

TORONTO'S PREMIER GAY LIFESTYLE DIGITAL MAGAZINE

MGT

We Know Gay

MY GAY TORONTO

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Guillaume Deperrois

Gucci and Beyond

NERDS GO HAUTE COUTURE - DREW ROWSOME

The geeks have conquered the world!

Or at least haute couture. Will there be runways at Comic-Con and Toronto's Fan Expo (August 31 to September 3)?

Cosplay aside, rabid sci-fi fans have never been considered a particularly stylish bunch, but fashion house Gucci is betting that stoking sci-fi nostalgia will sell their high-priced apparel and shoes.

The campaign for Gucci's Fall/Winter collection, "Gucci and Beyond," is an absolute hoot. And though the clothes are not particularly spacey or retro, they do look fabulous in the settings of various b-movies and old television sci-fi series.

Director Alessandro Michele and artistic director Christopher Simmonds place the models and garments amidst the beloved low-fi kitsch of Creature from the Black Lagoon, Land of the Giants, Valley of the Gwangi, Star Trek, Lost in Space and similar much-loved from re-runs productions. And there are several clever little easter eggs for the true fanatics including an appearance by a Tom Baker-era Doctor Who stand-in, and cribbing from the theme music from Space 1999.

I don't know if it will sell schmatta, but I've watched the video multiple times and am utterly entranced with the photographs.

There is also an intriguing saucy undertone beyond the revenge of the nerds on fashionistas. Gucci had been receiving flack, like most fashion labels, for the lack of diversity in the models it used. Their previous campaign, "Soul Scene" featuring only black models in a '60s-style dance party, was, instead of being lauded as an attempt to redress the balance, blasted for being culturally insensitive if not outright cultural appropriation. But is hard to cry "Cultural appropriation!" when one of the "Gucci and Beyond" models is "Ejaw Bolsorg, age 36 from the Xoor Cluster." Or ageist when the campaign also features the hunky "Xeod, age 7000 from Unknown." It doesn't get much more diverse, or campy, than that.



Daniel James

THE FUTURE OF PORN CONSUMPTION - RAYMOND HELKIO



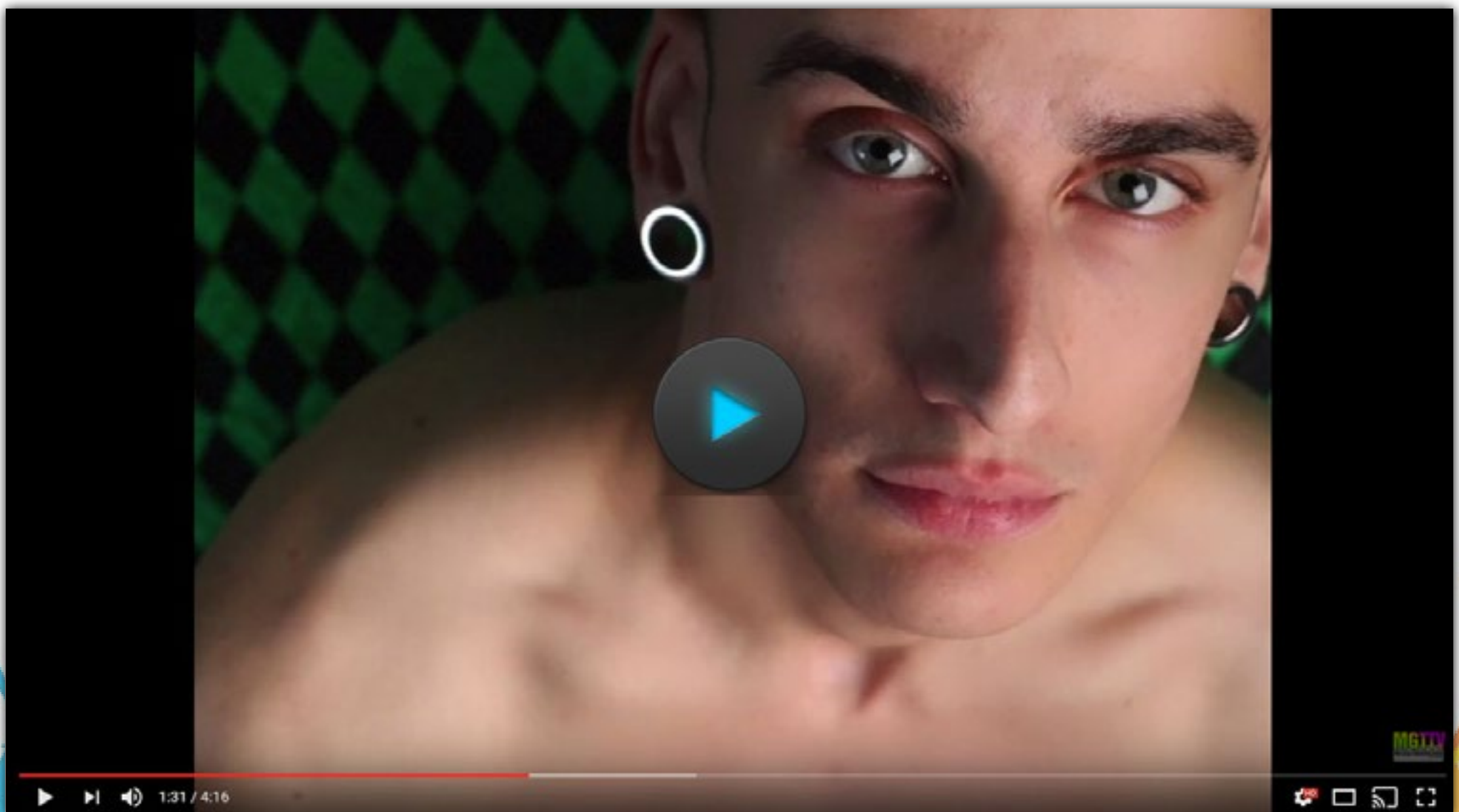
What makes Daniel James so hot? He's a bisexual porn actor who is as adorable as he is smart and part of the growing Alt-porn community. Daniel also has cerebral palsy which has had both a negative and positive impact on his life.

In an interview with VICE's Jake Kivanc Daniel explains, "It has always had a tremendous impact. It's not always positive, especially when it comes to finding willing participants for dating and casual sex. Realistically speaking, one of the most difficult things to do when you have a disability is convincing someone that you're desirable enough to fuck."

Earlier this week I spoke with Daniel about shooting video, webcams and the future of porn consumption. Catch him at the next Swordplay event in Toronto.

SWORDPLAY - AQUALOUNGE - August 27, 2017 - 8:00pm

[Daniel James on Twitter](#)



“Right in front of my salad?!?”

THE “WHAT IS PORN AND WHAT IS ART?” DEBATE CONTINUES - DREW ROWSOME



Despite numerous attempts, no-one has been able to turn explicit sex, especially gay sex, into mainstream film or art. However, probably by accident, Men.com (a prolific gay porn site) has managed to infiltrate the zeitgeist with *Private Lessons 3* starring [Jaxton Wheeler](#) and Jake Porter. And, the breakout star, an actress who goes by the name “Nikki.”

Nikki’s reaction, when she discovers her husband having anal sex with the chef he has hired to surprise her with a special meal, has become a mainstream meme: “Right in front of my salad?”

The meme uses her expression of surprise, horror and laughter, to illustrate anything that is deemed outrageously egregious. Hearteningly, most of the memes are used to comment politically on LGBT and feminist issues.

The scene itself is charmingly quaint for hardcore porn. Wheeler has hired a chef who arrives and begins to make a salad (it is a tragically inept salad whipped up out of pre-packaged lettuce and carrots. The only chef work Porter does is dicing a cucumber and a red pepper. He will never get a shot at being [The Next Food Network Star](#)). The twist is that he is a naked chef.

As Porter strips down, Wheeler reacts in horror, “This is a surprise dinner for my wife. Maybe keep those clothes on?” Porter shrugs but as he begins to pull his red undies back on, Wheeler realizes that he can’t resist Porter’s “tomatoes.” Shockingly, that is the only



vegetable-related double entendre in the scene, a scene that contains a prominent cucumber. (Wheeler does, after being blown, ask, “Is that mouth the only thing on the menu?” which does count as a double entendre even if it isn’t a very good one.)

