



NOVEMBER 2017

Q MAGAZINE

LGBTI
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Lifestyle
Community

featuring
BOYS ON FILM 17
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q comment:

**'Like Love' project
reveals hotbed of hate speech
throughout
marriage survey period**



The LGBTI Legal Service has collected over 220 examples of hate speech throughout the Australian Marriage Law Postal Survey in a project aimed at addressing unlawful vilification.

The 'Like Love' project has monitored social media, news websites and public spaces to track public statements that incite ridicule or hatred on the grounds of sexuality or gender identity.

"Unfortunately, throughout the Marriage Law Postal Survey it has been virtually impossible for anyone who identifies as queer to avoid exposure to views which condemn who they are as a person," said Matilda Alexander, President of the LGBTI Legal Service.

"The Postal Survey has opened the door to homophobia and vilification being expressed under the guise of legitimate debate. Instead of a legitimate debate, the LGBTI community has had to put up with weeks of destructive commentary which only takes society backwards on the progress which has lead to broader acceptance of LGBTI people in the last 30 years," she explained.

The LGBTI Legal Service has received submissions of hate speech from community members as well as using project workers to monitor spaces.

The hate speech ranges from individual posts on social media pages to neo-Nazi groups plastering posters in various public locations.

The LGBTI Legal Service is now preparing a complaint under anti-discrimination laws. * see advertisement on page 17 of this issue.



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

q feature: **BOYS ON FILM 17**

BOYS ON FILM, Peccadillo's popular award-winning gay short film compilation reaches its 17th edition. When you fall in love whether at home, in the club or on the beach, there's no predicting how addictive that feeling might be, ending in overwhelming bliss or tears. Nine films take us from the UK to Europe, US and Australia and plunge us into the intoxicating power of our desires. Get ready to be hooked because **LOVE IS THE DRUG**.



ALEX AND THE HANDYMAN (USA, 2017, 14 mins)

Director: Nicholas Colia. A precocious 9 year old develops

a crush on the handsome 25-year old handyman who's working in the mansion where he lives. Screened at Palm Springs Festival

MR SUGAR DADDY (Sweden, 2016, 13 mins)

Director: Dawid Ullgren Starring Bengt CW Carlsson (The Girl With the Dragon Tattoo); Emelia Hansson (TV's Wallander). Hans, an older man is looking for a fresh start, and falls for younger guy, Andrej, but it's a game that leaves no room for winners. Screened at Stockholm Film Festival

SPOILERS (UK/ Australia, 2016, 22 mins)

Director: Brendon McDonall. Starring: James Peake (Da Vinci's Demons, Holby City), Tom Mumford

Leon and Felix meet unexpectedly and discover they share a lot in common; but will their budding relationship flourish or be spoiled?

Director of Iris Prize winning film All God's Creatures.

TELLIN' DAD (UK, 2017, 15 mins)

Directed by André Chambers. Starring Ricky Tomlinson (The Royle Family). A year into his relationship, Dan (Carl Loughlin) finally agrees to come out to his family. He writes letters to all of them. As each arrives, he deals with the aftermath until there's only one left...

BOYS (USA, 2016, 14 mins)

Director Eyal Resh. Starring Kevin Brief (Supernatural; StarTrek: Enterprise), Pearce Joza (Lab Rats). Set on the first day of summer, Brian sleeps over at Jake's house as they have done countless times before. This night however, the two encounter unfamiliar desires that illuminate a new side of themselves.

HOLE (Canada, 2014, 15 mins)

Director Martin Edralin. A daring portrait of a disabled man yearning for intimacy in a world that would rather ignore him. Nominated for Iris Prize. Award-winner at Locarno International Film Festival and Clermont-Ferrand Festival.

HAPPY AND GAY (USA, 2014, 10 mins)

Director: Lorelei Pepi . A queer revisionist history of 1930s black and white cartoons, Happy and Gay is an award-winning musical cartoon inspired by the power of representation.

PEDRO (Portugal, 2016, 24 mins)

Directors: André Santos; Marco Leão (Portugal)

When Pedro gets home at dawn, tired and exhausted, he's dragged reluctantly to the beach by his mother, but the sight of a handsome stranger soon wakes him up to a tide of possibilities. Shown at Sundance Film Festival and BFI Flare.

KISS ME SOFTLY (Belgium, 2012, 16 mins)

Director: Anthony Schattelman. Award-winning film starring Ezra Fiereman (TV's The Alienist). Jasper lives a seemingly dull life in a grey, small town where all the family attention goes into his father's singing career. When he receives an unexpected kiss from a friend, Jasper decides the time has come to focus on being himself. Screened at BFI Flare.

