



Edition #6 – December 2010

Welcome to the Queensland Association for Healthy Communities Newsletter

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Please enjoy QAHC News.

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Win a Dining Voucher

For your chance to win 1 of 2 \$50 Dining Vouchers for one of these great venues at Broadbeach on the Gold Coast – 1two3 Dining and Lounge Bar, Sage Café Restaurant or Yellowfin Seafood Restaurant, answer the following question:

What date is the next meeting of the LGBT Multicultural Action Group?

(The answer lies within the newsletter)

The first two people to email me at info@qahc.org.au **AFTER 9.00am on Monday 6th December**, with the correct answer will win a \$50 dining voucher. **Please do not email me any earlier as your answer will not be accepted.**

LGBT Health News

Share your experiences of Coming Out

If you identify as a same-sex attracted individual (lesbian, gay, bisexual, homosexual, queer, etc) and are 18 years of age or older, please share your experience of coming out by taking this anonymous survey. This is truly a unique opportunity to have your story count and to be able to share your experiences in an anonymous way.

This study, An Investigation into Changes in the Coming out Process Over Time, explores how today's experiences of coming out are different than they used to be and how they are different or the same by gender.

Your participation in this study will help other LBGT folks who may struggle with the coming out process. The results of this study will contribute to a growing body of research that will help to design support targeted to different age groups of same-sex attracted people.

[Click here to take the survey](#) and please forward this message to others who would like to participate.

If you identify as straight or exclusively heterosexual, you can help by forwarding this message on to people who may be interested in contributing their experiences to this study.

This survey is being conducted by Andy Dunlap, MSW, LCSW - PhD Candidate, Smith College School of Social Work, Assistant Professor, Shippensburg University

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Vatican downplays shift on condoms

The Catholic Church has long opposed the use of condoms as a form of contraception. The Vatican has played down the importance of remarks by Pope Benedict that appear to temper the opposition of the Roman Catholic Church to the use of condoms.

The Pope has been quoted as saying the use of condoms could be justified in some exceptional circumstances, citing the example of a male prostitute trying to prevent the spread of AIDS.

Vatican spokesman Federico Lombardi says the pontiff's words do not mark a revolution in Catholic teaching, adding that he was referring to condom use in an informal way rather than as a teacher of Church doctrine.

AIDS activists have cautiously welcomed the Pope's comments that the use of condoms may be acceptable to stop the spread of HIV.

From <http://www.abc.net.au/news/stories/2010/11/22/3072531.htm>

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Results of iPrEx Trial

A randomised controlled trial, iPrEx, has found that the HIV infection rate in HIV-negative gay men who were given a daily preventative pill containing two HIV drugs was reduced by 44%, compared with men given a placebo. The efficacy in subjects who, by self-report and pill count, took the drugs more than 90% of the time was 73%.

This approach is called pre-exposure prophylaxis (PrEP). Trial findings showed that a once-daily pill containing tenofovir plus emtricitabine (brand name Truvada) was safe and provided an average of 44% additional protection against HIV infection to men who have sex with men (MSM) and transgendered women who have sex with men, who also received a comprehensive package of prevention services.

The level of protection shown varied widely depending on how consistently participants used PrEP.

Among those who took the pill on 90% or more days, HIV risk was reduced by roughly 73%, while among those whose adherence was less than 90%, HIV risk was reduced by only 21%.

Key messages for gay men from the U.S. Centres for Disease Control:

PrEP has only been shown to reduce HIV infection among men who have sex with men. There are no data regarding its benefit among heterosexuals or injecting drug users.

The only drug evaluated in this study was Truvada and therefore, it is the only medication, at this time, that should be considered in the context of PrEP. Providers and patients should also be aware that HIV prevention is not currently a labeled indication of the use of this medication.

PrEP should only be used among individuals who have been confirmed to be HIV-negative. Initial and regular HIV testing are critical for anyone considering using PrEP. All individuals considering PrEP must also be evaluated for other health conditions that may impact PrEP use.

PrEP should never be seen as the first line of defence against HIV. It has only been found to be partially effective when provided in combination with regular HIV testing, condoms and other proven prevention methods. PrEP does not protect against other sexually transmitted infections.

Men who have sex with men should continue to:

- use condoms consistently and correctly (especially with casual partners)
- get tested to know their HIV status and that of their partner(s)
- get tested - and treated if needed - for other sexually transmitted infections that can facilitate HIV transmission, such as syphilis and gonorrhoea

Taking PrEP daily is critical. This study found that PrEP provided a high level of protection only to those who took the pills regularly; protection was very low among those who did not rigorously adhere to the daily regimen.

PrEP must be obtained from and used in close collaboration with health care providers to ensure regular HIV testing, risk reduction and adherence counselling, and careful safety monitoring.

More info at www.qahc.org.au

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HIV Stigma Survey

This research is being conducted by the National Association of People Living with HIV/AIDS in collaboration with the National Centre in HIV Social Research at the University of New South Wales.

We would like to hear from all sorts of people with HIV about their experiences. If you are HIV positive and living in Australia you are welcome to complete the survey.

