

Supporting the Lesbian, Gay, Bisexual & Transgender community

Outrageous

Queensland Association for Healthy Communities (07) 5451 1118 or 1800 177 434



Get your free
2011 calendar

email info@qahc.org.au



Summer 2010-2011

Welcome

Welcome to Issue 22, the 2010-11 Summer edition of Outrageous magazine. Outrageous magazine informs the Central Queensland LGBT community with news, events, social groups, businesses, supportive services and healthy lifestyle information.

The festive season is upon us and we have a few tips to ensure you make it safely to 2011.

Diversity celebrated 10 years in November. Seena Mirage gives us an insight into Diversity 2011 on page 4.

The 2011 safe sex calendar features sexy images from the Rip & Roll campaign with a health promoting message each month. Collect your free calendar today. See page 6 for details.

If you have any articles, events, photos or ads for inclusion in the next issue please forward them to tspratling@qahc.org.au as it is only through your support and contributions that this magazine will succeed.

Enjoy!

Tim - QAHC Central Coast Health Promotion Officer



Disclaimer:

All adverts, articles, advice and information included herein is written by various individuals who volunteer their input. While Outrageous magazine puts every effort into providing honest and accurate information and where possible, reference to research articles are made to validate content, it can not be held liable for any errors or inaccuracies in published articles. The views expressed in this newsletter are not necessarily the opinions of the Editor, their associates, advertisers or supporters. Publication of contributions will be at the discretion of the Editor. Any articles containing racist, sexist, homophobic or defamatory remarks will not be published. Other original contributions and letters are welcomed and encouraged. Articles in Outrageous cannot be reproduced without permission.

Business Advertisement Price List

Advertisement Size	Cost Per Issue
1/8 Page	\$10
1/4 Page	\$20
1/2 Page	\$40

All non-profit community ads are free! To advertise, contact Tim:

Phone: (07) 5451 1118

Email: tspratling@qahc.org.au

EMAIL LIST

Would you like to be on the QAHC Rockhampton Email List to receive updates on all local events? If so, please register your interest by sending through an email with the subject title '**Rockhampton email list**' to tspratling@qahc.org.au

You can be removed from the list at anytime.

Supporting the Lesbian, Gay, Bisexual & Transgender community

Gay Rockhampton



Queensland Association for Healthy Communities (07) 5451 1118 or 1800 177 434

The Festive Season is Here!

And it's easy to be swept up in the frivolity and joviality that the silly season brings. For some people this may include indulging in alcohol and other drugs. **So while you're out celebrating with friends, making the most of the work Christmas party bar tab or living it up at one of the many summer festivals, remember these few important tips.**

Alcohol:

- Use standard drinks to keep track of your consumption.
One standard drink (10 grams) =
1 x 285 ml pot of full strength beer (4.8%) or
1 x 375 ml can of mid strength beer (3.4%) or
1.6 pots of light strength beer (2.8%) or
5 pots of super light (0.9) or
1 x 100 ml glass of sparkling wine, red or white wine
300 ml bottle of alcoholic soda or
One 30 ml nip of spirit
- Drink slowly, take sips not skulls and include a non-alcoholic drink to help pace yourself.
- Remember to eat before or while you are drinking, but avoid salty snacks as they make you thirsty.
- Only have one drink at a time and try to avoid letting people top up your drinks. Topping up makes it difficult to keep track of your consumption.
- Try the low-alcohol options. There is an ever increasing range of low alcohol beers and mixed drink available.

Illicit Drugs:

Drugs affect people in different ways and with no regulation on their contents **you shouldn't assume a drug will affect you in the same way as your friends** in the same way it affected you last time.

- Try not to mix drugs as this may increase your risk of an overdose. If you do mix drugs, allow time for their effects to kick in before mixing.
- Don't take all the drugs at once. Spread them out over time, make sure you rest occasionally and keep hydrated.
- **Don't use drugs alone and if you start to feel unwell tell someone.**

Drugs and alcohol can affect your decision making so be prepared before you go out. Make sure you have your condoms, lube and dams with you to avoid **the transmission of HIV or sexually transmitted infections.** And if you're going home with someone make sure you text a friend your whereabouts.

