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q feature: MODUS VIVENDI



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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 those living and working in the sun.



Have Your Checked Your DNA?

Have any readers purchased one of those DNA test kits that have become so popular recently? Several stories in the tabloids tell of clients who have been "shocked" at discovering that their parents were not who they thought they were. I guess if you open yourself up to this kind of intimate investigation, one just has to accept the risks and take whatever is discovered.

I bought a DNA test kit shortly after the results of the 2016 EU referendum, as I was anxious to confirm my Irish heritage with a view to claiming my right to an Irish passport. All it took was a sample of saliva and a lengthy wait. The results were fascinating, and it led to discovering cousins and other relatives that I didn't know existed. I have since met several previously unknown relatives and, for me, it was money very well spent. It has also inspired me with an ongoing interest in my own ancestry, which I heartily recommend to others.

This new DNA technology has enabled anthropologists to further investigate the origins of the original inhabitants of the Canary Islands. This archipelago, which is made up of Tenerife, Gran Canaria, Fuerteventura, Lanzarote, La Palma, La Gomera, El Hierro and La Graciosa, is located off the north western coast of Africa, midway between Morocco and Western Sahara. The study of its early indigenous people has always been subject to guesswork and argument, with little real evidence to back up various conclusions; that is until DNA testing arrived.

Early studies of the indigenous people of these islands have been made difficult because of the cruel colonisation of the islands during the Spanish conquest of the 15th Century. Over the years, there has been a healthy debate as to whether the first people to settle in the Canary Islands were Mediterranean sailors or travellers from afar. These studies have suggested that the indigenous people of the Canary Islands were a mixture of Mediterranean and African people, but there is little reliable information about how these people actually arrived on the islands.

Recent DNA research by experts at Stanford University and the University of La Laguna in Tenerife suggest that the first people to settle on these islands were the Berbers from North Africa who arrived in the First Century. There are indications that other lineages from Central North Africa also settled on these islands.

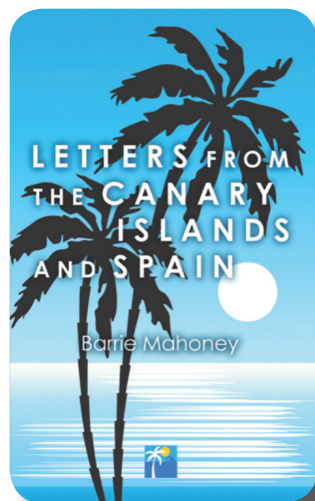
This research suggests that DNA from 50 remains across 25 sites, between 150 AD and 1400 AD, can be traced from the Middle East to Africa, which indicates that the Berbers had already mixed with Mediterranean people before they colonised the islands. They had settled on all eight islands by 1000 AD. The overall conclusion is that the Berbers sailed to the Canary Islands as explorers, ready to settle and colonise these islands. Migration to these islands was significant, since these people already had the resources to survive long before the slave trade and the development of sugar plantations.

Purchasing a DNA kit can lead to fascinating and sometimes unwelcome discoveries, but one that can lead to a fascinating journey into the past. Just one word of warning; do be prepared for a few surprises.

If you enjoyed this article, take a look at Barrie's websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read his latest book, 'Letters from the Canary Islands' and Spain' (ISBN: 9780995602731).

Available in paperback from Amazon, Waterstones and all good bookshops, as well as Kindle editions.

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q cuisine: with HOBBY CHEF CHAPMAN

FOR MOTHERS AND ROMANTICS

Lemon risotto with rose petals

The fragrance of the rose is beguiling, the color bright and together with the freshness of the lemon a delight. An idea for Mother's Day or a romantic evening? And yes, you can eat the rose petals.

Preparation | Cut onions and the ginger very small. Use a zest peeler to cut the peel off the whole lemon. Make sure that only the yellow of the peel is cut away. Chop one half of the zest tiny, the other half set aside for the decoration.

Pluck some petals from the rose, rinse with water and cut into thin strips.

Make a broth with 1.5 liters of water and vegetable stock cubes and bring to the boil.

Sauté the onion and ginger in a high pan with 2 tablespoons of neutral oil (no olive oil), then add the rice and cook for about 2 minutes, stirring constantly. The rice should never stick to the bottom of the pan.

Deglaze with white wine and continue stirring until the wine is reduced also reduce the heat. Then, using a ladle, pour a spoon full of hot bouillon and stir. Add the finely chopped lemon zest. When the liquid is almost absorbed by the rice again add a ladle full of bouillon. Repeat this until the rice is creamy – about 20 minutes.

