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Q MAGAZINE

featuring WE WERE THERE

hiv/aids stories by australian women

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q comment:

Sidney Myer Fund
Gay and Lesbian Foundation of Australia
Grant Round Announcement

The Sidney Myer Fund and the GALFA Board of Directors are pleased to announce our next joint funding round, as part of the Sidney Myer Fund Poverty and Disadvantage Small Grants Program, to the value of \$15,000.

This grant round will focus on improving the wellbeing of LGBTI 1 people living with a disability.

We encourage projects that are collaborations between disability advocacy and LGBTI groups, and from States and Territories other than Victoria.

The projects should aim to assist LGBTI people living with a disability in any of the following areas:

- Reducing isolation
- Recognising multiple identities including Aboriginal or Torres Strait Islander or multicultural
- Building community capacity
- Enhancing cultural engagement and development
- Building evidence
- Improving LGBTI inclusive practice in services.
- Applicants should focus on projects over a 1-2 year period through either:
- Community development
- Education initiatives
- Applied, community-led research with tangible outcomes in the field
- Events or conferences

Applicants must submit an expression of interest by email to GALFA using the appropriate form by 5pm Monday 5th March 2018. Those short listed will be advised by 23rd March and will be invited to submit a full application using the Sidney Myer Fund online application system by 27th April 2018. The successful applicant will be advised in June, with the project to start no earlier than 1st July 2018.

Details and expression of interest forms are on the GALFA website at www.galfa.org.au

Please note, the grants are not intended to support capital and building works, vehicles, furniture or equipment, general fund-raising, travel, books or religious activities.



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ISSN 1449-499X
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Brett Hayhoe t/a Q Magazine
ABN 21 631 209 230

q feature: WE WERE THERE

Tilted Projects proudly presents,
as a part of the 2018 Midsumma Festival
We Were There

Conceived and developed by Dirk Hoult and Gavin Roach

Days of interviews, months of development, years in the making, Tilted Projects brings Melbourne audiences a powerful new piece of verbatim theatre, *We Were There*. Performed by four talented female actors, this premiere work gives a voice to 15 different real life women. Who were there.

Telling Australian stories by Australian women, *We Were There* offers a unique perspective of HIV and AIDS. It explores the real lives and untold stories of the sisters, mothers, wives, friends, volunteers, and medical professionals who cared for those living with HIV and AIDS in the 80s and 90s. With humour and heart, *We Were There* celebrates the achievements and sacrifices of these women, and remembers those left behind.

"We Were There was born out of a desire to tell Australian stories that rarely get told.", explain Dirk Hoult and Gavin Roach from Tilted Projects. "So often stories from the HIV and AIDS crisis in Australia focus on a male gaze and we felt that this was an opportunity to shine a light on a part of the community that have seemed to have been forgotten. It's a humorous and surprising trip down memory lane for audiences, with stories that are still relevant today."

Created in 2016 by VCA Graduates and theatre-collaborators Dirk Hoult and Gavin Roach, Tilted Projects is committed to developing obscured and untold queer stories into works that reflect our contemporary cultural landscape. The work is community focused and shines a light on the lives of everyday Australians through a tilted lens. Their inaugural production, *We Were There*, is truly one not to be missed.

Directed by Dirk Hoult and Gavin Roach ~ Dramaturgy by Alyson Campbell ~ Set Design by Alex Hiller ~ Sound Design by Connor Ross ~ Lighting Design by Jason Bovaird ~ Performed by Perri Cummings, Olivia Monticciolo, Leah Baulch and Naomi Rukavina

23 January to 4 February, 2018

Tues - Sat 8pm, Sat 4pm, Sun 6pm (no show 26 Jan) Preview shows 23 and 24 January, 8pm

Tickets: \$49 Full, \$39 Preview, Concession and Grps 4+

Bookings: 03 8290 7000 and online at www.tiltedprojects.com/shows Chapel Off Chapel: 12 Little Chapel Street, Prahran www.tiltedprojects.com



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q travel: with BARRIE MAHONEY

'Tweeters from the Atlantic'

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



'Living in Spain and the Canary Islands' – A New Book by Barrie Mahoney

What a year 2017 has been for British immigrants living in Europe, as well as for those hoping to make a new home in the sun. Since I wrote the first 'Letter from the Atlantic' as a newspaper reporter in 2004, so many things have changed. When my partner and I moved to the Costa Blanca, it was a time of great optimism and exciting possibilities. The exchange rate meant that the British living in Europe were getting a very favourable deal. Property prices in Spain were realistic, and for many people the opportunity of a new life in the sun became a reality and not just a dream.