Find out more by going to www.peccapics.com OR Facebook/twitter/ Instagram: [peccapics.com](https://www.instagram.com/peccapics.com)



BOYSON FILM 17

LOVE IS THE DRUG

A COLLECTION OF
SHORT FILMS DIRECTED BY:

NICHOLAS COLIA / MARTIN EDRALIN / MARCO LEÃO
CARL LOUGHLIN / BRENDON MCDONALL
LORELEI PEPI / EYAL RESH / ANDRÉ SANTOS
ANTHONY SCHATTEMAN / DAWID ULLGREN



q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



The Stinky Tree

It is often fascinating to discover some of the remedies and answers to problems that can be found by looking at the past. If we look carefully, we often find answers to many present day problems, and how our ancestors dealt with the inconveniences of life. I discovered this recently when looking at a tree on the small island of El Hierro.

A visit to the enchanting island of El Hierro is not complete without a visit to see the Stinkwood or Smelly tree (*Ocotea foetens*), which is native to the island. The tree is evergreen, a member of the laurel family, and is threatened due to the loss of habitat in the areas where it thrives and, I suspect, its pungent aroma. Yes, it can be smelly, hence the name, because the tree is rich in essential oils. These oils give off an unpleasant odour to the wood when cut, but don't let this part of the story put you off. After all, stinky or not, this tree does have an interesting story to tell...

The Stinkwood tree was sacred to the ancient inhabitants of the small Canary Island of El Hierro, the Bimbaches, who called it the Garoe. Legend states that the Garoe assured the life of the Bimbaches, because it provided them with sufficient water to ensure their survival. Remember, this was not a time when the locals could pop into the local shop and buy a large bottle. The Canary Islands are visited by the trade winds and, since water was so scarce, the little water that was available to these ancient islanders were from the clouds that condensed on the branches of the tree. It is said that water that dripped from this tree was led to a hole from which the Bimbaches took their water supply.

The original Garoe tree was destroyed by a storm on the island, but in 1957 a replacement tree was planted in the same location as the original tree. Legend or not, the same principles as deployed by these ancient people are still just as relevant to fulfilling islanders need for water today.

Let us now move to another Canary Island, Fuerteventura, where similar principles for catching water are still used. The Fuerteventura Government has been collecting mist for the last year or two, and this new technology has already collected over 33,000 litres of water. Mist collectors use humidity from the trade winds that blow across Fuerteventura, and extract water from mist and fog to create a sustainable water supply. Meters fitted to the mist collectors show around 6,500 litres of water are collected each month during the trade winds season.

So, how is this done in Fuerteventura without the assistance of the Garoe tree? This simple technology uses mesh placed on vertical structures in high mountain areas that intercept mist and humidity that blows across them, and water droplets fall into storage tanks. These mist collectors use water from sea mist or clouds to support the reforestation of endemic or specific species of plants and trees, which will help plant habitats to recover by providing moisture for the soil and improve the quality of the environment and landscape.

It is both a humbling and fascinating thought that technology and processes used by the ancient people in the Canary Islands are being brought back into use today in an effort to rectify damage caused to the environment over many centuries.

If you enjoyed this article, take a look at Barrie's websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read his latest book, 'Footprints in the Sand' (ISBN: 9780995602717).

Available in paperback, as well as Kindle editions.



q cuisine: **with ALESSANDRO RUSSO**

Calamarata with seafood: also called "rocky". It's a perfect dish for Sunday lunch. I love seafood, especially lupins, but a mixture of clams and shrimp has an even more complete and inviting flavor. Try!

Ingredients for 4 people

400 gr of pasta (I used the "calamarata")
1/2 kg of clams and lupins
300 gr prawns
5 tomatoes
1 anchovy in salt
extra virgin olive oil
chili pepper



Boil the water and bake the dough. In a large frying pan, cover the bottom with oil and add the anchovy and clove of garlic, then the chopped tomatoes in half and then the clams with the lupines, a drop of wine and let it fade ... punch with the lid and after about a minute the fruits will be all open, add the shrimp again and cook for another minute, turn off the flame and cover.

Drain the dough one minute before the cooking time indicated on the package, and pour into the frying pan, turn and add the parsley off.

Impress and serve. Enjoy your meal!



g grooming: MILKMAN BEARD CARE

If you're planning on sporting a beard this Christmas, and you're searching for the right gear to make it happen, then look no further than MILKMAN GROOMING CO'S Advanced Beard Care Kit. Now available in a series of colours: black matte, army green and navy blue. They make the perfect Christmas gift, if only for yourself.