The wife returns home and begins to enjoy her salad when she notices that the men are having sex on the other side of the counter. She utters her now immortal/iconic line - “Are you fucking? Right in front of my salad?” - and storms out in a huff. Undisturbed by the wife’s exit stage left, the two men get down to getting down. Post-cumshots, Wheeler states, “Why don’t you clean up and we’ll get to dessert.”

Porter, who is relatively new to the gay porn business, told BuzzFeed, “I wouldn’t call the scene scripted. We had bullet-points set up for how we kind of wanted her to react.

when someone says I can't keep up with memes. really? right in front of my salad?



Sure Djan
@Djaldebaran1



Being racist, sexist, homophobic or transphobic right in front of my salad?!

8:52 PM - Aug 2, 2017

3 260 387

Human decency?? Right in front of my salad??



We kind of gave her the bones of what we were looking for, but she definitely built the structure of the scene. We did it multiple takes to get it perfect, but also because we were all laughing.”

Wheeler, whose hunky hirsute good looks and indefatigable impressive erection have given him longevity in the business, deserves some credit for making the scene work but Nikki, a woman appearing in a gay porn scene, has become a mainstream celebrity. Men.com has even announced, “We’ve reached out to the break-out gif star for another appearance, and she has agreed to return for another scene in the very near future.”

Good for her, but I hope it gets Wheeler some more attention: [His pop music career](#) seems to have stalled and the ability to follow his artistic impulses. His Tumblr blog is a work of art waiting to be discovered and the 5,861 people who follow [my semi-anonymous porn Tumblr](#) react with enthusiasm to any reblogs I do. Hamlet may not be in his future, but he’s be a hit as [Deadpool](#)’s sex partner in the next Marvel franchise extravaganza.

Private Lessons 3 was promoted by porn news/promo site [waybig.com](#) as “Jake Porter takes a big one up his puckered hole from stud Jaxton Wheeler,” and by [gay.fleshbot.com](#) as “Jaxton Wheeler Orders a Naked Chef, and Gets HIS Meat Tenderized Instead!” A far cry from the mainstream sites that link to the Men.com trailer with titillated warnings of NSFW but promises to explain how the now mainstream meme got its birth in gay porn. And above all it is delightful that the lines between art and porn have blurred just a little bit further.



The importance of maintaining friendships while dating

ALEX MATVEEVA (**LET'Z TO**)

We've all been there, you start dating someone and you fall absolutely in love. Before you know it, you are spending every waking moment together - it feels amazing and you don't know how you've managed to live without them your whole life. Hey, let's admit it: falling in love is great, however, all too often, I hear about couples isolating themselves and losing touch with their friends because . . . Well, it's just what happens. But friends are important and not just for hanging out. Real friends are going to be there when you need another perspective, when you just want to hang out and when your girlfriend is out of town and you want to brunch. Yes, it may feel really hard to tear yourself away from the embrace of a new love. So here is a list of reasons why you should do it anyway and hang out with your old buds:



- To keep perspective - One of the most important things that your friends provide you with is perspective. It's always great to get a fresh point of view on an issue or sometimes just to rant to people who have your back. Sometimes, in order to really examine the issue, you need to step away from it and look at it from another point of you. Your friends can offer you that fresh perspective that will be different from yours and from your partners. Better yet they might even know what to do if they've dealt with similar situations in the past.

- Keeps the pressure off of one person - When you start a new relationship, as much as you have a new spring in your step, the issues you were facing before don't really go away. In fact, if you start using your partner and only your partner to vent, it may very well put a strain on your relationship. Besides that, your partner may simply not be into the same

things you are. For example, my girlfriend loves board games and I find them a little boring. So when her friends want to hang out and play board games I am all too happy to know that she can spend her time doing what she likes. There is also the added bonus of taking the pressure off me to do something I don't really enjoy.

- More than one person to talk to - When you get admitted to universities or when you search for a new job, counselors and recruiters often tell you to put down your hobbies and extracurriculars. All for the simple reason that when you have something other than just work that drives you, you become more resilient. That's why when something goes wrong at work, some people can quickly shift their attention without dwelling on their failure too much. The same dynamic applies when it comes to your relationship. If you have a fight or a disagreement (and every couple inevitably does), it may serve you better if you spoke to your friends. You don't even need to speak to them about your disagreement, just hang out with them! Once you've distracted yourself enough from your immediate pressures you can reassess the situation and potentially bounce back faster.

- You're making a hole in their life if you're not there - It is common in the community to refer to your friends as your chosen family. There is a reason for that. Your parents might be the most supportive parents in the world, but they may not fully grasp what it's like to be a part of the LGBTQ+ community. So when you meet people who understand you, they feel like family as well. But once you disappear out of their lives, you are making a hole in theirs. Friends who are used to relying on you and love hanging out with you will sincerely miss you. They will feel that a part of their family has gone away. It is just as important to still show that love for your chosen family of friends. I am a big believer that a healthy balance can be struck between hanging out with your friends and your significant other.



THE COLOURS OF FALL JUST GOT BRIGHTER. ALL ABOARD...



RAINBOW TRAIN

SAULT STE MARIE, ONTARIO



On September 9th, get wild in the wilderness with Rainbow Train's exclusive LGBTQ+ rail adventure experience. Take a ride through the majestic Canadian Shield and lose yourself to the music, live entertainment and views of the rugged landscape along the way. This unique one-day excursion will transport your body and soul to places of the untamed imagination.

THE RAINBOW TRAIN EXPERIENCE



Timothy Murphy



Frank Deresti



Shannon Moan



Jay Case



Ryan McFarling

THE ONE-DAY RAINBOW TRAIN EXPERIENCE INCLUDES:

-  One ticket aboard the Agawa Canyon Tour Train
-  Live entertainment and performances EXCLUSIVE to Rainbow Train
-  GPS triggered tour narration in 5 languages (English, French, German, Japanese & Mandarin)
-  A Rainbow Train themed box lunch

TICKET PRICE DOES NOT INCLUDE:

- Accommodations or transportation to the train depot. Information on accommodation packages is available [HERE](#).
- Alcoholic and non-alcoholic beverages are available for purchase on the train.
- Breakfast on board is optional with your ticket booking (\$13 taxes included)
- Please note: Rainbow Train is for adults age 19+ and is a smoke-free environment.

TICKETS:
\$149 + HST

BOOK NOW
(Tickets Only)

BOOK NOW
(Accommodation Packages)

THE COLOURS OF FALL JUST GOT BRIGHTER. ALL ABOARD...



RAINBOW TRAIN

SAULT STE MARIE, ONTARIO



Sounds of laughter and excitement echo across the vistas of Northern Ontario as the rhythm of Rainbow Train beats northward from Sault Ste. Marie, Ontario through picturesque rock formations and undisturbed forests.

The fun begins immediately as you step onto the train and are greeted by your host, internationally acclaimed celebrity female impersonator and comedian, Timothy Murphy (An Evening at La Cage) who will bring to life iconic women of the stage and screen to accompany you on your excursion. The mood is lighthearted and welcoming. After just moments you realize you can't recall the last time you were sore from smiling.

Sipping your favourite cocktail, the energetic buzz of mingling passengers captivates you. You meet new friends. Lively conversations follow along pristine lakes and untamed rivers as the boxcars dance toward their destination.

A crowd gathers and the hum of voices fades into song. Live music fills your car. Harmonies of guitars and performances by award-winning Northern Ontario recording artists Frank Deresti and Jay Case (Frank Deresti and the Lake Effect) and featuring their collaborations with celebrated local singer/songwriter Shannon Moan (The Shannon Moan Trio) allow you to escape further away from civilization. You find yourself living in the moment and moving to the infectious sounds.

Live entertainment flows with the train along your journey and features mind bending,

interactive magic from magician Ryan McFarling along with continued fun from your hostesses, Joan Rivers, Carol Channing, and Gina Lola-International-Bridge-ida.

As Rainbow Train twists through the landscape you are connected to the region and its rich history through GPS triggered commentary. Your imagination is captivated by stories of the land's pioneers and those who call it home.