Try the risotto and when it's cooked but still has some bite take the pan off the heat. Add the ricotta and Parmesan cheese and stir until everything is creamy. Finally, stir in the rose water, but carefully, adding very little, because the water is very intense.

Serve | Arrange the risotto in deep plates. Sprinkle the remaining lemon zest over it and put the rose petal strips on top. Serve immediately.

Ingredients

300 g	risotto rice
1	small onion
1 tsp	ginger
2 dl	dry white wine
1.5 l	vegetable stock
1 Tbsp	parmesan, grated
2	Ricotta
1 tsp	Rose water
1	fragrant rose
Salt for seasoning	

For 4 people

Preparation time:
15 minutes

Cooking time:
20 minutes



Corinna

one of the last wilderness frontiers on the planet

Corinna is an historic and remote settlement on the banks of a primitive river, that unlocks the secrets of the pristine Tarkine rainforest and the wild west coast.

A warm welcome, cosy wilderness retreats and great local food enhance the experience at one of the most inspiring places on earth.

Corinna is home of the Pieman River Cruise on the Arcadia.



the wilderness experience

Experience

An old gold mining town, Corinna has recently been transformed into a globally significant nature based visitor experience.

Nestled in pristine rainforest on the banks of the majestic Pieman River, this ancient setting shows a world beyond human memory. Corinna is an accessible starting point for visitors to connect with this remote wilderness, and experience nature in the raw.

Corinna's rich history spans the Tarkiner people, dating back 30,000 years, to the more recent pioneers and miners. A visit to Corinna allows guests to escape from the everyday, and to become immersed in a unique wilderness experience.

Explore

Access to the pristine wilderness can be made by kayaks on the Pieman and its tributaries, by foot on one of the many remarkable walks, or by river cruise.

Options range from short board walks to more challenging walks through primary rainforest. The amazing Lover's Falls has recently been made accessible with a board walk and viewing platform.

The Corinna to Pieman Head river cruise on the legendary Arcadia II is often described as the best river cruise in Tasmania. It provides an intimate connection with the rainforest and it's mirrored reflections and an experience of the wild west coast.

Enjoy

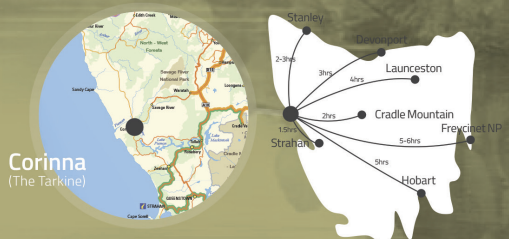
After exploring the wilderness, the Tarkine Hotel is the perfect place to unwind with a drink on the verandah, or by the fire.

The Tannin restaurant offers a range of delicious daily lunches and dinners using local Tasmanian produce. Guests can also cook in their retreats or on barbeques provided in the old produce store. Along with some provisions we also supply comprehensive barbeque and breakfast packs that are available on site.

Retreat

Relax and unwind in cosy one or two bedroom eco-friendly retreats, original miners cottages, the old guest house or riverside campsites are available. Curl up by fireplaces in each room, sink into comfortable beds, cook up a storm or simply watch the local quolls and wallabies from your verandah.

Corinna lies north of Strahan and west of Cradle Mountain. It is accessible from the north via Waratah, or from the south via Zeehan or Roseberry, by crossing the Pieman on the unique 'Fatman' barge.



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q health: **HEALTHY LIPS**

As a staple in any skincare aficionado's arsenal, lip balms are a core necessity for healthy, hydrated lips. According to the 2018 market research by IRI Worldwide, an American-founded lip balm brand was announced as Australia's best-selling lip conditioner last year. With 2019 pioneering a new era for consumers seeking natural and locally made alternatives, Australian owned and made, Clean & Pure, is on track to rival these insights by today announcing they are Australia's fastest growing lip treatment.



Selling one lip balm every minute nationwide and recording a 620% uplift in sales versus March last year, Clean & Pure foregoes unnecessary chemicals and preservatives favoured by major lip care brands and instead opts for 6 or less naturally derived ingredients in their entire range of lip balms.

"We are thrilled to be Australia's fastest growing lip balm brand," said Mark Chapman, Queensland resident and founder of Clean & Pure. "We invest countless hours in sourcing only the purest ingredients and educating Australia (and the world) on the raw goodness of mother nature. There's nothing quite like the Clean & Pure formula on the market."

As the only brand in the world to use ethically sourced Queensland and Victorian Manuka honey beeswax and extra virgin olive oil – that is, the oil obtained from the first press of the olive – Clean & Pure has perfected their exclusive lip balm formula allowing water-based honey to merge with oil and wax in a solid and reliable form.