The survey takes about 20 mins to complete, so make a cup of tea or coffee and settle in. Your feedback is invaluable in helping us understand HIV stigma and start to do something about ending. Please click here to access the survey <http://hivstigma.net/>

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Gender Eyedentity – The Transsexual Experience

- Are you transsexual: that is were you born male/female and believe you are the other gender?
- Are you currently living in your preferred gender?
- Are you OZ or Kiwi resident?

Then this research needs you!

What will you be asked to do:

If you agree to take part, you will be asked to fill in some surveys which will take about 60 minutes or less. You may complete the questionnaires face-to-face or online at www.gendereyentity.net. All participants will be entered into a draw for 6 prizes of unisex beauty packs each worth approximately \$100 AUD.

This research is being conducted by Ashley van Houten BA MSc (Psych) M Psych (Clinical) – current PHD Candidate, School of Psychology, Griffith University. Ashley is a member of Australian Psychological Association (MAPS) and World Professional Association of Transgender Health (WPATH). For more information please call Ashley on 0403 194 566 or go to the website www.gendereyentity.net.

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The Potential Wedding Album

There are many couples who share the good, the bad, the hopes, the fears and the trivialities of life in Australia. But some of them cannot get married because the Marriage Act 1961 defines marriage as a union between a man and a woman. This limitation discriminates against the many same-sex couples in Australia who would just like to have the same means of expressing their love and commitment as heterosexual couples.

The Potential Wedding Album is for same-sex couples who would like the option to get married in Australia. You don't have to be straining to walk down any aisle to join The Potential Wedding Album. Inclusion in the album is to show support for marriage equality. Exercising the option of marriage if it becomes legally available is, of course, a personal choice.

As volumes of The Potential Wedding Album are completed they will be printed and delivered to the Prime Minister, the Leader of the Opposition and other members of the Australian parliament, to highlight the couples who are treated unfairly by the marriage laws in this country.

Please support marriage equality in Australia by joining [The Potential Wedding Album](#) as a couple or placing a message of support on the [Supporters page](#). The bigger The Potential Wedding Album is the more impact it will have!

If you have any questions please contact us at contact@thepotentialweddingalbum.org

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Same-Sex Marriage Rallies in Brisbane and Cairns

The group Equal Love www.equallove.info made 2010 a year of action on same-sex marriage. November saw same-sex marriage rallies in Brisbane, Sydney, Melbourne, Canberra, Adelaide, Perth, Darwin, Hobart, Cairns, Byron Bay, Lismore, Newcastle, Wollongong, Armidale, Ballarat and Geelong.

The call for marriage equality has grown stronger in recent times with numerous opinion polls, including two in the last 2 months, showing the majority of the community supports gay marriage. In addition MP's have been breaking ranks from their parties and speaking out publicly in support of same-sex marriage. We saw a record crowd of approx 800 people at the Brisbane rally. The Brisbane rally heard from the following speakers - Lyn Davis PFLAG Treasurer, Elissa Jenkins Greens Senate Candidate, Paul Martin - psychologist, Grace Grace Brisbane state MP, Grace from Metropolitan Community Church speaking on Trans Remembrance Day, Kathy Newhman – PCAC, Kat Henderson & Jess

Payne - Equal Love Brisbane, Rev Leigh - MCC performing three 'illegal' marriage ceremonies, and Helen Kelly - 'It Gets Better' Project. Other prominent community members were also present including Cr Steve Griffiths, Senator Claire Moore, and Lord Mayoral Candidate Ray Smith.

Then the crowd took to the streets and marched through the city to show their opposition to the Marriage Act in its current form. They were loud and vocal saying the inequality is based on discrimination and homophobia and they want the same legal marriage rights as heterosexuals. For footage of the Brisbane go to YouTube.

An article on the Cairns rally is here www.cairns.com.au/article

The next same-sex marriage rally in Brisbane will be held on Saturday 19 March 2011 at 1pm in Queens Park Brisbane (behind the casino) – write the date in your diaries.

Please join the Equal Love Brisbane or Equal Love Cairns pages on Facebook so you can be kept informed of progress and future rallies etc.



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Shelley Argent (LGBT Activist) needs your help

Our friend Shelley Argent has begun a Facebook page to assist in the fight for same-sex marriage equality.

Shelley has compiled an action list of things that you can do to help, each with simple web links for you to click on – so easy. Shelley says “Even if you can only do just one thing you are helping us in our fight. Do not underestimate your own power – together we can change the world”.

Join Shelley in the fight for same sex marriage rights. Shelley Argent needs your help! Join her Facebook action page here: <http://www.facebook.com>

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Action = Marriage Equality

Register now for a Marriage Equality Action Workshop:

- Do you support marriage equality but aren't sure how to make your case?
- Do you want to help achieve full equality but aren't sure what to do?
- Are you unsure of how to respond to, and challenge, opponents of equality?
-

If the answer is "yes" then a Marriage Equality Action Workshop is for you.

The Workshops are designed for people who support marriage equality but want to hone their skills and gain the confidence to contribute to real change.

The Workshops are an initiative of Australian Marriage Equality, who believe equality will only be

achieved if as many supporters as possible become agents for change.

