



JULY 2018

Q MAGAZINE

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q comment:

MARDI GRAS UNVEILS TOWERING ART INSTALLATION TO CELEBRATE 40 YEARS OF PROTEST, LOVE AND EQUALITY

Sunday 24 June 2018 marked the historic 40th anniversary of the first ever Sydney Gay and Lesbian Mardi Gras celebration turned protest. To celebrate Sydney Gay and Lesbian Mardi Gras and City of Sydney today unveiled 40 Years of Love, a vibrant inflatable art installation in the heart of Sydney's LGBTQI district, Taylor Square.

Designed by Maurice Goldberg and Matthew Aberline, 40 Years of Love is a celebration of 40 years of Mardi Gras and uses symbols to represent the five themes of repression, adversity, freedom, diversity and love.

The project represents historic Mardi Gras concepts such as public protest, joyous celebration, community activation and engagement and incorporates many colours and shapes to express that Mardi Gras is not a singular concept, but a mixture of diverse ideas, people, histories, politics and expressions.

The installation integrates with the existing Taylor Square architecture, rising above the iconic grass island and water fountain. The 360-degree work transforms the space into a light-filled outdoor pavilion so visitors are invited to walk through and explore its' various images and symbols from different perspectives.

"We were struggling to describe a singular image to describe the history of Mardi Gras. It's so varied, political, sexual, and the history of it is so complicated, so rather than trying to find a singular item, we decided to make a microcosm of what Mardi Gras is about – the good stuff, the bad stuff, and the celebration," said Aberline,

"It'll be nine metres high at its highest point above the ground," Goldberg added. "That's higher than a three-storey building. We want people to notice this – it's a big, sassy, loud, undeniably in-your-face installation."



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Brett Hayhoe t/a Q Magazine
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q feature: BURSTING WITH PRIDE

AUSTRALIA'S LGBTI AWARDS RETURNS TO SYDNEY IN 2019
Australian LGBTI Awards 2019 Open for Nominations

Australia's largest celebration of the LGBTI community and its allies, The Australian LGBTI Awards, announces today that nominations for the 2019 awards are officially open. Marking its third year, the hugely successful event returns to celebrate the role models and individuals responsible for another fantastic year of LGBTI community work and representation.

To nominate someone for the 2019 awards, head to www.australianlgbtiawards.com.au. Winners will be announced at a gala dinner on Friday 1 March 2019, at The Star, Sydney as a part of the Sydney Gay and Lesbian Mardi Gras Festival.

The 2018 LGBTI Awards saw a star-studded list of community leaders, celebrities and organisations coming out for the celebrations, including the likes of Lea DeLaria, Yael Stone, Danielle Brooks, Lucy Lawless, Magda Szubanski, Joel Creasey, Ollie Henderson, and Jordan Raskopoulos.

Australian LGBTI Awards Director, Silke Bader said, *"The past few years have proven to all Australians that love will always win. We come together again to extend our love and gratitude to the LGBTI members and allies responsible for the incredible work done to spread love, fight for equality, and to represent the diversity of this great community on-screen and off."*

"Everyone is welcome to nominate any individual they think has made an important impact to the LGBTI community. As we continue to fight for equality, it is so important that we take a break to celebrate the figures who have done so much good work for this community," said Bader.



winners then decided upon by our esteemed panel of judges, including Paul Zahra, Anton Enus and Sally Auld.

The more community votes received, the better the awards will reflect the community. The Australian LGBTI Awards offers the chance to say thank you to esteemed individuals and to celebrate the diverse Australian community.

The Australian LGBTI Awards is brought to Australia by OutNews Global and L Media. OutNews Global successfully run the British LGBT Awards, which is consistently the largest LGBTI event in the UK. They are thrilled to bring the event to Australia for another year, with the gracious assistance of L Media.

For more information about the Australian LGBTI Awards, head to www.australianlgbtiawards.com.au

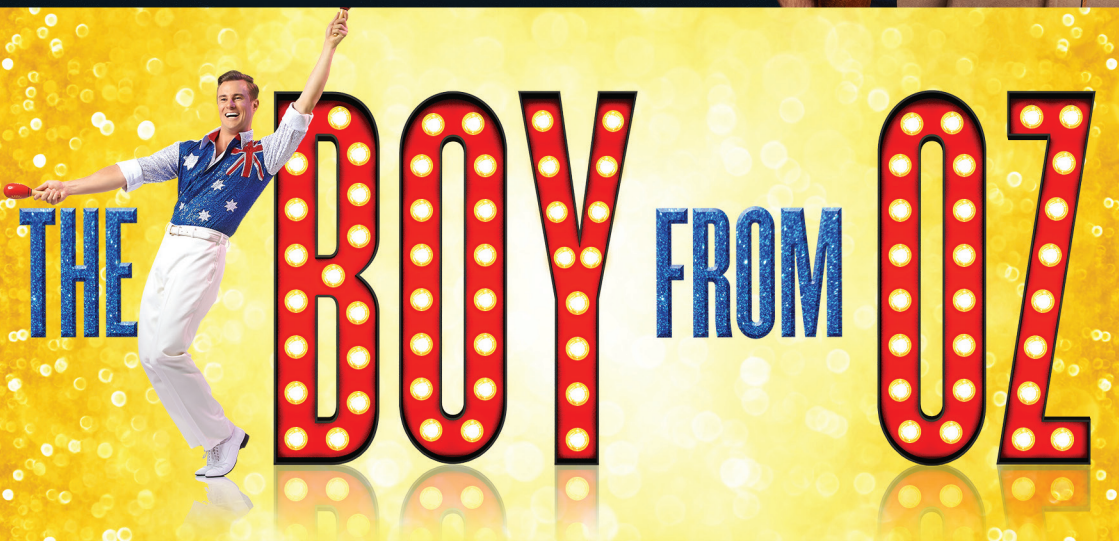
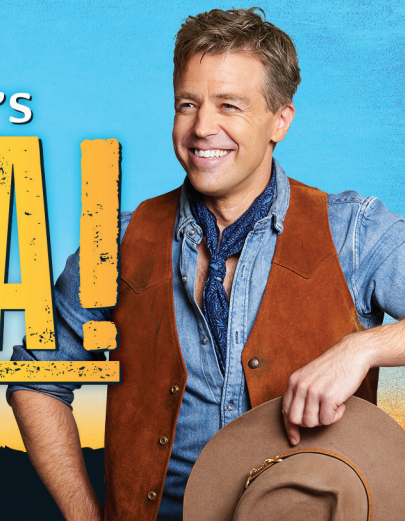