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- Milkman King of Wood™ Beard Oil, perfectly balanced combination of botanical beard oils blended with intoxicating scents for true beardsmen.
- Milkman Mini Styler Pocket Comb, made of durable matte plastic this comb is the perfect travel companion. Keep your hair looking its finest any time anywhere,
- Milkman Boar Bristle Beard Brush, this medium stiffness boar bristle brush is designed for beards of all sizes. It comes with a gorgeous durable rubberwood handle.
- Milkman Beard Balm Beard Candy™, designed to style, condition and fragrance the beard all at the same time. Pure simplicity!
- Milkman Affordable Beard Scissors. Made from stainless steel, they are designed to cut beard hairs cleanly & without scratching and they have a blunted tip so you don't accidentally stab yourself in the face! RRP: \$120.00 AUD

If you're looking at a smaller spend then remember all these products can be bought individually. There is also the Essentials Beard Care Kit at RRP \$60.00 AUD containing the Milkman King of Wood™

2 in 1 Beard Shampoo and Conditioner, Milkman Beard Balm Beard Candy™, Milkman King of Wood Beard™ Oil, and Comb all in a handsome Dopp Bag!

Or if you're feeling flush, the Ultimate Beard Care Kit is available at RRP \$220 AUD. It's filled with goodies – pictured. But hurry only a few left! Milkman Beard Care Kits are available online at www.milkmanaustralia.com.au and all Shaver Shop stores. They make the perfect gift for Christmas!

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q health: THE MALE P-SPOT

HOW THE RISE OF PROSTATE PLAY IS IMPROVING
MEN'S SEXUAL AND BODILY HEALTH



Naughty Boy

The prostate is a mysterious and often misunderstood organ. A walnut-size gland found between a man's bladder and his rectum, the prostate's main function is to produce fluid that is expelled as part of semen during ejaculation. It's also the source of prostate cancer, which is the most common cancer in men. While many men dread their first prostate exam, the so-called male P-spot can also be a source of mind-blowing pleasure.

According to Cancer Australia (2017), prostate cancer is the most common form of male cancer in Australia. In fact, this year alone, there have been 16,665 new cases confirmed – and over 3,450 deaths in the last 10 months from this malignancy.

While many men are wary of anal stimulation, the male P-spot is increasingly becoming a subject of conversation. While prostate massagers are typically viewed as toys for gay or kinky men, they're increasingly becoming more mainstream in the straight community due to their proposed health benefits. In the last 5 years, prostate massager sales have increased by 56%. This trend is reflected in Google searches as well. According to Google Trends, searches for "prostate massager" have more than tripled since 2004.

One of the many benefits of using a massager to stimulate the P-spot is that men can help improve their prostate health and sexual health in the privacy of their own home. Filled with numerous nerve endings, massage of the prostate creates a deep, intense sensation for greater sexual enjoyment. Regular stimulation can also assist in the release of prostatic fluid which can enhance blood flow to the area, improve urinary flow and improve the integrity of the prostate tissue.

BENEFITS OF PROSTATE MASSAGE

- Eliminates the build up of prostatic fluid to help prevent the likelihood of developing prostatitis, a painful inflammatory condition of the prostate.
- Improved blood circulation to the prostate, resulting in improved production of the fluid that mixes with semen, which in turn assists with relieving impotence and erectile dysfunction.
- Helps prevent an enlarged prostate, also known as Benign Prostatic Hyperplasia (BPH) which could lead to difficulty urinating and increased risk of bladder infections.
- May help minimise painful ejaculations.
- Improves overall prostate function which may reduce the risk of developing prostate cancer.
- Increases intensity of ejaculations, resulting in heightened sexual pleasure and orgasms.



Available Nationally
www.naughtyboy.com.au

q circus: NICA'S PLEASE HOLD

The National Institute of Circus Arts (NICA) presents

PLEASE HOLD

Directed by Kate Champion

Wednesday 29 November – Saturday 9 December

NICA National Circus Centre, Prahran

Bookings: www.nica.com.au

Australia's next generation of circus talents will be on show when the National Institute of Circus Arts (NICA) presents PLEASE HOLD – from 29 November to 9 December. PLEASE HOLD examines the social mediums that bind and isolate – from the invasive qualities of social media, to the rigid expectations of social etiquette – looking deeper into how community rules are created and challenged; and what happens when we don't measure up to expectations.

PLEASE HOLD will showcase NICA's final year circus artists – all incredible elite performers – with high-level circus skills: from competitive hand balancing and intricately coordinated tumbling, to extreme flexibility and highly tuned acrobatics. Performers will traverse a maze of ropes, straps and poles testing their stamina and agility to the limit. Through humour and insightful observations, PLEASE HOLD will dig into the impulse that drives these young adults to shun a 'normal' life and push their discipline and focus to its limit in pursuit of something out of the ordinary, something rare and exceptional.

Elite NICA performers include Nelson Smyles, who recently accepted a contract to perform hoop diving in Cirque du Soleil's production Luzia next year; Isaac Lawry an adagio and hand balancing expert who's trained at renowned Shaolin Kung Fu in China; multi-talented Jessie McKibbin winner of the Victorian Apprentice of the Year for her career in abseil painting, now specialising in roue Cyr, dance trapeze and fire manipulation; and Katie Martin, who fell in love with Chinese pole acrobatics at the age of eight (after seeing Cirque Du Soleil's show Saltimbanco), and is currently completing her PADI Dive Master Ticket, aspiring to become a scuba diver in water-based circus shows.

