyer

Regarded by many as one of the finest electronic music producers of his generation, the UK's Rupert Parkes (also known as Photek) garnered huge success in the 90s and into the new millennium with his own breed of jungle and drum n' bass. His 1997 debut album Modus Operandi released on Virgin Records is widely considered a clubland classic. From his remix work for Mo'Wax to his releases on drum n' bass label Metalheadz and his collaborations with Nine Inch Nails and Ray LaMontagne, Photek pushes the boundaries of his sound and his fans' expectations. In 2012, Photek released a mix compilation for Studio K7!'s highly respected DJ Kicks series.

Sound Lounge is made possible through the generous support of the Kenneth Myer Asian Theatre Endowment Fund. This endowment allows Arts Centre Melbourne to bring outstanding contemporary performances from across Asia to Australian shores, and help foster new ways of engaging with Asia through artistic collaboration. Throughout August and September, with the assistance of the endowment, Arts Centre Melbourne also presents Sayonara: Android-Human Theatre (Japan), Fight the Landlord (China), Drought and Rain by Ea Sola (Vietnam) and esteemed Japanese artisan Hiroshi Fuji arrives as Arts Centre Melbourne's artist-in-residence.



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Sound Lounge

Arts Centre Melbourne, Hamer Hall Stalls Foyer

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10pm – 3am, Saturday 25 August

11pm – 3am, Saturday 1 September

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q fitness: with CHRIS GREGORIOU

6 Myths for working with weights. Let the truth be told, there are incorrect rumors going around about strength training. The truth is that strength training is one of the absolute best things you can do for your health and appearance. I will go as far as to say it's a must do for your body. For guys and girls! Our bodies have been made for it. It helps us in so many ways, even strengthens our bones.



If you've fallen for these 6 myths then you're missing out on tremendous potential results.

Myth #1 Muscle Turns Into Fat

Why would anyone want to build muscle if it could morph into fat after a span of neglect? Rest assured that this is a myth and it's been around for years.

Muscle tissue is muscle tissue. Fat tissue is fat tissue. One will never become the other.

Myth #2 Strength Training Doesn't Burn Fat

On the contrary, muscle mass is your number one ally against fat gains.

A kilo of muscle burns 20-30 calories each day, while you're just living and breathing. Regular strength training helps you increase your muscle mass as well as preserve existing muscle mass, turning you into a fat burning machine. It's far easier to maintain a healthy weight if your carrying a little more muscle.

Myth #3 Lifting Weights Makes Women Bulk Up

I hear this a lot. No matter what age, it's a constant fear of women of all shapes and sizes. Yes, strength training increases the amount of muscle on your body, so many women take this to mean that their body will become huge and look like a male body builder.

The truth is that the female body simply doesn't contain high enough levels of testosterone to produce that level of results.

Myth #4 Strength Training Is For Young People Only

Ha, that's a used-up excuse that senior citizens across the world have proven wrong. Some older people can be more hard core than some twinks, let me tell you. Some of the amazing body transformations I have been directly involved with for people over 50 have been outstanding. This was directly related to using weights correctly and effectively.

Assuming that your doctor has given you the OK, you have much to gain from a regular weight lifting routine.

In fact, the older we get, the more we need to maintain core strength. It's not just for aesthetics however more for improving balance and coordination, better strength and flexibility, and for a decreased risk of osteoporosis are just the beginning.

Myth #5 Use Light Weight and High Reps To Tone

This myth, popularized in the 90's, that very high repetitions of very light weights would result in a toned physique has become outdated. These high repetitions will increase your muscular endurance but will not add strength or tone.

We now know that in order to truly challenge your muscles, heavier weights with lower repetitions are a must. Start with an 8-10 repetition range and push your muscles with each set.

Myth #6 The best indicators of a good workout are how sore you are the next day

Most hard-working individuals equate a good workout with being exhausted and sore. Some even think throwing up is beneficial. This is all rubbish, however getting you stronger, faster and more flexible actually takes some work.

Throwing up is one of the most catabolic things you can do to your body. If your goals are increased muscular strength and/or muscular growth, you should do everything possible not to throw up during your training.