Combined with steam distilled essential oils, Clean & Pure offers an extensive range of flavour profiles, including Manuka Honey, Cocoa Butter, Pawpaw, Vanilla, Peppermint, and the brand's best seller, Tinted Rose; a floral-scented balm infused with a naturally occurring mica pigment to add a healthy red hue to the lip.

With each variant offering distinct benefits for the lips and surrounding skin, the lip balms contain nourishing vitamins and minerals that combat free radical damage caused by UV exposure, and optimises cell regeneration and moisture retention. Ideal for all skin types, including sensitive, Clean & Pure is recommended for daily use and can even be worn under lipstick as a lip primer.

Clean & Pure is available Australia-wide online and at all leading pharmacies and health food stores from \$4.99RRP. Clean & Pure is currently ranked as eBay's top selling lip balm treatment and the brand is due to release an extensive range of Manuka honey skin and body care products in the third quarter of 2019.

For more information, go to www.cpskin.com.au

q wellbeing: with YU DAN SHI

Four surprising working habits that derail our performance and happiness

When you feel miserable and stuck at work, it's easy to imagine everything will be OK with a new job, a different career path or quitting altogether. You may have already experienced several career changes, only to feel unhappy time and time again. When we are in pain, we look for the fastest way to take our pain away. If the job is too painful, we assume another job is the solution. It seems completely logical. Get rid of the source of our unhappiness, then we will be happy, right?

The problem with this approach is it largely focuses on external factors. Getting away from toxic environments does give you space to think. Taking time out to rest and regroup is necessary for our wellbeing; however, unless we also take the time to reflect and learn, it's likely we will find ourselves in similar stressful situations again and again. Our current situation is the result of our long-term behaviour and habits. Through years of research and working with professionals and executives, I have discovered that a lot of our unhappiness is the result of our long-term behaviours and habits. These habits often give us the successes early on, but later derail our performance and happiness.



These detrimental habits include:

- 1. You care too much.** Responsible people are often great leaders at home and in the workplace. Being responsible and considerate of others can bring us early successes. However, pleasing everybody ends up pleasing nobody. As we become overwhelmed by our responsibilities and the perfect image we believe we need to keep up with, our performance drops and our stress level increases.
- 2. Don't understand your strengths.** Many intelligent people can learn things with ease. This ability enables them to climb the career ladder as corporations expect their workforce to be good at many things. However, if we strive to be good at everything without developing a deep understanding of what our real strengths are, we risk under-utilising their capabilities. Our performance starts to decline as we see more of our weaknesses, which impacts our confidence.
- 3. You do too much.** Workaholicism is another habit that stops working in our favour. Working exceptionally hard often rewards us with success early in our career, but eventually wreaks havoc mentally and physically. We feel overwhelmed and exhausted by the demands and complexity of our work and life. Stress and unhealthy habits eventually impact our health and wellbeing.
- 4. Undervalue the importance of passion.** Many people achieve success early on because they can stay focused on their goals. However, they can be too single minded and often put their creative pursuits or passion projects on hold, concerned they might distract them from their steady path. Without tapping into their passions, life feels dull. This will eventually make them feel resentful towards their daily work and life.

We quickly discover these behaviours get us ahead in our careers, so we keep doing them, even when they don't make us happy. When these behaviours become a daily habit, they inevitably wear us down, no matter how successful we are. What underpins this pattern is the fact we don't know how to achieve success in a healthy and optimal way, ways that get the best out of us. Most of us have only been taught how to work harder and longer to achieve success, not how to work better. In other words, many of us are high achievers but not necessarily high performers.

When we learn to achieve in an optimal way, we sustain our success for longer, and we become much happier. With the right tools and techniques, people learn how to motivate themselves naturally without shouting "come on, you can do it". They understand how to perform at their peak and restore their energy daily. And they learn how to re-design their work and daily agenda to get the best out of themselves. By refining their working habits, people see tremendous results within a short period of time. They take back control, feel energised and driven. They not only start to perform better at work, but they also feel much happier overall. Their relationships with their families improve as their psychological wellbeing recovers. For many, they also finally have the time to re-connect with their passion projects, bringing joy back into their lives. Work has two parts: what the job entails and how you manage it. As the complexity of our workplace increases, how you work plays an increasingly important role.