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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels and books for expats.



The Russia Connection

During the time that I have lived in the Canary Islands, I have come to understand, appreciate and admire the contribution and influence that these small islands have made over many years; an influence that is far in excess of the size of this unique archipelago.

Anyone who has travelled across these islands and has driven through some of the older road tunnels, carefully crafted through the centre of some of the volcanic mountains, will appreciate the impressive engineering skills demonstrated by the talented workers of earlier generations.

I was reminded of this once again when it was reported that the authorities in St Petersburg, the second largest city in Russia, announced their decision to dedicate a bridge on the tributary of the Neva River in honour of the Canary Islands engineer, Agustín de Betancourt, who worked for Tsar Alexander I.

This bridge will be inaugurated on the eve of the opening of the World Cup later this year, which links the islands of Petrovski, Serni and Dekabristov through the Malaya Neva. The naming of this bridge after Agustín de Betancourt marks 260 years since the birth of this Tenerife engineer. This bridge will help to reduce the traffic congestion of St Petersburg, which has traffic jams as big as Moscow, and has a stadium that will host one of the World Cup semi-finals.

Agustín de Betancourt was born in 1758 in Puerto de la Cruz in Tenerife and his roots can be traced back to Jean de Béthencourt who began the colonisation of the Canary Islands in 1402, declaring himself as King of Tenerife in 1417. Agustín's father was a well-educated businessman with commercial interests in textile machinery, and his mother, Maria, was the first woman in Tenerife to publish a scientific article about dyes used in textiles. Agustín graduated in Madrid, and worked on canal buildings and mining, before travelling to Paris to study hydraulics and mechanics.

Betancourt had work published on engineering within the coal industry, but his main role was to discover new technologies that would benefit Spain. His work took him to England where he visited James Watt and Matthew Boulton, who were pioneers of the steam engine. Much of Betancourt's work appears to be connected with intelligence gathering from engineers working in France, England and the Netherlands, which would probably be called commercial espionage nowadays.

His interests were wide and varied ranging from the optical telegraph, Spain's first hot air balloon, harbour dredging, gun barrels, building a city jail, preservation of several ancient churches, building a cathedral and rebuilding a fairground, which gives a flavour of the interests and achievements of this dedicated engineer at work.

It was Betancourt who became the founder and director of the Institute of Communication Route Engineers, and, among other things, designed the first paper money printing machine in Tsarist Russia. He lived in Russia for 16 years and was also involved in construction projects in the Nizhny Novgorod main commercial precinct during the Nineteenth Century, and the modernisation of the Tula weapons factory. During his life, he also created the School of Civil Engineers of Roads, Canals and Ports for Madrid and built the Double Effect Steam Machine.

Agustín de Betancourt died in 1824 in St Petersburg. Engineer, architect, builder and inventor, Agustín de Betancourt has a memorial in the form of a bust in the premises of the University of Railway Engineering and is buried in the cemetery of Alexandr Nevsky Monastery in St Petersburg. Once again, many will be surprised, as well as humbled, by the impressive achievements of this son of the Canary Islands.

If you enjoyed this article, take a look at my websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read my latest book, 'Living in Spain and the Canary Islands' (ISBN: 9780995602724). Available in paperback, as well as Kindle editions.

Join Barrie on Facebook: www.facebook.com/barrie.mahoney

q exercise: FOOTWEAR TO THRIVE

Salomon Unleash Hybrid OUTline GTX®

One growing trend of outdoor enthusiasts is partaking in more sport and adventure than ever before, and mixing them together with their daily activities—from hiking, climbing and running, to latte sipping and window shopping – a 'one shoe fits all' is needed! Salomon have researched and developed the ideal shoe that caters to the wide range of terrain, has ultimate comfort, and is a shoe you'd wear casually to a cafe. Introducing the OUTline GTX®, your sleek go-to shoe for any adventure.