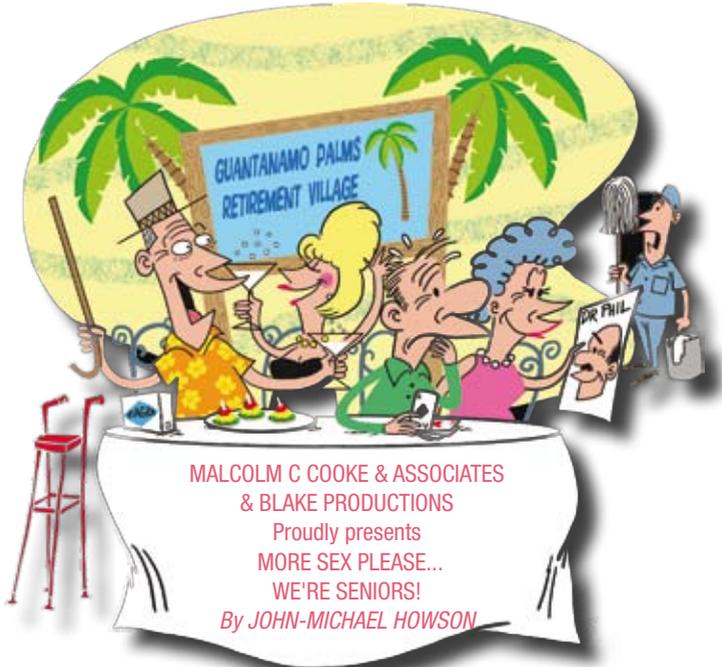
Post exercise soreness is not always effective for muscular growth and certainly is not an indicator you will obtain improved athletic performance. Think of DOMS (Delayed Onset Muscle Soreness) as an unfortunate side effect of training, not a goal of training.

Know this. It's easy for a trainer to make you tired, but it takes a true professional to get you stronger, faster, more flexible and better toned.

So include strength training as a part of your fitness routine. It really is essential for achieving a fit and toned body.

For more information, check out www.metrobodyfitness.com.au and free free to ask questions.

q theatre: JOHN-MICHAEL'S LATEST



Announcing the world premiere season of a sparkling new, Australian musical play about age-old concerns, MORE SEX PLEASE...WE'RE SENIORS! It truly affirms that laughter is the best medicine and promises to be the cult hit of the year when it opens at the Comedy Theatre on October 31st.

With a wink and a nod to the popular 1970's farce No Sex Please, We're British, John-Michael Howson puts his own hilarious spin on Australia's less inhibited culture and a golden generation confronting mortality with a glint in its eyes and a spring in its shuffle.

Directed by Pip Mushin and featuring TV and theatre actors MARK MITCHELL, JANE CLIFTON, MICHAEL VEITCH, TRACY HARVEY and MATT QUARTERMAINE, MORE SEX PLEASE...WE'RE SENIORS! is a joyously liberating play set in the sunny and efficient confines of the Guantanamo Palms Retirement Village.

The co-writer of the hit stage musicals Shout! and Dusty - The Original Pop Diva, John-Michael Howson has crafted an intimate musical play offering shrewd insights, universal truths, sketch comedy, robust characters, satirical songs and good old-fashioned belly-laughs. Who knew that getting to a ripe old age could be this much fun. Forget your aches and pains for a show that affirms laughter IS the best medicine.

The play centres on two very different married couples, Roy and Myra, Mac and Joan, who are intent on making the most out of life even though the world is changing faster

than they can keep pace, what with anti-social media, Facebook and "Twater". There's an awful lot of things for them to talk about and to get off their chests - ailments, marriage, politics, sex, Christmas, greed, global warming, celebrities, family and travel, not least having to deal with the outbursts of offspring upset that their inheritance money is being recklessly squandered. The play takes aim at those who see no value in "grey power" and are quick to relegate seniors to the scrap heap. Beneath all the frivolity, banter and cleverly re-worded songs is a love story about longevity and the romance of youthful aspiration.

"MORE SEX PLEASE...WE'RE SENIORS! is a small-scale musical with broad Australian comedy" says John-Michael Howson. "The characters talk about anything and everything under the sun, and they sing satirical songs to explain their feelings about life in the senior zone. We don't laugh at them. We laugh with them. After all, they could be your grandparents, parents, uncles or aunts or even, someday, one day or sooner, you!"

MORE SEX PLEASE...WE'RE SENIORS! is an uplifting, ultimately tender work about deeply identifiable characters who cherish life no matter its conflicts and defeats. Time might be running out for the combative and loving couples but their get up and go shows no signs of waning, nor do they lack the fire in the belly that rallies people to a great cause. The musical comedy is packed with familiar tunes even if the audience is yet to learn the newly-minted words.

www.mspws.com.au

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Whether taken independently or collectively regarded, the series address the various facets of what it is to be a modern man in these contemporary times. Produced in a striking colour palette of blues, reds, purple and yellow and featuring bold messages such as "Wear It Proud" and "Made with Pride", the follow up to last season's popular Winner Takes All line continues the brand's spirited interpretation of the modern athlete.