*Sydney-based Yu Dan Shi is a sought-after coach, mentor and speaker. After hitting rock bottom in 2008 while working as an executive for a Fortune 100 company, she was compelled to search for more meaningful ways to work and live. Today, Yu Dan helps other professionals and executives live an inspired life. She is also the author of the new book, *Come Alive – Live a Life with More Meaning and Joy*. Learn more www.yudanshi.com*

q wealth: with PAUL GLOSSIP

SIX PRACTICAL MOVES FOR CREATING THE LIFE YOU WANT

I have some essential habits that help me maintain the three pillars of life. They are practical exercises anyone can adapt and apply to maximise their existence and gain peak enjoyment from all the opportunities they've created via their investment decisions.

1. Health focus

I make sure health is as much of a priority in my day as my work and my relationships.

Set aside an hour a day, five days a week, to concentrate on doing something that boosts your wellness. Run, swim, walk, surf, do yoga, go to the gym... whatever works best for you.

I don't see this time as a task – it's actually become a ritual opportunity to take a break from work and indulge in something that makes me feel alive. And for anyone who says they don't have time in their schedule for exercise, just make it. I guarantee you will be more productive and connected at work, and more relaxed and engaged at home, as a result.

Daily exercise will boost your output, not hinder it.

2. Happiness break

One locked and loaded absolute essential in the process that boosts both mental and physical wellbeing for me is a surf trip with my mates every six months – without fail.

As I write this, I'm also making plans for the next journey to Papua New Guinea. My circle of friends take these expeditions with me every half year to recharge and appreciate how fortunate our lives are.

They're planned well ahead and are set in the calendar. They help remind me what's important and what we do all this hard work for. While I am all about family first, these trips provide something different to look forward to.

3. Personal development time

I put aside two days every six months that are devoted to my own personal and professional development.

They are guaranteed dates where I will physically remove myself from my regular place of business and my home. Each development day is dedicated to learning something new that will help me become an even better human being.

In the past, I've used this time to become an accredited trainer in Stephen Covey's 7 Habits of Highly Effective People. I've also become accredited in the Herrmann Brain Dominance Instrument which is a measure to describe people's thinking preferences.

I have a mate who works in communications who is currently making time for a writer's retreat so he can work on his sit-com script. Laugh at the material but not him, because it's a very smart thing to do.

Whatever you choose to concentrate on for your own personal development, there needs to be no distractions. Get out of what you're normally doing and commit to it. And it doesn't have to be overseas or interstate – it can be within 10 minutes of your front door.

4. Select the company you keep

Carefully choose the people you surround yourself with because you will become the product of the five people closest to you.

That doesn't mean if you hang around five professional rugby players, you will be able to sign a first-grade contract with the NRL. It just means you should align the different aspects of your life to a group that encapsulates the traits you wish to emulate.



Have a great group of property mates who've done the hard yards in the investment space. Similarly, with your exercise, train with a group of people whose dedication to hard effort and results has gained your respect. I like to surf with the same gang on each trip so we challenge each other and enjoy our time together.

Pick these groups for each of the important buckets in your life and stick by them so you learn and grow in their wake.

5. Keep good habits

When I worked in London I remember a dean of a high school quoting Aristotle, saying, 'We are what we repeatedly do. Excellence is not an act, but a habit.'

It was at a stage when I was about to return to Australia. It really hit home that I didn't apply this theory enough, so I took up the challenge and brought it back with me as an internal mantra.

I want my habits to be good habits – you should too.

6. Be an absorber

Accept that in all aspects of your day, there will be people who have something to teach you.

I'm not out here proclaiming to be the messiah of property, for example, because ultimately, I don't know everything and I never will. That's why I love hearing other people's opinions. Often they're coming to me with a different level of understanding or a certain take on things that I've never considered.

Be a sponge, and soak it all in.

Edited extract from A Surfer's Guide to Property Investing (Major Street Publishing \$29.95) by award-winning property investment specialist Paul Glossop. To find out more, visit www.purepropertyinvestment.com



**GIVE YOUR WORD. PROMISE
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q life: with GABRIEL TABASCO

A Friend of the Family

In Q Magazine's December 2018 article I mentioned how, one evening, I seduced a family friend. It was my mission in my early 20s to bed as many daddies as possible, especially if he was a friend of the family.

The man I seduced was Ferdinand, and I revelled in my victory of having bagged a boring businessman who banged me on his couch. Since his wife and kids were out of town visiting family he was invited over by my father for dinner. Over the course of the meal I felt his stares all over me.

He told me later that all through the starter, main course and dessert his erection did not subside. That following Friday afternoon, when I knew his wife was away and that he would be home after work I cycled to his house.

'What are you doing here?' he asked after I knocked at his door.