Workshops are underway in Sydney and Melbourne in early December led by Australia's foremost challenging-homophobia educator Daniel Witthaus with presentations from Felicity Marlowe, Tim Wright, Rodney Croome, Shelley Argent, and Alex Greenwich.

There will be sessions in Brisbane in the new year. Don't miss out on this unprecedented opportunity. For more information or to register, email your name and phone number to workshops@australianmarriageequality.com. Also join "Australian Marriage Equality" on Facebook.

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Another MP supports Same Sex Marriage – Thanks to an email writing campaign

This just shows how powerful contacting your MP can be.

Federal Bendigo MP Steve Gibbons is the latest to back gay marriage. "I would say the emails that I've received, given there's been hundreds of them, are probably five to one in favour of gay marriage." For the full article see <http://www.abc.net.au/news/stories>

Brisbane Federal MP Teresa Gambaro has responded to people who contacted her supporting same-sex marriage by saying "Given the large volume of feedback that I have received on this matter, with opinions varying across the board, I have undertaken to survey the Brisbane electorate in the early months of 2011".

When Ms Gambaro surveys the Brisbane electorate in early 2011, it's important that her constituents flood her office with requests to legalise marriage equality. Remember the homophobes who are driven by bigotry and hate will also be writing to her asking not to change the Marriage Act.

For people in other electorates its still equally important to flood your MP with requests to legalise marriage equality. If you know people who are not writing to their MP, do as I did and ask if they are happy for you to write on their behalf. My family was happy for me to write to their MP's on their behalf.

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QAHC Projects

Sexual Health

Gay Men's Calendar 2011

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 contacts page. To receive your free 2011 calendar drop into any QAHC office or email info@qahc.org.au



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LGBT Health

LGBT Ageing Action Group

The Board of QAHC is once again hosting the LGBT Seniors Christmas BBQ, this Sunday 5th December, 12:30 – 2:30pm at QAHC Brisbane. LGBT seniors and their partners and friends are invited along for a free BBQ, drinks and entertainment. RSVP to Jan on 3017 1791 or jthwaites@qahc.org.au



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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.

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LGBT Lives: Digital Stories and Oral Histories

While the excellent 'Prejudice & Pride' exhibition at the Museum of Brisbane has now closed, the work of QAHC's LGBT History Group continues.

The History Action Group has produced 14 digital stories which tell some of the stories of a variety of LGBT people. Some of these digital stories appeared in the recent award winning 'Prejudice & Pride' exhibition. With thanks to Brisbane City Council and Department of Communities, Qld Government for funding the production of these stories.

The History Action Group has also received training in recording oral histories. To date 20 oral histories of LGBT people have been recorded and lodged with the State Library of Queensland. Highlights of 7 of these recordings can be found on the QAHC website. With thanks to the Brisbane City Council for funding this project.

To view the digital stories or hear the highlights of the oral histories, visit www.qahc.org.au/history If you are interested in getting involved in the LGBT History Action Group and our projects for 2011, please email history@qahc.org.au

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National Health Reform: what will it mean for LGBT people?

Implementation of the Labor government's national health reforms are progressing, with consultation on both Local Health/Hospital Networks and Medicare Locals underway. QAHC has provided input from the perspective of LGBT people and communities

Local Health/Hospital Networks will be new organisations, with an independent Board, who will have responsibility for running hospital and related services in their local area. There are likely to be around 16 LHNs in Queensland, starting operation from 1st July 2011. Queensland Health will retain responsibility for purchasing services from LHNs and performance managing them. 60% of the efficient cost of providing services will be funded by the federal government, the rest by the state.

Medicare Locals will be built up from the existing Divisions of General Practice, taking over their role in providing training and development support to general practitioners and other primary care staff. However they will also take on an expanded role in local population health planning and coordination of primary health services and the interface with hospitals and the aged care sector. Medicare Locals will be required to involve and understand the health needs of their local communities and will be able to

deliver or purchase services to meet identified need.

As consultation is still underway, there are still many questions about how this will affect the LGBT community and HIV services. At this stage it is not clear who will have responsibility for HIV and sexual health services and funding, although it is likely to stay a Queensland Health responsibility. No mention of LGBT people have been made in any of the discussion papers, although they are written at a general overview level.

QAHC is a member of the newly formed Community Health Services Network, chaired by QCOSS, and contributed to QCOSS' submission to both LHN and Medicare Locals. Through the National LGBTI Health Alliance we also made a submission on the development of Medicare Locals, focusing on issues for LGBTI Australians. If you are interested in receiving either of these submissions, email pmartin@qahc.org.au

The QAHC Board will be holding a workshop on national health reforms at its face-to-face meeting in December, to enable them to be an effective voice for LGBT Queenslanders in the reforms.

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LGBT Multicultural Action Group

QAHC's LGBT Multicultural Action Group is planning a series of events and activities to celebrate and promote cultural diversity in the LGBT community and support LGBT people from a ethnic minority background, including:

social networking event for LGBT international students, following orientation week in 2011
activities in the LGBT community to mark 'Harmony Day' on 21st March a presence at Brisbane Pride Festival in June

If you have any ideas or are interested in getting involved, please come to our next meeting (see below) or send an email to pmartin@qahc.org.au

QAHC and the Ethnic Communities Council of Qld are teaming up to develop a survey of ethnic minority organisations on their experiences in supporting LGBT clients and working around sexuality, sex and gender diversity issues. Results of the survey will help inform training & development support for organisations.

