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featuring
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tenth anniversary calendar

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q comment:

WHAT'S ON: PIXAR PUTT TO TEE OFF IN MELBOURNE JANUARY 2019



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

Australia's newest pop-up mini golf experience, Pixar Putt tees off in Melbourne on Friday, 4 January.

Inspired by the beloved stories, characters and icons from some of Disney-Pixar's most iconic films including Toy Story, A Bug's Life, Finding Nemo, The Incredibles, Ratatouille, Wall-E, Inside Out and Coco, Pixar Putt is anticipated to take guests to infinity... and beyond!

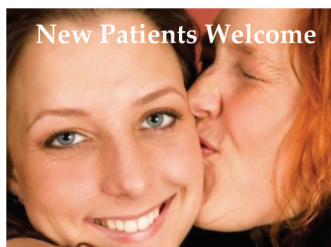
Located on the River Terrace at Federation Square, guests can choose between playing 9-holes for a bit of fun or just keep putting on the 18-hole course.

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q feature: 2019 WARWICK ROWERS

The world renowned Warwick Rowers are back in the buff with a very special tenth anniversary edition of their cheeky male nude charity calendar.



The boys' naked devotion to LGBT rights and gender equality over the last ten years has seen them win seven National Calendar Awards in London, make live appearances in the US, Italy and Australia, and feature regularly in global media such as BUZZFEED, HUFFINGTON POST, THE TIMES.

Most significantly, their long-running success has enabled the plucky university athletes to set up and fund Sport Allies a registered charity devoted to promoting LGBT rights and gender equality through sport. Among other achievements, Sport Allies is currently working with London Film School and SKY Sports, the UK's biggest sports TV platform, to create viral messaging aimed at highlighting the importance of inclusion in sport.

The rowers are particularly honored to welcome special guest star Robbie Manson to the calendar. A two-time Olympic athlete from New Zealand, Robbie holds the world record for men's single sculling, making him officially the fastest rower on the planet. Robbie, who came out as gay in 2014, commented:

"As an LGBT athlete, I value the straight ally message of the Warwick Rowers. They prove you don't have to be a gay or female athlete to believe passionately that sport should be for everyone, and that sport can show leadership in promoting equality. So when the guys invited me to join them in their tenth anniversary calendar, I got on a plane!"

Tenth anniversary products include their fourth coffee table book (a luxurious and weighty tome at 2.5 kilos, or nearly 6lbs!), autographed calendars and subscriptions that will bring video and images of the boys to lucky supporters throughout the whole of 2019.

Check out the video here: <https://vimeo.com/299728850>

The Warwick Rowers project is a gay/straight alliance that dates back to 2009, when their debut calendar was launched to raise funds for the University of Warwick Boat Club. Producer Angus Malcolm and generations of Warwick Rowers have since achieved global recognition through a fundraising initiative and public awareness campaign that delivers a range of products to around 80 countries every year and reaches more than 140 countries through its viral messaging.



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.



Calima - Gone With the Wind

Expats in Spain and the Canary Islands will often hear the words "Oh, it's just a calima" trotted out whenever it is a little cloudy or there is annoying dust in the air. In reality, it is not quite as simple as that, and the true calima is something to be celebrated, as well as to curse, particularly if you suffer from breathing conditions and respiratory allergies.

In the Canary Islands, the calima is often referred to as "Bruma Seca", which is "Dry Fog". It appears for up to ten times each year for a day or two, but in the worst cases, can be present for a week, or even longer. People with respiratory problems and allergies often suffer considerably during these periods. It is a time when sensible people try to stay indoors or wear a face mask when going outside for any length of time if they suffer from breathing conditions.

Calimas are usually, but not always, accompanied by very hot winds, and humidity levels increase. Residents are plagued with reddish dust on their patios and cars, which also invades every crevice of their homes. A calima occurs when dust from the Sahara Desert is dragged across landmass by strong winds. Dust can remain suspended for hours and even days; visibility is reduced and the air becomes cloudy as a result of the dust.

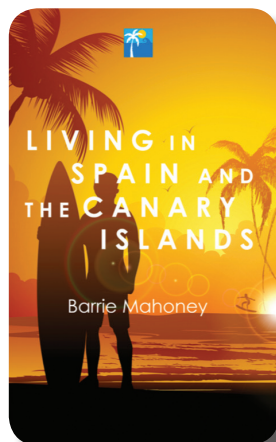
The Canary Islands are often regarded as having the "best climate in the world", but we are not immune from the devastating effects of calimas. The intensity of heat on the islands increases respiratory problems and allergies, as well as general oral health. The tiny particles of dust generated irritates the mucous membranes, which can have serious implications for oral health. Often, as a result of taking antihistamines to control allergies, the immune system fills the hollows of our head with mucus. The cavities that are located above the mouth cause pain and greater sensitivity to cold and heat when filled with mucus, because of increased pressure upon the upper teeth.

Calimas are not all bad, since the Central Sahara was a lake in prehistoric times. The dry sand contains fertile remains of its once rich, organic particles. These nitrogen-rich components within a calima help to fertilise the Atlantic Ocean by promoting the growth of phytoplankton, which forms the basis of the food chain that allows all sea creatures to survive and thrive. Climate change scientists believe that the greenhouse effect is minimised, because the sea's micro-organisms absorb harmful carbon dioxide from the atmosphere. In other words, the more phytoplankton in the sea, the less carbon dioxide in the air. However, it is a delicate balance and too much dust in the Atlantic could create too much plankton and areas of low oxygen, which is not so good.

According to researchers, calima dust from the Sahara also helps to feed plants in the Amazon, since it acts as a fertiliser, which helps the rain forest to grow and thrive. There are also other complex interactions linking calimas to events that we do not yet fully understand. Some studies claim that the damage of hurricanes is reduced due to the effect of calimas cooling the water temperature that is needed for hurricanes to build. Around one third of the natural soils that make up the Canary Islands are based upon Saharan dust that has dropped on the islands over millennia. The rich, fertile soils on these islands have been enriched through the effects of the calima.

