

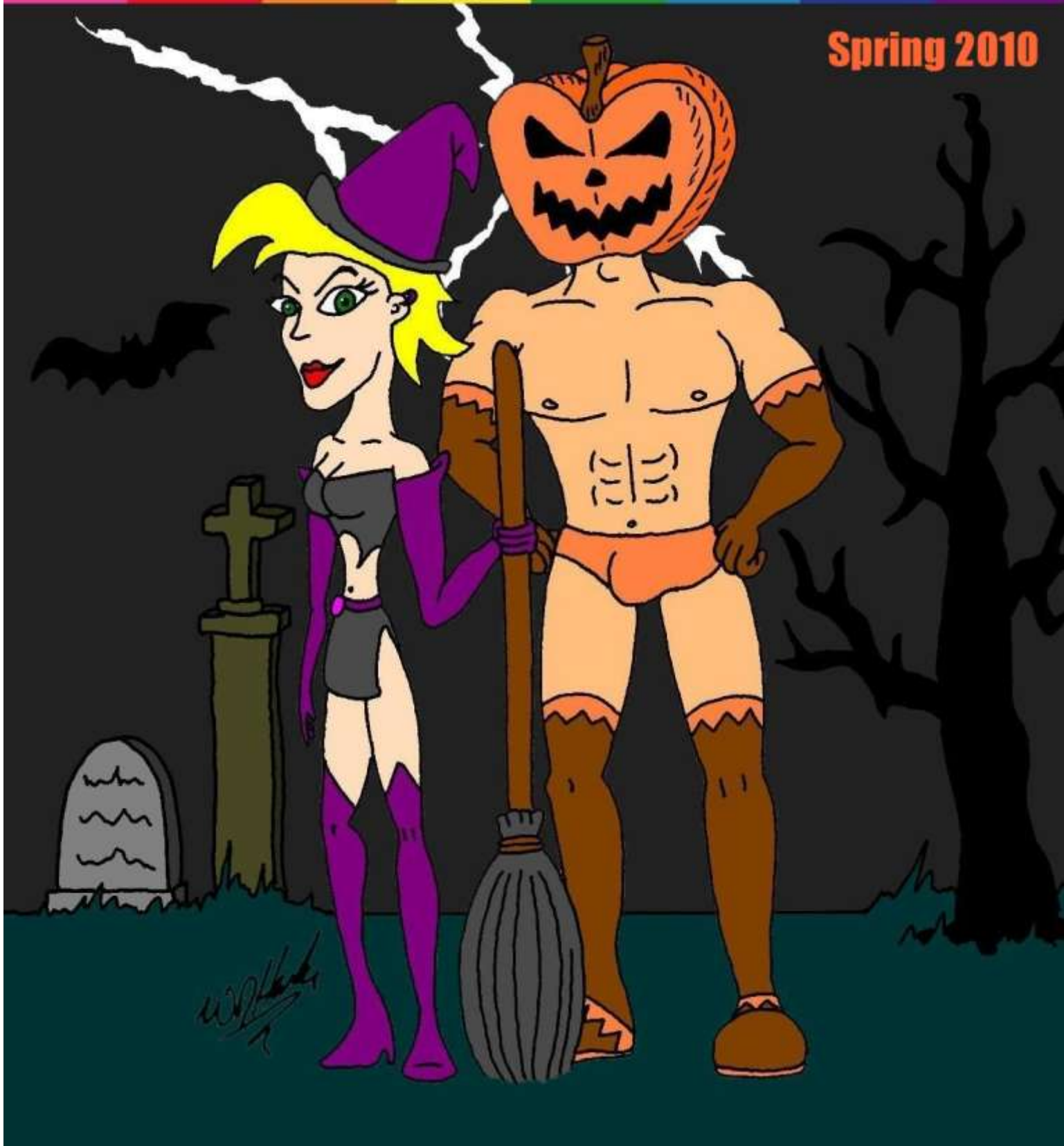
Supporting the Lesbian, Gay, Bisexual & Transgender community

Outrageous

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



Spring 2010



Welcome

Welcome to Issue 21, the Spring edition of Outrageous magazine. Outrageous magazine informs the Central Queensland LGBT community with news, events, social groups, businesses, supportive services and healthy lifestyle information.



"Where ideas come to LIFE!"

The cover and feature comic in this edition of Outrageous are created by Q.I Images Australia. Q.I Images Australia is a Rockhampton owned and operated illustrations company which specializes in GLBTQ themed designs. Check out their Facebook page at Quirky Images Australia.

Improving the lives of the QLD LGBT community is fundamental to the work QAHC does. To help achieve this QAHC has produced a document which identifies practical actions to overcome the myriad of issues faced by LGBT Queenslanders. Page 3 has all the details.

On pages 4 and 5 you'll find all the latest info on LGBT human rights and the workings of the Lesbian Health Action Group.