Salomon designers created the OUTline GTX® for the millennial market, bridging the gap between outdoor adventure and casual wear. With sneaker-like features and a design that's made for the mountains, this sleek shoe is the ultimate hybrid. Engineered with great flexibility and foothold, OUTline GTX® is as comfortable as a running shoe.

You won't be dragging your feet up a mountain in the OUTline GTX®, at just 350 grams these lightweight shoes are the perfect companion to take travelling. The shoe also has 5mm lugs for uncompromising grip and thanks to a full GORE-TEX® membrane, your feet are completely waterproof and protected on any outdoor trail adventure.

Some adventures are equal parts connecting with friends, having fun outside, and discovering new places. The OUTline GTX is ideally suited to such adventures, with lightweight and flexibility like a running shoe, but enough grip and protection for any trail. For a hybrid shoe that's as much focused on outdoor adventure as everyday wear, you can't go past Salomon's sleek OUTline GTX®.

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q beauty: DISCOVER GOLD

For centuries, ancient cultures have looked to one of the world's most valued minerals, gold, as a source of undeniable beauty, wealth, artistry and glamour. In fact, historians have long maintained that civilisations such as those in ancient Egypt, Rome and China, considered gold to have medicinal properties and often used this natural treasure to treat a variety of skin conditions and bodily ailments.



As gold studies show, the wavelengths at which negative ions are released are similar to that of the human body, allowing gold to reinvigorate cellular bioelectric currents which weaken as a result of ageing.

As a heat conducting metal, gold actively draws heat to the skin's surface upon application and stimulates blood flow and circulation.

In turn, this mineral rejuvenates cellular structures in the skin by stimulating collagen production, improving elasticity, and increasing skin cell metabolism, which includes the secretion of toxins.

As such, skin is left looking healthy, nourished and youthful with an incredible iridescence.

Merging traditional Japanese skincare practices and ingredients with cutting edge technological research, global skincare brand, SASSOU JAPAN, has launched its Goldwaver anti-ageing line in Australia.

Pioneering the use and application of natural plant extracts and 24K gold leaf, SASSOU JAPAN emerges as a luxurious skincare solution for Australians seeking to address signs of ageing including dark spots, dull skin tone, fine lines, wrinkles, dehydration and environmental damage.

Ideal for all skin types and complexions, the Goldwaver collection which includes the Gold Beauty Cleansing Bar (100g), Gold Shimmering Essence Toner (50ml), Angel's Dew Divine Moist (60ml), and Gold Eye Shiteru (15g), contains Japanese-sourced 24K gold and is proven to revitalise dormant skin tissues and awaken weakened structures in the skin. Combining antioxidant-rich flower and algae extracts with the anti-inflammatory and hydrating benefits of honey, the Goldwaver collection adjusts the skin's natural 28-day renewal cycle by balancing excess sebum production, detoxifying and refining pores, enhancing skin translucency and elasticity, restoring moisture, and creating a protective luminous barrier from environmental stressors.

Available nationwide at www.sassou.com.au and packaged in bespoke vanity-worthy vessels, SASSOU JAPAN retails from \$100 RRP and promises immediate and significant results in as little as 1 week.



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q life: with GABRIEL TABASCO

Gay Bar Nude Oil Wrestling

Continued from the previous month...

Only online had I seen any nude public wrestling events. They were either of men in costume at Burning Man or semi-improvised pornos, where the winner would top the loser and have sex in front of the audience. But it was not until I saw it live that I realised how excited I was by it. By chance I was in a gay club in Manchester, on a night know as Wrestling Wednesdays where men oil wrestled each other in the club.

The rules were as follows: two men would step into the giant pool, followed by other men a few minutes later until the pool reached maximum capacity of seven men. Each man wore thin, disposable y-fronts, that were as durable as candy floss. The aim was to tear off the underwear of any opponent. From then on the men could wrestle naked providing entertainment for the audience.

While sipping our drinks we watched the men who entered the giant inflatable pool that was filled with a dozen bottles of industrial-sized barrels of baby oil. One of the wrestlers was a budding porn star. He was so nervous he only gave one-word answers when my friend Rex spoke with him.

'He has the look of a rabbit caught in the headlights' said Rex irritated, who always wanted to have sex with a porn-star.

The DJ announced that the wrestling was about to begin and everyone's attention turned to the inflatable pool. The crowd was made up of mostly gay men who huddled around the wrestling area; a handful of their giggling straight female friends; and lesbians who occupied the balconies above the dance floor and looked down upon the wrestling match.

Within 10 minutes all seven men were in the inflatable pool including Nick, my colleague from the gay bar I worked at. It wasn't long before a couple of the men were already naked. Their 'everything' was visible to everyone. Two guys, who were colluding, ambushed one particular man, tore off his underwear, and threw it into at the audience, narrowly avoiding hitting a lady in the face as she sipped her Rum and Cola. The now-nude man tried to lunge at his two opponents but he slipped in the oil, allowing his two opponents to grab his legs and spread them apart which prompted the crowd to cheer; the butch lesbians laughing and cheering the loudest, the gay men staring as if mesmerised; as his hole was on full display. There was a difference in how men and women enjoyed the event. While it was erotic for men to watch other men wrestle naked covered in baby oil, to women, it was something to be laughed at.

'They all look so silly' said one lady. *'And are they really all so little?'* she chuckled.