Many suffer from the health effects of the calima, or complain about the dust that has landed on their patios and cars. Maybe we should instead be grateful that it is feeding the luscious plants in the Amazon rain forest, fertilising the Atlantic Ocean for sea creatures to survive, as well as reducing the greenhouse effect that has such serious implications for us all.

If you enjoyed this article, take a look at Barrie's websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read his latest book, 'Living in Spain and the Canary Islands' (ISBN: 97809995602724). Available in paperback, as well as Kindle editions. Join him on Facebook: www.facebook.com/barrie.mahoney



q cuisine: with ALESSANDRO RUSSO

Spaghetti with pureed sauce, flavors of the Apulian seas on the table

Presentation

The spaghetti with the sauce of breed is, unlike what is commonly thought, a delicious and tasty dish. The breed is not a type of fish to buy, perhaps almost no widespread, but its sauce will be able to amaze you in a very positive. With this dish it will be possible to have a first and a second course in a single stroke, in a simple and economical way. The breed is a delicate but at the same time flavourful fish, which has the advantage of being at a good price. The trick for cooking a good sauce is to clean the fish well, so as to remove every piece of skin and mix everything with spaghetti, the perfect pasta for this fish sauce. All that's left is to add the fish to the pan, pour the spaghetti into the water and the game is done simply.

Ingredients

600/800g of breed cut into slices | 350g of spaghetti
1 clove of garlic | extra virgin olive oil
parsley q.b. | 300 g of small tomatoes
oil q.b. | Salt to taste | chili pepper q.b.

Preparation

First, put the extra virgin olive oil and a minced garlic in a pan to fry them for a few minutes. Add the tomatoes to flavour and let it cook over high heat. As soon as the oil begins to make the first bubbles, add the breed that must be rinsed previously carefully, in salt water. It is necessary to remove the viscous mucus that covers the race, which is a symptom of freshness. After covering the pan with the lid, we must cook the breed for 10 minutes and then turn them over and cook for another 10 minutes over medium heat. In the end, for spicy lovers, you can add chili or even chopped parsley. In the meantime, let's cook spaghetti in boiling water until they have reached the perfect cooking and season with the sauce in the same pan. All that remains is to serve the pasta and enjoy it at the table.



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q music: YANNI BURTON - AWAKE

Yanni Burton Yearns To Break Free from a Sleepy Stagnant Relationship in New Single, "Awake"

"Awake," the new song by out singer-songwriter Yanni Burton, was inspired by Yanni's own experience, coming to terms with the realization that it was time to break free from a stagnant relationship and find passion in life again. *"I was stuck in a long distance relationship,"* Yanni explains. *"The days and weeks apart left me feeling lonely and empty. I remember being in a constant fog of self doubt and indecision."* Sitting down to write "Awake" helped Yanni to refocus his goals and pull himself out from his sleepy funk. The end result is a broody song that brilliantly combines his passion for pop and classical music. Produced by Yanni and mixed and edited by multi-platinum record producer Kieran Kelly, "Awake" is available on [iTunes](#), Spotify and all major digital platforms. The music video is on Youtube.

Yanni Burton grew up in Adelaide, Australia — a small town that was first put on the map as the birthplace of pop singer Sia. He lived most days in the city with his mother but holidays were spent in the country on his dad's farm. *"The farm was in the middle of nowhere and I'd arrive in solid gold sneakers, booty shorts and a tank top, like I'd just come off the set of Priscilla Queen of the Desert,"* he remembers. *"I loved hanging with the kangaroos and Klunk, my dad's pet Emu."*

He came out as gay a bit later than most in his generation. Yanni had his very first relationship at 22. When he told his mother he was dating a guy, she slapped him. Not because he was gay. She had already had a vision about that (When Yanni was born, she noticed a rainbow light up the sky and declared to his father that their boy would be gay). She was more upset by the man's advanced age. No son of hers was going to be a sugar baby!

His dad took the news much better. Yanni told him while they were on a trip to rural Pennsylvania, visiting the Amish. *"I was bawling my eyes out under the fluorescent lights of a moldy Motel Six hallway and Dad simply hugged me and said, 'Its ok, I love you.'"*

For college, Yanni attended the prestigious Juilliard School in Manhattan where he studied the double bass. In fact, he holds a bachelor's and master's degree in orchestral performance and is Producer and General Manager of the Salome Chamber Orchestra, where he has performed alongside a long list of celebrated artists including John Legend, Michelle Williams, Natasha Beddingfield and Rufus Wainwright. John Legend and Rufus Wainwright were instrumental in helping Yanni to obtain an artist green card. Both graciously agreed to write a letter of support for his US residency.

He describes life today as a "gay thirty-something in New York City". Yanni attends Barry's Bootcamp religiously, pays too much rent and complains about it every second he can. He's also found love again! His fiancé is smart, attractive and most importantly, twenty-something, which means he is mom-approved.

He is not the man featured in the music video for "Awake". That is Reed Laplau, a fellow Aussie who danced for the Sydney Dance Company before moving to NYC where his career has taken off on Broadway in productions of The Great Comet of 1812, Fiddler on the Roof, and the upcoming Moulin Rouge.

The video was shot in an incredible 20,000 square foot warehouse in Brooklyn. *"It was abandoned and the lovely lady who owns it offered us the opportunity to do whatever we wanted with it...so naturally we filled it with lighting rigs, skeletons, and flour,"* Yanni laughs.

Yanni aspires for his audience to connect, see, and feel themselves in his music and lyrics so that ultimately, they hear their own story being told. *"I hope my music conveys to listeners that it is okay to be yourself. Never censor who you are or hold back in expressing yourself. Step up for what you believe in and most importantly, have fun."*

Visit www.YanniBurton.com for more information.