To view the entire "Of Uth and Brothers" by STUD collection, visit www.studmeup.com.

We have four (4) size small MADE WITH PRIDE/WEAR IT PROUD briefs to give away. Email getfree@qmagazine.com.au with **Stud** in the subject line to see if you are a winner this month.

Dreamtupbeds

Dreamt Up - a place where dreams and reality cross over. At Dreamt Up, they strongly believe that there is a furniture designer in all of us.

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For more go to www.dreamtupbeds.com.au



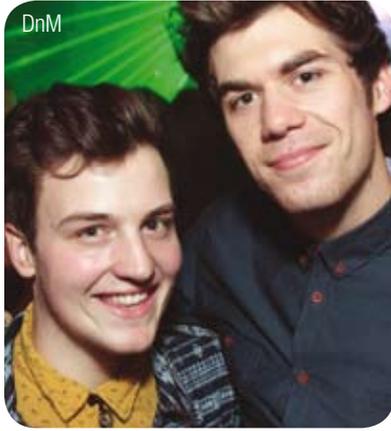
THIS IS THE BIGGEST GIVEAWAY WE HAVE EVER DONE IN Q MAGAZINE.

We have one Dreamtupbed to give away - valued at approximately \$3000. What you need to do is send your design idea to getfree@qmagazine.com.au with **Dreamtupbeds Competition** in the subject line OR even just fax a hand-drawn idea through to Q Magazine (03 95271669) and Paul from Dreamtupbeds will judge the best design. This competition will run from now through to the end of October - with your personally designed bed being delivered in time for Christmas.

Winner's name published in November 2012 edition of Q Magazine. This competition is open to Australian residents only.

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

q scene: OUT & ABOUT



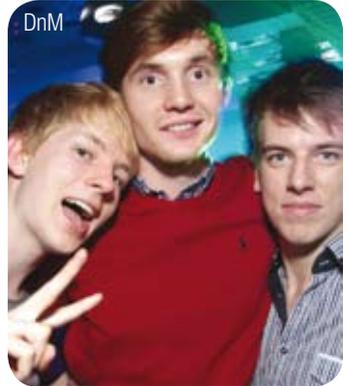
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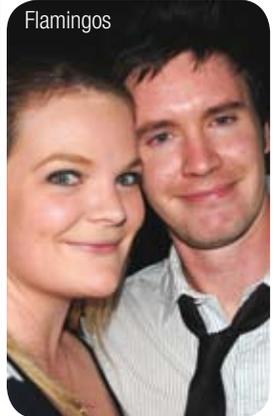
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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



Live and Let Live

One of the many things that I love about our island in the sun is the 'live and let live' attitude of most of its people. No, I don't mean the thousands of tourists, but the true Canarian people, those who were born here and have stayed in this little corner of Paradise. As long as it is broadly legal and does not interfere with anyone else, in the main, anything goes. For many of its present day expat population, with its heady mix of faith, culture, colour and sexuality, it takes time to get used to not being judged. Maybe this stems from the time, it is said, when Spain's General Franco, intolerant of gay men in the military, would ship them off to Gran Canaria, which became a kind of penal colony for homosexuals. Whether there is real historical substance to this claim or whether it is an urban myth, I do not know for sure, but it sounds reasonable enough to me, although I am quite sure that the Yumbo Centre wasn't there then!

For me, one of the real unsung heroes of the Second World War was the code-breaker, Alan Turing. 23 June 2012 saw the centenary of his birth and it was thanks to this mathematical genius that the war against Nazi Germany ended two years earlier than it otherwise would have done. He managed to intercept and crack ingenious coded messages that gave detailed information to the Allies about the activities of German U-boats. However, there was only one problem with Alan Turing - he was gay.