It was also a time when British entrepreneurs established new and successful businesses in the Costas, and Spain was grateful for the investment and made newcomers welcome. It was a time when it seemed that nothing could halt the enthusiasm of the British for a new life in Spain.

Then there was the financial crash, later to be followed by the EU referendum and what has since become known as 'Brexit'. Looking back, it should have been obvious that the pound was severely over valued for many years, and that many Brits were living in a 'fool's paradise' that would eventually come to an abrupt end. There was rapid devaluation of house prices, leading to negative equity and financial chaos for many who had over extended themselves when buying a property in Spain. A number of British owned businesses in Spain collapsed, leaving many disillusioned and with little option other than to return reluctantly to the country of their birth.

The result of the referendum, initiated by the then Prime Minister, David Cameron, went badly wrong from the point of view of many Brits living in Spain. The result of the referendum was accompanied by a fall in the value of the pound, and left many with a reduction of around 20 per cent of the income that they were used to. Pensioners, and those on a low income were the first to feel the initial impact of the decision to leave the European Union, and for a time it seemed that the rush to leave Britain for a sunnier future had ground to an abrupt halt, as the electorate began to take stock of their new position outside the European Union.

My new book, 'Living in Spain and the Canary Islands' goes back to the beginning of the year with a series of letters that reflected and expressed the mood at the time. Confused as to what the future would bring, there were often angry, and sometimes depressed conversations in bars, restaurants and all areas of British social life in Spain and the Canary Islands, which is where I currently live. Estate agents were gloomy and removal companies were reporting a sudden resurgence in business, as many Brits were leaving Spain and heading back to the UK. Of course, many of the elderly and sick could not do this, because they had neither the resources, good health or inclination to deal with what would be for many a traumatic return to life in the UK. I also doubt that many would survive the rapid drop in temperature either.

The political climate is changing once again. As I look back over these turbulent 12 months, I know that many businesses, banks, estate agents and removal companies in Spain are reporting a greater positivity and enthusiasm from those who are still longing to move from the UK to Europe. For many, the EU referendum has confirmed what they already knew; that they are firstly European and not just British. Politically, many dislike what they see as a new anti-European order within the British political establishment and have decided to vote with their feet.

As well as retirees looking to fulfil their dream of heading for a healthier life in the sun, young people are seeing their future as still being part of the bigger European dream. Despite significant changes, there are new realisations for British people hoping to make a new life within a country of their choosing, and not just the territorial constraints created by an accident of birth.

It is true that many of the opportunities and freedoms have narrowed since myself and many others began our new lives in Spain, as well as other parts of Europe. The opportunities provided by the freedom of movement to live and work in any country across this exciting and inspiring continent are the envy of many across the world and should not be lightly overlooked. Life is short; if you have the enthusiasm and the means, my best advice is to grasp every opportunity to 'live your dream'.

If you enjoyed this article, take a look at my websites:

<http://barriemahoney.com> and
<http://thecanaryislander.com> or r
ead my latest book, 'Living in Spain and the Canary
Islands'
(ISBN: 9780995602724).

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

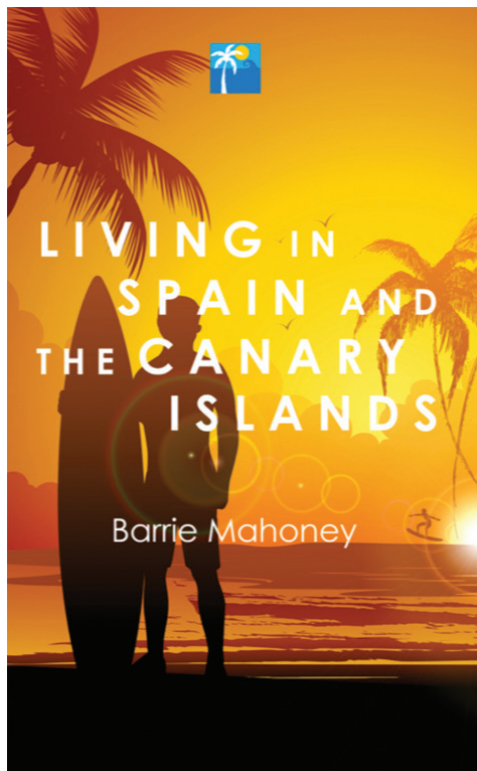
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q tour: AUSTRALIAN BEE GEES

Fresh from celebrating 7 years and well over 2000 shows headlining on the Las Vegas strip, the Australian Bee Gees Show will be heading Down Under for the Australian leg of their 2018 'Direct from Vegas' world tour!