Alex Greenwich and Shirleene Robinson

YES YES YES

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in Australia's history.' MAGDA SZUBANSKI**

q life: with GABRIEL TABASCO

Businessmen or tradies: which is your preference? I personally cannot decide between them and no matter how I much oogle them or fantasise over them, I am still no closer on deciding which of these two types of men I prefer. To come to a decision I examine the evidence...

I often end up sitting opposite a businessman or two on the train on the way to work. Sitting crossed-legged, their socks, emerging from their polished shoes are the only bright colours on them (apart from their blue and yellow polka dot boxers tucked away under their suit. I can image businessmen's underwear being as silly as they are serious).

Young or old all businessmen seem to posses a hurried air, as if they have somewhere important to be and cannot get there soon enough. Whether rushing off to a meeting or walking confidently through the CBD to get their morning coffee, businessmen are always clad in figure-hugging suits. Their buttocks are encased in their tight pants that delightfully reveal the shape of their bottom as they stride along or bend over to pick up their briefcase. Whatever the body type of the businessman, whether he is the muscular Iron Man competitor with five o'clock stubble, the skinny new graduate or the tubby married man, their freshly-pressed white shirts make them ripe for ripping open.

Even dull businessmen seem sexy. Over dinner one night, one family friend, dressed in a cardigan, droned on about his job that sounded as boring as he was. I listened to him talk about strategy and 'getting to the bottom line' but all I could think about was getting him to my bottom line. A few years later I managed to seduce him, feeling victorious at having bagged a boring businessman. Sitting on him naked, I rocked back and forth while riding his cock, as he remained fully clothed, still wearing his businessman's cardigan. But that's for another story...

Whereas the Village People had a tradesman among their group that included, among others, a fireman, a cowboy and a sailor, they did not feature a businessman. However nowadays businessmen have become such a hot sexual fantasy that one porn site specialises exclusively in that genre: porn stars dressed, or undressed, as businessmen wearing only long black socks and a shirt and tie while being naked from the waist down. Bent over their desk they are ravished by one or more men. If only the corporate world were really that thrilling, that a conference call was succeeded by a conference call-boy or that a 360-degree assessment was something physical.

On the other end of the spectrum are tradesmen, who are the antitheses of businessmen. Tradies are gruff, wear next to nothing, are covered in dirt and do 'real work' like build and fix things. All tradies seem sexy: from the ones working in construction, with flecks of mud on their legs to the electricians who come to your home with a buzz-cut, tattoos down their arms and neatly-trimmed beards.

What makes a tradie sexy? Could it be the neon vests they wear? Or the tight t-shirts revealing their bulging biceps? Maybe it's the tool belt, which if possible, would be the only thing they should be wearing... along with the hardhat... for safety purposes of course. Or is it the socks that peak up from their boots that makes them sexy. No... it must be those legs, emerging out of their shorts.

Compared to Europe and especially to the US, Aussie tradies wear incredibly short shorts. Perhaps having to wear such tiny shorts is a union thing. Aussie tradies seem all the happier to wear next to nothing while at work. Not that anyone is complaining. Maybe they live by the mantra of 'less is more' and know that showing more skin can only add to their allure.



I bet everyone reading this has allowed their eyes to make their way up from a tradie's boots to the end of his short shorts in the hope that they could catch a glimpse of his balls swaying just below the opening of the shorts.

I always wondered what would happen if a tradie popped a boner. A businessman with an erection could hid it under his desk while pretending to work on his pie charts but what does a tradie do with his erection especially since he is outdoors, in public, surrounded by other men and wearing very small shorts. If any tradie can answer that question then please email me at gabrieltabasco99@gmail.com and I will publish the answers in the following month's column.

While a businessman has a slick demeanour, and is primed and clean-cut, a tradie is gruff, messy and informal. You shower with a businessman before work and you shower with a tradie after work. Both differences are appealing.

A businessman shows off his testosterone by thriving on workplace pressure and answering tough questions from the Board of Directors. Strutting his stuff in the glass-walled meeting room, showing off the curve of his ass in his tight pants, he whips out his... Power Point slides... and shows the relevant stakeholders just why he is the hunk-de-jour. You will only see such corporate machismo from a businessman than say, a retail manager or a barista (no offence guys).

By contrast a tradie displays his manliness through his sheer strength; by lifting, moving or crushing heavy objects. He works by creating things, putting things together or fixing things. A tradesman's sexiness lies in his relaxed attitude, and unlike a businessman, he can get his job done by flexing his muscles and making a dirty joke while showing off his toned legs.

If it came down to it which one of these two titans of machismo win? The tradie or the businessman? In an arm-wrestling match the tradie would win. For the setting to a romantic dinner and date the businessman would win. If we take out a ruler and measure who has the bigger penis? Hmm... I leave that research to you...

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q cabaret: THE BRIEFS BOYS

Fresh from Leicester Square Spiegeltent in London's West End, the Briefs boys are back in town with a dazzling new show, *Close Encounters*, taking over Arts Centre Melbourne's Playhouse Theatre.

This is the third show from Briefs Factory, and since its premiere at the Adelaide Cabaret Festival in 2017 it has gone on to have stellar seasons at London's Underbelly Festival, enjoyed a successful run at Auckland's Q Theatre and even a performance at World Pride in Madrid. 2018 has seen them crash-land at Sydney Festival with Adelaide Cabaret Festival and Edinburgh Fringe also on the flight path.

Close Encounters is an incredibly uplifting show where the Briefs warriors journey through space to the future where there is a place for everyone. Having glitter-bombed the globe with their circus skills, drop dead gorgeous drag and raucous comedy, it's time these Australian heartthrobs made their way back home.