My friends and I ignored her; engrossed as we were in watching the men hold each other down, their dicks flopping against their legs as they slipped in the oil. I spotted Nick, sporting a semi-erection, willingly being wrestled by a hunk. They seemed oblivious to us as we sipped on our drinks, watched and commented.

Half-tipsily, half-lustfully I decided there and then that I would join the next wrestling match. That whole week I was nervous and horny for the upcoming event. When it was finally time to catch the bus to the club I was shacking with nerves. I arrived at the club, had a couple of drinks, which did nothing to calm me, and announced myself as a participant to the organiser.

Nick had told our colleagues that I would be participating that night and a couple had come to 'see how I measured up' as they put it. When our colleagues at the gay bar heard I saw Nick wrestle, Bill our alcoholic manager asked me, in front of customers and staff 'how big is his willy?' Nick looked on nervously, awaiting my response.



'It's big!' I said stretching the truth by at least 35 per cent, making Nick look good. Everyone seemed disappointed at my answer, as if they wanted to hear Nick, who was almost metres tall, was short downstairs.

Back to the club: 'Looks like we'll be wrestling each other mate' said one good-looking man in his 40s as we waited backstage before the start of the match.

'Who do you think will win?' I asked him.

'Me. But I think you'll enjoy that mate' he said with a chuckle. As if giving an example of what was to come, he playfully slapped my ass. All contestants posed for some photos. I found some boxing shorts and wore that for the photoshoot. We were called to get in line by the nightclub director; a bitchy man, who clutched his clipboard and spoke into his headpiece as if he were presenting a talent show. In a way he was.

After the announcement from the DJ, the drumroll and flashing lights we emerged wearing only our tidy whities. It was scary standing in public, almost starkers, in front of a drunk audience. We could hear the odd word emanating from the crowd: semi-stiffy, low-hangers, grower. We wondered 'is it me?' they are talking about.

The match kicked off when an older man and a twink got into the inflatable pool. They squirmed around over each other, laughing before the twink seemingly allowed his contestant to rip off his y-fronts. I was fourth in the line and was paired with a stocky man. The DJ touted our fight as a Soccer Player vs. a Rugby Player. My opponent was stronger but I was more agile. I ducked and dipped beneath his legs, rolling over him and slapping his butt for what felt like an hour, (just three minutes), before he pinned me down and ripped off my underwear. He held it up as if it were a trophy. The crowd cheered and then he threw it at them. Gay men tried to catch it, covering their drinks so as not to spill it when they jumped up. The lesbians ducked away from it and straight women giggled.

As I writhed on the oily plastic tub I felt something slowly spring into motion. 'Not now!' I said to myself. I felt an erection coming on. I lay in the oily mat for a moment, to let it subside, but I was having too much fun and it wouldn't budge. To divert the situation I wrestled my competitor with new vigour but it was futile. I could not hide it. I heard some sniggering from the audience. They had spotted it and pointed laughing.

'How can he get horny while being wrestled by five men? And in public?' one lady asked.

'It's probably because he's being wrestled by five men and in public' one man responded.

By then there were six of us in the tub. It was next to impossible to hide my erection and was even harder wrestling with it. My competitors were delightfully surprised but weren't sure how to combat my weapon. The half-hour wrestling match felt like it was over in a heartbeat. Backstage, after wiping off the oil and putting on our clothes we got drinks. Some people approached me to chat. Others threw me side-glances and a chuckle. I felt like a D-list, budget soft porn actor, basking in neon lights with my 15 minutes of fame. I was definitely going back the following week.



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q theatre: PREHISTORIC

After sold out seasons at the Brisbane Festival and 2014 Melbourne Fringe Festival, Elbow Room's award-winning production, *Prehistoric*, returns for a limited season at the Meat Market Stables in North Melbourne.

This blistering punk theatre gig rips into our civil liberties, and our capacity to resist. Set in 1979 in Brisbane, *Prehistoric* takes us into the lives of Deb, Nick, Pete, and Rachel as they meet at a gig, start a band, and deal with the repercussions of fighting back against the system. Based on first-hand accounts of living, playing music, and making history under Queensland's notoriously corrupt and brutal Bjelke-Petersen government, *Prehistoric* offers an iconoclastic and hilarious take on the pivotal "punk moment" that still echoes today.

"We grew up in Brisbane in the 1990s, and experienced the social and cultural effects of the Bjelke-Petersen administration, which only ended in 1989. A number of our friends and colleagues still have scars from this period, some physical.", add Elbow Room Co-Artistic directors Marcel Dorney and Emily Tomlins. "*Prehistoric*'s central question of how culture - what we do together - can resist the pull of authoritarian nationalism remains all too relevant. This is a story of a diverse group of dissident young people finding themselves in a fight against an ethno-centric, backward-looking nationalism, and it will resonate with many young people today."

Celebrating their 10th year in action with this season, Elbow Room are an award-winning Melbourne-based theatre company committed to the development of writing and performance making, in order to test and strengthen the relationship between art and society, and the capacity of that relationship to create change. They are renowned for their intellectual and artistic integrity and considered one of the leading independent theatre companies in Australia.

Written and directed by Marcel Dorney and with Brigid Gallacher, Grace Cummings, Sahil Saluja, and Zachary Giles Pidd performing and playing original live music throughout, *Prehistoric* is a gritty, intelligent, and pertinent addition to the 2018 Melbourne arts calendar.