The fun continues and you are presented with a delicious themed lunch. You laugh uninhibited, have drinks and dine with your friends as the scenery washes over you.

Travelling 500 feet down to the Agawa Canyon floor, you exit the train at Canyon Park and let loose in the splendor of nature. Enjoy more live performances; explore hiking trails and flowing waterfalls with friends; lay a blanket beside the sparkling Agawa River and take in its beauty; or get away and climb to the scenic lookout to steal a special moment.

When you depart from Agawa Canyon, the fun doesn't stop. Enjoy more cold drinks, hot entertainment and lively conversation as you travel back toward Sault Ste. Marie.

The memories you create will be your gold at the end of the Rainbow Train. Don't miss out. [Get your tickets now](#) and come along for the most unique and exciting train adventure of a lifetime.

WIN TWO TICKETS TO RAINBOW TRAIN

To enter click here and answer,
Name of the host on Rainbow train is:

Charlie Hides

OFFENSIVE IS JUST ANOTHER WORD FOR FUNNY - RAYMOND HELKIO

buddies
IN BAD TIMES THEATRE
TORONTO

FRIDAY AUG 18TH
9:00 PM

CHARLIE HIDES
+ A DOZEN DIVAS!

"HYSTERICAL" - KYLIE MINOGUE **"MY FAVORITE IMPERSONATOR" - CHER**

buddiesinbadtimes.com

There's a lot to look forward to with the coming season of RuPaul's Drag Race. Take Charlie Hides, dubbed the "man of many faces" he's as known for his impersonations as he is for his eccentric wit. If you've watched his wildly funny YouTube Channel then you know that Hides is entertainment gold and being from the UK where drag queens are more likely to sing live he's a talent to be reckoned with. While no spring chicken to drag, Charlie remains the oldest contestant in Drag Race herstory and arguably the most experienced.

Back home, Hides is doing a residency at the Royal Vauxhall Tavern (UK) a sought after LGBTQ community space. Having survived through RDR's Lipsync For Your Lives with a cracked rib he is set to bring his brand of drag to Toronto with Charlie Hides + A Dozen Divas at Buddies In Bad Times Theatre. The touring show will make your face hurt from laughter but it's his stamina and perseverance that will ultimately win you over.

In a recent interview, Charlie told My Gay Toronto that the most challenging part of doing a show like this is "the quick changes and keeping it to just twelve divas when there are so many more I want to include. Oh, and figuring out how to do death drops with a plastic hip." When asked about how he got a plastic hip, Charlie explains that he broke it when he tripped "getting into a lifeboat on the Titanic."

According to Charlie, the audience will have a lot to look forward to, "Laughing their asses off. Original songs, Season 9 Tea and politically incorrect observations about pop culture, my family and the daily shit storm of bad judgment, greed, and narcissism coming from the White House. Oh, and at LEAST a dozen celebrity impersonations including, Madonna, Cher, Gaga and Lana Del Rey".

The show is balanced with a more serious offering from Hides, "There's a very serious segment towards the end where I address my experiences in the 80s and 90's, losing most of my peer group to AIDS. The show is an emotional journey, which ends on a high." To keep the fast paced show moving, Hides employs a number of tricks including having costume changes on stage to "keep the momentum going and [keep] that connection with the audience."

"IF YOU ARE EASILY OFFENDED, STAY HOME." – Charlie Hides. **Note: VIP tickets are sold out.**

Charlie Hides + A Dozen Divas - Buddies In Bad Times Theatre - Friday August 18th - 8PM-
TICKETS - [Charlie Hides TV](https://www.youtube.com/user/CharlieHidesTV) - <https://www.youtube.com/user/CharlieHidesTV>

BAD BOY CLUB MONTREAL

2017

BLACK & BLUE



- SPECIAL EDITION MTL 375 -
OCTOBER 5 - 9 2017

MAIN EVENT
OCTOBER 8TH
(ALL NIGHT LONG)

Québec  TOURISME /
MONTREAL

[My Gay Toronto.com](http://MyGayToronto.com)

BBCM.ORG



RAYMOND HELKIO

This year is Montreal's 375th anniversary the city will be using lights and projections to highlight many their architectural wonders including the Jacques-Cartier Bridge, Place Ville-Marie, the Sun Life Building and Old Montreal. This feast for the eyes will be matched only by the BBCM Foundation who put on the annual Black & Blue Festival. This yearly entertainment extravaganza is spearheaded by Robert Vezina who oversees a team of two hundred volunteers, freelancers, technicians and staff.

The festival's main event will return to the Pierre-Charbonneau Amphitheater for it's 25th edition. Over the years the Festival has grown with their fan base, honing on what participants want and surpassing that with a memorable experience. But things weren't always so straight forward. Consider back in the late nineties when the participant demographics began to shift. Robert explains, "At one point in the late 1990's and early 2000's, the crowd became a bit too straight and mainstream, so we decided in 2013 to reposition the event as mostly a gay male event. Since then Black & Blue has returned with a majority of the revellers being gay, making it more sexy at the same time!"

If you've ever been to a BBCM party then you'll some favourite memories etched in your mind. But what impresses the president of one of the largest festivals of it's kind? "Using the central field of the Montreal Olympic Stadium in 1999 to hold a big all-night gay party. This was a first for Montreal and I think a first for any stadium anywhere in the world. I knew that this was really something special, impressive and original. Of course, the party scene has changed a lot since then, with many promoters now doing smaller events in their respective cities. Back then in 1999, people travelled a lot more to go to a few parties like Black & Blue. This being said, I think that Black & Blue has remained a very good big annual gay party still attracting a lot of people in a large spectacular venue, with an all-night permit. Very few gay promoters in the world have this amazing recipe."

MyGayToronto is a Major partner of the Black & Blue Festival.

Black & Blue Festival
LUMINOSITY
October 5-9, 2017
<http://bbcm.org/en/>



Clubbing 'til I die

ROLYN CHAMBERS



My 37th birthday came and went like so many lovers whose names I quickly forgot. Many of these lovers (or more accurately, one night stands) I met while out clubbing. Many friends (or more accurately, club companions) over the years have come and gone and I find myself constantly surrounded by younger people. But out I go. I love the nightlife and all that it entails, but according to a recent survey commissioned by Curry's PC World in England, I should have hung up my cha-cha heels years ago, at the age the 37.

I say to everyone, ignore this fluff piece. Why believe an article that is paid for by an electronic store promoting their cocooning products in a piece called, "The Great Indoors." To the gay community I say, this article was never meant for us in the first place. One of the biggest types of gay club isn't even a club. Circuit parties happen in most major cities all over the world and most of the men who attend them are in their mid 30s. Which begs the question: is gay 47 the straight 37? Are gay men younger in mind, body and spirit than our straight counterparts? One of these reasons that would have previously pointed to yes, is the lifestyle we gay men once led, and some of us still choose to lead. Before the rise of gay rights, many gay men were free agents with little to tie them down and little responsibilities to prepare for. No partner to wed and no baby to adopt, surrogate, or produce in a turkey baster. In real life we were like mythical unicorns.

As Edwina Monsoon once said in the hit TV show *Absolutely Fabulous*, "Sweetheart, being gay is the best excuse you'll ever have for not being boring." And for the most part, we were not. We lived for ourselves and for many, this kept us young in spirit, if not body. The term Peter Pan Syndrome was synonymous with what it was to be gay. We refused to grow up. The clubs were our Never Never Land, filled with other hot lost boys. But with the trappings of this new normalcy strapped to our waist like lazy love handles, some gay men began to change. We began to assimilate int



straight culture instead of creating unique and different variations of marriage and family. We began normalize and with this came our aging. Some of us traded in our cha-cha heels for boring loafers. We stopped going out.

But is the act of clubbing to be a part of something? Do we do it to engage with others in an environment heightened by music, dancing, alcohol and sexual tension? If we did it in our 20s why should we not do it in our 40s? If the desire to experience these feelings existed then, should we really expect them to dissipate with age? Or do we replace them with something else? A successful career and a stable home life are important, but so too are activities of our youth. But moderation and balance are the keys. If you enjoyed clubbing when your ID said 27, why care if it now says 37, or even 47? Let the music take you where you need to go. I'll be dancing, and picking up, until I die.