This new show will be presented in two parts and feature all of the hits in a nostalgic trip down memory lane in a multimedia concert event.

The Australian Bee Gees Show is currently performing at The Excalibur Hotel and Casino and has been in residence for the past 7 years. The group has racked up over 2250 performances on the Las Vegas Strip and has just been resigned for another 2 years until Feb 2020. The Australian Bee Gees Show was recently voted Best Tribute Show in Las Vegas by the prestigious Las Vegas Review Journal and has made the top 10 in the 'Overall Best Show' category, an amazing achievement in Las Vegas. They were also honoured to receive the coveted Entertainer of the Year award for 2015 at the prestigious Win Win Headliners Bash.

The Australian Bee Gees show was also the first Australian band to perform 1000 shows headlining on the Famous Las Vegas Strip and with 2250 shows already under their belt they are looking forward to continued success in Sin City.

After 21 years on the world stage and over 6,500 performances in over 60 countries, The Australian Bee Gees Show has evolved to become the definitive live celebration of the wonderful music written by the Brothers Gibb.

From their first shows in 1996, The Australian Bee Gees Show has conquered Las Vegas and has played to capacity houses around the world, cementing their reputation as an exceptional live concert act and the world's leading Bee Gees Show.

For one night only be a part of the magic that is, The Australian Bee Gees Show.

For tour dates and more information, go to www.abgshow.com OR www.facebook.com/TheAustralianBeeGees



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Lara Copywriter AGL



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q seminar: **CREATING FAMILIES**

CREATING FAMILIES VIA SURROGACY - A GIVE & TAKE

Cass Lake's generosity in carrying a child for gay couple Juan & Christian inspired them to donate their sperm and left-over embryos to others in need.

For Juan, now 36 years old, the man of his dreams had always been someone keen to bring up a family. It was a topic raised in his first week dating Christian. They quickly came to realise both shared the same dream - two children - one biologically connected to each. Now settled in Sydney, their journey to reach this goal has taken them around the world several times.

Juan & Christian had a boy born via a difficult surrogacy process in Mexico in 2015. They had tried for two children, but only Juan's sperm had produced embryos that (after many tries) led to a healthy baby boy, Anxo.

Back in Sydney after their Mexico experience, they heard about the Australian Surrogacy Community- a large Facebook group where altruistic surrogates and intended parents can 'self-match'. The couple joined, thinking one day to locate an Australian surrogate to perhaps carry that second child.

Posting an irresistible image of themselves and Anxo, the close-knit surrogate community was soon abuzz with discussion. Within two weeks Cass, a mother of three from the mid North NSW Coast had offered to carry their longed for second child. Given most looking at domestic surrogacy take years to find a surrogate, if they do at all, such good fortune was extra-ordinary.

"We weren't really ready" Juan admits, but it was too good an offer to turn down. What followed was a visit to the tiny village of Tinonee outside Taree to meet Cass and her family. She and her three children, now 10, 8 and 6 years made a short video for their new gay friends. Her eldest boy did the commentary, declaring they couldn't wait to help Juan and Christian. The boys would chat with Cass via Messenger for hours at a time as well as plentiful Skype calls.

But there was a catch - there was only so long Cass was prepared to put her life on hold to carry. She wanted the embryo transfer to occur in March 2017, with the hope that if it worked, she would deliver by Christmas.

By late January 2017, while Juan & Christian, their surrogate and her partner had completed the legal and psychological counselling, their plans to re-engage Anxo's South African egg donor had come unstuck. The Australian government was refusing to grant her a visa to travel.

Fortuitously, late the year prior, they had met another Sydney gay couple and their egg donor Amber at a kids' party. They had got to chatting and Amber had ultimately suggested that if needed, she would donate her own eggs. In early February they made contact again. Amber remained willing. However the logistics were complex.

