



**JUN - JUL**  
NEWSLETTER

# L I V I N G

## Contents

Wednesday Evening Squash	2
Up Front	2
AAC and Candlelight Memorial	3
The Winter Blues	3
Heart Foundation Walking	4
What Can You Find Here at Westlund House?	4
Community Spotlight	4
Exercise in Winter	5
Hackett Lesbians Having Fun	5
Queer Canberra Goes Glossy	5
Goodbye and Good Luck Sarah McNeil	6
Healthy Eating	6
Actively Aging	7
Keeping the Glass Half Full	7
Stitch & Bitch	7
For Your Diary	8
GLBT Sports in the ACT	8

# W E L L



**AIDS ACTION**  
COUNCIL OF THE ACT

**P** 02 6257 2855

**F** 02 6257 4838

[aidsaction.org.au](http://aidsaction.org.au)

## Find Thirty

For adults, at least 30 minutes of moderate intensity physical activity on most days of the week is needed for good health.

And the great news is you don't need to do the 30 minutes all in one go. Three lots of 10 minutes is just as beneficial and might be easier to fit into your day.

<http://health.act.gov.au/findthirty/>



## Up Front

*Muscles that ripple in the breeze ...*

Every morning I stand in front of my bathroom mirror and contemplate the buffed, rippled body presented before me. But then I open my eyes. Quite frankly, there are some days when I feel a little disappointed at what I see as a gradual deterioration in my physical form. Most people would simply describe this as the natural process of aging, yet this explanation doesn't make the difference between how I want to look and how (in my moments of honesty) I actually look any easier to accept.

My reality has been one where I have been fortunate to have maintained relatively good health despite not always making the best of decisions, but I have always understood that in any circumstances, staying in shape requires a bit more commitment than merely relying on good luck.

Nonetheless, making this commitment is not always easy. Every now and again, I join a gym. Regrettably this commitment ends up increasingly financial as I become more and more successful at finding reasons why I simply have no time to actually go. I don't like gyms, with all those beautiful people occupying spots in front of the mirrors and showing all the signs of having been regular in their attendance. I also find it annoying to have to constantly adjust the weights on the machines from the person before me, and dispirited that this adjustment is always downwards.

I've tried other things. I joined a volleyball group but was so self-conscious of my incompetence that I gave up. I tried swimming, but always clashed with the mid-week ladies aquaerobics class. Tennis was a dud since I failed to progress beyond an underarm serve. Cycling didn't work for a whole variety of reasons, but mainly because of the additional effort just to get somewhere. Team sports have never suited me.

No doubt I am not unique in this difficulty of finding motivation that turns effort into pleasurable activity. No doubt I will one day find a sporting activity that I actually enjoy and perhaps, more importantly, a group of people that I enjoy doing it with. Until then, I think it is good that I at least remain aware of the importance of being active and at least open to the opportunities that are available.

At Westlund House we have been giving a lot of consideration to how we can help members and clients to live well and take advantage of the benefits that regular physical activity delivers. We have been trying to understand the physical, social and financial barriers some may experience that could be addressed. We've been looking at creating new opportunities and how we can support the many groups in our communities that already exist, and which we have covered in this issue.

As for me, even if a bad excuse is better than none, I'm going to exercise fewer of them, and become the fit healthy person that I think I am.

Andrew Burry



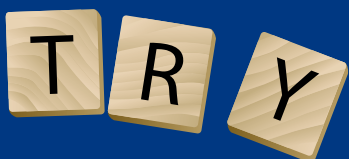
## Wednesday Evening Squash

A gay and gay friendly squash group. The main purpose of Wednesday Evening Squash is to provide a fun and friendly opportunity for people to play squash. Players of all levels are welcome to come along and enjoy the fast-paced fun of squash, just give it your best shot!

At \$10 for the hour, this is a great way to meet new people and get healthy. And in keeping with the friendly atmosphere, people are encouraged to come along for a meal afterwards, usually in Dickson.

Wednesday Evening Squash is played at the National Sports Club, Mouat St, North Lyneham 6:30 - 7:30 pm every Wednesday.