The next meeting of the LGBT Multicultural Action Group is 1st February, 3pm – 4:30pm at QAHC Brisbane. More information can be found at www.qahc.org.au/culture

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Two Spirits

Brisbane Festival

Since our last entry into the newsletter the 2 Spirits in Brisbane has been involved in a plethora of activities. 2 Spirits and the gar'ban'djee'lum Network completed the Brisbane Festival 'where we from banner' workshops and produced a beautiful piece of artwork. These were showcased during the Brisbane Festival opening on 15th September at kuril dhagun Indigenous Knowledge Centre at the State Libraries of Queensland at South Brisbane.



Indigilez

A partner social network of 2 Spirits and gar'ban'djee'lum Network - The Indigilez Women's Leadership & Support Group, formed by Rebecca Johnson and Tanya Quakawoot, hosted a number of successful events including the Rainbow Dreaming retreats at Cedar Creek Falls Retreat located in the glorious hinterland of Samford (north of Brisbane). The retreat had a host of guest speakers to empower, educate and motivate women. The workshops brought together the young and the old, Indigenous and non-Indigenous, formed new friendships and rekindled old ones. They have held quarterly BBQ and social events for family, friends, newcomer's, all are welcome. The latest event that was held was JETTA ~ IndigiLez Halloween Fundraiser held on Saturday, 30th October 2010. We wish them all the success with the future events they hold for their members and guests. For more information about IndigiLez, contact Rebecca Johnson on becgjohnson@optusnet.com.au or Tanya Quakawoot on 0404 733 404.

World AIDS Day – Jagera Arts

2 Spirits has engaged Performing Artist Mark Sheppard writer and actor of his successful one man show called “Chasing the Lolly Man” in the lead up to World AIDS Day 2010 to develop a script and production with a focus on sexual health promotion and HIV/AIDS and STI prevention with the aim to run workshops at the Jagera Arts World AIDS Day 2010 event on the 3rd of December. We are hoping that this will be well received by the participants and workers of Jagera Arts World AIDS Day. The production will be filmed on the day and we aim to use this film to promote sexual health and HIV/AIDS prevention in Aboriginal and Torres Strait Islander communities throughout Queensland.

The Jagera Arts World AIDS Day event held on the 3rd of December is open to all community members. It has been a collaborative process between the 2 Spirits team, sexual health workers from various Queensland Health sexual health clinics, workers from the Hepatitis Council of Queensland, which was lead by the Aboriginal and Islander Community Health Service in Woolloongabba. In the past this event has been very popular, while it is an exciting and interactive event it promotes sexual health and HIV/AIDS prevention information, shows respect to people from our Aboriginal and Torres Strait Islander communities who may be living with HIV/AIDS and respect for the families and communities of those who have passed on from complications of HIV/AIDS.

gar'ban'djee'lum

On the 4th of December the gar'ban'djee'lum Network in conjunction with 2 Spirits and the Queensland Aboriginal and Islander Health Council (QAIHC) will be holding their World AIDS Day 2010 luncheon at the Sportsman Hotel in Spring Hill. This event is run to show respect to AIDS Awareness Week and recognise those people that are living with HIV/AIDS and members of the gar'ban'djee'lum Network who have passed away from HIV/AIDS complications. It is also an opportunity for the gar'ban'djee'lum Network members to gather and enjoy entertainment by our local sisters Anna Mae and Sasha Fearless and entertainers Steven Oliver and Mark Sheppard. For more information contact 2 Spirits on 07 3017 1777.

2 Spirits on National Indigenous Television (NITV) Living Black

The 2 Spirits Project is extremely excited to be part of the Living Black series which is to be aired on NITV early next year. We took video journalist Cody from Living Black and showed her what the 2 Spirits Project in Cairns has been doing.

2 Spirits took Living Black to Bumma Bipperra Radio BBM 98.7 where we do community broadcasting every Monday. Living Black filmed Earl's one hour show "Juke Box Gold" which showcases camp classics, golden oldies & sexual health information

Living Black did some interviews with Yupla Mipla Ahfla mob & asked them about their life experiences. Living Black has asked if the 2 Spirits story can talk about coming out as an important component of the show. It will be aired just after Mardi Gras which will be a wonderful follow on for the show.

Cairns & international Indigenous artist Arone Meeks facilitated the 2 Spirits & Oz Showbiz Cares art workshops last weekend which Living Black were happy to be a part of.

The sculptural piece being created for World AIDS Day will be looking at the use of HIV medication in trials involving Placebos.

In the Early days when HIV first appeared, there were a lot of drugs that were being trialled, in these focus groups some were given the real drug, others a placebo (sugar pills) to gauge their responsive to medication, sometimes with disastrous consequences.

This work is particularly about these brave individuals and those who are HIV positive and living taking medication, and survival. This work also reminds us to be vigilant about safe sex practices as becoming positive, will mean you have to take these medications for the rest of your life.