PLEASE HOLD is devised and directed by the incomparable Kate Champion, who's worked as a director, choreographer, teacher and performer for over 30 years – with art organisations including Belvoir, Sydney Theatre Company, NIDA, The English National Opera, Australian Theatre for Young People, Dance North, Vitalstatistix, The Australian Dance Theatre, DV8 Physical Theatre (London), and many more. In 2011 Kate directed Not In A Million Years which won a 2012 Helpmann Award for Best Visual or Physical Theatre Production – and in 2004 she choreographed the world premiere production of DIRTY DANCING which is currently being performed in London's West End, Europe and North America.

NICA is Australia's Centre of Excellence for training in contemporary circus arts. It is one of eight national arts training institutes and offers Australia's only Bachelor of Circus Arts. Graduates of NICA have gone on to pursue exciting careers both locally and internationally and have contributed to the development of Melbourne's vibrant circus arts industry.



q resort: WILL YOU MARRY ME?

Australia's only LGBTIQ resort is ready and waiting for the "Yes"

The iconic Turtle Cove Resort in Far North Queensland is ready in anticipation of a new era this week with same sex marriage ceremony, reception, and elopement packages ready to book.

The resort, situated on a 750 metre stretch of private and secluded beach north of Cairns has been offering same sex couples an unforgettable holiday experience since its opening in 1993.

Resort Marketing Manager Mike Evans said they have a strong and proud history of providing a unique getaway for local and international guests.

"The same sex marriage survey is momentous and we don't want couples to have to wait a moment longer to get married. Should the survey provide a 'Yes' vote, we're ready to host ceremonies and receptions of any size at Turtle Cove. We have always catered for LGBTIQ commitment ceremonies but there's a good chance this week that many couples will get to make it official, which is amazing and long overdue," Mike said.

It is approaching a quarter of a century since the first gay resort in Australia was launched and it has become an ideal destination with gay and lesbian visitors from around the globe.

"We're in a beautiful part of the world and we can't think of a better place to exchange vows should Marriage Equality be passed in parliament," Mike said.

Turtle Cove Resort is located between Cairns and Port Douglas within the world heritage-listed Daintree Rainforest and overlooking the Coral Sea and Great Barrier Reef. The resort is also one of the few in the world to offer guests a private, clothing- optional beach.

Wedding and commitment ceremony packages start from \$2,100 and can cater for exclusive use of the entire 30-suite resort. Friends, family, and straight allies and supporters of the community are always welcome at Turtle Cove. Mike said that whilst their target market is the LGBTIQ community, everyone is welcome at Turtle Cove and over the years we have seen a real diverse range of resort guests and day visitors.

"You only need to log on and read the traveller reviews to see why people keep coming back to Turtle Cove year after year," Mike said. *"It's a holiday unlike any other for our guests and a great injection of tourism dollars for the Cairns and Far North Queensland region."*

Visit www.turtlecove.com to book a getaway or find more information about its range of wedding, honeymoon and elope packages.



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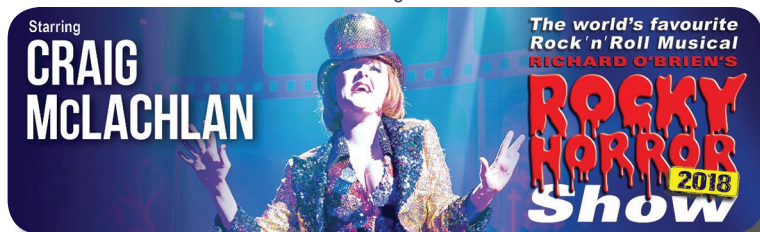


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q cabaret: ROCKY HORROR SHOW

Producers Howard Panter, John Frost and GWB Entertainment today announced that the 2018 Australian tour Richard O'Brien's The Rocky Horror Show will play in Melbourne at Her Majesty's Theatre for a strictly limited season.

Tickets for the Melbourne season go on sale on 24 November 2017!



This fresh new production of The Rocky Horror Show, which has been seen by 20 million people worldwide, will re-open the refurbished Festival Theatre at the Adelaide Festival Centre from 28 December 2017, then play at QPAC, Brisbane from 18 January, and the Crown Theatre, Perth from 17 February and Her Majesty's Theatre, Melbourne from 13 July, 2018.