For more information contact Grahame on 0418 625 437 or check out <http://groups.google.com/group/gayactsquash>



# AAC demands an end to discrimination at the Candlelight Memorial

**Megan Munro and David Mills**

Discrimination remains a sad reality for the many thousands of Australians living with HIV.

Mr Ross Wilson, President of the AIDS Action Council of the ACT said at the memorial that unless we face up fully to the lingering issues of stigma and discrimination, there is little chance that we will end this epidemic. 'In a modern and supposedly enlightened society, the idea that people with a medical condition are marginalised is unacceptable. Unfortunately this is what life is like for many' he said.

The AIDS Action Council of the ACT has been active since HIV first arrived here, and continues to work in partnership with the community, health professionals and the government to improve the quality of life for those affected.

The 26th annual Candlelight Memorial held on Sunday the 17th of May, at the National Museum of Australia was a great chance for Canberrans to stand up and be counted, and show that this discrimination needs to end. This followed on from an inter-faith service held at All Saints Anglican Church in Ainslie.

The keynote speaker at the memorial was long-standing activist and entertainer Tobin Saunders, also known as Vanessa Wagner. Saunders knows first hand how stigma turns a generally manageable condition into one that can be heartbreaking to live with. He remembers how the gay and lesbian communities responded to the emerging crisis by coming together and demanding action. 'I think that people today are forgetting how closely linked the response to HIV and gay rights were', he said. Saunders also believes that discrimination can be closer to home, 'we all need to look at ourselves and make sure that we are not also discriminating at times'

Ross Wilson agrees saying that 'HIV positive gay men should not have to fear rejection from other gay men if they disclose. All of us need to unite to combat this fear and ignorance within our own community'.

Students from Lanyon High School participated in the proceedings by reading the Declaration of Solidarity, which was produced by the World Global Health Organisation. HIV affects both young and older generations. The presence of students added to the feeling of the event being a whole of community issue.

Although HIV has had a huge impact among gay men, it has also impacted on many other groups, including haemophiliacs and heterosexual men, women and children.

All face stigma and discrimination as a result of their condition and we need to work actively to eliminate this from our society.

# The Winter Blues

**Marcus Bogie**

With the colder months fast approaching it is even more important that people take the time to get outside and do some mild exercise and actively seek the sunlight hours available. Seasonal depression or seasonal affective disorder (SAD) is usually triggered by the winter months, the exact cause is unknown but since depression is more common during winter it is believed that the lack of sunlight may alter brain chemistry in some people.

As with most forms of depression symptoms may include – anxiety – sluggishness – weight gain – loss of sex drive – dietary changes. However one big difference of ongoing persistent depression is that SAD usually starts in autumn gets worse in winter, eases during spring and disappears during summer, only to return in the colder months to start the cycle again.

If you think that you are not quite feeling the same as you did a couple of months ago and feel that this is the beginning of a cycle that you know so well? Then there are some basic self help options – get out in the sun, do some mild exercise while you're at it, ensure that you get enough sleep but don't sleep all day. Look at your diet, are you eating healthy food? You could always cut down on excessive smoking or alcohol intake. In most cases the simple action of getting out into the sun a bit more is enough to help chase the winter blues away. However if this isn't working talk to your doctor about how things are going for you.



Canberra's International AIDS Candlelight Memorial. Clock-wise from top: Canberra G&L Qwire, attendees collecting their candles, some of the candles laid out outside the NMA, keynote speaker Tobin Saunders



# Heart Foundation Walking

Heart Foundation Walking is Australia's largest network of free community-based walking groups, led by volunteer Walk Organisers.

Joining or starting a Heart Foundation Walking Group in your area or workplace is a great way to get active and meet people. Every walking group is different - they vary in the number of members, and levels of difficulty and meet at a variety of times and days of the week. Everyone is encouraged to walk at their own pace.



For Heart Health information call 1300 36 27 87



# Community Spotlight Winter Community Events

Have you been naughty or nice?

BearsCanberra is pleased to announce the best Christmas in July yet.



Thursday 23rd July: Meet and Greet at Hush Lounge from 7:00 pm (\$15.00 for members, \$20.00 for non-members).

Friday 24th July: Magical Mystery Bus Tour (\$25.00/\$30.00) and 3 course Christmas Dinner at Teatro Vivaldi (\$90.00/\$100.00).