'Can I come in?'

'Erm... I'm not sure...'

'Your wife is out. Let's make the most of it,' I said and then added for good measure, just in case I read the signs wrong, 'I saw you staring the whole night.'

He paused for a moment considering his options and then swung the door open. That evening I ended up sitting on him naked as he remained in his business suit. He fucked me as I faced him. I rocked back and forth, riding his cock. His height of 6 feet 3 inches led me on to believe that his dick would mirror his height. In fact his dick, of 5.5 inches betrayed his tall stature. It was short but thick and in my lust, was easy to slide into my hole. It was the perfect cock for a woman for whom girth was more important than length. I preferred longer ones, which could hit the spot. I felt that his cock would fill me up, without satiating me. Over the course of our time together, he used it well.

With his growing boner poking out of his business suit, I got to my knees, wrapped my lips around his cock and began to fellate him. His short, thick cock filled my mouth but did not even make it to deep-throat level. Still I enjoyed it immensely and took his appreciative moans of pleasure as signs of gratitude.

'You're so much better than my wife,' he gasped. I continued sucking him with more vigour until he told me to stop. 'She never does this and I don't want to blow my load just yet,' he explained.

He remained fully clothed, still wearing his businessman cardigan. I got on him naked, which made the scenario of seducing a 'straight' married man even sexier. I was 24 years old and he was in his early forties. His naughty-forties as I referred to our romps, as he could no longer repress his sexual desire for men and wanted to keep plug into me in the weeks that followed. I even teased him with silly snippets of alliteration that embarrassed him, such as: feeling frisky on Friday, fellating and fucking Ferdinand, the fluffy-chested friend of the family.

Being married meant that he did not use condoms with his wife, (which was obvious from his three irritating offspring), so when he was ready to pound me I volunteered to put it on for him. Most men fall into two categories when they fuck: they either take long, drawn-out thrusts or they rabbit-fuck. Ferdinand was the Duracell bunny of gay-closeted-married-men, fully-charged and on speed. He was enthusiastically humping away at me as if it were an Olympic sport.



'Take it easy,' I said, explaining that he didn't need to drill away at me like a badly-trained tradie. With some direction he found his rhythm.

'Your hole,' he gasped. 'So much tighter from what I'm used to.' It felt odd being compared to his wife. It was something I did not need to know, nor was she someone I wanted to think of at that moment, especially as her husband thrust upwards into me. I supposed it was his way of making sense of it all.

As he fucked me I felt his manly stubble rub up against my smooth skin, which had not hardened the way an older man's skin did. As I bounced up and down on him, he loosened his tie, then he dug his face in my shoulder and smiled happily in between his gasps of ecstasy, grateful for the pleasure he was getting. I doubted his marital bed had seen as much action in the past three years as his couch did that night with me.

He shot his load in the condom while his cock was still in my ass. As he took it off he was careful not to get any cum-stains on his suit, too concerned how he would explain it to his wife... and to the dry-cleaner. As his now-deflated dick stuck out from his zipper, he carefully wrapped the condom in a tissue and pulled it off. It made a soft pop-sound as it came off.

We met a few more times that summer, always after work on Friday afternoon. We usually had sex on his couch or in his den, never on his frilly, white-lace marital bed. As it was warm he fucked me a few times in his garden that was lush with plants and a couple of times snapped some photos of me, so he said, he can jerk off. On the couch or on the sun-lounger he fucked me in his expensive business suit as I remained naked. As if he rediscovered his youthful zest, each time we hooked up he fucked me in a different position: missionary, cowboy, reverse cowboy.

'Doggy is my favourite,' he hummed as he humped me. His legs shaking as he topped me. I was the flavour of the summer and he was the ice-cream topping, coming over and over like hundreds-and-thousands. 'My wife hates doing doggy,' he continued 'she thinks it's demeaning, but with you it's pure doggy pleasure.'

Doggy pleasure. Now that was a new one. I did not find it demeaning it all. I found having his full sexual attention empowering although I did wish he would stop telling me about his wife while he was thrusting away at me. It was distracting and quite frankly it was a boner-killer. Despite his running commentary his boner raged on.

The careful accountant that he was became apparent as he carefully ensured he did not get any of his pearl-like cum-stains on his black or blue suits. After our sexual sessions he wore a look of grateful, sleepy, glee.

We often showered afterwards which was the only chance I got to see him naked. He had strong legs from all the soccer he played and had a smattering of chest hair that accentuated his manliness. Like all men his age with kids he didn't work out as much as he should have and succumbed to his wife's sugary treats meaning he developed a small tubby belly, common in dads and 'daddies' his age.