Living black will be in Brisbane from the 22 November to finish the filming of the 2 Spirits Project.

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Community Development

Money Available for LGBT Projects

Money is being made available to lesbian, gay, bisexual and/or transgender (LGBT) projects in Queensland.

The "Healthy Communities Fund" is inviting applications from groups, services, businesses and individuals for projects which help promote the health & wellbeing of LGBT Queenslanders, build & strengthen LGBT communities anywhere in Queensland or to support fundraising activities for LGBT groups.

A total of up to \$25,000 is available in each application round, with a maximum of \$5000 being awarded to any one application. Closing date for the 7th round is 31st January 2011.

Application Guidelines and the Application Form is available from www.qahc.org.au/fund or by ringing 1800 177 434.

Over the past 4 years 56 LGBT projects have been funded across the state, receiving a total of \$123,000. Projects included workshops, social groups, fundraising activities, festivals, equipment, retreats and health campaigns & resources.

"There are lots of great ideas out there in the LGBT community, and with just a little bit of money they can be turned into a reality" said Paul Martin, QAHC General Manager. "We've been able to fund some great projects which will make a real difference to the lives of LGBT people. We hope to continue this with the next round in January."

QAHC has used accumulated income on a previously owned rental property to kick-start the Fund, but ongoing donations and sponsorship are desperately needed keep it going. If you or your business is interested in making a tax deductible donation to the “Healthy Communities Fund”, please contact Paul Martin (General Manager) or visit www.qahc.org.au/fund

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News from QAHC North Queensland – Nick Connor

The past two months have seen a huge amount of activity on the LGBT scene in Townsville and, with the enthusiasm and goodwill displayed by the community, the future looks bright. Townsville Pride was a great success thanks to the enormous amount of work put in by many people over a very short period of time. Pride was an initiative of the Townsville GLBTI Anti-Violence Committee but a variety of individuals, businesses and groups jumped to contribute in many ways; our thanks and congratulations go out to them all.

Two other significant developments for the community are the launch of an LGBT Youth Group by Headspace, and the re-establishment of an LGBT students' group at JCU. Both of these developments represent real improvements for LGBT Townsvillians seeking community connectedness. In particular, the establishment of the Headspace group provides young gays, lesbians, bisexual and transgendered people, and those simply exploring their sexuality or gender identity, with a safe and supportive environment in which to meet others, gain support and seek advice. Young LGBT people and those who love and care for them are so much better off for this service existing.

The Girls Next Door have made a big impact on the Townsville scene over the past year. QAHC staff enjoyed a number of their parties and were blown away by the professionalism of their shows. The Girls and their supporters were instrumental in making this year's Pride dance party such a success. We wish them a very happy birthday and look forward to lots more fun in the years to come.

Club Evolve have been putting on monthly parties for the LGBT community for a number of months now. They hold their parties upstairs at the Hermit Park Hotel on the first Saturday of the month. So successful have Club Evolve's nights been that they're considering operating twice monthly.

World AIDS Day is commemorated on December 1st. This is an important opportunity to remember those who have died of AIDS and show solidarity with those living with HIV. While safe sex is important all the time, World AIDS Day offers us an opportunity to reinforce the message that HIV awareness and knowledge about the virus and about safe sex practices are our greatest strengths in the fight against the epidemic. Townsville will host two WAD market stalls as well as a World AIDS Awareness Week Planet Positive and a commemorative procession on the Strand from 6pm on Dec 1st. Cairns will host several stalls in shopping centres as well as in City Place. Turtle Cove recently hosted a fundraising auction for Wapenamanda Clinic in Papua New Guinea and Positive Action Cairns, a social, support and advocacy group for positive people in the area. There will be a commemorative vigil on the Esplanade from 6pm on Dec 1st.

Cairns' Out! committee continues to put on well attended monthly parties. A recent move to the Lilo Bar at the Rydges hotel has seen numbers rise and a great deal of positive feedback. The next parties are Sat 4th Dec and New Year's Eve.

QAHC's Sex and Gender Diversity Workshop was held in Cairns in November and well attended. Attendees, including QAHC staff, reported getting a great deal out of the training as well as thoroughly enjoying themselves in the process.

Base Camp, the Cairns LGBT Resource Centre, will be holding its community Christmas party at the Centre on Friday 10th Dec from 6pm.

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Date Claimer!! QAHC Christmas Party.....Brisbane

Get out your leather chaps and whips for the QAHC Wild West Christmas Party. Friday 10th December 2010. 6.00pm – 10.00pm. Featuring the naughty and wonderful Millie.

Also performing will the fabulous **BERTIE PAGE CLINIC** performing on the night.

Bertie Page Clinic is the dirty cousin-love of burlesque and classic rock. The Clinic began in 2009 as an unholy union of seasoned old rockers and a cheeky burlesque nymph. Legends of rock Phill Wilson (Blowhard, Chucknee, Deep Blue Orchestra), Greg Jard (Blowhard, Jim Rockfords) and Fred Noonan (SixFtHick, Jim Rockfords) spotted Miss Bertie Page at a burlesque show and the band was formed.