Saturday 25th July: Car Tour (Free) and Dance Party from 7:00 pm at Majura Hall (\$20.00/\$25.00).

Sunday 26th July: Recovery Brunch from 10:00 am at City Park (\$10.00/\$15.00).

For more info email [secretary@bears Canberra.com.au](mailto:secretary@bears Canberra.com.au), or call Don or Glen on 02 6253 9828.

Cube is sent back to school!



It's time again for Homo High! So get out your uniform, pull up your socks and jump on the school bus. Featuring resident DJ Peter Dorree and all male dance troupe The Backdoor Bandits in a fully choreographed school themed production.

You'll get FREE entry if you come dressed in theme and as always we'll be giving away much more than just gold stickers to the very best dressed. Throughout the night we'll be raising money in various ways for Canberra's 2010 Mardi Gras Float (including auctioning off Morris' signed school shirt!).

Class starts at 9:00 pm, Friday 31st July!

Gender Agenda go bang at Hush!

Performances by the fabulous Canberra Drag Kings, fun, laughter, and the opportunity to buy your very own butch for the night! All proceeds from the Butch Auction will be used to support A Gender Agenda's ongoing work within the Canberra Sex and Gender Diverse community.

7pm on the 27th of June, at the Hush Lounge.

Prices TBA. Keep an eye out for more information.



# What can you find here at Westlund House?

Need safe sex products?

- mixed dozen condoms for \$3.00
- boxes of 144 condoms (comes in different sizes and flavours) from \$25.00
- dental dams \$1.00 each
- 100g lube from \$4.00
- 550g pump pack of lube from \$13.00
- 1 litre pump pack of lube from \$20.00
- 500ml Han-i-size (antibacterial gel) from \$24.00
- Beppy Sponges from \$16.00 for 8

What else can be found here?

AIDS Action Council Newsletter • Positively PLWHA ACT newsletter • SWOP newsletter • FUUSE • Polare • Sydney Star Observer (new copies every Friday morning) • In Our Own Write • The Living Quilt • FREE condom packs (men's and women's) • HIV+ info • same sex relationships info • HIV serodiscordant (+ve and -ve) relationships info • safe sex info • Transgender resources • PEP info • cruising safely info • STI's and HIV info • how to be a member of the AAC • community groups info • community support services info

Choirs in the Capital



The Qwire will be performing Matthew Hindson's "Heartland" with the Sydney Gay & Lesbian Choir and the Melbourne Gay and Lesbian Chorus on Saturday 27 June in the John Lingard Auditorium at the Canberra Boys' Grammar School.

Heartland is a spectacular work for large choir and two pianos. It was commissioned by the Sydney Gay and Lesbian Choir for "Camp Music", a choral festival for Australasian lesbian and gay choirs, which was held in 2001.

Tickets \$25.00, \$20.00 concession (kids free!)

# Exercise in Winter

**Gregory Barnes**

As Winter fast approaches, with its attendant coughs and colds, the need to bolster our immune systems is never more important. Regular, moderate exercise can play a key role in this regard as it helps raise our core temperature, stimulate the body's natural defences and regulate our internal systems. With regard to frequency and duration of exercise, *Medicine & Science in Sports & Exercise* has this to say:

Frequency of training: 3-5 days a week.

Duration of training: 20-60 min of continuous or intermittent (minimum of 10-min bouts accumulated throughout the day) aerobic activity. Duration is dependent on the intensity of the activity; thus, lower-intensity activity should be conducted over a longer period of time (30 min or more), and, conversely, individuals training at higher levels of intensity should train at least 20 min or longer... moderate-intensity activity of longer duration is recommended for adults not training for athletic competition (1).

As you may have experienced before, there is an inherent amount of inertia that must be overcome in order to start up a new physical exercise program. There are heaps of examples of stuff you can do on your own, with a team or friends.

Exercising in the great outdoors can be particularly rewarding. Fresh air, sunlight and a change of scenery are some of the added benefits. Here are some important tips to remember if you're going to be 'sweating it out' on the pavement:

- If you're exercising early or late rug up with scarves and jumpers to stay warm.
- Be mindful of black ice during those frosty mornings!
- When exercising during the warmer part of the day, roll up your sleeves and/or wear shorts to get some sunlight on your skin. This enables our bodies to produce Vitamin D which is important for bone formation.
- Increased exposure to sunlight during the Winter months has also been recommended as a way of staving off the 'Winter blues' (seasonal affected disorder) (2).