How to lie about your age (successfully)

As the years go by you may choose, for whatever reason, to alter your age. But, if you do there are ten rules to follow, and some factors to take into consideration, before you magically become 21 again.



1) Future contact (-3 to -10)

If you do not plan to see the person with whom you are lying to again (because the sex was so bad or because you're a whore), take off up to ten years. If you want to see them again (because the sex was so hot or because their wallet was so thick), take off a maximum of three years. If the planets align and you somehow end up in a relationship with this person, reveal your true age no earlier than six months into your courtship. If they question your sudden age increase, tell them that it was they who heard you wrong because either a) the club was so loud, b) they were so drunk/high, or c) sound doesn't travel that well, when they were down on their knees.

2) Their alcohol/drug consumption (-3 to -10)

If the person you are lying to has had more than three drinks or has ingested, snorted or smoked any sort of drug, take off up to three years. If they are unable to stand up without assistance or mistake you for pony, take off up to ten years. Their judgment is already fucked so take full advantage of the situation. And them.

3) Your alcohol consumption (+1 to +2)

If you have consumed more than three drinks, put back on a year. If you have consumed more than six drinks put back on two years. Alcohol bloats and reddens the face. And though we tend to believe we are so adorable, one tends to make rather unattractive faces when under the influence.

4) Your drug consumption (+1)

If you have snorted, ingested or smoked any sort of drug, put back on a year. Though you may feel young and pretty on your drug of choice, you may in fact look constantly paranoid, hyper, spaced out or just plain fucked up. Constant teeth grinding, jaw clenching, tongue chewing, eye twitching and sniffing ain't attractive.

5) Personal appearance (-2 to +1)

If you have kept yourself in good shape, take off up to two more years. If your gym membership card is married to that unused, expired condom that has been in your wallet for the last few years, put back on a year.



6) Season (-3)

If it's Spring or Fall, take off up to three years. These are the best seasons for your skin. Winter dries you out and summer makes you oily. Beware: wrinkles will become highly visible during these times. Suggestion: hibernate in the winters and constantly spritz yourself with Naya H2O spray during the summers.



7) Time of day (-1 to +2)

If it's after 12 noon or before midnight take off an additional year. This is called the Peak Phaux Period. If it's before or after these times, put back on two years. No one really looks their best before brunch and a long day of gravity doing what it does best will begin to take its toll after midnight.

8) Lying locale (-2 to +1)

If the location where you are lying is dimly lit, like a club, take off two more years. Break light bulbs as necessary. If you are outside during the day and not under shade, put back on a year. Mother Nature is beyond your control.

9) Voice over (-1 to +1)

If you're a smoker whose voice sounds like Harvey Feinstein put back on a year. If the only thing that's gone down your throat is remnants of lube (which holds moisture), take off a year.

10) Hole looseness (-2 to +5)

If you have kept your box tight, take off up to two years. If you find it difficult to sit on small chairs without getting them stuck, put back on five years. Perhaps invest in some rejuvenation surgery.

Get out your calculator.

Add it up.

Whatever you get is okay.

Remember, age is but a number.



DJ Neill MacLeod

Wolfpack 001 - Summer Heat

23 hours

House



DJ Barry Harris II

"It Ain't Me" Kygo Ft. Selena Gomez (Barry Harris & MSC Remix)

3 months



sydneyblu

Sydney Blu - You Don't Understand Ep w/ Pirupa Remix (Soup NYC) Out August 3!

1 month

House

3 TRACKS
8:00



dwaynem

dj dwayne minard - April 2017 Podcast

3 months



Billy Lace

My House Vol. 41 (Live From Black Eagle Toronto)

18 hours

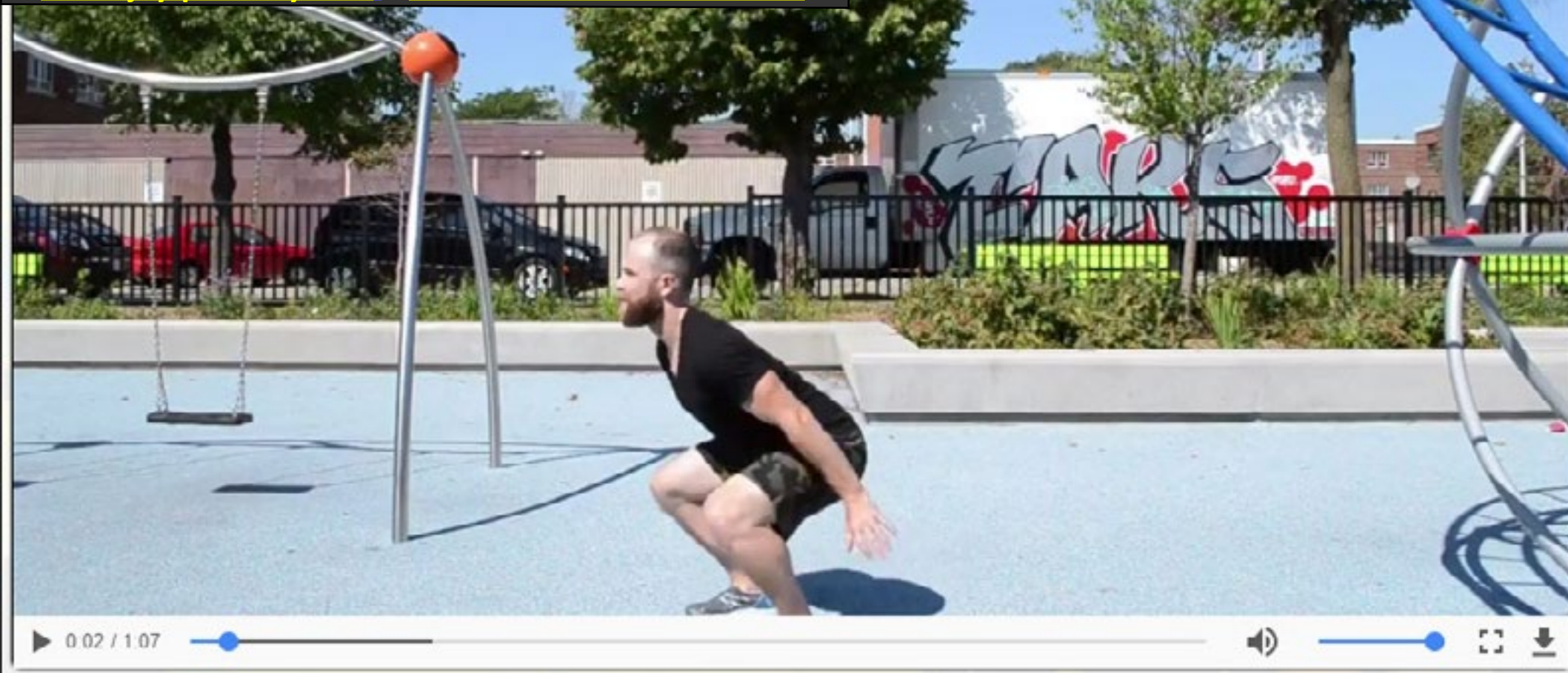
House



Burner Workout

JAY QUARMBY

www.jayquarmby.com - www.fitnessintoronto.com



Like the feeling of the 'BURN'? Want to 'BURN' some fat off your body? Then the BURNER workout is for you!

Each exercise is going to get that loving feeling in the legs, you have been warned, time to get that fire burning!

Instructions: Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

What it works: Calves, shoulders, lateral hip flexors, front hip flexors, lower abs, triceps, aerobic capacity, cardiovascular system, lower back

EASY – 5 Rounds | MEDIUM – 10 Rounds | HARD – 15 Rounds

1 Minutes Rest Between Rounds

1. 20 Sec Jump Squats
2. 10 Sec Burpees
3. 20 Sec Sprints
4. 10 Sec Plank Reach Outs

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Leg Workout

EXERCISES ONLY!)

3 EXERCISES ONLY!

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3 versatile exercises to develop the entire lower body. EXCELLENT for developing athletic and defined legs!