Leading the cast will be television and theatre star Craig McLachlan, donning Frank N Furter's legendary fishnet stockings in his Helpmann Award-winning role. Joining Craig will be Kristian Lavercombe who astounded audiences in the 2014/5 tour as Riff Raff, musical theatre favourites Amanda Harrison (Wicked, We Will Rock You) as Magenta, Nadia Komazec (Matilda, The Phantom of the Opera) as Columbia and Brendan Irving (The Bodyguard, An Officer and A Gentleman) as Rocky, alongside Adam Rennie (Jekyll & Hyde, Love Never Dies) as Eddie and Dr Scott.

Playing the roles of Brad and Janet, the naïve young couple caught up in a situation they don't understand, are Rob Mallett (Les Misérables, Singin' In The Rain) and Michelle Smitheram (Dream Lover – The Bobby Darin Musical, Georgy Girl). The ensemble cast includes Bianca Baykara (The King & I, Priscilla Queen of the Desert), Ross Chisari (Aladdin, Man of La Mancha), Hollie James (My Fair Lady, Carrie The Musical), Hayley Martin (Anything Goes, Singin' In The Rain), Stephen McDowell (Jesus Christ Superstar, Mary Poppins) and Geoffrey Winter (The Bodyguard, Into The Woods).

"We are thrilled to bring The Rocky Horror Show with this exciting new cast to Melbourne. With Craig leading this wonderfully talented group of performers, this is sure to be an even wilder and sexier night out than ever before," said the producers. "Melbourne theatregoers have always been the most enthusiastic. When the 2018 tour was announced we received so many requests from Melbourne asking when their favourite rock and roll musical was returning, we couldn't help but say yes. To say we are thrilled to dance the Time Warp across Australia again is an understatement. Give yourself over to absolute pleasure before madness takes its toll!"

The Rocky Horror Show is a true classic and one of theatre's most endearing and outrageously fun shows. It opened at London's Royal Court Theatre on June 19, 1973, quickly developing a cult following, and was adapted into the 1975 film The Rocky Horror Picture Show, which has the longest- running release in film history. This iconic brand holds a unique place in theatre history, a show which has defied the decades and continued to grow in popularity.

The Rocky Horror Show is currently playing in Germany, Switzerland, Austria, Italy, Argentina, Romania and Slovenia, and about to open in Belgium, Tokyo and other cities in Japan. It has recently closed in Korea and Brazil, and in 2018 will open in Israel, Canada, Iceland and the UK. Millions of people all over the world have and continue to see productions of The Rocky Horror Show and sing along to classics like Sweet Transvestite, Dammit Janet, I Can Make You A Man, Touch-a Touch-a Touch Me, Over At The Frankenstein Place and of course, The Time Warp.

So give yourself over to absolute pleasure, and let's do the Time Warp again.

www.rockyhorror.com.au
facebook.com/RockyHorrorAU/
twitter.com/rockyhorrorau
instagram.com/rockyhorrorau/

SEASON DETAILS

Festival Theatre, Adelaide

Season: From 28 December 2017

Performance Times: Tuesday – Saturday 7.30pm, Saturday 2.00pm, Sunday 1.30 & 5.30pm

Price: From \$59.90*

Bookings: bass.net.au or 131 246

QPAC, Brisbane

Season: From 18 January 2018

Performance Times: Tuesday – Saturday 7.30pm, Saturday 1.30pm, Sunday 1.30 & 5.30pm

Price: From \$59.90*

Bookings: qpac.com.au or phone 136 246

Crown Theatre, Perth

Season: From 17 February 2018

Performance Times: Tuesday – Saturday 7.30pm, Saturday 2.00pm, Sunday 1.30 & 5.30pm

Price: From \$59.90*

Bookings: ticketmaster.com.au or 136 100

Her Majesty's Theatre, Melbourne

Season: From 13 July 2018

Performance Times: Tuesday – Saturday 7.30pm, Saturday 2.00pm, Sunday 1.30 & 5.30pm

Price: From \$55.00*

Bookings: ticketek.com.au or 1300 795 012



q love: **THE AMAZING MARIA VENUTI**

An honest reflection on my mother Maria Venuti's stroke, one year on
By Bianca Venuti



This month marks the first anniversary of my inspiring mother Maria's stroke. You may know her as a performer and charity queen. I know her as my Mum and best friend.

As I reflect on the year that has been, so many emotions surface – pride, hope, anger, frustration, exhaustion and most importantly love.

While Mum has made amazing progress in her recovery, it has been a slow process and there is still such a long road ahead for her. For us. What happened on November 5, 2016 changed both our lives forever.

I was told that the stroke that mum suffered was one of the worst hemorrhagic bleeds the intensive care nurses had even seen. It savaged the left side of her brain. At first we didn't know if she would survive, but Mum is a fighter, she hasn't and she won't give up. When I asked about recovery potential based on the best they had seen for a bleed like this, the doctor replied that they hadn't. People who have a bleed like Mum's don't even make it out of the ambulance, I was told. So I knew from the very beginning, that in true Maria Venuti style, she was forging her own path to show everyone what was possible.