Remember, look after yourself, look after your friends and have a fantastic festive season.

FREE Men's Calendar

Following the popularity of QAHC's 2010 gay men's calendar we have released a 2011 version. The use of appealing imagery has kept the calendar on people's walls for 12 months with reinforcing sexual health information.

The 2011 safe sex calendar features sexy images from the Rip & Roll campaign with a health promoting message each month. The back page contains a helpful list of contacts.

Collect your FREE Calendar from:

Bundaberg - Q Clinic, Bundaberg Sexual Health Clinic, Margaret Rose Building 312 Bourbong Street.

Fraser Coast - Coffee & Cream, Pialba Place, Hervey Bay



Lesbian Health Action Group

PURCHASE YOUR CALENDAR IN DECEMBER OR JANUARY AND GET ONE FREE! FOR DELIVERY BEFORE CHRISTMAS PURCHASE MUST BE MADE ONLINE BY DEC 16.

This year will launch **"In the Pursuit of Pappiness" 2011**

Cervical Screening Awareness Calendar, with beautiful images of the female form and our colourful mascot PAPPY the decorated speculum, informing you on cervical health. So if you are not near a QAHC office, go to the LAHG page on the QAHC website to purchase your copy. www.qahc.org.au/lesbian.



The Lesbian Health Action Group (LHAG) was developed in September 2008 by a group of lesbians who

were concerned and compelled to act on the growing health needs of their community. Most of the members of LHAG are associated with the health care sector and volunteer their time to raise awareness of lesbian health issues.

LHAG is an Action Group of QAHC (Queensland Association of Healthy Communities) which is a lead LGBT health promotion organisation in Queensland.

The goals of the group are:

1. to improve the health and wellbeing of lesbians and same sex attracted women in Queensland
2. to build on past and current initiatives and the existing strengths and resources of women
3. to develop new and innovative responses to lesbian health using evidence-based practice

A promotional banner for LHAG and QAHC. The banner has a purple background. At the top, there are three small images: a person's arm, a person's torso, and a person's hands. Below these images, the website address www.qahc.org.au/lesbian is written in yellow. In the center, there is a yellow oval containing the text '\$10 + P&H'. On the left, the LHAG logo is displayed, which consists of a stylized white female symbol with a crown-like top. Below the logo, the text 'LHAG Lesbian Health Action Group' is written. On the right, the QAHC logo is displayed, which consists of a stylized white male symbol with a crown-like top. Below the logo, the text 'qahc Queensland Association of Healthy Communities Inc.' is written.

MYTH

IT DOESN'T MATTER IF I GET HIV. I CAN JUST TAKE A PILL.

FACT

HIV TREATMENTS, WHILE EFFECTIVE FOR MOST, NEED TO BE TAKEN DAILY FOR LIFE AND CAN HAVE UNPLEASANT SIDE-EFFECTS.

info and support 1800 155 141 • www.qahc.org.au

Rainbow Recipes

Helen has sent in three fantastic summer rainbow recipes to whip up during the festive season. Enjoy!

Rainbow bread

Ingredients

- 1 1/4 cups water
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 1/2 cups flour
- 1 1/4 teaspoons yeast



For bread machine:

Measure ingredients

for dough cycle. When the dough is ready, proceed with "Colour" below.

into baking pan in order given. Set

For hand mixed:

In a large bowl, Dissolve sugar in lukewarm water. Add yeast. Let sit for 10 minutes.

Stir. Add 1 1/2 cups flour and salt. Mix for at least 5 minutes.

Add balance of flour 1/2 cup at a time until dough is smooth and no longer sticky.

Turn onto a floured board and knead for 15 minutes (Longer for a harder crust). Cover dough with a clean tea towel and let rise in a warm place for 1/2 to 1 hour, until it doubles in size. Punch down to remove all air bubbles.

Preheat oven to 180°C. Bake bread for about 25 minutes.