Variety in your training is the key to defined, athletic and balanced legs. Lower body is big and complex and it needs to be treated that way.

Big compound exercises can produce great results, but one dimensional approach of just up-down movements (like the squat and dead-lift) won't produce good results when it comes to athleticism and functional ability.

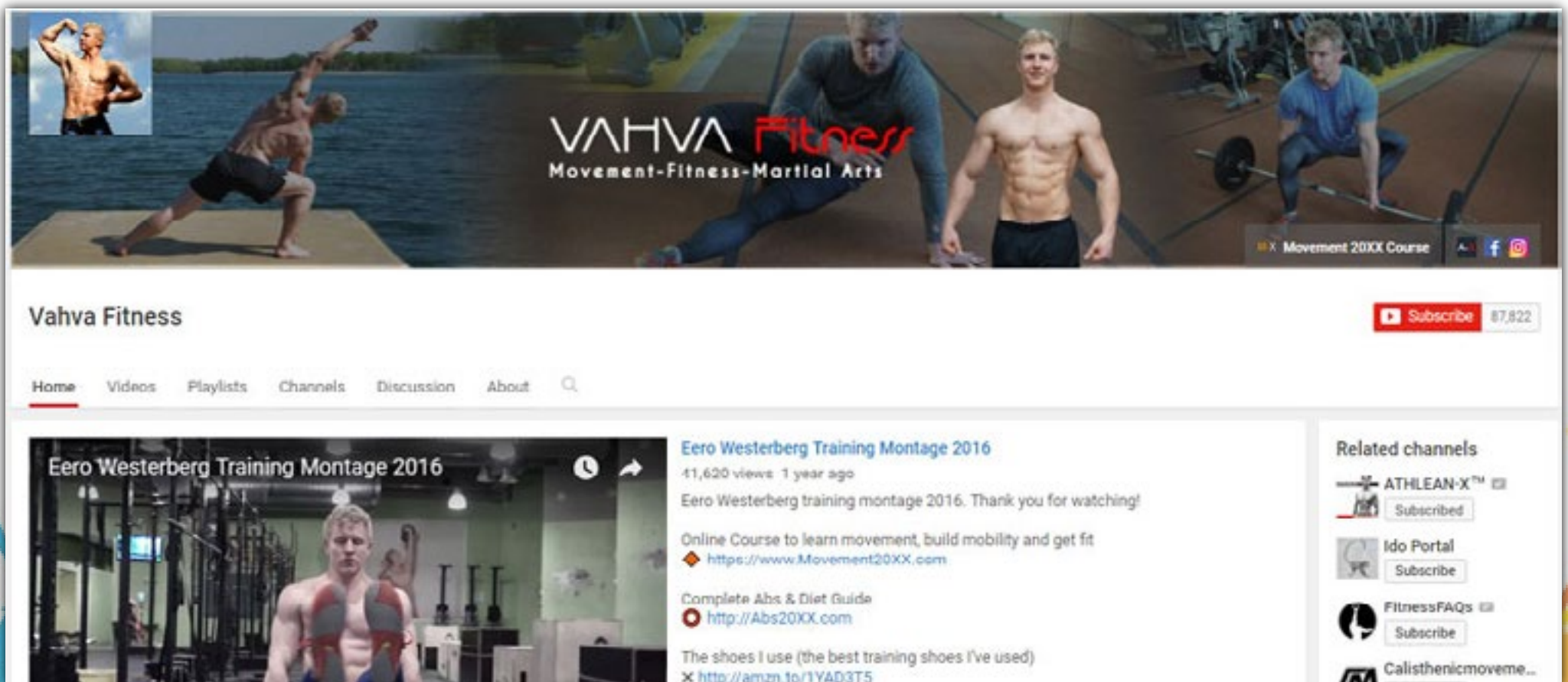
Your legs can rotate and raise to every direction. To fully train the legs, all of these functions need to be present in your training. Otherwise your legs will grow imbalanced and you will mostly be good at few simple movement patterns.

The exercises below will work many functions of the legs and all parts of the lower body. You will work the glutes, hamstrings, calves, quadriceps and hip flexors. It's not a cure-all workout (no workout or exercise is), but it's excellent among many other workouts.

This workout is great for athletes, martial artists and everyone who wants to develop a functional lower body.

Size and definition will also follow. If your execution is on point, you don't need heavy weights to build powerful and big legs.

For a full leg training program and a lot more, you can check out [Movement 20XX](#).



GUILLAUME DEPERROIS: MYGAYTORONTO'S FEATURED COVER PHOTOGRAPHER DANCES INTO THE SPOTLIGHT

Guillaume Deperrois

DREW ROWSOME

The eye-catching photographs of Guillaume Deperrois are filled with motion, movement, magic and men. There is a playful eroticism that fills the alternately colourful and then stark photos, with a clean crisp attention to line, form and masculine muscle. While Deperrois believes that the work should speak for itself and be left open to individual interpretation, he is charmingly voluble about himself, his life and his inspirations.

Drew Rowsome: **What inspired you to become a photographer and how did you go about building a career?**

Guillaume Deperrois: *Being a photographer wasn't my first career choice. When I was young I wanted to become a professional ballroom dancer. From the ages of six to 18 I did have a small career as a ballroom dancer but then I went to university where I studied film and film editing. For 10 years I worked as an assistant director on TV show, TV movies, short films and a movie. And I was an editor for MTV Europe. At the same time, I developed my own projects as a filmmaker. I directed music videos that were broadcast on MTV France and MTV UK, and one short film. In 2009, I made a road trip across the USA, alone with my camera. And when I came back my co-workers and entourage said, "You have to do something with these photographs because they are great." And that is how I started to be a photographer.*

I continue to be a photographer because I love new projects and to meet new people. Creating new thing, trying new things. Sometimes they are good, sometimes they are bad. But it is all about excitement, to bring my crazy ideas to life.



Guillaume
DEPERROIS
photographe



Guillaume
DEPERROIS
photographe

How do your experiences as a dancer influence or enhance your photography ?

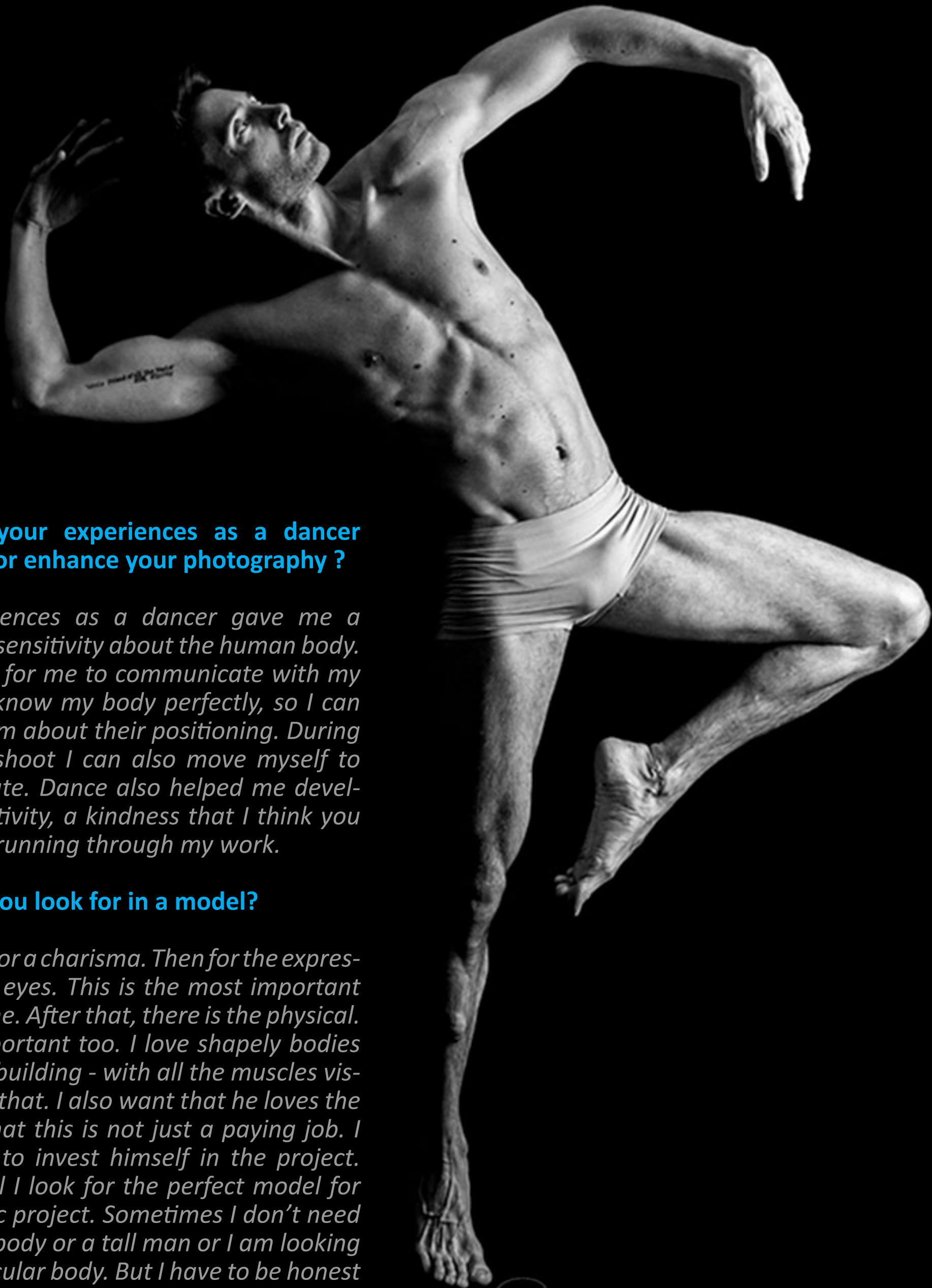
My experiences as a dancer gave me a particular sensitivity about the human body. It is easier for me to communicate with my models. I know my body perfectly, so I can advise them about their positioning. During the photoshoot I can also move myself to demonstrate. Dance also helped me develop a sensitivity, a kindness that I think you could feel running through my work.