WINNER - Best Performance (Melbourne Fringe Festival, 2014)

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q wealth: WHAT'S GOOD AND BAD

How to tell the difference between a 'good' investment and a 'bad' one:

'Good' and 'bad' are very subjective terms. What one investor may consider a 'good' investment result another more experienced investor might consider to a 'bad' investment result. Most people understand that there are also some truly 'horrible' investment choices out there too. Equally, with investing there is almost always something that you could have done differently to take your investment results to a higher level.

If I had to define what a 'bad' investment is, I would argue that it is simply an investment that does not help you achieve your investment goals within your desired time frames. Even if the property you bought has made you some money over time, has it provided you with the exact returns you were targeting within the timeframes you had set? Had you invested in a different property, or different asset class altogether, could your results have been better?

The problem for many property investors is that they have never taken the time to work out their investment plans and timeframes in the first place. Therefore, they will find it incredibly difficult to determine whether any, or all, of their investments are good or bad.

Why do so few property investors follow a clear investment plan? I have found over the years that the main reasons investors fail to create a clear roadmap for their property success is a combination of some, or all, of the following four road blocks.

1. They don't know how to create a clear investment plan

Let's face it, most people have never been taught, nor had any real experience, in learning how to create a concise blueprint for how they are going to achieve all the things that they want to achieve in life. It stands to reason that if you don't know how to do something, chances are it simply won't get done. By contrast, imagine how much easier the process would be if you had someone who was an expert in goal-setting holding your hand and guiding you through the whole process step by step.

2. Planning takes some time and work to get it right

Most of us have a big basket called the too-hard basket. There's also another big basket called the do-it-later basket. For many investors, the thought of sitting down to create a plan, especially if they don't know exactly how to do it, means that the task seems herculean. Therefore, it gets thrown into one of those two baskets described above — where it's likely to stay forever.

3. They haven't identified the real value in making a plan

In life, we all make choices that typically line up with our highest values. The problem with forward-planning is that many people cannot see the immediate link between the planning and how it helps achieve a higher quality life in the future. It all seems too far away. However, they can spend many hours planning a 2-week overseas holiday. This is because they immediately understand how researching the best flights, hotels, restaurants and things to see and do will impact on the quality of such a holiday. I question the logic in planning so extensively for something like a holiday yet failing to recognise the value of setting yourself up financially for the rest of your life. You might like to start by writing down all the ways your life could be improved if you had a clearly defined plan to follow.

4. Lack of trust

There is so much (mis)information out there, and conflicting opinions, that it can be difficult to know who, or what, to trust. With the Hayne Royal Commission recently throwing a damning spotlight on so many examples of poor and conflicting advice within the financial industry, it might seem safer or easier just to forget the whole planning idea.

However, by becoming more educated you will become more empowered to be able to take better control of your financial future. That is not to say there is no place for professional advice and guidance, but rather than just letting someone else tell you what to do, take the time and learn the skills to be able to create your own blueprint for investing success. Educated investors with a well thought out plan will have a far better chance of selecting good investments.



Luke Harris and Matthew Bateman are co-founders of The Property Mentors, a Melbourne-based business comprising an elite team of property professionals who educate, motivate and facilitate clients from all around Australia. Their new book, *Let's Get Real* (Major Street Publishing \$29.95) is now available. For more information visit www.letsgetrealbook.com.au/giveaway

q training: **LGBTI INCLUSION WEBSITE**

NEW LGBTI INCLUSION TRAINING WEBSITE LAUNCHED

NSW's leading LGBTI health organisation ACON is launching a new offering for health professionals and organisations seeking to improve their inclusion practices to better serve the needs to LGBTI clients, customers and staff.



ACON Pride Training, formerly ACON Training and Consulting, offers training programs and packages using a web storefront for health services and organisation in the areas of mental health, domestic and family violence, aged care, social work, alcohol and other drug support workers, and sexual and reproductive health.

"We know that when LGBTI individuals access some mainstream services, they can encounter roadblocks that may prevent them from getting appropriate care and support, and this can result in poor health outcomes," said ACON CEO Nicolas Parkhill. "ACON Pride Training will assist health professionals and organisations in the areas of LGBTI awareness and inclusion."

ACON Pride Training's multi-tiered packages utilise a variety of activities, media and training resources to engage with participants through in-person, e-learning or webinars training options. Programs are highly interactive with emphasis on practical skills development, application to own practice, and peer-driven stories.

"ACON Pride Training delivers customised training programs for organisations that would like to provide a more inclusive service to their clientele," Parkhill said. "Through learning about the lived experience of LGBTI Australians, participants can develop a deeper understanding of LGBTI communities, and gain better insight into sexual orientation, sex, body characteristics, gender and gender expression. It is important service providers are invested in the wellbeing of all clients and consumers ensuring they are delivering inclusive and culturally appropriate services. It is about providing access, meeting duty of care and effectively addressing LGBTI health needs to provide a positive experience for all clients," Parkhill added.