It has been heartbreaking to see at times though. In an instant, Mum went from being a vibrant and vivacious entertainer (we had been in Melbourne for the Cup just days before) to not being able to comprehend, talk, walk or even swallow. But Mum never lost her spark, no matter how tough things got, her spirit has shone through. While she can't get her point across with words, she talks with her eyes and expressions, and this drives us both forward.

Mum spent six weeks in intensive care, then over four months in rehabilitation before she was able to come home. Of course she could no longer live alone at her house. She now requires ongoing 24/7 care at her now wheelchair accessible home with me. Everything requires detailed thought, special equipment, support, and time. Alongside the support of beautiful friends and a team of carers, we do our best to try and make her life as meaningful and happy as it can be while she continues to recover.

It is so good to have her out of hospital and in the types of environments she enjoys. I am relishing the opportunity to give Mum back the love and a little of the care she has provided to me all my life. Today, it is not about her performances to her audiences, it is about her performance in rehab. We celebrate the key milestones with little yellow stars. When she spoke her first word, when she stands up, when she tries to sing!

We have good days, bad days and days where we feel like we are just treading water, sometimes even drowning a little. I constantly ask myself "how do I make this work?", "how can I provide her with everything she needs to thrive?" and "how do I ensure balance, so that we can both continue to lead beautiful lives too?"

The reality is we are in the process of finding a “new normal” and it’s a huge challenge. Stroke is brutal, but Mum is larger than life and so much bigger than her stroke.

October 29 marked World Stroke Day, and the theme was “What’s your reason for preventing stroke?” It is an important question we all must ask ourselves.

As Maria’s daughter, her family, and now ‘a carer’, I had no idea what this journey would entail. My reason for preventing stroke is to stop other people from having to unnecessarily suffer through this too.

One person has a stroke in Australia every nine minutes. It can strike at any age, changing lives in an instant. The real impact of stroke is far reaching. It doesn’t just impact the survivor, it changes families.

So, I urge you and your loved ones to learn more about stroke and take action to reduce your own stroke risk.

Stroke is largely preventable, it can be treated and it can be beaten. Two key risk factors for stroke that we can change are high blood pressure and physical inactivity. Please, go to your local pharmacy, or have your blood pressure checked when you are next at the GP. Know your blood pressure and if it is high, do something about it and continually monitor it. Learn techniques to better manage stress. And if you are not getting enough exercise, which most of us are not, get moving. Jump off public transport a stop early, use the stairs and not the lift and go for a walk. By introducing lifestyle changes like eating healthily and moving more, you can reduce your stroke risk.

Mum and I will be marking World Stroke Day and the 12 month anniversary of mum’s stroke with a special benefit lunch with close friends, to reflect on all of her amazing achievements and keep encouraging her that her dreams can come true – talking, walking and singing again!

Life is so precious and the show must go on.

Find out more about stroke at www.strokefoundation.org.au and about World Stroke Day at <http://www.worldstrokecampaign.org/>



q arts centre: RIOT

RIOT, the all-star, all-Irish smash hit of the 2016 Dublin Fringe Festival and winner of Best Production, is set to make its Melbourne debut in an exhilarating theatrical explosion that will set hearts soaring and pulses racing from 31 January to 9 February 2018 at Arts Centre Melbourne.

Serving up a disorderly cocktail of wild theatre, banging jigs, slapstick comedy and eye-popping circus, this jaw-dropping spectacle will leave audiences dazzled, dizzy and ready to change the world. Infusing the magic of theatre with the excitement of variety and the energy of the dance floor, RIOT broke Dublin Fringe box office records, set social media ablaze and is touring the globe in 2018.

Rooted in the Irish traditions of poetry, oratory, Irish dance and song, then deconstructed using musical, electro, striptease, drag and pop culture, RIOT is a theatrical gut-punch. It is a love letter of hope to the future and a clarion call on the state of the world today.

Leading the stellar cast is Queen of Ireland Panti Bliss, who is well known to Australian audiences. Her 2016 one-woman-show *High Heels in Low Places* racked up stellar reviews and packed houses in Australia as well as Ireland, UK, Europe and USA. The self-described accidental activist played a major role in the successful referendum campaign for Marriage Equality in Ireland, has authored her memoir *Woman In The Making* and starred in the 2015 critically acclaimed documentary, *The Queen Of Ireland*.



"Melbourne is one of my favourite cities in the world and the beautiful Arts Centre Melbourne is one of my favourite venues to perform in, so I'd be excited to return there under any circumstances. But returning there with this wildly talented cast, in this spectacularly entertaining show that we're all so proud of, is almost too much excitement for this old show pony! And then on top of that we get to welcome a different special guest into the cast every night! I may have to lie down till the palpitations pass," said Panti.