Colour:

Divide into 3 or 4 equal parts, depending on amount of different colours desired. Poke a hole in the dough with your finger. Put food colouring into the hole. Use a little (5-6 drops) for light colours, more for bright colours. Pinch the hole closed and knead the dough for 5 to 10 minutes, until the colour is well mixed in.

Use a rolling pin to roll the dough out very flat. Use a little water to moisten the top of one piece so the next piece will stick to it. This is very important if a lot of extra flour was used to keep the dough from sticking during kneading. Roll the dough into a log and place it in a greased and floured bread pan. If you do not have a bread pan, it can be placed on a greased and floured cookie sheet. Let rise for 45 to 60 minutes. More rising time will produce a lighter bread, while less time will result in a denser bread. Remove bread from pan immediately when done. Bread should sound hollow when tapped on the bottom. If it does not, it is not cooked yet. Cool 10-20 minutes before cutting. The dough can also be used to make dinner rolls, pizza crust, sticky buns or anything else you do with bread dough.

Rainbow cake

Simple White Cake

Ingredients

- * 1 cup white sugar
- * 1/2 cup butter
- * 2 eggs
- * 2 teaspoons vanilla extract
- * 1 1/2 cups all-purpose flour
- * 1 3/4 teaspoons baking powder
- * 1/2 cup milk

Directions

1. Preheat oven to 175 degrees C. Grease and flour a 9x9 inch pan or line a muffin pan with paper liners.
2. In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder, add to the creamed mixture and mix well. Finally stir in the milk until batter is smooth. Add coloring to mix and give a quick stir. Pour or spoon batter into the prepared pan.
3. Bake for 30 to 40 minutes in the preheated oven. For cupcakes, bake 20 to 25 minutes. Cake is done when it springs back to the touch.



Community Events

COFFEE CATCH-UP

Looking for somewhere other than the night-club scene to socialise? Join us for a coffee and chat in a relaxed, social atmosphere, all are welcome.

Date: Third Saturday of the month
Time: 11:00am
Location: Coffee Star, 50 Bolsover Street, Rockhampton

This is a great opportunity to meet new people, make new friends & chat about **what's happening in Rocky.**

PFlag Rockhampton

PFLAG meetings will begin at 7.00pm although the venue will be available from 5.00pm to enable young people to meet and potentially form a Rockhampton Gay Brigayde. Light refreshments will be provided.

Contact: Neville & Rosemary (07) 49287275 or rosiejnevillek@bigpond.com

Rock'in Rocky Females

a fun group for bi or bi curious gals for mid 20's—late 30 y/o only. Contact us: rockinrockybggroup@hotmail.com

Lesbian Social Dinners

Lesbian Social Dinners
First Thursday of every month
@ Berserker Tavern from 6.30.
All welcome.
Phone Denise or Vicki 0438 261289



85 Federal laws that discriminated against same-sex couples and their families have been reformed. Visit the Wear It With Pride website to find which changes fit you. www.wearitwithpride.com.au

**WE ARE ALL EQUAL
AND OUR LAWS
MUST REFLECT THIS**



Central Coast **Community** **LIBRARY**



The QAHC Central Coast Community Library is waiting for you!

This is a community library and most of the **130 books and 20 DVD's** in the catalogue have been kindly donated by community members. There is no joining fee and we are more than happy to post books out to people who are unable to come to the Sunshine Coast resource centre. We have a huge range of books available including fiction and non-fiction and we are hoping to grow the collection through donations and purchasing.

The aim of the library is to show that community representation includes more than health messages and club/bar culture and that, gay and lesbian authors and stories also contribute to the diversity that exists within the gay and lesbian community.

For FREE membership to the QAHC Central Coast Community Library please phone (07) 5451 1118. **START BORROWING NOW!!!**

The QAHC Central Coast Community Library (QAHC CCCL) is available online!

Use the link below to browse the collection, which includes over 100 books and 12 DVDs, all of which have been kindly donated by community members, and all of which are FREE to borrow.

http://www.librarything.com/profile/QAHC_CCCL

To browse through the entire collection click on "Your Library" directly under "Member: QAHC_CCCL"

If you prefer to browse by category click on the relevant "tag"

Use the recommended viewing style to see a description of each book.