In no time this marriage of rock and burlesque had birthed a writhing brood of screaming brats in the form of nine songs that range from cheesy yacht rock through to balls out punk. "They're like my strange little deformed children", says Bertie of her tunes, "I call the big one Bitey."

The songs have been composed by Bertie and master guitarist and composer Phill Wilson who share a passion for the camp and epic nature of glam rock. Inspired by Meatloaf, Alice Cooper and Elvez, they combine the drama of Bertie's theatrical background with Wilson's innate gift for songwriting and orchestral arrangement.

The result is an album of great humour, technical finesse, sumptuous riffs and unforgettable hooks. These witty works combine the best elements of yacht rock, punk rock and poodle rock, pulled off with a Jim Steinman flair.

The album will be launched at The Wickham on Friday 10th December from 8pm.



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Linking up – Ged Farmer (Gold Coast & Logan Health Promotion Officer)

I recently attended the "Making Links Conference". The conference was focused around using social media and other technologies as tools to create social change, reaching marginalised communities

and performing advocacy using the many different forms of electronic communication available to us in the 21st century.

Keynote speakers spoke of their experiences using the internet to create social change using social media such as Facebook to mobilise isolated communities into action on advocacy issues.

The conference was very timely given that QAHC is now using social media such as Facebook and Twitter to communicate and reach our communities and target groups. Already we have found that our regional Facebook accounts are reaching communities where QAHC presence has been restricted in the past due to large expanse of the areas in which we work.

The use of social media also allows clients who may not have community connection to be a part of LGBTI events, gain information and hopefully de-isolate where previous connection has not been possible.

The challenge for QAHC is how to use these wonderful electronic tools to achieve the desired outcomes and look at protocols that help us develop policies to achieve maximum impact while continuing to do the work we already do with our communities.

The internet is constantly changing and evolving with lightening speed so it's fair to say that our place within the social media arena will be an evolutionary process changing to keep pace with this ever-changing medium.

To connect with QAHC facebook accounts, type in "QAHC" in your facebook search option.

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Community Activities

Brisbane North Social Group [Brisbane \(External\)](#)

Saturday 4th December: BBQ by Roger at QPP

Friday 10th December: QAHC Christmas Party at Helen Street, Newstead

Saturday 11th December: Brisbane North Social Group Christmas Party

Friday 17th December: Planet Positive @ Shafton Hotel

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Xxxmas Gay Skate [Brisbane \(External\)](#)

Saturday 11th December. 9pm - 11pm

Albany Creek Skateaway

<http://www.skateaway.net.au>

!!! Due to popular demand !!!!

\$10 entry. Skate hire \$4

Everyone welcome! Family friendly.

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Picnic in the Gardens [Gold Coast \(External\)](#)

Sunday 5th December

Pack your picnic hamper, blanket and hat. Come along and join us for a BYO picnic at the Gardens to celebrate the end of the year and Christmas. Secret Santa for those who want to participate – bring a gift to the value of \$5 for Santa's sack. Cans of soft drink available for \$1. There will also be a small raffle on the day to help raise funds for the Gold Coast Mardi Gras Parade entry.

Time: 11.30am – 3.30pm

Venue: Gold Coast Botanic Gardens, Ashmore Road, Benowa (Look for the marquee with the rainbow flag).

Cost: BYO picnic; plus \$1 event fee payable to Rainbow Alliance on the day.

RSVP: Wednesday December 1st - email to gcrainbow@live.com or SMS with your name to 0466 882 527

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Rainbow Alliance Committee Meeting [Gold Coast \(External\)](#)

Tuesday 7th December

Monthly meeting of the Management Committee

Members of the Gold Coast GLBTIQ community welcome to attend – anyone wishing to join as a committee member is more than welcome.

Time: 6pm (usually concluded by 7pm)

Venue: Expanded Horizons, 208 Highfield Drive, Robina

RSVP: Monday 4th December – email gcrainbow@live.com or SMS with your name to 0466 882 527

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Ice Capades (Ice Skating) [Gold Coast \(External\)](#)

Tuesday 21st December

Celebrate Christmas this winter way and come ice skating

Time: 7.00pm – 11.00pm

Venue: Gold Coast Iceland, 15 Strathaird Street, Bundall

Cost: Skate Hire (approx \$16); plus \$1 event fee payable to Rainbow Alliance on the day

RSVP: Friday 15th December. Email to gcrainbow@live.com or SMS with your name to 0466 882 527

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Out West [Ipswich \(External\)](#)

LGBT Dance Party and Parade.

3rd Saturday of every month. 6.00pm – 11.55pm. Murphy's Town Pub, Union Place, Ipswich

Divine Divas [North Ipswich \(External\)](#)

LGBT Dance Party. North Ipswich Bowls Club, Cnr Pine & Canning Street, North Ipswich.