Featuring their trademark heart-stopping blend of insanely talented cabaret burlesque, comic capery, circus to die for, interstellar aerial feats and warp-speed strippers, the Briefs boys apply their skill and humour to push the boundaries of artistry, masculinity and decency. And to top it all off, they do it with punkish swagger. Briefs explore the third dimension only they know how so be prepared for a close encounter.

This masculine troupe is led by the beautiful, sassy and fabulous emcee, Shivannah, AKA Artistic Director Fez Fa'anana. The cast of buff characters includes: one of Australia's leading circus showmen Captain Kidd (2011's Las Vegas King of Burlesque); acrobat and clownish time-hopping rabbit Dale Woodbridge-Brown (Kamilaroi boy and proud of his Aboriginal heritage); superstar aerialist Thomas Worrell, defying gravity and tying himself in knots above the crowd; and youngest member, the loveable rogue and boy wonder Louis Biggs, who steals the hearts of audiences throughout the show. Finally, a Brit has landed in the hallowed troupe: Harry Clayton-Wright is the Blackpool anarchic provocateur and performance artist.



In addition to their *Close Encounters* season, Briefs Factory is also bringing their *Brat Kids Carnival* to the Playhouse Theatre for one show only on Saturday 23 March 2019. In this circus extravaganza, children are invited to pop on their party outfit and join the carnival in a wildly fun afternoon for mischief makers and their grown-ups. The work features hula hoops at top speed, acrobatics at alarming heights, clowning antics, magic and puppets. From awe-inspiring to downright hilarious, this high-energy mix of circus and cabaret is perfect for kids aged seven and up.

Arts Centre Melbourne and Briefs Factory present
Briefs: Close Encounters
Playhouse Theatre
20 – 24 March 2019

20 – 22* March | 8:00pm
23 March | 3:00pm[^], 6:00pm & 9:30pm
24 March | 4:00pm & 8:00pm

*Auslan interpreted performance
[^]Brat Kids Carnival performance

Warnings: adult themes, nudity, strobe, coarse language
Recommended for ages 16+

For further information and to book visit: www.artscentremelbourne.com.au or call 1300 182 183



q wealth: AIRBnB HANDY HINTS

5 things to consider before you AirBnB your home

Is AirBnB just a fad – a short term craze – or is the global giant here to stay? AirBnB has disrupted the hotel and short-stay accommodation markets and consumers are voting with their wallets – its popularity is certainly not slowing down any time soon. AirBnB can present amazing opportunities for home owners to pocket some extra money but “just because you can, doesn’t mean you should!”.

Here's 5 things to consider before you take the leap:

What's your appetite for risk?

One of the first considerations for any home owner considering listing their property on AirBnB to increase rental returns is their appetite for risk. One of the risks involved in this strategy involves fluctuations in your cashflow – one month you may have a very high occupancy rate and the next month you may not have many bookings at all. Balancing your books and managing your cashflows is critical, so you will need to ensure you don't drain your account every month and have enough of a financial buffer to get you through periods where bookings are low.



Will your property be in demand?

If you are comfortable with cashflow risk, you next need to consider your actual property and determine if there is even any market demand for that property. Areas that are within walking distance to a CBD, close to a business park, café or restaurant strip, with public transport or other sporting or entertainment facilities nearby are likely to be in high demand throughout the year. But other areas may only be in demand seasonally. For example, beachside towns may be extremely popular during the warmer months but it may be difficult to attract bookings during winter. A quick search on AirBnB will show you other properties in your area, which will help you to determine what the competition is like. In reality, some property types and suburbs are simply not in high demand, and while you may believe you have the best property in the area that doesn't mean it will be a great AirBnB property.

Presenting your property for potential guests:

Assuming you are comfortable with the cashflow risk and your property is in an area that will have sufficient demand, then of course you need to determine how to present your property to the market in its best light. Your green shag pile rug and family photos on the wall may make you feel warm and fuzzy, but now you need to put on the hat of your guests and review how your property is presented. If your property is already furnished, you may need to de-clutter and make the place feel comfortable but not too personalised. If you have an empty property, then this gives you an opportunity to style it with furniture and fit out the property to suit the market you are targeting. Are you targeting families or young professionals? Decorate to suit your target market but also be mindful that you want your property to appeal to as many people as possible, so a more conservative approach will appeal to a wider market and increase your chance of attracting more guests.

Of course, then there is the listing process – you will need to get professional photos taken, make sure you have solid insurance cover and then list the property. Start by asking for a lower price to test the market, then see how you go with bookings and adjust your price accordingly. Don't start too high – even if you feel your property is worth it. AirBnB guests rely heavily on reviews, so you need to attract people to book and review and build from there. If you are the 'new listing on the block', you may only be able to compete on price in the first instance – even if you have a stellar location and fancy furniture!

Be prepared for the admin:

There is a lot of work involved managing check in and check out as well as following up guest feedback, coordinating cleaners and other maintenance items. Doing all of this yourself may be quite time consuming, but you are providing an accommodation service and remember that people are used to receiving excellent service from hotels, so they will expect high levels of service from their AirBnB host too!

Seek out the professionals:

Companies such as Quickstay specialise in AirBnB management and are experts in determining all aspects of listing your property on AirBnB, from analysing cashflows, occupancy rates, pricing strategy, cleaning services and of course guest services. If you are serious about using AirBnB to increase yields on your investment property, you can mitigate the risks involved by using a company such as Quickstay to manage all of this for you.

AirBnB can be an amazing strategy to increase yields, but for most home owners you will need to weigh up the time involved in doing all of this yourself versus engaging an external professional company to manage the entire process for you.