They had already committed to a Brisbane IVF clinic (as only this clinic accepted South African egg donors), but Juan & Christian were in Sydney, Amber in Melbourne and Cass four hours up the coast. Their IVF team needed to synchronise their donor and surrogate menstrual cycles. Luck was on their side and they successfully created nine embryos.



Cass first embryo transfer took, but the next 20 weeks proved really tough, with constant nausea and vomiting. With Juan & Christian both working, they could only drive up to Tinonee on weekends. The hamlet had no access to take-away restaurants, so they couldn't even arrange for meal deliveries for Cass's family. Instead Juan cooked and froze as many meals as they could fit in a huge esky and drove north, to take the meal preparation off Cass' hands for a few weeks.

On 5 December, Cass had an extended 24 hour labour in Manning River Hospital and lost three litres of blood in the process. As Juan held their newborn son, Cass was rushed into theatre to stem the blood loss. While keen to complete another surrogacy journey, Cass' doctors have advised that another birth would be just too risky for her own health.

What advice would Juan & Christian give gay singles and couples considering Australian surrogacy?

"You need to really put yourself out there, be appreciative of every single effort made by members of the surrogacy community, be genuine, don't take people's kindness for granted - give back."

What Juan & Christian could give was sperm and embryos. So they joined another online group Sperm Donation Australia, selecting five couples in need of sperm – one in Tasmania, two in Sydney, one in each of Brisbane and Melbourne.

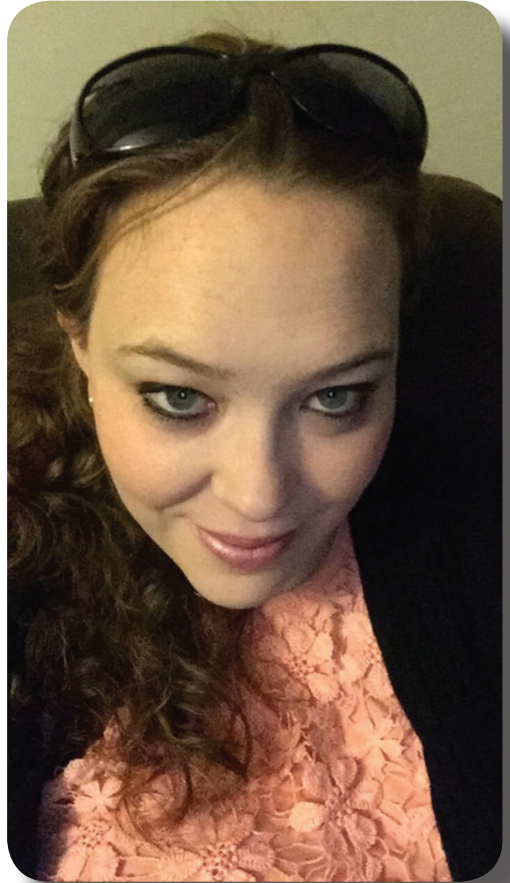
As for embryos, they have eight still in Brisbane and were keen to donate them. Their donor put them in touch with a Melbourne heterosexual couple to whom they are donating four of these.

While embryo donation remains a process heavy with red-tape and further counselling in the Australian context, Juan & Christian remain determined to help.

Juan & his partner are just one of 34 Australian parents and surrogates who will share their extra-ordinary journeys at Families Through Surrogacy's February seminar series across six Australian capital cities between 10 -16 February 2018.

These aim to assist those considering surrogacy with crucial decisions around countries, agencies, IVF decisions and surrogate-parent relationships.

Full details at <http://www.familiesthrusurrogacy.com/febseminar/>



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q film: THE 25TH QUEER SCREEN

Reflections and Celebrations: 25 years of Queer Storytelling

Celebrating 25 years of queer stories on film, Queer Screen's 25th Mardi Gras Film Festival (Festival) is a glorious mix of retrospective treasures and the latest and greatest films celebrating love, life and the journey to equality across the LGBTIQ+ spectrum. Tickets are now on sale at queerscreen.org.au for the full program which runs from 15 February to 1 March in Event Cinemas George St and across Sydney.

With more than 60 Australian premieres, two World Premieres, abundant award-winning films and 12 different short film packages, the Festival will showcase 55 feature length films and 69 short films in 71 sessions.