Remember joining & borrowing from the Library is FREE, just fill out a membership form and email it back. To borrow, simply call or email with the books or DVD's you'd like and if you are unable to collect them, we'll post them out to you ANYWHERE from CABULTURE to ROCKHAMPTON.

Directory



SANDROCK HOUSE

8 Canning Street Clinic Rockhampton
Providing Free and Confidential Services

- * Sexual Health Services
- * HIV Services
- * Hepatitis Services
- * Mobile Women's Health Nurse
- * Breast Care Nurse

Clinic Hours

Mons, Tues, Thurs & Fridays 8.30am - 4.00pm
Weds 2.00pm - 5.00pm
Fridays 9.00am - 11.00am

*(We are located next to the Dental Clinic Building,
not far from the Hospital Post Office)*

Sexual Health Medical Clinics

Telephone: 4920 5555



Open Doors
www.opendoors.net.au
(07) 3257 7660

Supporting lesbian, gay, bisexual and transgender
young people



QPP is a peer-based advocacy organisation which is committed to actively promoting self-determination and empowerment for all people living with HIV (PLHIV) throughout Queensland.

1800 636 241
www.qpp.net.au



Spiritus Positive Directions

www.positivedirections.org.au
(07) 5441 1222

Positive Directions is a statewide care co-ordination, information and referral service for People Living With HIV/AIDS (PLWHA) based on the Sunshine Coast. We providing outreach services to Wide Bay quarterly.

Queensland Injectors Health Network

QuiHN is a not for profit, state wide NGO that addresses illicit drug use in the community. QuiHN provides counselling, social support services, education & training, needle and syringe programs, health promotion, advocacy and outreach services. QuiHN has a particular focus on working with injecting drug users in order to prevent the spread of HIV, Hepatitis C and STI's.

<http://www.quihn.org.au/>
1800 172 076



Queensland Association for Healthy Communities

QAHC promotes the health and well-being of lesbian, gay, bisexual and transgender Queenslanders. We are a not-for-profit, community based organisation, funded by government grants and community fundraising, donations and sponsorships.

www.qahc.org.au
1800 177 434



Relationships Australia offers counselling to members and families of the LGBT community in a safe, comfortable and confidential space. 'Rainbow Reps' have all received specialised training and support in working LGBT communities.

To make an appointment phone Relationships Australia on
1300 364 277

Ask for the Rainbow Rep in your area.

Directory



"Where ideas come to LIFE!"

Quirky Ideas Images

An Australian owned and operated illustrations company which specializes in GLBTQ themed designs. Everything from our original comic strips, to charity, corporate and personalized illustrations, we can do it for you!



"Where ideas come to LIFE!"

GLBT Police Liaison Officer

Carl is available to discuss any issue and welcomes the opportunity to engage with the LGBT community.

Carl Burgoyne
Acting Senior Sergeant 8421
Officer in Charge
Rockhampton Tactical Crime Squad
Bugoyne.CarlC@police.qld.gov.au
Burgoyne-c@hotmail.com

Ph: 49323612
M: 0419665162



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Smurf It Up
On face book

108 Mungrah Street
Rockhampton

040 86 86 273



ATSAQ

Australian TRANSGENDER
SUPPORT Association of
Queensland

www.atsaq.com
(07) 3843 5024 (8am - 6pm)
trans.atsa@bigpond.com



Gay and Lesbian Welfare
Association inc. (GLWA)
For GLWA Counselling & Referral Phone
(07) 3017 1717

or
FREECALL 1800 184 527 phone any
day between 7:00pm and 10:00pm
www.glwa.org.au



1800 155 141 | qahc.org.au



GETTING REGULAR STI CHECKS **keep it up!**

Speak with the following services about your sexual health

Your Doctor (GP)

Canning Street Clinic (Rockhampton Sexual Health) (07) 4920 5555

QAHC Rockhampton contact: (07) 5451 1118

QAHC Men's Sexual Health Line 1800 155 141 www.qahc.org.au/regional



Labels don't matter, your health does