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

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Luke Harris and Matthew Bateman

q books: **TRUTH, LOVE & CLEAN ...**

A new guide to the most delicious sustainable and ethical restaurants and dining experiences in Australia has been released. **Truth, Love & Clean Cutlery: A guide to the truly good restaurants and food experiences of Australia**, Edited by Jill Dupleix (Blackwell & Ruth, \$34.99)

Truth, Love & Clean Cutlery: A New Way of Choosing Where to Eat in Australia aims to identify those restaurants and food experiences that go above and beyond great food and wine in the ethical and sustainable ways with which they run their business. Renowned Australian food writer Jill Dupleix heads up a hand-picked editorial team of experienced food writers across the nation. A World edition that includes restaurants from forty-five countries will also be available, and simultaneous editions will publish in the United Kingdom, edited by UK's Times newspaper restaurant critic Giles Coren, and the United States, introduced by Alice Waters of Chez Pansise.

Blackwell & Ruth, the award-winning publisher that delivered The Great Australian Cookbook, 200 Women: who will change the way you see the world and Short Cuts To Glory with Matt Okine, is proud to be compiling such an important and timely series focusing on issues that really matter. The books will be distributed by Thames & Hudson Australia.

For the past decade, chefs and restaurateurs have been placing greater value on sourcing local and seasonal produce, reducing carbon emissions, minimizing waste, supporting sustainable practice by farmers, producers and wine-makers, and being an active part of their own communities.

At the same time, more diners want their money to go to restaurants with high standards of ethics, integrity and sustainability as well as high standards of great food and wine and good times. This guide aims to bring everyone together at the table.

"We live in a changing world, where our choices now dictate the future", says founding editor Jill Dupleix. "If this guide encourages more chefs and restaurateurs to do the right thing, and encourages more diners to support them, then it will have a resounding impact".

At last, the deeply held beliefs of both diners and chefs are beginning to align and reconnect.

Five per cent of the originating publisher's revenue from sales of this book will benefit the National Indigenous Culinary Institute (NICI), which creates and supports training programmes for aspiring Indigenous chefs.

For more information, visit www.truthloveandcleancutlery.com, www.blackwellandruth.com and www.thamesandhudson.com.au

Of all the qualities that distinguish a truly outstanding restaurant or food experience, perhaps truth, love and care are the most important.

A passion for creating food that is so good that it will never be forgotten, an environment that makes that extraordinary food taste even better, and a care for the ground or water from which that food is derived and the community in which it is served. These then, are the true food heroes of Australia.

Five per cent of the originating publisher's revenue from sales of this book will benefit the National Indigenous Culinary Institute (NICI).



Truth, Love & Clean Cutlery

A guide to the truly good restaurants
and food experiences of

Australia

Edited by
Jill Dupleix

q sex: HELPFUL HINTS

When it comes to anal sex, there's a common belief that it can be messy, painful, or uncomfortable. But the reality is that, done properly, anal sex can be an extremely erotic and exciting sexual activity. If you're willing to try it, you might find it an unexpected fun addition to your sexual repertoire. Read on for the best tips on how to have enjoyable first time anal sex.

FIRST THINGS FIRST: DOES IT HURT?

This is one of the most common concerns people have when it comes to trying anal penetration, and the truth is, if you start too fast or too large, things could be uncomfortable. However, it definitely doesn't have to hurt - and there are ways to make it pleasurable, not painful.

RELAX YOUR MIND & BODY

Before getting into the swing of things, make sure that your body is relaxed, and that you're not feeling tense or nervous. You could also try to help the muscles around your anus relax, too, by squeezing your butt muscles and holding for a few minutes, and then releasing. Anal should be enjoyable experience so, be sure to relax breathe have a glass of wine to calm the nerves if need be.

THE NUMBER ONE ESSENTIAL: LUBE!

To keep anal play comfortable for all partners, make sure that you're both comfortable communicating about what does and doesn't feel good. But the number one thing that will keep anal play fun and comfortable is using a good quality anal lubricant, as the anus doesn't produce its own lubrication in the same way the vagina does. For safe and pleasurable anal adventures, we suggest the Lovehoney Discover Water-Based Anal Lubricant 100ml RRP \$12.95

TAKE IT SLOW

Be sure to let your partner know that the key here is to be gentle. Many people with penises think the best way to do it is to just dive in; however, no matter how much lube you use, your backdoor is not a water slide. First, you'll want to 'warm up' the anal area by getting it used to the sensations with a finger or a small toy, such as the BASICS Slimline Butt Plug.

You might want to start with a toy, the Lovehoney Full Bloom Rose Sensual Glass Butt Plug RRP \$39.95 is a great introduction, allowing your partner to gently rub around the opening with the toy, then allow him to experiment by actually inserting the toy (don't forget the lube!). Then, and only then, should his penis come into play. Start with just the tip and work your way up the shaft.

USE A CONDOM

If you're concerned about cleanliness and safety (which, to be fair, should be all of us), use a condom! To minimise the risk of infection, be sure to clean your genitals before and after engaging in anal sex. In addition, do not switch between the anus and the vagina during play, as this can lead to some rather unpleasant infections. Make sure that you pick a condom that's the correct size for you or your partner to keep things safe and comfortable.

ASSUMING THE RIGHT POSITION

Three of the best positions for first-time anal sex include:

- Girl-on-top: This position allows the female partner (or person being penetrated) to control speed and depth of penetration, which is extremely important, especially for backdoor newbies.
- Doggy-style: This classic allows the person doing the penetrating easy access to the anus, although things can get deep very quickly so do keep things controlled
- Spooning is another great pick for bum-fun beginners. This gives you shared control of your movements and adds an extra touch of intimacy, which may help you relax as well.

POST-PLAY

Once you're done with anal sex, it's important to think about the clean-up, which should be the most important step in your aftercare routine. Wash dirty towels, properly dispose of used condoms or dental dams, and thoroughly wash your toy with the Lovehoney Fresh Toy Cleaner 250ml (RRP \$19.95). It can be especially nice to reassure your partner that you enjoyed the experience with them and invite them to have a shower with you for a little extra TLC post-play.