Joining Panti on stage are Street Performance World Champions and unlikely heroes of Britain's *Got Talent*, The Lords of Strut. These spandex adorned lads are on a mission to change the world with a dose of dance, acrobatics and a big old measure of slapstick. Multi-award winning dance duo Philip Connaughton and Deirdre Griffin roll out some thumping jigs whilst Megan Riordan, the star of the Tony Award winning *Once The Musical* (Dublin) and Ronan Brady, the Gaelic football player who ran away to join the circus, add to the sensational line up.

Rounding out the cast is Kate Brennan, RIOT'S street corner poet delivering the emotive words and rhymes of Emmet Kirwan including those from *Heartbreak*, which became an award-winning short film, along with the show's 'Sirens' vocalists Alma Kelliher, Adam Matthews and Nicola Kavanagh. In addition, a surprise local guest artist will join the cast each night of the season.

Thrilling, uplifting and utterly unique, RIOT is your big summer night out, with a delicious twist. The production comes to Melbourne following a Sydney Festival season (5-28 January).

THISISPOPBABY has toured Australia a number of times presenting the critically lauded (and controversial!) *The Year of Magical Wanking* and 2013 Melbourne Festival commission *WERK* as well as several Panti Bliss productions.

**Arts Centre Melbourne presents THISISPOPBABY's
RIOT**

31 January – 9 February 2018

Fairfax Studio, Arts Centre Melbourne

Book at artscentremelbourne.com.au

Tickets: Full \$65 -\$89, \$30 Under 30s and Arts Industry tickets are also available.

For more information about Arts Centre Melbourne visit artscentremelbourne.com.au or phone 1300 182 183. Become a fan of Arts Centre Melbourne on Facebook or follow @artscentremelb on Twitter or @artscentremelbourne on Instagram.



HATE SPEECH IS ILLEGAL

Vilification is a public act or statement that incites others to hate a person or their group because of their gender identity or sexuality. A public act includes publication on the internet. Vilification is UNLAWFUL in Queensland.

If you live in Queensland and hear or see something in your neighbourhood, post box, or on social media that incites hatred on the basis of gender identity or sexuality, we advise you to record or screen capture it (including the date and time), submit it to us and seek legal advice.

The LGBTI Legal Service is currently running a project to address hate speech called "LIKE LOVE". Comments saying that gay people are more likely to be rapists or pedophiles have been found to be unlawful vilification in other legal cases. These kind of comments are not excused by the right to free speech.

**Contact us for free legal advice if you have concerns:
likelove@lgbtilegalservice.org**



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Highland Titles offers the perfect gifts to people you may know who like to think of themselves as a 'royal' or someone who wants to be the ultimate Queen or King!

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Highland Titles Nature Reserve is giving away 1 plot of land; 100 square foot in size. The prize will include a gift folder, personalised certificate, personalised booklet, master title deed and bumper sticker.

Located in Scotland, Highland Titles is a Reserve that sells small "souvenir" plots of land which allows owners to use the courtesy title of Laird (landowner, lord or lady).

The title 'Laird' is a descriptive title traditionally afforded to Scottish landowners or, more commonly, by those living and working on the estate. Laird is a Scottish word and is simply the Scottish form of the English 'Lord'. The female equivalent is 'Lady'.

Money from each sale goes towards important conservation work, helping preserve Scotland's wilderness.

The land purchased is managed as a nature reserve complete with many regeneration projects for Scottish fauna and flora. Scotland's official tourist board, Visit Scotland has recently awarded Highland Titles Nature Reserve at Glencoe Wood, and amazing 4 out of 5 stars as a tourist attraction.

Land forms part of the Keil Hill estate, which is run as The Highland Titles Nature Reserve. All the owners of land (The Lairds, Lords and Ladies of Glencoe) take great pride in the environmental project; saving Scotland one foot at a time.

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* 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.

INK

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Be comfortable
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and let animals
keep theirs.

q book: THE GRAND LADY OF ST KILDA

175 years of food, fun and funkiness

St Kilda identity and RockWiz host, Brian Nankervis, will launch *Acland Street: The Grand Lady of St Kilda* by award-winning historian, Dr Judith Buckrich, at 6pm, Thursday 23 November at the St Kilda Army & Navy Club, 88 Acland Street, St Kilda.

The lavishly-illustrated, hardcover book explores the history of Acland Street since it became St Kilda's first named street in 1842, taking its name from Thomas Dyce Acland, the owner of the schooner *Lady of St Kilda* which gave its name to the suburb.

"The fortunes of Acland Street have ebbed and waned along with St Kilda's," Dr Buckrich said. "They grew rapidly during the Gold Rushes and the boom that followed, dipped in the 1890s' depression, rose again after World War 1, fell catastrophically in the Great Depression, and started to climb again in the 1980s. It's been home to the wealthy and the poor, to Jews escaping Nazism, and to a motley of musicians, artists, gays, sex workers and radicals. It is a place where the rich and down-and-out, respectable and disreputable, highbrow and lowbrow, have always jostled for space and dominance."