ACON Pride Training will assist health workers and organisations increase their capacity in meeting the needs of LGBTI clients and employees. There are four training programs currently available:

- LGBTI Inclusive Practice for Aged Care Sector (eLearning module)
- Rainbow Buzz – Inclusive Practice for Alcohol and/or Other Drug Support workers (In-person training)
- LGBTI Awareness (In-person training)
- Understanding LGBTIQ Relationships and Abuse (In-person training)

More eLearning modules and content including specific training for disability, mental health and suicide prevention for GPs will be starting from August. Discounts are available for groups of five learners or more, as well as an introductory discount of 20 per cent off throughout July.

ACON Pride Training is the latest addition to ACON's suite of inclusion initiative which includes Pride Inclusion Programs – incorporating Pride in Diversity, Pride in Sport and Pride in Health + Wellbeing – and The Welcome Here project.

"It is our experience that organisational cultural change is best achieved when there is an organisation-wide holistic commitment to change that supports a shared vision of inclusion. ACON is recognised as one of Australia's leading LGBTI organisations, having been born from, and deeply connected to, our communities for over three decades," Parkhill said. "We have over 30 years of in-depth expertise in LGBTI health and our trainers are LGBTI community connected sharing lived and professional experience."

Visit www.pridetraining.org.au for more information

q community: BENDIGO BANK

One of the biggest obstacles for many learner drivers getting their "P" Plates, is the mandatory 120 hours of driving practice. The L2P Program sets out to fix this problem by matching fully licensed volunteer mentors to these learner drivers.

Under this program, young drivers have access to professional lessons, a safe car and the support of a volunteer mentor driver while they gain vital on-road experience. Mentors are offered support by having access to training, petrol, insurance and the use of a vehicle for taking the learner on these crucial lessons.

The L2P Program was launched in Laverton last year with two cars paid for by our local Bendigo Bank Community Bank branches of Altona and Laverton, and the Point Cook Business Centre.

As well as the cars provided by the community bank, this program is supported by both Hobsons Bay City Council and Wyndham City Council along with VicRoads, KIA Motors, Victoria Police, and the Laverton Community Integrated Services Inc.

According to Michael Perner, CEO of Laverton Community Integrated Services Inc., *"The L2P Program brings together the community, its businesses and local authorities to assist young people in achieving greater autonomy. The agencies and businesses that have made this possible recognise that*

the community has a responsibility to ensure all young people become skilled, knowledgeable and confident drivers." In turn, the community benefits from having in place a program that may assist in tackling the nation's road toll and the associated tragedies.

By helping young people get their license, mentors have the opportunity to open doors for young people to access education and employment opportunities. They also assist young people to gain their independence and reach significant milestones.

Henry Da Silva, Chairperson of the Altona and Laverton Community Bank®, says that *"The L2P Program recognises that getting your driver's licence is a rite of passage and every young person should have the opportunity to gain the necessary skills and experience."*

To join an L2P program, you need to be between 16 and 20 years of age, hold a current learner's permit and not have access to either a vehicle, a supervising driver, or both.

To become a volunteer mentor in an L2P Program, you need to be over 21 years of age, hold a current full Victorian driver's licence and meet requirements of your local L2P program.

If you are a young person who meets these criteria, or you are interested in helping young people, contact your nearest L2P program. Local residents may also contact the Laverton L2P Program Officer on 0487 465 687 or email l2p@lcis.org.au



Altona and Laverton **Community Bank**[®] branches and Point Cook Business Centre

Invitation

Community Forums Have your say

Come along to one of our free events and meet other local residents to discuss your community needs

Altona: Thursday 23 August
6.30pm for 7pm commencement
Altona RSL, 31 Sargood Street, Altona

Laverton: Wednesday 5 September
6.30pm for 7pm commencement
Laverton P-12 College, 91 Bladin Street, Laverton

Point Cook: Monday 17 September
6.30pm for 7pm commencement
Jamieson Way Community Centre
59 Jamieson Way, Point Cook

RSVP: Anne Randall on 0430 430 824

The Altona Community Grants Program is a management account of Community Enterprise™ Charitable Fund. ABN 12 102 649 968. The Bendigo Centre, Bendigo, VIC, 3550. CEF11 (403961_v5) (28/06/2018)



q floral gossip: with MERCEDES SARMINI

Common Name – China Aster

Latin name – Callistephus

Family (Tribe) – Asteraecea

Nickname – Michaelmas Daisy, Star Warts & Frost Flower

Ruffled florets cutflower with yellow centered eye



Summer to autumn time cutflower

Gender – Female (high heels)

Beginnings- Seed

Anniversary – 20 Years

Birth Flower – September

Native to – China and Korea can also be found in North America

Flower Day – Any Day

Species – 600 or 180?

Flowers of the Zodiac – No

'Ms China Aster' – The Ancient Greeks, NAMED China Aster after the Greek word Aster meaning Star. The Greeks often used Ms China Aster to create Wreaths, which then they would place on the Alters to pay Tribute to the GODS! – they also made an Ointment from Ms China Aster to heal the effects of a bite from MAD DOG Both the English & the German's believed that Aster hold's Magical Powers. The French know Ms China Aster as the Eye of CHRIST. The French lay Ms China Aster on the graves of Soldier's to Symbolise – "I wish thing's had turned out differently in BATTLE"! During the Victorian Era, Ms China Aster was used to convey the message – feeling of Love, Devotion and Daintiness. Ms. China Aster "message" bring us – I keep your VIBRATION'S STRONG! Healing description – Ms China Aster is used to give you protection from snakes and evil spirits - Burning of the dry leaves.