To finish, here is some advice from Maria Gracia

*It takes at least 21 days to form a habit.* This means that you have to do something at least 21 times before it begins to become part of your everyday routine. So . . .

*Decide exactly what you want to do.* Write it down and post it where you can see it every day.

*Schedule time to do what you want to do.* You must be consistent and dedicated to doing what you want to do.

Once you reach your 21 days, congratulations! Don't stop now though, schedule another 21 days, and then another and so on. (3).

(1) <http://scholar.google.com/scholar?q=Recommended+exercise+frequency&hl=en&client=safari&rs=en+au&um=1&ie=UTF8&oi=scholar>

(2) [http://www.betterhealth.vic.gov.au/BHCV2/BHCARTICLES.NSF/pages/Depression\\_seasonal\\_affective\\_disorder?OpenDocument](http://www.betterhealth.vic.gov.au/BHCV2/BHCARTICLES.NSF/pages/Depression_seasonal_affective_disorder?OpenDocument)

(3) <http://www.iamnext.com/living/habit.html>

# Hackett lesbians networking and having fun

**Veronica**

Earlier this year, some Hackett lesbians felt it important to provide an opportunity to meet each other in a friendly informal atmosphere, in the context of being neighbours and living within the same environment. This was to help counter the sense of isolation that women who love women can sometimes experience.

The idea came about after the death of a sister in our community. Community responses to her choice to leave this world were varied and included shock, a realisation that many of us are vulnerable and a call for more support services for the LGBTI community.

Between the five of us who live in the same street we decided to organise an informal event to get to know our neighbours. We put our heads together and worked out that at least 35 lesbians lived in our suburb (how lucky can you get?).

We thought that this was a great opportunity to foster a sense of belonging, developing a neighbourhood social network that could interact and help support one another. We put out an e-mail on ACT Queer and distributed a flyer to those of us we knew lived in Hackett.

We agreed initially that the event was open to Hackett lesbians, their partners and children only. Our rationale for this was not that the event was exclusive, but rather that it was an event inclusive of lesbians living in Hackett. We wanted to start small and encourage others to try it in their areas. You never know, small neighbourhood networks could spring up anywhere, and then we could organise larger events between neighbourhoods.

The inaugural event was organised for a long weekend. Some women were away but enthusiastic to attend future get togethers.

For those who did meet up, we enjoyed plotting our homes on a large map of the suburb while consuming an exciting array of refreshments. New friendships are emerging. It was a relaxed and fun afternoon. All agreed that we would do it again and another afternoon has been organised for Sunday May 31st, hopefully with many more to come.

So, in the spirit of developing connectedness and sisterhood, if you are reading this and thinking "why not my suburb?" just break out the snacks and send a couple of e-mails. Who knows...we might be challenging your neighbourhood to a cheese and biscuit eating competition...or something less fattening like an inter-suburb dance party!

## Queer Canberra goes glossy!

In early April Hush and Cube were inundated with people celebrating the launch of the new magazine Fuse. There was a genuine sense that this magazine was going to become a really big and really important part of the local LGBT community.

Coming out monthly, and supported by a website that has live feeds, content from the magazine itself and some of its own original content, Fuse covers everything from news, fashion, politics, health, travel, the social scene and more.

Fuse Magazine is distributed free around the ACT and surrounds. Check out their website [www.fusemagazine.com.au](http://www.fusemagazine.com.au) to find out where you can pick up your free copy, including here at Westlund House!

# Healthy Eating When Times are Skinny

**Marcus Bogie**

With the Global Financial Crisis biting everyone where it hurts, here are some tips and ideas for healthy eating on a budget.

Plan your shopping for the week. Look at what you have in the cupboard and do up a menu for the week, then work out what you are going to need food wise to prepare the meals. Have something to eat before you go shopping, it will help cut down on those impulse buys because you are feeling hungry.