Commences at 6pm. Contact Trevor for more info on 0411 651 317 or email

devinedivas@hotmail.com

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Rainbow Allsorts [Toowoomba \(External\)](#)

Coffee Group @ 5.30pm
Fortnightly on a Thursday
191 The Coffee Club
Cnr Margaret & Victoria Street
Toowoomba

Dates are:
9th December
23rd December

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Movie Night [Toowoomba \(External\)](#)

1st Saturday of the month
Greek Community Hall
Cnr Hume & Perth Streets, Toowoomba
Contact Eddie on edwardspantry@live.com

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Professional Events

Training Opportunities

In 2011 QAHC will be presenting a selection of Professional Development Training Sessions in Brisbane for health and community service providers. The workshops will occur every two weeks from March to June, there will be a variety of workshops available, from our full day Creating Inclusive Services for the LGBT client, working with various LGBT communities such as youth, seniors, families and our half day basic sexual and gender awareness and working with sex and gender diverse (Trans) clients. All registration will be taken by the end of January with confirmation being sent and payment made 2 weeks prior to each workshop. The [Professional Development Training Sessions calendar](#) (click on the link) and registration form are available on the QAHC website for downloading.

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Fundraising and Volunteering Opportunities

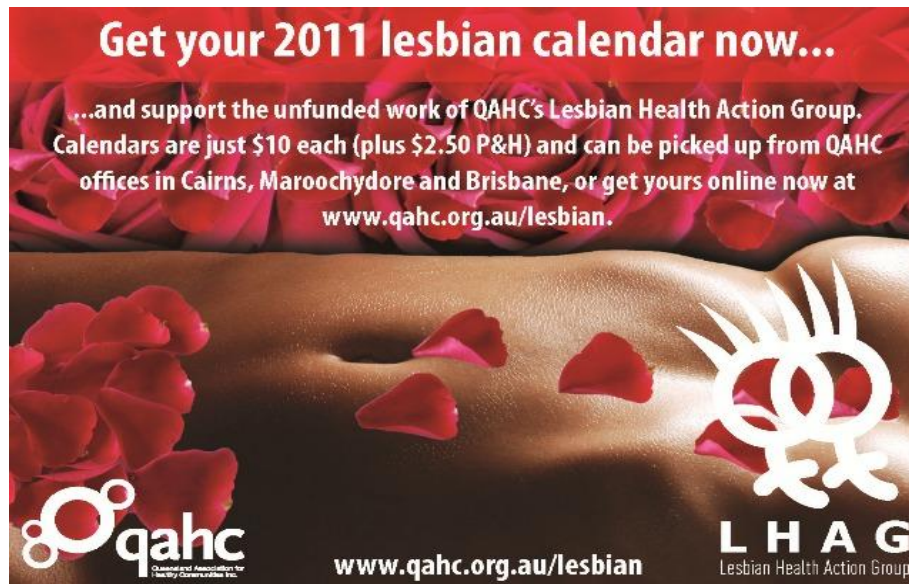
Get Your 2011 Lesbian Calendar Now & Support The Work of LHAG

Buy a copy of the Lesbian Health Action Group's (LHAG) sexy 2011 calendar and support their unfunded community work. Even better, order before 16 December and you will get **TWO FOR THE PRICE OF ONE!** That's right! For every calendar purchased we will throw in a free one, so in effect you can get one for yourself AND a present for a friend... and who knows... this gift could even save a life!

Following last year's successful Boobalicious calendar which was raising awareness on breast cancer and screening, LHAG have again produced a calendar that is both a fundraising tool to sustain their unfunded health promotion efforts, and is also an awareness raising tool on cervical cancer and screening. Raising awareness on cervical cancer in the lesbian community is extremely important as the medical profession once told lesbians they didn't need pap smears as they didn't have sex with men, yet we know that one of the main causes of cervical cancer is the HPV virus which is

transmissible between women, and that it's preventable and can be treated successfully with early detection.

Our lovely designer Jayne has put together a gorgeous calendar filled with beautiful images of the female form. For just \$10 (plus \$2.50 P&H), you can get **TWO** copies of the calendar, one for yourself, and one for a stocking-stuffer for the woman in your life. You can buy your calendars online at www.qahc.org.au/lesbian or drop into QAHC's offices in Cairns, Maroochydore or Brisbane to grab your copies.



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QAHC Christmas Appeal – Supporting LGBT Queenslanders

Thank you to all of the wonderful supporters who have generously donated to our Christmas Appeal - fundraising for the Healthy Communities Fund - your gift is truly appreciated. But if the Fund is to stay open and continue supporting important LGBT community projects and groups across our state, we need further donations and support.

During this giving season, please show your support for the LGBT community and donate what you can to keep the Fund going. All donations \$2 and above are tax-deductible so please show your generosity and donate now online at www.qahc.org.au/donation. Alternatively you can send a cheque or money order (made out to QLD Association for Healthy Communities) to QAHC, Reply Paid 1372, EAGLE FARM BC QLD 4009.

Queensland is repeatedly shown to be Australia's most homophobic state and the Fund is one way that we can battle oppression and support one another, and it's one of the best (if not only) sources of financial support for many LGBT groups and projects across Queensland, so please help QAHC assist our community and make a donation.

Rest assured that with the application process, assessment panel and project reporting process, your donation is being put to good work and is helping to improve the lives of LGBT Queenslanders. To read about some of the great work that grant recipients are achieving, please visit www.qahc.org.au/HCFstories

HELP LGBT QUEENSLANDERS

Please show your generosity during this giving season and donate to QAHC's Healthy Communities Fund so that we can continue to support worthy LGBT projects across Queensland.