Ms China Aster has the Power to Pour Luck your way and increases your tolerance when it comes to Patience - What a great cutflower to decorate with at the Casino. Ms China Aster is associated with the qualities of faith, wisdom and valor.

Flower Care –

1. Keep cool! Never place in full sun.
2. Break bunches apart.
3. Strip leaves from the bottom half of each stem and wash stems thoroughly.
4. Recut at least 3 cm off each stem and place in cold water.
5. Use a preservative as this will keep flowers looking fresh.
6. Replace vase water with fresh preservative every day.

TIP – Do not cut Ms China Aster too early as the blooms will not open.

TIP – Remember all cut flowers need semi light - as photosynthesis is a food source for its wellbeing and longer vase life.
TIP - Air Conditioning draws out moisture from cutflowers. So be mindful to place your flowers away from direct air conditioning to get extra KM out of them.
TIP - Avoid 'don't place near fruit bowls esp. with ripening fruit and vegetables, tap water, cooling and heating i.e. air conditioning and cigarette smoke.

It's a Great Cutflower to have around you when your reflecting – the after thought.

What to look out for when purchasing?

- At least half the flowers should be fully open
- Round flowers with unblemished petals.
- Foliage should be firm and green, with no sign of yellowing.

Sign of Aging

- Yellow and weak leaves
- Aging of the florets from behind the face of Ms China Aster
- Droopy head and weak neck

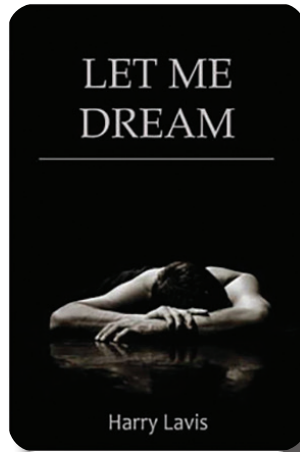
The Floral Gossip

- Associated chakra Balancing – Root, Solar Plexus & heart
- Colours – Shades of Pink and Purple, Blue, Red and White
- Season – Summer to Autumn
- Availability – Two seasons
- Cousins – Sunflower, Zinnia, Gerbera, Dandelion, Artichoke
- Flower food – Yes
- It's an annual, Perennial & Biennial
- Avoid 'don't place near fruit bowls esp. with ripening fruit and vegetables, tap water, cooling and heating i.e. air conditioning and cigarette smoke
- Vase life – 10 days - Long Lasting
- Edible – No
- Drying – No
- Keep Ms China Aster away from droughts & excess heat.
- Ms. China Aster looks great mixed with other cutflowers such as Sunflowers, Gerbera, Snapdragon, Lilium & Iris.
- Fragrance – Yes
- Ethylene Sensitive- No
- Scold – No
- Skin irritation – No
- Named after Saint- N/A
- Great uses in at the moment Bouquets , Front view arrangement, Wreaths, Radial arrangement, Bouquet & Sheaf
- Certain varieties of the Ms China Aster are said to help with migraines, colds and headaches, while others are used to aid in treating the pain of sciatica and muscle spasms.
- Ms China Aster It believed according to past times, that burning Aster leaves drove demons and snakes away
- In Victorian times it is said to improve the flavor of honey, boil China Aster in wine & place near a Bee Hive
- Each colour of Ms China Aster represents a message, - e.g. China Aster in purple represents Wisdom & devotion and it has been used to Denote Royalty.
- Ms China Aster has been linked to the Greek God Virgo, who was saddened by the lack of Stars in the Sky that she began to cry. As her tears fell to the ground, Ms China Aster Sprouted.
- Science has proven that Cutflowers have a vibrational force that helps bring Man back to consciousness. Floral vibrations are an invisible liquid that is action packed with healing properties to help you maintain your mental health.
- Being in the presence of cutflowers offers healing and support. Healing happens because flowers and plants have the power to change an individual's ENERGY & through this the healing response begins.
- Remember emotional change leads to healing for example looking at Beauty is healing – so the Protocol is this THE FORMULA

You need to connect with the cutflower so you can manifest its GIFT he or she has for YOU!

q book: LET ME DREAM

**Let Me Dream:
Evocative Gay Literature Novel
Embroids Readers in Cross-
Continent Love Affair**



While the gay literature market is rapidly growing, it is still under-appreciated and recognized by the at-large global readership. However, for maverick authors such as Harry Lavis, these challenges have inspired a fierce movement to release new emotion-rich novels, and refuse to shy away from topics that few are brave enough to explore.

'Let Me Dream' is certainly no exception; a cocktail of multiple genres that ultimately pulls readers into an intense love story between two men who, while at odds, refuse to give up on their growing bond.

Synopsis:

Harry is a sensitive young man, who quickly and easily falls in love. During his summer vacation, his latest love leaves the country the day after they meet.

The protagonist's feelings are stronger than he anticipated, leaving him to question the right thing to do. Should he cast aside the evening they spent together or seek to continue the relationship?

Follow the destination of this unpredictable young character and discover with him his quest for love. Should he abandon everything for one person or can he find the love he is searching for closer to home than he expected?