Remember to have a look at your supermarket catalogues to see what's on special. Don't be afraid to try home brand products as they often come out of the same factory as the higher priced name products and quality is right up there (however do read the labels to check out things like added salt and sugars on all pre-packaged foods – trial and error with most products can help sort out the good from the bad. The NSW Food Authority has an excellent brochure on food labelling called Food Labels (funny that) and can be down loaded from their website at <http://www.foodauthority.nsw.gov.au/consumers/food-labels>

By shopping for vegetables that are in season, they are usually cheaper and more plentiful and should be fresher than buying something that may have been in storage for a couple of months. If you're not sure what food is in what season, check out [www.sydneymarkets.com.au/f-seasonal.php](http://www.sydneymarkets.com.au/f-seasonal.php) or [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) for your local library for more info. Look at your local area and see what produce markets are around, talk to the grocer, compare prices or get together with some friends to buy in bulk. Don't be afraid to buy canned or frozen vegetables as they are always good to have tucked away in the pantry or freezer to help bulk up meals.

Cheaper cuts of meats (chuck steak, lamb shanks, shin - otherwise known as osso bucco to name a few) are just as good for you. Slow cooking a casserole in a stock pot on Sunday can provide you with extra meals during the week, put on a little bit more and freeze the leftovers. Mix it up a bit by having it with pasta one night, rice the next or perhaps more vegetables like mashed potatoes and pumpkin. Don't forget it's easy to change the flavour of casseroles by adding some chilli or other herbs and spices to be creative. A little can go a long way by adding legumes (chick peas, kidney beans) to a dish. This gives you more protein and flavour and can help cut down on expensive meat. When purchasing meat look at how it is prepared. By buying a whole chicken breast at the deli is way cheaper than buying one pre sliced and packaged. Buying meat in bulk can be a good idea if you have the freezer space. Buying meat on the bone is also often cheaper than paying the butcher or supermarket to debone it on your behalf.

Have an idea for a nutritious and cheap meal during winter? Brenda, the resident food columnist for "Positively" a newsletter for People Living with HIV AIDS in the ACT, is always on the lookout for more recipes and can be contacted at [plwha.act@aidsaction.org.au](mailto:plwha.act@aidsaction.org.au) or GPO BOX 229 Canberra ACT 2601.



**HAD UNSAFE SEX AND EXPERIENCED FLU-LIKE SYMPTOMS, FEVER, RASHES...?**

**If he has fucked without condoms since his last HIV test, he may have picked up, and be passing on HIV.**

One-third of all new HIV infections come from men who don't even know they are HIV positive.

Some of the people most likely to pass on HIV may not even know they have it.

**If you can't be sure of his HIV status, use condoms and lube.**

**AIDS ACTION COUNCIL**

**AFRO**  
Australian Federation of AIDS Organisations

**napwa**

## Goodbye and Good Luck Sarah McNeil

**Andrew Burry**

For many members of the community of any religious persuasion (or even none), there has long been a great comfort in All Saints Church in Ainslie. For many years, a lot of that has been about the Reverend Sarah McNeil. Sarah has moved to new pastures, and all of us at the AIDS Action Council wish her all good things for her new endeavours.

All Saints is very much a 'family' church and a place of tolerance and acceptance that touches the lives of a great many people. The contribution of the church in the annual Candlelight Memorial and through World AIDS Day is invaluable.

Whilst Canberra's loss is Adelaide's gain, we are also delighted to welcome Sue Hanna and to know that the commitment to responding to HIV remains.

**H E A L T H Y**

# Actively Aging (or Blooming Baby Boomers!)

**Nada Ratcliffe**

Physical activity is widely recognised as being an integral component of our overall health and wellbeing and enhances our ability to be Living Well.

Today we are less inclined to take on the negative stereotypical images of growing older with the emphasis now being on ageing successfully and ongoing independence through active and positive lifestyles. As well as the obvious benefits of exercise in reducing our risk of physical conditions such as cardiovascular disease, stroke or diabetes, there are enormous social and community benefits for us that can be derived by participating with friends and local groups. So not only will you enjoy better health, you will feel more confident and develop a greater sense of wellbeing – to add to that it helps us to look brighter and better which is certainly a bonus.