So, anal doesn't have to be scary! If you're prepped, comfortable, and equipped with the right mindset and the right tools, you might be surprised to find a world of pleasure waiting for you.

For more information, go to: <https://www.lovehoney.com.au>

q erotica: **MINIATURE BOOK**

PHOTOGRAPHIA EROTICA HISTORICA
Miniature Book

VINTAGE EROTIC PHOTOGRAPHY
Collectible high value leather-bound & gold embossed erotic photography miniature book

Publisher: GOLIATH
ISBN: 978-3-95730-033-1

Book Size: 1¾ x 2¼" - 4,5 x 5,6 cm
Pages: 383
Images: 200 Vintage Photos

Languages:
English, German, Français,
Español, Italiano

Finishing: Hardcover, Leather-bound,
Gold Embossed, Cardboard Slipcase

US\$ 59.99 / £ 44.99 / Euro 49.99

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PHOTOGRAPHIA EROTICA HISTORICA – Miniature Book

"Photographia Erotica Historica", a leather-bound miniature book with over 380 pages, gold embossed, and filled with photographic "obscenities" from the turn of the century. A unique, erotic collection of the best book arts. Reminiscent of times when printed nudity still had to be hidden, which may be the case again soon.

A miniature book is a very small book, sized no larger than 3 inches in height. These books became more popular in the last few decades of the 19th century because they were portable and easy to hide. Many are bound in fine leather, gilt and contain excellent examples of woodcuts, etchings, or watermarks. Subjects range from the Bible, encyclopedias, stories, and of course to the desired miniaturization of eroticas. Many are now collectors' items, with prices ranging from a few hundred to many thousands of US dollars.

PHOTOGRAPHIA EROTICA HISTORICA

In 1837, the French painter and inventor Louis Daguerre managed to take a photograph of the corner of his studio on to a silver plate. A new medium, that similarly delighted artists like Voyeurs, was born: photography.

Some of the first daguerreotypes included nudes pictures. The body images linked directly to the popular poses in paintings and sculptures. Well-off artists in particular were amongst the first owners of the, for then, expensive and rare cameras. While they began experimenting with the creative possibilities, many of their pupils and less well-off colleagues used the cheaper nude photos in preference to nude models.



A whole new market was quickly discovered with these photos, which constantly demanded new images of real people.

Many "art lovers" were interested in the photographic models that depicted naked women. To this day, purchasing erotic and pornographic photographs for "academic purposes" is a familiar expression and popular alibi for collectors and consumers.

The invention of the wet-collodion process in 1851 enabled numerous prints of a single negative for the first time. This made it affordable for consumers and more profitable for merchants, creating a new storm for these "objects of desire". Many photographers barely managed to keep up with producing new images.

That changed at the end of the 19th century with the introduction of the more affordable and simpler to use Kodak camera. Particularly George Eastman's invention of the roll film, which simplified taking numerous pictures consecutively, led to an increase in the number of purely erotic images.

These so-called "obscenities" were mostly produced under pseudonyms, which is the reason why most of the original producers of erotic and pornographic photographs remain unknown today. The models required for the images were often found in the red-light districts.

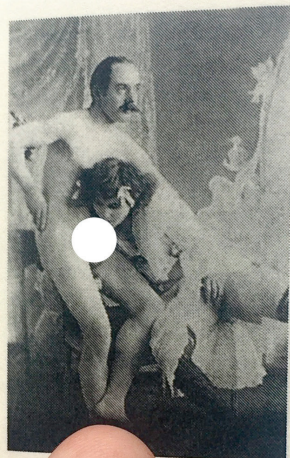
Naturally, the state tried to ban the production and distribution of such content. However, the triumph of photography and of film as a mass medium led to a change in societies' perception of nudity in many countries in the western world. The result was a liberal and enlightened interaction with erotic or pornographic content.

Worryingly, this development of tolerance and liberality seems to be reversing thanks to resurging religious and conservative movements (be they from the left or right). The start of the 21st century also marks the start of the resurgence of censorship. That is why it is our pleasure and task to publish this little book, which is easy to hide in public, as an entertaining reminder of a repressive time in which nudity was still hidden.

Introduzione

Nel 1837, il pittore e inventore francese Louis Daguerre riuscì a fotografare un angolo del suo atelier su una lastra d'argento. Era nato un mezzo completamente nuovo, per la gioia degli artisti e dei voyeur: la fotografia.

Già tra i primi dagherrotipi si trovano esemplari di nudo. Le rappresentazioni dei corpi si rifacevano direttamente alle pose consuete di dipinti e sculture. Tra i primi proprietari delle fotocamere, all'epoca



q conversation: PAVLOV'S BELL

Pavlov's Bell, an expose on bullying-psychological rape - by Bob Napier

Years of abuse lead me to conclude, "there are no sane legal means of dealing with bullies", so I shifted. Tim Field's, (1996) brilliant book, "Bully Insight", validates this, "It is the most devastating, draining, misunderstood, and ultimately futile experience imaginable." Professor Hervey Cleckley, (1950), "The Mask of Sanity", p7, "The interest was desperate, (from families and associates), who had struggled long and helplessly with a major disaster for which they found not only no cure, no social, medical, or legal facility for handling, but also no full or frank recognition that a reality so obviously existed". Dr Robert Hare, (1993), "Without Conscience" "It is not the psychological report but the trail of destruction of other people's (lives), property, finances, etc., as they travel through life that defines a psychopath".

Olweus's (1993), perceived a deficiency with the definition and defined, "bullying as repetitive, damaging and with a power imbalance". A dictionary definition of bullying is, "the use of strength or power to hurt, intimidate or dominate others". However, the dictionary definitions of "strength and power" are not, "the ability to hurt, intimidate or dominate others", that is consistent with "antisocial behaviour disorder". Olweus's "power imbalance" came from an "age or physical size advantage", with school yard bullying.