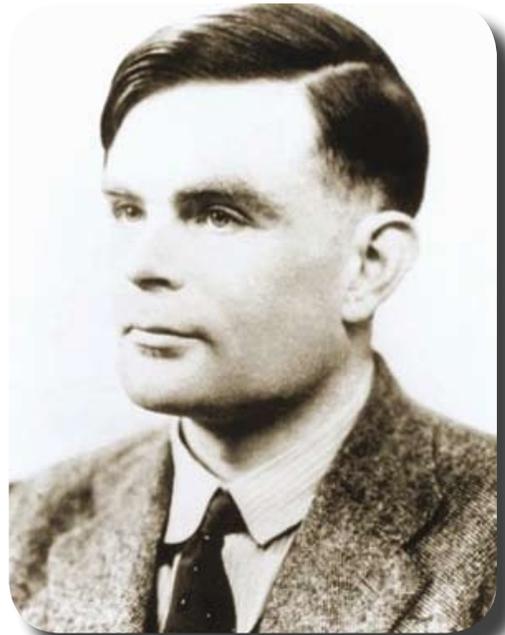
Alan's reward for his pivotal role in cracking intercepted messages was quickly forgotten when, in 1952, he was prosecuted for 'indecency' after admitting a sexual relationship with a man. As an 'alternative' to imprisonment, this unsung war hero was given 'chemical castration' - a newly devised treatment for such 'disorders' at the time. In 1954, at the age of 41, he killed himself by eating a poisoned apple, which was apparently inspired by the story of Snow White. Needless to say, as with much of history, this version of events is currently being challenged and massaged for the financial gains for another film, documentary or book. However, I rather like the original version of the tragedy, agreed by the coroner at the time; it is just so dramatic!

Or was this the end of Alan Turing? This amazing man is also credited with creating the beginnings of computer technology and artificial intelligence, which led to the development of one of the first recognisable modern computers. Alan Turing's brilliance and personal life came to the attention of present day computer programmer, Dr. John Graham-Cumming, who began a petition asking for a posthumous apology from the government. Many thousands of people signed it and a previous UK Prime Minister, Gordon Brown, finally apologised for how Alan Turing was treated in the 1950s. Whether it was through political motivation or genuine compassion for this brilliant man, and I like to think it is the latter, he said that "on behalf of the British government, and all those who live freely thanks to Alan's work, I am very proud to say: we're sorry, you deserved so much better."

My thoughts also go out to the many thousands of gay men and woman who have been persecuted over the years - just for being themselves.

All this serious stuff brings me back home to Gran Canaria. Spain's General Franco certainly had his faults, but I cannot help thinking that being shipped off to a life in the sun in the penal colony of Gran Canaria, just for being gay, was a far preferable alternative to 'chemical castration'!

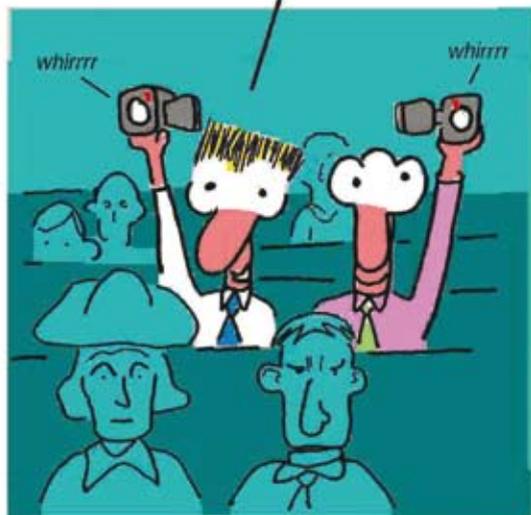
If you enjoyed this article, take a look at Barrie's websites: www.bariimahoney.com and www.thecanaryislander.com or read his latest book, 'Threads and Threats' (ISBN: 9781843866466)



and now, my sermon
"KILL a HOMO for Christ!"



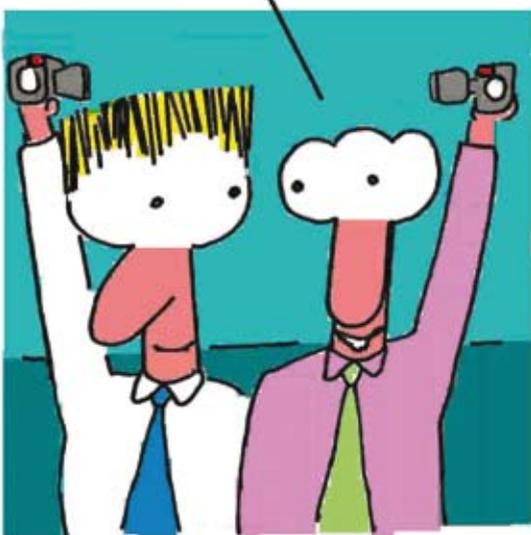
Hey Padre, promoting criminal acts from the pulpit can lose your church its tax-exempt status



okay, okay .. alright already ..
and now, friends, my substitute
sermon: "THE SANCTITY OF LIFE"



Ya know, Gaylord, technology
may REALLY save the world!





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