There are many ways for us to get the right amount of exercise to maintain and enhance the body and soul. The new good news is that it doesn't have to entail a rigorous regimen, visits to the gym or aching muscles and joints. According to national and international research, "people of all ages can benefit by including 30 minutes of moderate physical activity (such as brisk walking) on most, if not all days of the week". What is important is that you just Get Started. If you think of that as the most difficult aspect of being active then it's easy as one, two, three... go. Here are some simple suggestions to introduce easy exercise into your life:

- o Walk the dog (s/he'll love it too!)
- o Use the stairs and walk up the escalators
- o Walk to the local shop to pick up your essentials
- o Get off the bus one stop early
- o Get the bike out of the garage

Remember being active doesn't have to mean spending lots of money. Some free/affordable and accessible organised programs include:

- o Walking groups
- o Gentle exercise classes
- o Easy aqua aerobics
- o Tai Chi

We are so lucky here in Canberra in that we have a great urban environment as well as surrounding bush and national parks where we can just walk or bike around. The local ACT branch of the Heart Foundation will help you to develop and co-ordinate an exercise group, particularly a walking group, on several tracks around the ACT. They can be contacted on 6282 5744. Or, if you would like to start up a 'living well' exercise group with the Westlund House community and would like some assistance on how to start, come in to have a chat or phone us on 6257 2855.

\* US Surgeon General's Report on Physical and Mental Health

# Keeping the Glass Half Full ... or More

**Marcus Bogie**

'Living Well' can mean different things to different people. Here at the AIDS Action Council (AAC) we use the term as an outline for engagement with individuals and communities who would otherwise risk negative health and social outcomes. We aim to provide support, resources, tools and skills to assist people in meeting the challenges and events that life dishes up.

The Living Well thinking is applied to all services provided by Westlund House Resource Centre (WHRC) to encourage all of us to look beyond traditional modes of service delivery.

We aim for this to be a holistic and organic approach, and so we work with everyone to understand their needs and our requirements for service delivery. Points of service delivery (e.g. Legal Clinic, Stitch and Bitch, Facebook) are being expanded to meet the growing need and diversity of broader life circumstances of individuals and communities.

While Living Well issues can be individual in nature (such as mental health, financial hardship, isolation, and physical health) many impact on an entire community, including issues for same sex relationships, ageing, nutrition and many more. All are interchangeable and do not belong to one person or group. Understanding what actually makes an individual or community 'well' is complex and varied, so we aim to create a dialogue to work towards community and individual responsibility for Living Well. The more people who join in this conversation about what contributes to their own and their community's wellbeing, the closer we will come to facilitating those things that make a real and practical difference.

So where to from here? We are auditing all services offered at Westlund House, including outreach, to assess their compatibility with a Living Well philosophy and to see how well they meet the need for which they are intended.

As we enter our 25th year, we are more than ever a grass roots member based organisation, and through our expanding membership we have a greater chance to be more responsive to the needs of all those we serve.

## Stitch & Bitch

Stitch & Bitch started at Westlund House on Thursday 21 May.

This is a group for gay men to enjoy each others' company and conversation or for meeting new guys. And all the time, you'll be knitting, or learning how to.

Wool, needles, lessons and light refreshment will be provided and a gold coin donation would be appreciated.

For more info on when and where the next Stitch & Bitch is on, keep an eye on ACT Queer or call Marcus at Westlund House on 6257 2855.

# GLBT Sports in the ACT

## For your *Diary*

### June

- 27 Canberra Gay and Lesbian Qwire performs Heartland 7:30 pm at Canberra Grammar Junior School
- 27 Butch Auction at Hush 7:00 pm

### July

- 11 Annual AIDS Action Council Up Ya Bum Trivia Night, details pending
- 23 STRIP Sexual Health Checks at Champions Mustang Ranch 6:00 pm - 8:30 pm
- 23 - 26 BearsCanberra Christmas in July. See Community Spotlight for details
- 25 STRIP Sexual Health Checks at Westlund House 10:00 am - 12:00 noon
- 25 - 26 Out There workshop for gay/bi guys 25 and under
- 30 STRIP Sexual Health Checks at Champions Mustang Ranch 6:00 pm - 8:30 pm
- 31 BentLenses presents Defying Gravity 7:00 pm at CSIRO Discovery Centre
- 31 Homo High at Cube Nightclub 9:00 pm