"Screening the widest number of queer stories and giving a platform to as many different queer voices as we possibly can, particularly underrepresented voices, is our driving force this year and the reason why we are showing so many short films," explains Festival Director Lisa Rose. *"It's not a hard task to double the number of short packages this year as the quality of the films is exceptional. I'm also proud that three sessions include differently abled protagonists and two screenings have Open Captions."*

"In addition to showcasing our newest filmmakers, we are honouring our past through timeless classics such as DESERT HEARTS and YOUNG SOUL REBELS as well as an unmissable My Queer Career Retrospective Gala celebrating some of the most compelling short films created here in Australia since we established My Queer Career in 1994," continues Lisa.

This year's Festival will host a countdown of the Top 25 LGBTIQ Films of All Time as voted by Queer Screen fans, and discussed by local film experts Kate Jinx, Matt Ravier and Lisa Rose.

The Festival opens with IDEAL HOME, a hilarious dramedy about an extravagant bickering couple played by Steve Coogan and Paul Rudd who must look after a grandson they never knew they had.

Closing Night film is the quirky coming-of-age and award-winning FREAK SHOW featuring the camp and courageous Billy Bloom who is determined to live life as his fabulous self. With cameos from Bette Midler and Laverne Cox, it's a great celebration of being here and being queer!

"Our 25th anniversary is all about celebration," comments Queer Screen President Cheryl Kavanagh. *"A celebration of who we are, of the people who have helped us get to where we are, and of the amazing diversity across our community here and globally. It's very exciting to be marking such an important milestone in our organisation while Mardi Gras celebrates its 40th anniversary, what a fantastic couple of months ahead!"*

Holding its World Premiere at the Festival is BLACK DIVAZ, the Australian documentary following the inaugural Miss First Nation pageant, providing an intimate portrait of what it means to be an Indigenous Drag Queen today.

In addition, we are one of the first countries in the world to showcase a special preview screening of LOVE, SIMON the hotly anticipated coming of age story about the thrilling ride of falling in love for the first time.

Visiting Sydney to help us celebrate our 25th anniversary are many international guests including renowned British filmmaker Isaac Julien who wrote and directed the iconic coming-of-age film YOUNG SOUL REBELS, winner of Best Film at the Cannes Film Festival in 1991. Will Sullivan and Derek Dodge, the US based writers and directors of this year's THE RING THING and 2016's THAT'S NOT US, will visit the Festival and conduct an interactive masterclass on writing and directing improvisational drama for local emerging filmmakers.

Natasha Negovanlis who plays Carmilla Karnstein in THE CARMILLA MOVIE, a sequel to the smash hit web series CARMILLA, is a special guest of the Festival where she will take part not only in a Q&A and Meet & Greet session but is also hosting an exclusive dinner event for some lucky fans! More guests will be announced soon.

The sheer diversity of this year's films ensures there is something for everyone whether you like your films dramatic, uplifting, thought-provoking, artistic or just plain sexy!

Tickets for all films are on sale now. Please visit queerscreen.org.au or the Mardi Gras Film Festival app, or call (02) 9280 1533 to book. Become a Queer Screen member for discounted tickets and priority entry.

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q festival: ST. KILDA STYLE

The City of Port Phillip is excited to announce the highly anticipated line-up for Australia's largest free music festival, the St Kilda Festival on Sunday 11 February 2018.

The St Kilda Festival Main Stage will play host to The Jezabels, Dan Sultan, Tkay Maidza, Models, Mia Dyson, Bustamanto, Architecture in Helsinki (DJ set) and That Gold Street Sound (2017 New Music Stage Competition Winner).

More than 60 of the nation's hottest musical talents will perform over seven stages throughout St Kilda with crowds expected to surpass 400,000 on the day.

Proudly produced by the City of Port Phillip, the 38th St Kilda Festival is set to bring an all-Australian music line up alongside a dedicated Kidzone area featuring performances and meet and greets with Hi-5, a kids carnival and cricket workshops with the Melbourne Stars. There will also be a dancezone, parades, carnival rides, food trucks, market stalls and special events hosted by local bars and restaurants.

City of Port Phillip Mayor, Cr Bernadene Voss welcomes the annual Festival in the municipality, with the event providing entertainment for the local community and visitors alike.

"St Kilda Festival has been a part of our community for over 35 years and is an integral part of our summer celebrations. The event has been the first step towards successful careers for many of Australia's most loved artists, and provided a platform for others to be discovered. We are proud to work with and celebrate so much Australian talent and live music in the heart of St Kilda."