I'd see him every so often when he and his family was invited over to our house for dinner and when they reciprocated the invitation. He seemed calmer after that summer. I'd like to put it down to me teaching some new moves that he now used in the marital bed that he once did with me on the couch.



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q serial: THE HAREM BOYS

The Harem Boys: Episode Four

By Gabriel Tabasco

Continued from the previous month...

The Naked Meet and Greet

At 9am on the following day, the lobby's doors opened revealing six naked men all of different shapes and sizes, dick sizes, skin tone and haircuts. The new group of Harem Boys were set to introduce themselves to the hotel's 60-strong male staff members. As the boys stepped into the lobby the hotel staff, pleased to see a group of naked men around, started clapping. Some of the staff members began making comments about their cock sizes, or their physiques, while others began laughing at the sexiness but absurdity of meeting six naked men and having them stay naked in front of everyone for the following few months. Two of the boys, John and Gio were already growing semi-erections that became full boners as they stood in a line in front of the hotel's staff. 'Gentlemen,' said Big Jake 'let me present to you this year's Harem Boys.'

The boys stood naked and a little uncomfortable with tight smiles across their faces as the staff began clapping once again. John and Gio still had their bouncing boners, which could not subside. Alex was nervous and moved from side to side.

'Let the mingling begin,' said Big Jake.

Champagne was passed around and the staff gravitated towards whichever man was becoming their favourite. The nude young men took hesitant steps towards the all-male crowd. Small groups were forming around each naked man and the staff began introducing themselves and asking the usual questions: where are you from? What are your hobbies?

'Are you excited to be here?' one of the reception staff members asked Gio. The small crowd that congregated around him laughed and looked at his erection.

'Of course he's excited,' said Greg, the 50-year old sous-chef. 'Just look at him excited and ready to go, quite literally.' Greg then reached over and gave Gio's dick a tug. More laughter emanated from the group as Gio stood there, with a champagne glass in his hand while his dick was safely nestled in the sous-chef's hand. He was not quite sure what to do or say which made the whole situation even funnier. I walked over to him and whispered to him 'get used to it,' and walked away.

'Ok, Gray,' Gio said and took a large sip of his champagne. It was going to be a fun summer... for staff and strippers alike.

Mirrors, the Master Bedroom and Love Rooms

After a couple of hours for the meet-and-greet, fuelled with alcohol and comfortable with their nudity, it was time to give the boys a tour of the hotel, club and the harem. Two things surprised the men who became Harem Boys: one was the harem's master bedroom and two was the costume preparation.

'Saving the best to last,' Big Jake said, 'is where you'll be sleeping: the master bedroom.' With that he pushed back the doors to reveal a large airy room with a huge bed surrounded by two large bathtubs on either side of it and two large showers behind the bed. To the right of the room were the doors to a large balcony with views to the grounds below that included the pool, the beach and the sea beyond that.



'I heard about this,' said Ray 'that this hotel was so luxurious with the massive bed, but I never imagined it was this amazing.' 'So whose bed is it then?' asked John.

'Yours,' said Big Jake.

'Mine?' asked John surprised. 'Wow. So much space. And the other guys' beds?'

'I mean it's yours and his and his and his and so on,' said Big Jake pointing to each man.

'You mean we all sleep together?' asked John.

'That's right.'

'What if we want to have sex?' asked John.

'You can have it wherever you want. You can have it here in front of your friends, in the bathtub, on the beach, in the private pool. In the public pool in view of the guests if you wish. On the sofas outside. It's the harem,' said Big Jake.

'Yeah... but I like girls. Which girl would want to have sex in public?' said John.

'Well... you'd be surprised...' said Big Jake. 'If you want some privacy you can use the Private Love Rooms,' said Big Jake. 'Only one thing: don't ask why there's a big mirror there.'

'Why is there a big mirror?'

'Don't ask,' said Big Jake, then added: 'just make sure you put on a great show when make love to the girl,' said Big Jake with a wink.

Despite the initial discomfort of six horny men sleeping in the same bed together they soon got used to it. It was so huge that it could easily fit 10 men at once so there was no issue if they wanted to have more space or invite someone to join them.

The idea was that the bed could be big enough for an orgy. During the years when the Harem Boys were all gay it occasionally did become an orgy. The downside was that they all began fighting over who fucked which guy they invited into the bed. This year Big Jake suspected the Harem's master bedroom may not see as much group sex as in the past, but rather there would be sex acts between some of the boys and anyone they brought over.

'There's a mirror in this room as well,' said Alex pointing it out.