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 Any articles containing racist, sexist, homophobic or defamatory remarks will not be published.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

Improving the Lives Of LGBT Queenslanders

A call to action. LGBT Queenslanders are calling for action from the Government.

LGBT people are not equal before the law in Queensland. LGBT people experience historic & present day social exclusion and suffer poorer health & wellbeing, yet have fewer health & community services.

Lesbian, gay, bisexual and transgender individuals and organisations across Queensland stand ready to work with government and mainstream services to improve the lives of LGBT people, if only they were resourced to do so.

The Queensland Association for Healthy Communities (QAHC) has produced the document '*Improving the Lives of LGBT Queenslanders: a call to action*' to outline the range of health, wellbeing and related issues facing LGBT Queenslanders.

QAHC has also identified practical and achievable actions to begin to address these issues. Actions for government, mainstream organisations and the LGBT community.

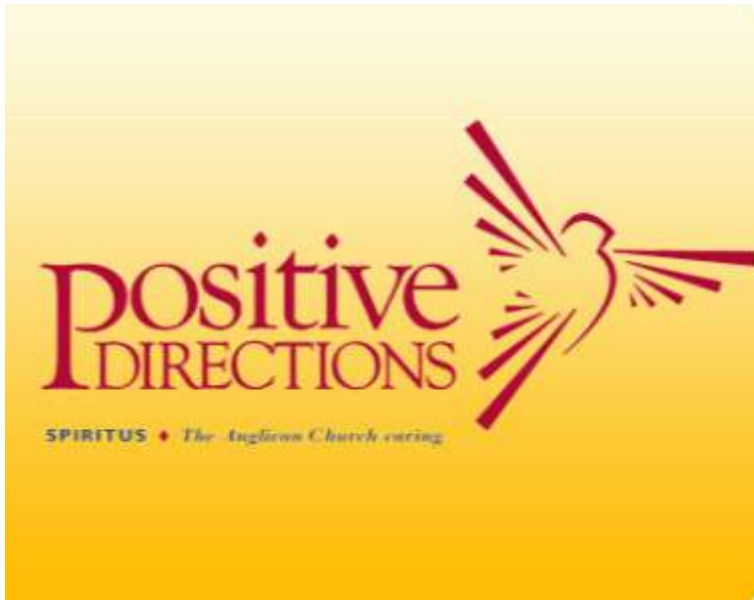
But QAHC will need Government's help to turn these actions into reality. For too long the needs of LGBT Queenslanders have been overlooked and neglected. QAHC calls on Members of Parliament to speak up for LGBT people, families and communities. Make sure the needs of the LGBT community are included in government policies, programs and services. Ensure that mainstream services are culturally appropriate and inclusive and support the resourcing of LGBT communities so that we can look after ourselves and each other.

This 'call to action' has been sent to all Queensland Members of Parliament. We will be following it up with requests for meetings with relevant Ministers, Parliamentary Secretaries (and their Shadows) and Directors-General.

PDF copies of the document are available to download from the QAHC website www.qahc.org.au



Eating Positive



Positive Directions have just released the revised, second edition of the highly **successful cookbook "Eating Positive"**. Developed by Positive Directions, the cookbook was funded by Queensland Health and is designed for People Living With HIV (PLHIV).

The aim of the cookbook is to provide PLHIV with a practical nutrition resource. **"Eating Positive" highlights the** importance of nutrition and exercise in maintaining good health; improving immune function; decreasing the risk of chronic health conditions and enhancing

quality of life.

For more information and copies of the cookbook contact Positive Directions. State-wide contact details are available at www.positivedirections.org.au.

Yogyakarta Principles

Many advances have been made toward ensuring that people of all sexual orientations and gender identities can live with the equal dignity and respect to which all persons are entitled.

Nevertheless, human rights violations based on actual or perceived sexual orientation or gender identity still occur and are cause for serious concern. Extra-judicial killings, torture, sexual assault & rape, invasions of privacy, arbitrary detention, denial of employment and education opportunities are evident across the globe.



In 2006, in response to these well-documented patterns of abuse, a group of international human rights experts met in Yogyakarta, Indonesia to outline a set of international principles relating to sexual orientation and gender identity.

The result was the Yogyakarta Principles: a universal set of principles to address a broad range of human rights standards and their application to issues of sexual orientation and gender identity.

To access the Yogyakarta Principles and to find out more about their development and application visit www.yogyakartaprinciples.org

Lesbian Health Action Group

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

Membership of the Action Group is open to all those who support the goals of the Group and are willing to work to achieve them.

It is almost International Lesbian Day (ILD), 8th October 2010 and the QAHC Lesbian Health Action Group (LHAG) is conducting their annual snapshot survey of the health needs of the lesbian community and launching their Lesbian Health calendar.