For the full 2018 St Kilda Festival program please visit www.stkildafestival.com.au / @stkildafestival and join the conversation with the #stkildafest hashtag.





Main Stage

12:15pm	That Gold Street Sound
1:15pm	Mia Dyson
2:30pm	Bustamento
3:45pm	Tkay Maidza
5:00pm	Models
6:15pm	Dan Sultan
7:45pm	The Jezabels
9:15pm	Architecture in Helsinki (DJ Set)

O'Donnell Gardens Stage

11:45am	Samsaruh
1:00pm	POW! NEGRO
2:15pm	Didirri
3:30pm	Maddy Jane
4:45pm	Electric Fields
6:00pm	Mallrat
7:15pm	Paces
8:30pm	The Bennies

Alfred Square Stage

11:30am	Alariyya
12:45pm	Kira Piru
2:00pm	30/70
3:15pm	Caiti Barker
4:30pm	Benny Walker
5:45pm	The Jazz Party
7:00pm	Vulgargad

The Push Stage

12:00pm	FReeZA Push Start Comp Grand Final
4:40pm	Sophie Grophy
5:50pm	Arno Faraji
6:55pm	Jess Locke
8:00pm	Japanese Wallpaper

New Music Stage

11:20am	Sugar Teeth
12:20pm	Swim Season
1:20pm	Xani
2:20pm	The Northern Folk
3:20pm	Batz
4:20pm	Cool Out Sun
5:20pm	Slowcoaching
6:20pm	Mayfield
7:20pm	The Skeleton Club
8:20pm	Baker Boy

Live N Local Stage

11:20am	Maxon
12:20pm	Vanessa Fernandez
1:20pm	The Rebelles
2:20pm	Hachiku
3:20pm	Brian Eldorado and the Tuesday People
4:20pm	Emilee South
5:20pm	Horns of Leroy
6:20pm	Thee Wylde Oscars
7:20pm	Fulton Street
8:20pm	The Senegambian Jazz Band

Songwriters Collective Stage

12:00pm	Raynard Creegan
12:30pm	Dear Matilda
1:00pm	Jimmy Harwood
1:30pm	Michael Yule
2:00pm	Damien Van de Geer
2:40pm	Jade Talbot
3:15pm	Hooler
3:50pm	Alex Hughes
4:30pm	The Ians
5:15pm	Jess Hieser
6:00pm	Ben Smith Band

Kidzone Stage

10:00am	Bethany Fisher
10:50am	Hi-5
11:45am	Yogabean
12:30pm	Pevan & Sarah
1:15pm	Hi-5
2:10pm	Little Feet Music
2:55pm	Woody's World
3:40pm	The Kazoos
4:25pm	Zumba

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q health: with KEREN WIGLEY

Aleenta Barre is very happy to welcome Keren Wigley and Ciara Clerkin at Holistic Health Melbourne to our team of professionals who are committed to your health and wellbeing. As healthcare practitioners, specialising in Kinesiology, they are able to act as interpreters between you and your body, to help you find out what it is that your body may be trying to tell you, and provide natural and gentle ways, in a comfortable, relaxing and confidential environment, to resolve any physical or emotional issues that need to be addressed.

In the article below, Keren explains how your body can react to the journey of life and try to communicate to you in ways that are mostly misinterpreted, exacerbating the issues. You can read the complete article at <http://holistichealthmelb.com.au/life-is-an-epic-journey/>

Life is an epic journey and most people have experienced many incredible highs and some challenging low points along the way.

Often the road to the future is punctuated by challenging and difficult circumstances, deep grief or trauma. Life is not discerning between those who have and those who have not and in reality, nobody escapes unscathed and it becomes part of their growth and learning. However during those past times, the vision of the future may have been obscured by circumstances beyond their control, lack of direction, losing sight of personal goals or being unable to achieve them because of others. For some, the overwhelming burden of grief, regret or guilt added a weight which made it difficult to keep going forward. Or perhaps feelings of frustration, resentment, loss of control or being stuck added to the load.



Happiness is everyone's birthright and at some point many people made a decision to reclaim their personal power. Although it took a lot of courage, they took steps to achieve it, setting emotions aside, or navigating their way out of the situation that was keeping them down. With courage and determination, they launched into their desired future with renewed vigour, determination and purpose.