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What do you look for in a model?

I look first for a charisma. Then for the expression in his eyes. This is the most important thing for me. After that, there is the physical. This is important too. I love shapely bodies - not bodybuilding - with all the muscles visible. I love that. I also want that he loves the project. That this is not just a paying job. I want him to invest himself in the project. Most of all I look for the perfect model for the specific project. Sometimes I don't need a shapely body or a tall man or I am looking for a particular body. But I have to be honest I find all my male models to be beautiful.



Guillaume
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photographe



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How is your commercial work different from your studies of the male form?

I work with the same sensitivity and the same look. It's a part of me. I make no difference between commercial work and my works on the male body. Commercial is just less pleasant. But I need to pay my rent.

What do you find appealing or erotic in the male form?

The form of the face, the charisma and of course their body. It could be a detail of the body's shape, the curve of the chest, the pecs, the eyes, the abs. That is all.

What makes a photo erotic? What makes a photo art? Can a photo be both?

I don't know what makes a photo erotic or a photo art. Each person has his own sensitivity. When does a photo become art. When someone buys it? When someone edits it? Art can be erotic. A photo can be both.

I'm not interested in full frontal nudity. It's not exciting for me. I prefer when the sex is hidden. The eroticism should come from your brain and your imagination. This is more exciting and erotic. There is a very tiny barrier between erotism and porn. I always try to make picture exciting for me.

During my exhibition, a lot of people came to me with the same question: what do you want to express with this picture? And my answer is always the same: what do you understand? What do you feel when you look the photo? Each person give me a different explanation. Sometimes the same as me, sometimes not. I don't want all people to have the same feeling as me. I want each person to appropriate it for themselves. Each person is different, that is the beauty of the world.

You use both vibrant colours and deeply shaded black and white. How do you choose what a photograph needs?

With Shadow & Light I used black and white for the first time in my work. With no color in the photo, all your attention goes to the position, the body, the contrast, and the muscles. Each shoot is different so I decide what is the best for the project.

What photographers do you admire and why?

David LaChapelle for his work with mise en scene. The scenery, the light, his involved subjects and his aesthetic. Michael Stokes for the same reasons but also for all his controversial

photographs of the veterans who were wounded in Iraq and Afghanistan. Justin Monroe also has a great aesthetic and I admire his controversial photographs though he sometimes goes to far into porn photography.

What are you planning to do next?

I'm looking for a place to show my exhibition Shadow & Light somewhere in the world. Maybe in Toronto if you know a place. I'm working on a new series of portraits about nationality and flags. And I would like to continue my work on the dance world with a series on handicapped people. I would like to make a series with nude models. With that I could edit a new book focussing on the male body.

Where can our readers order prints of your work? Are there calendars or books available or planned?

You can order prints of my work on my onlineshop guillaumedeperroisboutique.com. Each of my pictures can be ordered in different formats - photo print, canvas, plexiglass, pvc - and made to the dimensions you desire. There are already two books available Art Book 1 that contains all my photography and Shadow & Light that is the catalogue of the exhibition with 104 photographs of the male and female dancers. There is a 2017 calendar and there may be a 2018 calendar focussing on the male body.

More from Guillaume Deperrois at drewrowsome.blogspot.com





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This land is my land, this land is your land

PAUL BELLINI



Hello, I am Paul Bellini, and I would like to acknowledge that I live in a high rise apartment building situated on the traditional territories of the Anishinabek Nation, the Mississaugas of the New Credit First Nations, the Haudenosaunee Confederacy, the Huron-Wendat, and Metis Nations. I recognize the enduring presence of Indigenous people on and of this land and am grateful to have the opportunity to live my gay old life on this territory.

For those of you who see shows at Buddies In Bad Times Theatre (who right now are busy 'smashing the windows, smashing the patriarchy' while they renovate), the above acknowledgement is all too familiar. It's become the new 'thing' in small theatres throughout the city, like playing the national anthem before sporting events. And like the playing of the national anthem, it's become the necessary torture before the show starts.

When I hear this announcement, I always think Okay, but what now? Is it enough to just acknowledge the fact and do nothing else about it? Do we give native people back their land and if so, shouldn't we get to keep the buildings at least? Maybe we should cut them in on the taxes. And what about real estate? Should anyone be allowed to sell land that they didn't actually own in the first place? If small theatres care enough to announce this declaration before every performance, shouldn't they also donate part of the box office to the Anishinabek Nation, the Mississaugas of the New Credit First Nations, the Haudenosaunee Confederacy, the Huron-Wendat, and Metis Nations?



Thanks to the Canada 150 celebrations, 2017 has certainly been a year of awareness. We got 'woke,' as some kid on social media dubbed it. And we can see the changes everywhere. Growing up in Timmins in the '60s, every house on my street was occupied by Italians who had come to work in the mines. But they've since died off, their kids have moved to the cities, and their houses have gone up for sale. At the same time, nearby reservations had become such toxic dumps that the mostly Metis, Ojibway and Cree populations moved in to the city of Timmins, buying up and now occupying the very same houses the old Italians once lived in. Poetic justice, or just Elton's circle of life?

I'm not always sure what to feel, although stories of residential schools, missing Indigenous women, and smallpox blankets do not necessarily make us proud of our ancestors. If there was any one thing this year that really caught my attention it was that First Nations National Chief Perry Bellegarde marched in this year's Pride parade. That was really very nice of him. We owe him something more than just a preachy paragraph before curtain time.

Gay is thicker than blood

PAUL BELLINI



I read a hilarious article the other day. It was about ABC's cult soap opera Dark Shadows. From 1966 to 1971, it ruled daytime TV and became one of the most watched and talked about soap operas in history. The most interesting tidbit is that the show had employed at least a dozen gay actors, several of whom - including Christopher Bernau, Gene Lindsay, Joel Cruthers, and Keith Prentice (who was also a star of The Boys In the Band) - died of AIDS. What makes it even more interesting is that Dark Shadows had both a name and a subject matter, vampirism, that lent itself well to gay male mythology. Back then, we were all running around after dark, sucking on things.