For the past 2 years this survey has been conducted at the City Lickers ILD Expo, with more women completing it each year, and now in 2010 we are expanding to the whole state with an online survey. The information gathered informs the focus of the work LHAG will do over the coming year.

To be involved go to the link and tell us what you think. <http://www.surveymonkey.com/s/LHAG2010snapshot>

You may also have seen the "Boobalicious" 2010 Breast Awareness Calendar around the traps. This year we'll be launching "In the Pursuit of Pappiness" 2011 Cervical Screening Awareness Calendar, with beautiful images of the female form and our colourful mascot PAPPi the decorated speculum, informing you on cervical health. So if you are not near a QAHC office, watch the LAHG page on the QAHC website in October for how to purchase your copy. www.qahc.org.au/lesbian.



Lesbians 'use' more than their fair share!

Lesbians and other WSW are significantly more likely than the general population to report higher use of alcohol, marijuana and other illicit drugs, including injecting drug use.



www.qahc.org.au/lesbian

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.

from **QUEER**
to **ETERNITY**™

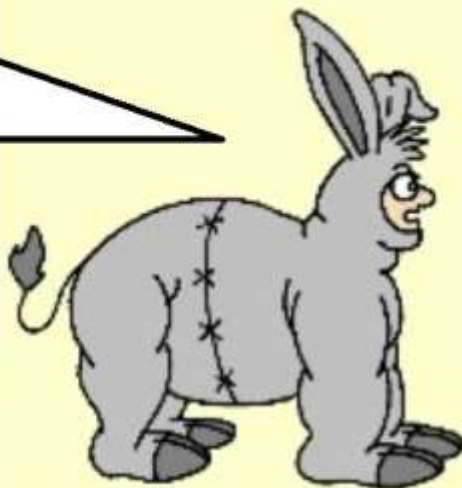


I LOVE
YOUR ANNUAL
HALLOWEEN
PARTIES!
I ALWAYS
HAVE A
BLAST!

GREAT! WHAT IS THAT
FAT ASS DOING HERE?



WELL
SOOOORRY!
MY OTHER
COSTUME IS
AT THE
CLEANERS!



Wink

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**



Rockhampton Sexual Health Clinic

My name is Michelle Hill and I am currently Acting Nurse Unit Manager for Rockhampton Sexual Health & HIV Service which is based in Sandrock House within the Rockhampton hospital grounds.

I have been working at Sandrock House since 2008 as a clinical nurse in **Sexual Health as well as in Women's Health, conducting well women's clinics** throughout Central Queensland. My introduction to the HIV Service began when the Nurse Unit Manager Caren Tucker decided to retire. Since then I have been endeavouring to develop a warm and professional relationship with our current clients. This has not been an easy task due to the close relationship they have enjoyed with Caren in the past.

Prior to this role, I worked briefly at the Red Cross Blood Bank in Rockhampton as well as at the Mater Hospital in Day Surgery. I moved to Rockhampton in 2005 with my family to escape the rat race in Brisbane. My parents are retired in Yeppoon and I have a sister who lives with her family on a property at Duaringa. Moving to Rockhampton was at first difficult as it is very different to the life I had in Brisbane. I think I cried every day for the first six months! However my two sons have flourished and enjoy a wonderful life here which is full of opportunities in both sporting and musical fields. My husband and I are also adapting to the laidback lifestyle and have since bought a boat to enable us to indulge our love of fishing.

Our team here at Sandrock House is small at present. Currently there is Fiona Stoddart, a clinical nurse, who also does our health promotion throughout Rockhampton, as well as an allied health assistant, Tanya De Silva, who is the friendly face at our reception desk.. I would love to see an increase in the number of people who access our service for screening and information. Hopefully in the near future we would like to provide our services to towns throughout Central Queensland to accommodate people who have difficulty travelling into Rockhampton. Presently our sexual health clinics are on Mondays, Wednesdays and Fridays and we have a HIV clinic on Thursdays. We can be contacted on 4920 5555 for appointments.

Thanks, Michelle



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

Directory

Anti-Discrimination Commission QUEENSLAND

Discrimination and vilification against lesbian, gay, bi-sexual, transgender & intersex people can be against the law.

If you feel discriminated against or vilified, you have the right to:

- **Ask why you're being treated unfairly**
- Explain that discrimination and vilification is against the law
- **Note the details of what's happened**
- Make a complaint to the commission

www.adcq.qld.gov.au



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

Men's Sexual Health Line

1800 155 141

A Regional Queensland info site for guys who like guys. Str8 talk about not so Str8 Stuff.

www.men.org.au



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



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 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



Smurf It Up

Pride Ware

Flags
Jewellery
Glasses
Stickers
Key rings
Mouse pads

Smurfy Ware

Bundy rum
Holden
Kiddies gear
Hats
Pool cues
Esky's

So pop in you never know what you will find in the smurfy shop



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



A SAFE SEX
MESSAGE FROM



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