Fast-forward through the struggles, like the butterfly coming out of the cocoon, to their future. As they looked back over their life they saw that all of the stepping stones developed them in ways that they would never have imagined and contributed to the success and happiness that they now enjoyed, going from strength to strength. Life is good and there is no need to work through old forgotten emotions and issues. They seem so far away.

But are they? Over time, especially if combined with the accumulative effect of ongoing stress, the body makes a decision (unknown to them) that it is time to empty the trash and the only way to communicate this to them is in a physical way. In a seemingly perfect world they begin to experience inexplicable symptoms, usually in the weakest link in the genetic chain. These are signals from the body. At first occasional, and then constant physical or emotional symptoms. Perhaps anxiety attacks, depression, unexplained fears, challenging dreams, digestive disorders, sensitivities, headaches, muscular aches and pains, burn-out, feelings of vulnerability, fragility, uncertainty about the future, diminishing self-confidence. Every time they try to walk their path, they feel as though there is an invisible net holding them back. It is at this point that they often seek medical intervention, and add a pharmaceutical prescription to the physical and emotional toxicity in the body. In response, the symptoms may ease however the body begins to shout at them as it becomes overloaded. They cannot understand or listen, often blame it on the aging process, and the underlying problem gets worse until a real condition develops.

Their body has decided it is time to stop, deal with all of the underlying issues so that they can heal emotionally and be happy again. Often they have forgotten how it feels to be really happy, that feeling of freedom, laughing out loud and feeling so good that they want everyone to feel the same way. The personal goals that they set for themselves a few years ago are still burning and they want them to become reality. Every time they look at them and think "Can I?" the answer is a resounding "No!". Their body has begun to shut them down and it becomes increasingly difficult to do all of the things they want to do. They may experience a sense of denial and try to soldier on although it gets harder and harder.

It is usually at this point that a friend will mention Kinesiology to them or they will become aware of it in some way.

This is the only modality that gives them the ability to talk directly to their body via the practitioner who acts as an interpreter to identify the issues that need to be resolved.

WORKING AS A TEAM THROUGH A SERIES OF
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Working as a team through a series of sessions, they begin to gently unravel the layers of the past in an order of priority determined by the body, just like peeling the layers of an onion.

Unlike other therapies that require them to experience painful emotions again, Keren and Ciara include other modalities (NLP, Hypnotherapy and Reiki) to enable them to clear the issues in a detached and objective manner.

This, to the body, is like a breath of fresh air and leaves them feeling increasingly lighter, clearer and focused with a sense of self-empowerment and freedom. Their physical health begins to improve and feelings of joy, wellbeing and personal empowerment begin to return. These changes are permanent and there is no looking back.

Many people who have experienced the scientifically-based magic of Kinesiology continue to use it as a go-to whenever they begin to feel a shift in the physical and emotional wellness that they have become accustomed to.

If you feel that you would like to clear your personal journey and future path with Keren or Ciara, you can book a session (or a free 15 min consultation) at <http://holistichealthmelb.com.au/book-a-session>

You can also call or email: Keren: 0409 706727 keren@holistichealthmelb.com.au OR Ciara: 0403 566886 hello@the-connection-between.com.au



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Geoff: has danced for many years, has competed in numerous competitions , both amateur and professional in Australia and has taught dancing for about thirty years. He teaches three styles of dancing, mainly New Vogue, Ballroom and Latin and specialises in Ballroom And New Vogue. He is a licensed dance adjudicator.

Veronique: started amateur same sex dancing in 1999—progressed to assist beginners classes in Sydney and Wollongong for Same Sex dance school, participated in multiple competitions in Melbourne and Sydney including becoming a bronze medallist at the Sydney Gay Games VI in 2002 . Veronique's most recent dance style is swing dancing



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q love: EDEN GARDENS



We've always had the rainbow...we were just waiting to colour it in!

Eden Gardens is thrilled to announce a final work to be added to Eden Unearthed, which is the largest exhibition of privately funded temporal art in Australia, titled LOVE.

Textile artist Alison Thompson has been commissioned to celebrate same-sex marriage becoming legal in Australia. Meredith Kirton, curator explained "We have always had the rainbow and now we can colour it in".

Titled Love, it will be a celebration with colourful cushions forming a tessellated rainbow embellished with crocheted and felted flowers. The centrepiece will be a large garland of white flowers forming the word 'LOVE.' on the grass. Thompson also encourages community engagement and interaction, with personalised messages of love and hope to be embroidered into the work.