'That one's just for me,' said Big Jake with a smile.

To fund the Harem, Big Jake sold tickets for people to watch the boys have sex in the Private Love Rooms. As the boys were exhibitionists it usually did not bother them. And if it did bother them then they would eventually be so horny that they would go over to the Love Rooms.

The Love Rooms were small rooms with a bed surrounded by mirrors. The mirrors were for people to see into the room at the men having sex. The rooms had dim lights that gave enough of a romantic feel without being too dark and obscuring the acts for the voyeurs.

There were four Love Rooms in total. Guests could move among the dark corridors around the Love Rooms and look into them. If they stood in the centre of the rooms the guests could look into all four Love Rooms at once. Rarely were they all occupied at the same time. The guests could wander through the dark corridors with their beverage in hand watching the men have sex. In order not to have it too cramped Big Jake only allowed up to four guests to observe each room and never more than 12 people if three or more rooms were occupied. It was meant to be an intimate setting not a public sex show. That way Big Jake could claim he was offering exclusivity and charged more.

Read on next month for episode five...



q scene: PAUL ANTHONY'S SOIREE





q grooming: BULLDOG SKINCARE

Hydrate and refine your 5 o'clock shadow with Bulldog Skincare's new Stubble Moisturiser

If you're not a fan of the clean shaven look or struggling to grow a full beard, Bulldog Skincare For Men has developed the highly anticipated Original Stubble Moisturiser - perfect for those looking to rock a refined 5 o'clock shadow.



Classic stubble suits all men, and it's often deemed to be one of the sexiest lengths of facial hair - think Chris Hemsworth, David Beckham or Bradley Cooper! It's appropriate for both the boardroom and the bedroom, as well as showing off your jawline (or creating one entirely). The best part is, stubble is fairly easy to maintain; especially when you've got the right product for it.

Bulldog Skincare's new Stubble Moisturiser has been specially formulated to hydrate the skin without leaving a sticky or greasy residue. With quick and easy absorption, the skin beneath will be left much healthier and well hydrated all day long. So say goodbye to itchiness, irritation and roughness, because Bulldog's Stubble Moisturiser will leave your stubble feeling soothed, soft and comfortable.

The key ingredients in Bulldog's new Stubble Moisturiser include:

- Aloe vera - renowned for its skin moisturising and soothing properties, making it particularly beneficial for men's skincare after shaving
- Camelina oil - known for being rich in omega 3 fatty acids, which gives this oil good moisturising properties
- Green tea - being rich in antioxidants, it contains phytochemicals such as polyphenols that are known to help fight free radical damage



Packed with amazing natural ingredients and carefully selected man-made ingredients, Bulldog Skincare's range is sure to deliver superb performance at an affordable price. Free of microbeads, artificial colours and synthetic fragrances, Bulldog Skincare is also vegan-friendly and cruelty-free.

Available in Woolworths stores nationwide from mid February 2019, the new Bulldog Skincare Original Stubble Moisturiser is a must-have for every man.

Bulldog Skincare Original Stubble Moisturiser (100ml) RRP \$15.99

For more information on Bulldog Skincare For Men and to view their product range, please visit www.bulldogskincare.com

The Birth of Bulldog:

The idea for Bulldog Skincare For Men was born whilst Simon Duffy, the Founder of Bulldog, was shopping for skincare products and noticed that there were no straightforward options that were purpose-built for men. After thorough research and development, Bulldog launched in the UK in 2007. Bulldog started to export from 2010 and is now available in over 20,000 stores in 15 countries, across markets as diverse as South Korea, USA and Australia.

q win: 5 WAYS TO GROW BEST BEARD

Growing the perfect beard can be tough and time-consuming. It requires patience and a genuine understanding of the end-goal; being the right beard rather than the best. With the right tools and a proper understanding of how to tame and look after your beard, you'll be able to grow your best beard in no time.

So why grow a beard?

Men have grown full beards since the Middle Ages as a symbol of maturity, expertise, knowledge and a way of setting themselves apart from the rest of the male population. Beards have changed drastically over the past 200 years from the chin curtain beards and moustaches to the full, groomed beards adopted by celebrities and hipsters today.

There are several reasons why men grow a beard, whether it is to follow fashion trends, religious reasons, charity purposes, attract a mate or simply shape one's jawline. Thus, a beard is not just a cool facial accessory, they are a way of life. In fact, beards are capable of blocking out 95% of UV rays and reduce the effects of allergies and hayfever.