Donate now by visiting
www.qahc.org.au/donation
or call **1800 177 434**.

All donations \$2
and over are tax
deductible.



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Links to Community Resources

Brisbane

<http://qahc.org.au>

Qld Association for Healthy Communities Inc

<http://qgroups.com.au/>

Qnews Community Group Listings

<http://www.changelingaspects.com/index.htm>

Changeling Aspects

<http://www.atsaq.com/>

ATSAQ – Australian Transgender Support Association of Queensland Inc

<http://www.opendoors.net.au>

Open Doors

<http://www.brisbaneglbn.org>

Brisbane Gay & Lesbian Business Network (GLBN)

<http://qpp.org.au>

Queensland Positive People

Central Coast (including Sunshine Coast)

www.gaysunshinecoast.com.au

You will find information for the Lesbian, Gay, Bi-sexual and Transgender community in the Sunshine Coast. Covers event, social and support groups, health information, health services and more.

www.gayrocky.com

You will find information for the Lesbian, Gay, Bi-sexual and Transgender community in the Rockhampton area. Covers event, social and support groups, health information, health services and more.

www.fraser gays.com

This website supports the gay, lesbian, bi-sexual and transgender people in the Fraser Coast area. Maryborough, Hervey Bay, Fraser Island, Gympie, Bundaberg.

Gold Coast & Logan

<http://www.gayonthegoldcoast.com>

Gay on the Gold Coast is a new website that will keep you up to date with LGBT activities, groups and services on the Gold Coast. Gay on the Gold Coast is a QAHC initiative to give the LGBT community a website to enhance social opportunities and information.

<http://www.goldcoastgayday.com>

Gold Coast Gay Day is a festival for the lesbian, gay, bi-sexual and transgender community, their family and friends. Please check back for regular updates on Gold Coast Gay Day 2011.

<http://www.facebook.com/people/Logan-Rainbow/100000742765606>

LGBT Social Group for Logan and surrounding areas.

<http://www.qspace.net.au>

Qspace for LGBTIQ youth on the Gold Coast have moved to Wednesdays at 4pm. Qspace is for under 18yr olds. For more information on Qspace and support for young LGBTIQ people contact Anna on Telephone: (07) 5569 1827, mobile: 0437 013 710.

Rainbow Alliance have been holding regular "get togethers", most recently Yum Cha, Ice Skating with plenty happening for the rest of the year. For information email or text Rainbow Alliance at gcrainbow@live.com or SMS you name to 0466 882 527

The Harvesters Club

The Harvesters Club is a Gentlemens only dinner club. We meet on the first Tuesday of each month, at different restaurants on the Gold Coast, which we book out and are closed to the public.

For further information please contact Noel at

PO Box 5885

Gold Coast MC QLD 9726

Phone: 07 5570 1571

Email: harvesters69@optusnet.com.au

Redlands Region

http://www.facebook.com/amandaextreem?v=wall&story_fbid=133520703353770#!/group.php?gid=123166191055457&ref=ts

This group is for LGBT and allied people, groups and businesses who live / work / play in the Redlands area.

Toowoomba & Ipswich

<http://www.facebook.com/group.php?gid=103881489667269>

West Moreton AIDS Memorial Quilt Project - HIV/AIDS is a worldwide problem that knows no territorial or cultural borders. It is a disease that can be only fought globally with global understanding. You can help by encouraging friends to create panels for their loved ones. Make a panel yourself. Your contribution will bring about a truly international Quilt spirit."

<http://www.facebook.com/group.php?gid=104328909605210&ref=ts>

Toowoomba Lesbian Group – Come along and meet new people. Everyone welcome!

Cairns

Cairns Rainbow Kids

Cairns Rainbow Kids meet in Cairns each week on Friday mornings from 9.30 until 12, at a variety of places so please email or message us to find out where we will be this week.

The group provides a fun weekly activity for children while also providing an opportunity to meet other LGBT parents for socializing.

We are on Facebook – Search for Cairns Rainbow Kids or email us on cairns.rainbow.kids@gmail.com

QAHC Contact Details

Qld Association of Healthy Communities Inc - Brisbane

Ph: 07 3017 1777 email: info@qahc.org.au

Fax: 07 3852 5200 web: www.qahc.org.au

Postal Address: PO 1372, Eagle Farm BC Qld 4009

Street address: 30 Helen St, Newstead Qld 4006

Sexual Health information & referral	1800 155 141
Indigenous Gay Men & Sista Girl	07 3017 1736
Members	07 3017 1779
Volunteers	07 3017 1777
Donations and Bequests	07 3017 1728

Qld Association for Healthy Communities Inc – Sunshine Coast (including Central Coast)

Postal Address: PO Box 2077, Sunshine Plaza Qld 4558

Street Address: 10 Pikki Street, Maroochydore Qld 4558

Phone: 07 5451 1118

Qld Association for Healthy Communities Inc – Cairns

Postal Address: PO Box 12112, Cairns Qld 4870

Street Address: 290 Draper Street, Cairns Qld 4870

Phone: 07 4041 5451 Freecall: 1800 884 401

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