Thompson, whose crafted works Sit, Breath, Love and Hope Blooms are already on display at Eden Unearthed revealed "My original installation with Eden had people visiting telling me that they could feel the love and emotion that went into my piece, so I am now thrilled to be able to share that same emotion with an even more powerful expression of love. Using the colours of the LGBTQI flag, Love is Love. Full stop, the end."

#EdenGardens #LovelsLove #MarriageEquality #PRIDE #EdenUnearthed

The exhibition will go on display from the 7th January till the 5th March, 2018. If you would like to have your own message of love included in this work, contact the curator@edengardens.com.au.

For more details about the Eden Unearthed Exhibition, go to <https://www.edengardens.com.au/eden-unearthed>. To book a service or celebration in the transformed amphitheatre, contact events@edengardens.com.au or visit <https://www.edengardens.com.au/functions-facility-hire/weddings>



q scene: OUT & ABOUT

#EdenGardens
#LovelsLove
#MarriageEquality
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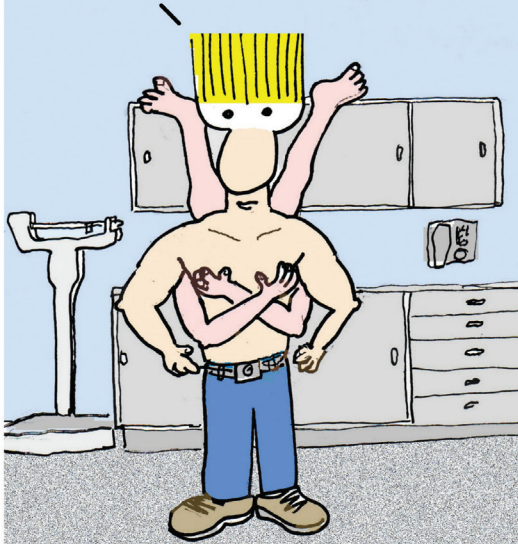
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Love 2018

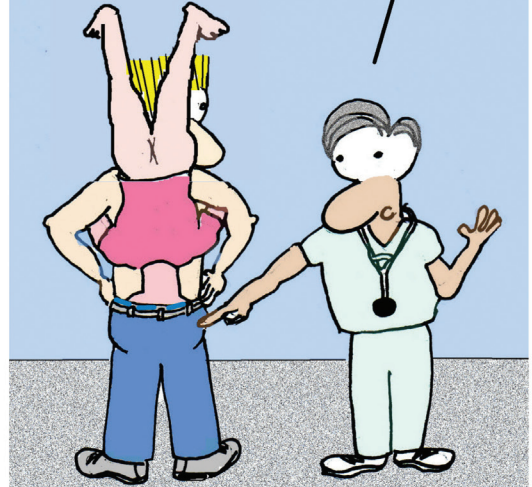


Gaylord Blade by @ToonsByKichi

Doc, my boyfriend's mouth
got stuck to my anus



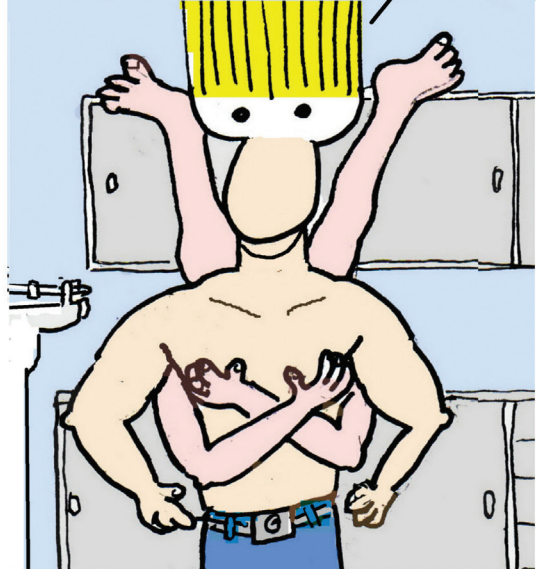
Well, that helps to explain
the man on your back ..

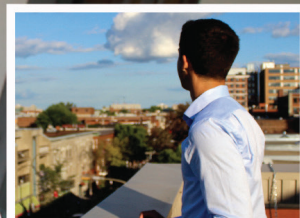


I think I can remove him



Remove? No! I want him
attached PERMANENTLY!





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