### August

- 1 Stepping Out workshop for lesbian/bi women 10:00 am - 4:00 pm
- 1 STRIP Sexual Health Checks at Westlund House 10:00 am - 12:00 noon
- 6 STRIP Sexual Health Checks at Champions Mustang Ranch 6:00 pm - 8:30 pm
- 8 Stepping Out workshop for lesbian/bi women 10:00 am - 4:00 pm
- 8 STRIP Sexual Health Checks at Westlund House 10:00 am - 12:00 noon

For more community events, subscribe to the ACTQueer email list: [groups.yahoo.com/group/actqueer](http://groups.yahoo.com/group/actqueer)



## Join the AIDS Action Council

The AAC belongs to you, the community.

Proud to be a grass-roots organisation, we rely on our members. Members help us to carry out important work for our community. Join today and become part of our team.

To join, contact Lynn Parry on 6257 2855 or visit [www.aidsaction.org.au/membership](http://www.aidsaction.org.au/membership)

### ACTOUT

*Who can take part?* Anyone  
*Location:* All over Canberra region and beyond

**Costs:** Free to be involved, costs depend on event

*When is it on?* Most weekends  
*Contact details:* mark@actout.cjb.net or [www.actout.cjb.net](http://www.actout.cjb.net)  
Updates are regularly posted on the ACTQueer mailing list.

### Lawn Bowls

*Who can take part?* Anyone 50+  
*Location:* Yamba Sports Phillip  
**Costs:** \$8 per play (\$10 p/a to join Woden Seniors)  
*When is it on?* Thursday 10.30am - 1.15pm  
*Contact details:* Barrie 6288 4466 or 0428 62 4466

Mixed, not exclusively G&L just nice mature people having fun. Free coaching at Yamba Saturday morning 11:00am – 12:30pm.

### Long Yang Club Canberra (LYCC) Social Tennis

*Who can take part?* Not restricted, however LYCC's objective is: "to foster friendship between gay Asian and non-Asian men." See: <http://lyccanberra.wikispaces.com/>

*Location:* Inner South  
**Costs:** \$2  
*When is it on?* Sunday, 2:00pm to 4:00pm  
*Contact details:* Keith at [pacman@webone.com.au](mailto:pacman@webone.com.au)

Social tennis for players of all levels. Visitors or non-players are welcome to have a cup of coffee/tea with the other spectators.

### Women's Rugby Union: Queanbeyan Whites

*Who can take part?* Any female aged 16-30 something..

*Location:* Training is at Taylor Park, (which is next to Campese Oval) in Queanbeyan

**Costs:** Rego is approx \$100  
*When is it on?* Training is Tuesday and Thursday, 6:30 pm till 7:30 pm. Games are Sat 1:30pm  
*Contact details:* Susie Kennett 0416 501 571

You will need footy boots, mouth guard. Headgear and shoulder pads are recommended.

### Nude Yoga

*Who can take part?* Men 18 years and older

*Location:* Turner, contact for details

**Costs:** \$180 for 10 weeks for experienced, \$144 for 8 weeks for beginners. Check out ACTQueer for special discounts.

*When is it on?* Tuesday for beginners, Fridays for experienced practitioners, both classes 6:00 – 7:30 pm.

*Contact details:* Gregory Barnes, [blissboy777@yahoo.com.au](mailto:blissboy777@yahoo.com.au)  
Come and enjoy the sensual delights of practising yoga naked under soft lighting in our new, toasty warm venue in Turner. These classes can be very sensual, however they are not of a sexual nature.

### Canberra PCYC

*Who can take part?* Any young people, particularly those aged 12 - 25

*Location:* Ginninderra PCYC, Lhotsky St Charnwood and Erindale PCYC, Grattan Court Erindale.

**Costs:** prices vary  
*When is it on?* Contact for details

*Contact details:* Ginninderra 6101 6937, Erindale 6296 1292 or [www.pcyg-act.org.au](http://www.pcyg-act.org.au)  
The PCYC is a leading youth facility, providing innovative, relevant activities, in an environment that fosters youth participation.