A different perspective of "power imbalance" is:

1. Bruises, burns and broken bones are common terms for visible evidence of "physical trauma" to the body. There are "no comparable terms" nor "visible evidence" for psychological trauma, and that is if the victim understood that much.
2. Communication and trust are the foundation of society, creating predictability, ensuring we are on the same wavelength; we stop on red lights and go on green. The intentional parasitic cannibalization of the victim's dignity and trust is incomprehensible, diagnosed as psychosis or delusions.
3. Without firm intervention the young practice to the point of mastery what rewards them, including bullying. What hope has the victim got being specifically illiterate to this language of "toxic intelligence".
4. The legal industry demonstrates little understanding nor remedy for the victim but is quick to pounce upon victim's that react. Any reaction by the victim is generally twisted, embellished and reported to authorities with a seamless expertise further nourishing the parasites aggrandizement.
5. With respect to the gravity of what in fact is actually taking place, the intentional psychological destruction of the victim"; the above dictionary definition is an unconscionable fraud upon society. At best, it is an inventory of "tools", a third-party observation of visible, "physical or verbal abuses" only.

Summarising, societies total failure of comprehension, the only tool there is, awareness, ensures, "the victim is powerless and that is a power imbalance, a vulnerability, which is exploited by the bully".

Distress, waiting for the next assault, plus previous assaults is compounded by the secondary trauma created by societies failure to validate that anything is in fact wrong, further invalidating the victim with psychological isolation. This, intern by default, not only fails to prevent further abuse or hold the predator accountable, it is also self-fulfilling enablement to the supremacy of the perpetrator. A recipe for mental exhaustion, trying to understand how this psychological carnivore can operate from an ethereal 4th dimension in the victim's normal 3-dimensional world. Game set and match goes to the parasite when the victim quits their job, requires mental health support, attempts suicide or takes matters into their own hands.

I believe: "Bullying is the addiction to "acts", validating psychological supremacy. All forms of abuse are merely tools".

Both Cleckley and Hare listed 16 & 20 traits respectively for psychopaths. To-date there appears to be no definitive cause. Cleckley was bewildered that highly intelligent people would perpetrate "Inadequately motivated anti-social acts", for no financial or functional purpose, (except ego), hence the earlier term, "Moral Imbecility". Dale Carnegie p.130, listed Dewey J. & James W. on, "mans need for self-validity". In a vacuum of such validation addicts are created of various dependencies, drugs and behaviours, that cover that hole. There are parallels with the traits of addicts and psychopaths, loss of control-inadequate motivation, lying becomes a skill of deception at evading accountability and a source of gratification, a need for secrecy, the failure of conscience and empathy and a lack of outside hobbies and interests as a result of the brains adjustment to short term gratification, i.e., the next fix of supremacy.

Complex studies talk of "dopamine and the accumbens", (in the brain), driving addiction. Simpler, "Pavlov's Dog", the Russian experiment where the dog was fed at the same time as a bell rang. Later the bell rang, and no food was supplied but the dog's brain was wired to expectation of reward and drooled. There the "Bell" was symbolic to conditioned expected reward. Here the symbolic "Bell" is the availability of an opportunity, a Casino for a gambling addict, an alcohol outlet, a pastry shop, an easy target person, (bully fodder), depending on where on the spectrum of abuses the addict is conditioned. The dog drooling is consistent to the cigarette addict that on auto lights a cigarette without conscience thought. This explains the imbecilic loss of control to "egogasms" for the bully. Tim Fields referred to "incompetence" relating to irresponsible acts. The photo of the map in the Smith Street Mall in Darwin directs visitors 180 degrees in the wrong direction, "incompetence", or DINGA LINGA LING.

q musical: BARNUM THE CIRCUS

STEP RIGHT UP, STEP RIGHT UP TO THE GREATEST SHOW ON EARTH!
TODD MCKENNEY AND RACHAEL BECK TO STAR
IN NEW AUSTRALIAN PRODUCTION OF
BARNUM THE CIRCUS MUSICAL
COMEDY THEATRE MELBOURNE



"Barnum's the name... P.T. Barnum. And I want to tell you that tonight you are going to see — bar none — every sight, wonder and miracle that name stands for!"

BARNUM, one of Broadway's most treasured musicals, returns to Australia in an all-new spectacular production. From visionary director Tyran Parke, this new production of a favourite Broadway classic, originally starring Jim Dale and Glenn Close, followed by a London West End production starring legendary Michael Crawford will play an exclusive engagement at Melbourne's most intimate professional musical theatre venue, the Comedy Theatre for a strictly limited time from April 2019.

Starring in the new Australian production as America's legendary circus impresario and unparalleled showman, P.T. Barnum will be none other than Australia's own greatest showman Todd McKenney. *"Barnum is one of those roles in musical theatre that every actor dreams of playing and performing this role has been on my bucket list since 1983 when I first started in musical theatre. It's a dream come true for me to get the chance to play this iconic man in this legendary musical."* said Todd.

Star of Australian stage and screen, Rachael Beck will play the devoted wife of P.T. Barnum, Charity. *"I'm extremely excited to be playing the role of Charity Barnum, teaming up again with my friend and colleague Todd McKenney,"* said Rachael.

Based on the life of P.T. Barnum, BARNUM is a colourful, dynamic spectacle with heart, where audiences shall witness the wonders of the world including Jumbo, the largest elephant, Joice Heth the oldest woman to ever live, a great white whale from Labrador, General Tom Thumb only twenty-five inches from toe to crown, and the rarest and most beautiful bird in captivity the Swedish nightingale, Jenny Lind. Plus, a cast of hundreds, no thousands including marching bands, tumbling bands, flying bands, bands of every size shape and description!