"I have definitely used this book to force readers to confront many important and prevalent issues," explains the author. "For example, one of our main characters' ex partners is HIV positive and it gets plenty of attention in the narrative; HIV is of course a vital societal issue, so why not use literature as a vehicle to raise its profile and acceptance?"

Continuing, "Ultimately, the book was written to address my passion for inclusion and acceptance among all people, everywhere. The many issues intertwined into the story will push readers outside their comfort zone and hopefully see them turn the last page with a refreshed view on how we can all live together, happily, no matter what we believe."

'Let Me Dream' is available now:
iTunes - <https://apple.co/2vqbl5p>
Barnes & Noble - <https://bit.ly/2qIVkBT>
Kobo - <https://bit.ly/2LGWBU3>

q win: HELLO HANDSOME

Thanks to HANDSOME skincare here is your chance to win one of four 'Grooming' packs including: Shave Gel, Facial Wash and Facial Moisturiser.

HANDSOME is a men's skincare range made with natural and organic ingredients, carefully crafted to suit male skin types. HANDSOME was created after realising that skincare products perfectly suited for men are difficult to find with the aim to create a range of quality products that are effective for male skin, enjoyable to use and look stylish in their presentation.

Bachelor star Tim Robards is the ambassador for the brand and the creative brain behind HANDSOME's latest campaign where he wrote and directed a video series for the brand which can be viewed [here](#).

With his rugged good looks, chiselled physique and passion for health, fitness and clean living he makes the epitome of the 'Handsome' man and the perfect fit for the brand.

Previously Managing Director and CEO at L'Oreal Australia, HANDSOME's co-founder Mark Tucker recognised a need in the market for a no-nonsense range of skincare with products that aligned with the modern man's needs. With his business saviness and creative mind he created HANDSOME to give the modern busy man a simple grooming regime that helps him look a little more handsome.

"We believe when you take care of yourself, it reflects not only in your physical appearance but also in your health and wellbeing," says Mark Tucker.

Forget about complicated skincare regimes that cost a week's wage and are loaded with ingredients you can't pronounce.

HANDSOME uses natural and organic products to create a quality and stylish grooming range without taking yourself too seriously.

The HANDSOME products are free from nasties not tested on animals with handpicked organic ingredients, mixed, packaged and shipped from Byron Bay.

The range includes ingredients such as organic cedarwood, bergamot and aloe vera in the facial moisturiser, organic lime, banksia and bergamot in the body wash and organic peppermint and nettle in the shampoo.

**Help make the world more Handsome!
Enter now to win.**

For further information about HANDSOME, visit <https://ha.ndso.me>

To try and win one of the three packs we have on offer this month, email getfree@qmagazine.com.au with **HANDSOME** in the subject line to win.



* 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. 1, 13 Rae Street, Chadstone VIC 3184. 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.

GAYLORD BLADE IS

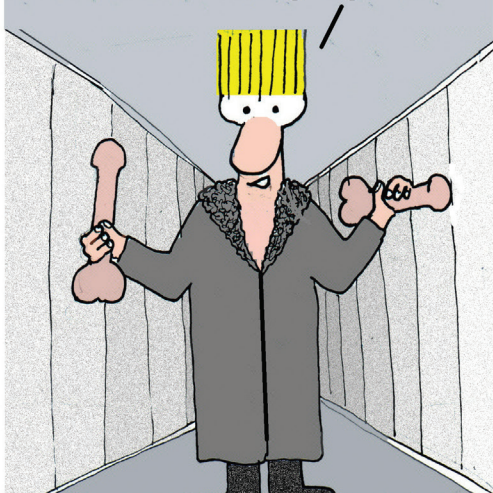
GAYLORD BLADE RUNNER 2049

"Gaylord! A religious nut-job is soliciting Gay men then forcing them to pray for forgiveness"



A PARSEC LATER:

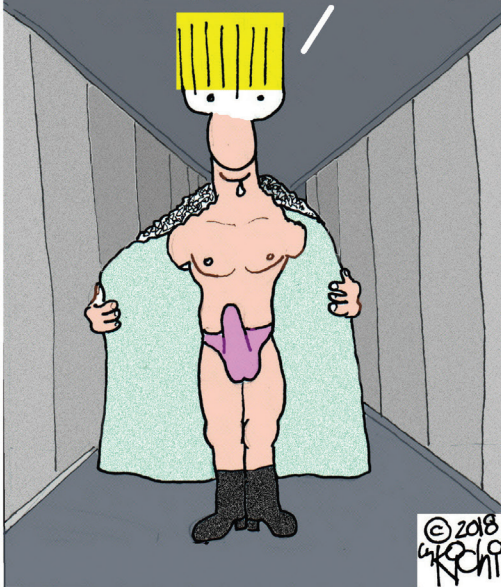
So, Mr. Holy Man, I ought to shove a DILDO GRENADE up your ass .. but ... I' m not going to



Bless you Gaylord. Now, bend over and I'll shag your butt while we pray for me to stop



No way! I'm gonna shag YOU till you pray that I DON'T stop!





Your connection to
LGBT-welcoming
travel businesses
worldwide.



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OUTLET
SHOPPING®

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WORLDWIDE



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THE GAY MAFIA

A GAY AND LESBIAN WEBSITE

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