Dr Buckrich said that there's hardly a Melburnian who hasn't been to Acland Street.

"Acland Street has a special place in this city's heart – and its collective memory. So many of the hundreds of people I have met and corresponded with over the course of writing the history love Acland Street with a passion that I have never heard expressed for any other place. Not the unpleasant passion of nationalism, but the tender feeling for somewhere that has given great joy and passion," she said. "Acland Street can also claim to have a place in the affections of people all over Australia – if they have ever been to Melbourne, it's odds on that they've been to Acland Street to sample its continental cakes, cafes, art galleries, live music and 'vibe', before or after a visit to the beach, Luna Park, or the Esplanade Art and Craft Market."

Acland Street has witnessed many firsts that are not widely known, Dr Buckrich said.

"Acland Street was home to Australia's first official LGBTI organisation, the Daughters of Bilitis, in 1969. In 1993 had the first centre for people with HIV/AIDS, and in 1995 boasted the first internet café in Australia. With its unique combination of ethnic, sexual and cultural life, cheap but gloriously decaying flats and boarding houses, and numerous music venues and excellent public transport, the street was, for a while, the most dynamic of any in Melbourne," she said. "Its proximity to the beach and the entertainments of The Esplanade proved a romantic, if world-weary, setting for baby boomer inhabitants living the new and wilder life of the 1960s-1980s."

Researching and writing the history has been a very personal project for Dr Buckrich who fled Hungary with Communist father and Jewish mother in 1958, following the aborted 1956 uprising.

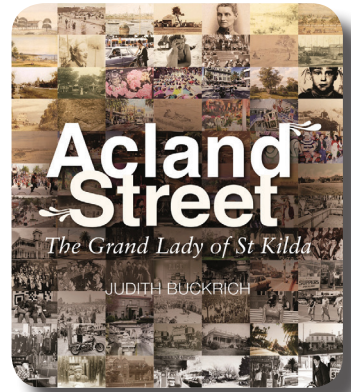
Over the past 175 years, Acland Street has been home to many extraordinary people including Henry Jennings, lawyer and philanthropist who, in 1860, held out on behalf of the Wurundjeri people at Coranderk near Healesville against members of the Board of Protection for Aborigines, Dr Buckrich said.

Dr Buckrich has made her living from writing plays and histories and explores her life in her recently published memoir, *The Political is Personal*. She has written histories of St Kilda Road, Collins Street, the Port of Melbourne, Montefiore Homes, the Royal Victorian Institute of the Blind, Prahran Tech, and Melbourne University Boat Club. Her history of Ripponlea Village won the 2016 Victorian Community History Awards Local History – Small Publication Award.

Acland Street: The Grand Lady of St Kilda is published by the Australian Teachers of Media Inc. (ATOM), a non-profit organisation whose editor is affiliated with the St Kilda Historical Society. To fund publication, it set up a pozible crowd funding campaign.

Acland Street: The Grand Lady of St Kilda by Judith Buckrich (ATOM, 2017). RRP. \$50.00 ISBN: 978 76061 066 1

To purchase *Acland Street: The Grand Lady of St Kilda*: <http://theeducationshop.com.au/books/acland-street-the-grand-lady-of-st-kilda-delivered/>



q scene: OUT & ABOUT

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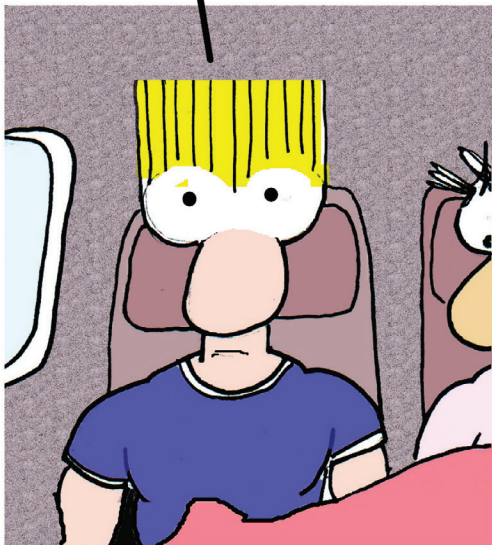
Flying used to be more fun.



Before they began to cram us in like sardines ...

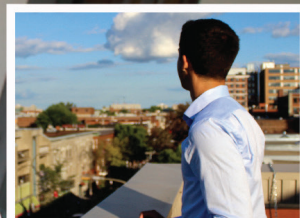


.. getting to the lavatory for anonymous mile-high sex was easy!



Now, I have to settle for a hand-job from a guy I can't avoid getting to know





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