Patience is a virtue

The first step to growing your best beard is being patient; your best beard won't grow instantly and it will develop at a different rate for everyone depending on your genetics and testosterone levels. The average beard takes around 30 days to grow just half an inch so commitment and perseverance are key. Be warned: the initial weeks of beard development go hand-in-hand with itchiness and mild discomfort. And while it may be tempting to trim or shave during this time, you will only be making the process slower and increasing the future patchiness of your beard. Luckily, a hearty application of Bulldog's Original Stubble Moisturiser will ensure your skin stays hydrated and itch-free.



Healthy life, healthy beard

For the best beard, it is crucial you maintain a diet of high in protein foods, carbohydrates and healthy fats to boost the growth of facial hair. Some key foods to grow your best beard are sweet potatoes, eggs, spinach and oysters. It also helps to stay hydrated by drinking water regularly. Lastly, stress harms hair growth so getting a bit more exercise a good night's rest can lower your stress, thus increasing the volume of your new jaw-mane.

Trim and snip

Maintenance is essential to growing an epic beard. By using a razor and shaving cream to clean up random neck hairs, then followed by trimming, you'll be stimulating the follicles. Be mindful not to trim too close, or risk harming the beard's overall structure. By forming an L shape with your thumb and index finger and placing your thumb on your neck beneath your head, hair that falls below the thumb can be trimmed. For a more precise trim, use facial hair scissors and a beard comb but always remember that less is always more.

Cleanse away the bad

By cleaning your beard routinely morning and night with Bulldog's Original Beard Shampoo and Conditioner, your beard will feel refreshed and your skin beneath will be cleaned. Clean facial skin encourages tiny hairs to grow and removes dirt allowing you to achieve your best beard. For the best results, Bulldog's Original Beard Oil is the key to making sure your beard is looking healthy and beard dandruff-free. Used in conjunction with Bulldog's Original Beard Balm, an all-in-one beard product that conditions and styles at the same time, you are guaranteed a non-greasy and neat beard.

For more information on Bulldog Skincare For Men and to view their product range, please visit www.bulldogskincare.com

To celebrate the release of the Bulldog Stubble Moisturiser, we have a \$100 grooming pack up for grabs this month. To enter send an email to getfree@qmagazine.com.au with **BULLDOG** in the subject line.

* 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

Mr. Blade, tell our viewers about your brand of Conversion Therapy



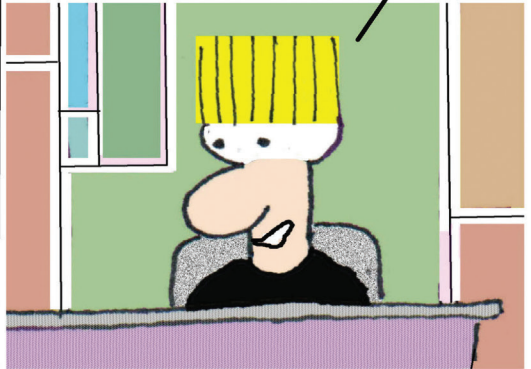
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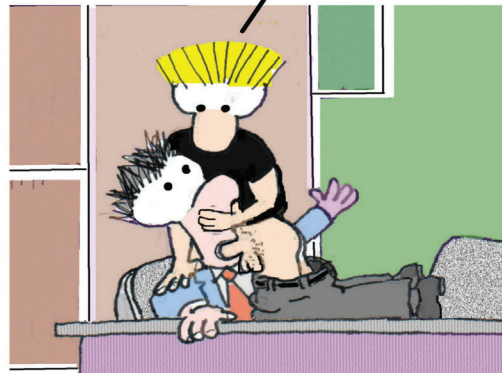
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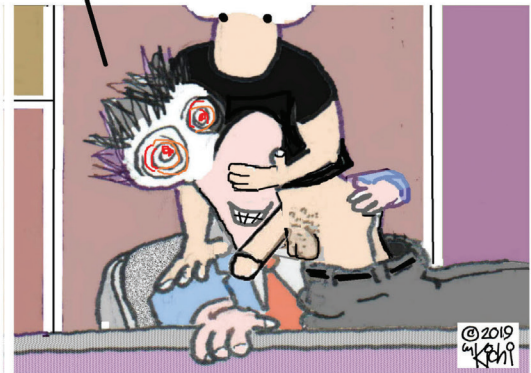
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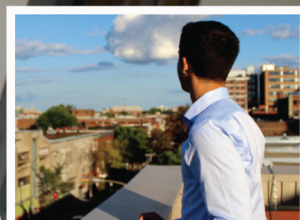


this is Step One



is Step Two as easy to swallow?





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