In a series of bios written by Hollywood historian Michael Michaud, we learn that Hamilton-born CBC actor Jonathan Frid lucked into the role of Barnabas Collins. Barnabas was an immediate hit with viewers, giving Frid the clout to recommend several gay actor friends for roles in the show. Some of you may miss the point of this story, so let me put it in perspective. I worked on The Kids in the Hall (1989 to 1995), generally considered one of the gayest shows in television history, and yet, only five openly gay men - the floor director, the switcher, the drummer, Scott Thompson and myself - worked on the show. Our influence was obviously widespread. Dark Shadows had more than double that number of gays, and just in the cast. Who knows how many more worked behind the scenes?



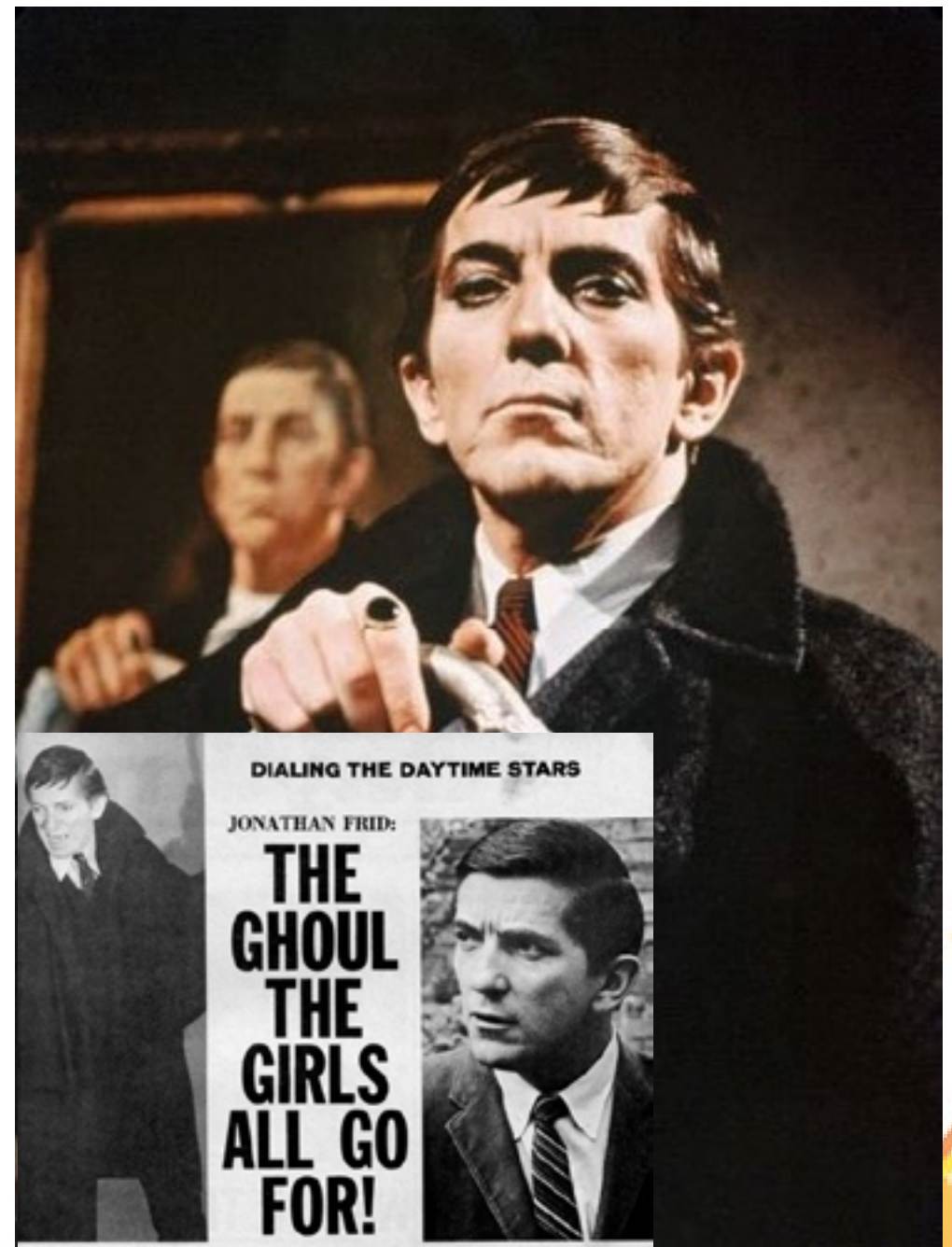
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It was like that in Canada at the time, too. Gays and the CBC, for instance, have always gone hand in hand. Legend has it that when the CBC operated their studio on Jarvis near Carlton, on the site where the Radio City condos now stand, the place was rife with gay men due to the hiring practices of one certain powerful individual whose name I never knew. There were so many gay men working at this one location that they built the Club Toronto bathhouse in order to accommodate their horny after-work needs. These men moved into the high-rise apartment buildings in the area, basically giving birth to the Gaybourhood we know today. These were the men who lived in Vaseline Towers, and who kept The Steps in front of the Second Cup buzzing with activity.

But back to Dark Shadows. Is it the gayest show ever? Bewitched comes in a close second, with Dick Sargent, Paul Lynde, and possibly Agnes Moorehead. Then there's The Boys in the Band, which was not a TV show but the cast of the Off-Broadway production and subsequent film version featured six, possibly even more, gay cast members. And let's not forget Hollywood Squares, with Lynde again, as well as Charles Nelson Reilly, Roddy McDowell, Wayland Flowers, Vincent Price, and years later, Bruce Vilanch. Who said we didn't have any role models on TV in the '60s and '70s?

All of which is to say, "Thanks, Jonathan Frid." You found lots of jobs for your gay friends, and you should probably be more famous in the community than you are right now.



Missing gay men or anti-Grindr campaign?

SKY GILBERT

Let me start by saying that if five Toronto gay men are indeed dead, and have been murdered by a serial killer during the last five years, then they and their families have my heartfelt sympathy. But that's not what this article is about. What upsets me is the way the problem of "missing gay men" is being handled by the straight and gay communities at large.

I tuned into the CBC today, and there was lots of concern being expressed about these missing men.

Then, they posted a 'profile' of some of the men.

The physical description of each of the men was followed by this: "frequently used Grindr and Scruff phone apps."

Ahh. Now I wanted you to imagine for a minute, that several women had been found sexually assaulted and then murdered. And let's say that information about them was posted on CBC and it said "known to be promiscuous" after several of the names.

There would be outrage, right?

But it's okay if there's a missing gay man to mention that he frequently went online looking for sex.

The CBC stated these 'facts' about the missing gay men's private lives are all in the name of helping out. The posting was followed by a lecture given by a member of the gay community saying things like "These apps can be dangerous. If you pick up someone online and something happens to you, there may be no way to trace you or find you. It's a good idea, if you pick someone up online, to make sure and get their email, that way the person can be traced."

Oh what a great idea. The next time somebody wants to go down on me, I'll ask him to give me his email address, just in case.

This is homophobia pure and simple. What happened to us is this. AIDS appeared in the early 1980s. There was an anti-sex backlash. Gay men became afraid to pick up gay men in bars, they feared that they might get AIDS and die. But gay men do need to have sex with other gay men, and yes, sometimes they need sex that is outside of a conventional 'relationship.'



So gay men began to look for sex online. This offered not only convenience but secrecy: it's not like walking out of a gay bar with someone; no one knows who you are having sex with or how often. And if the person you pick up is HIV-positive or sketchy, you won't have friends on your case about getting AIDS or being a slut in an era when all gay men are supposed to be getting married. So, for awhile, gay men have had lots of sex by hooking up online.

But now, members of the straight community -- and uptight members of the gay community -- are declaring that online sex is dangerous.