This heart-warming and uplifting musical is a theatrical event for all generations, full of great music, circus, magic and comedy; not to mention Barnum's magnificent tight-rope scene. In collaboration with the National Institute of Circus Arts (NICA), the brand new Australian production is produced by StoreyBoard Entertainment bringing together some of the creative team from its critically acclaimed production Follies, In Concert.

BARNUM debuted on Broadway in 1980 where it played for almost 900 performances. A West End production premiered in 1981 at the London Palladium before a successful UK tour in 1985-1986. The first Australian production premiered in Sydney in 1982 starring Reg Livermore. With a book by Mark Bramble (42nd Street), lyrics by Michael Stewart (42nd Street), and music by Cy Coleman (Sweet Charity). BARNUM covers the period from 1835 through 1880 in America and major cities of the world where Barnum took his performing companies.

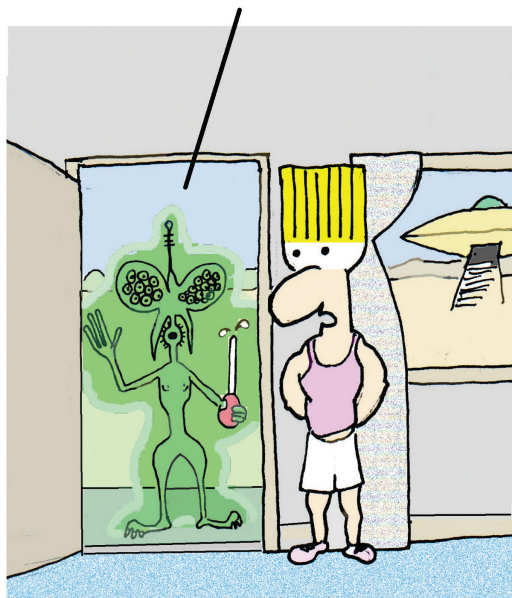
This reimagined Australian production of BARNUM will be directed by Tyran Parke, with the all Australian creative team also including Choreographer Kelly Aykers, Musical Director Stephen Gray, Set Design by Dann Barber, and Circus Direction by Zebastian Hunter.

Suspend your disbelief at the theatre door and do not miss this musical or as Barnum himself would say "The Greatest Show on Earth!"

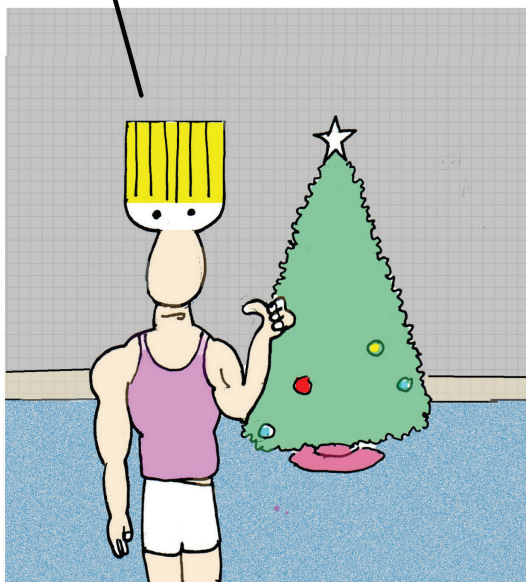
Waitlist tickets on sale now at www.barnumthemusical.com.au

Gaylord Blade

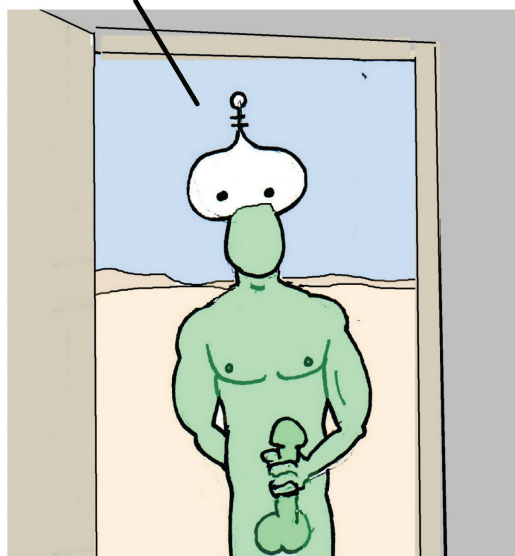
I've come to inseminate you with the seed of my God!



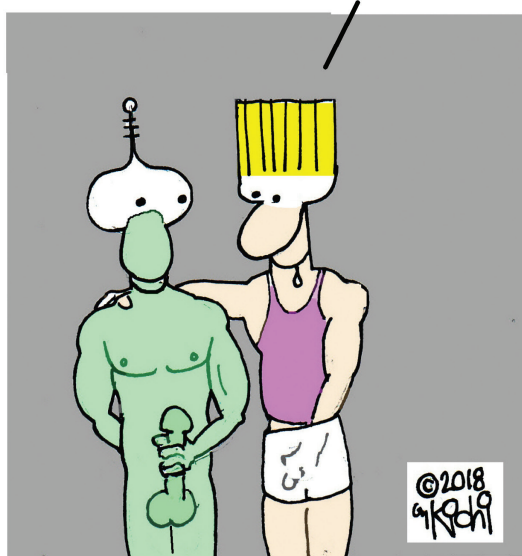
No thanks. I'm in the middle of mindlessly decorating to honor the seed of a God who lets me down.

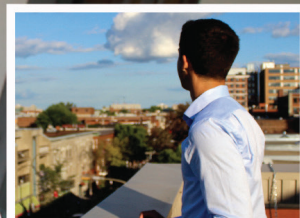


What if I shape-shift into a form more appealing to you?



I don't own a vagina. How do you feel about a used anus?





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