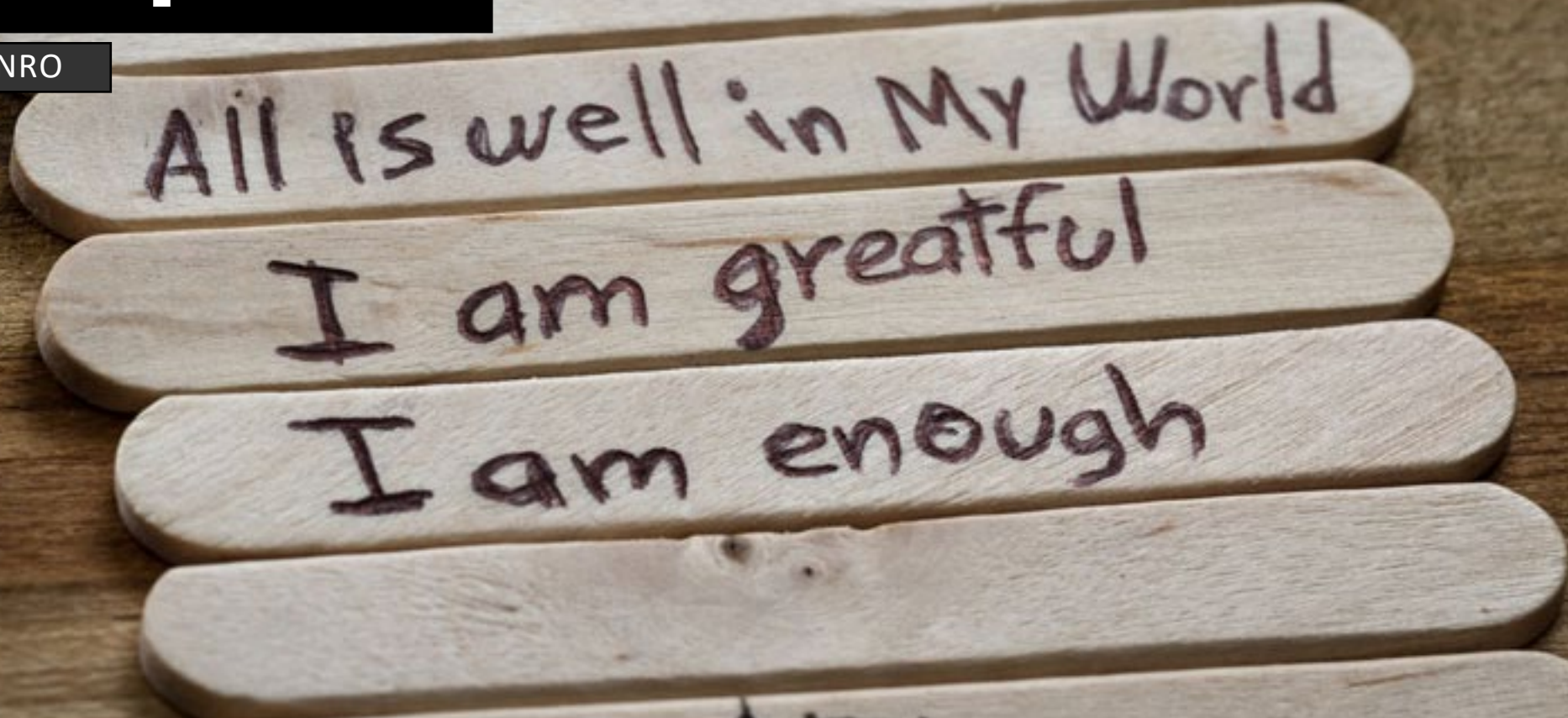
The availability of PEP, and PrEP, pre and post-exposure prophylaxis (when utilized with condoms) have made it possible for gay men to have sex again without fear of dying of AIDS.

Anti-sex homophobes however (and some of those people can be gay men!) are now trying to stop that.

Thank you, CBC for doing your bit to drive gay sex underground, and make gay men afraid again.

Self Compassion

CHRIS MUNRO



This is a concept that I find personally really tough and that I need to put more effort into. I've improved yes. But I still catch myself saying to myself, when things aren't going well, "what the hell is wrong with you," "why are you such a loser" and "how could you be such a dumbass." These are hardly productive and I know they specifically don't work for me. I've personally always done my best work when people give encouragement and built up my confidence; never when they have yelled at me or put me down. So why would I still say these mean things to myself? I think for a long time it was because I didn't know any better. Now that I am conscious of it, it is all about breaking old habits and patterns that don't serve me.

We are all flawed in many ways. Fears, doubts and worrying if we are "good enough" for this or that can stop us dead in our tracks and can also make these original flaws seem exponentially greater than they are in reality. How we present these weaknesses though to ourselves and to the people around us can make a huge difference in our dating life and other relationships. If we don't have enough

self compassion to feel whole and loved NOW and with all of our flaws, it won't matter who might happen to come along. The same result in the long run is the same, unhappiness and feeling disconnected. True, we can work on making ourselves better, and we should do this yes. But practising self love and self compassion is the only sure way to start on the path to long term happiness and success in our relationships. You need to exercise for YOU. You need to eat right because you love YOURSELF. You need to learn about the world around you and strive to be a more interesting person FOR YOU. If you don't find yourself interesting- then NOBODY will. If you don't put effort in everyday to take care and love yourself- then potential dating partners won't either. The effort starts with you, and YES YOU DESERVE THIS.

Self compassion takes COURAGE. Give yourself a break, show yourself some caring, nurturing and understanding and start to take the necessary actions on the journey to a new and better life.





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Up Your Alley and Toronto's severe case of kink envy

DREW ROWSOME



MyGayToronto's publisher sent me a link to a story about San Francisco's Up Your Alley event, lamenting that Toronto no longer has an equivalent, or even inferior, event for us to cover. A quick google was a bitter reminder that the Church Street Fetish Fair was extinguished in 2010, rebranded as "Leather to Lace" (complete with inexplicable kiddie rides to entice a more family-oriented or "inclusive" crowd) and then just mercifully put out of its sanitized misery.

One of the saddest memories of my life is of a handful of determined kinksters scurrying up Church Street, dodging baby strollers and gawking breeders, in protest of 2011's new format. While Church Street still struggles to retain its gayness, its kinks have been condoized by the mainstream. Even the Black Eagle, once a monument to the most marvelously depraved delights, is now more known

for its dance nights. Of course, [as I reported way back in 2005, The Black Eagle was, and still is, Church Street's only legal dance floor](#), so the progression is sadly logical.

Logical and more lucrative. Toronto's leather/BDSM community still exists but it is far outnumbered by those who dabble, see leather as fashion instead of a lifestyle or sexual kink, or are mildly interested voyeurs. Northbound Leather, Toronto's purveyor of the best in leatherwear and accessories, no longer has a Yonge Street display window or entrance, and [their signature annual fashion show](#) has shrunk in size and influence. The Toolbox closed in August 2004 and The Barracks in August 2005, both former buildings are now torn down and slated to be condos. (If the main plot point of Poltergeist has any basis in reality, those soon-to-be built condos, on that sacred ground fertile with spilled seed, will rock.)

In 2008 I conducted a [series interview with some of the movers and shakers of that year's Toronto gay leather scene](#) about the need for new blood and their outreach to younger members of the community. Since then there have been several changes of leadership and organizational structures but I suspect that, tragically, interviews done today would sound much the same, with maybe a little less optimism.

I assured our esteemed publisher that I could come up with a few words to defend Toronto's kinky honour and promote the next leather event. For a few years after the snuffing of the Fetish Fair, there were replacement, formerly complementary, events and surely there was one slated for 2017. Why had we not received a press release? And then there was the bleak thought that I couldn't remember the last time I received a press release for a leather event.

Google was no help (of course I should have realized if MyGayToronto.com does not have the listing, then the event just may not exist). Heart of the Flag Federation's website, only has information about their Toronto Bound weekend (which was in February) though they still pride themselves on hosting Toronto Leather Pride week, just no date or teasers. Spearhead has no upcoming events listed and the LeatherSir/leatherboy organization's website has not been updated since 2014. Three travel sites still recommend Toronto Leather Pride week as a prime destination, but have no specific dates attached, and all three boasted maps of the gaybourhood that were at least a few years out of date, highlighting bars that no longer exist.

There is hope: Central Canada Drummer Weekend was in April, a fact I learned thanks to the Sisters of Perpetual Indulgence and their [Kinky Jesus Competition](#), and Pack Weekend was at the end of July and, by all accounts, was a barking success.

It is a shame. The Fetish Fair was a lot of fun. Born of the wreckage of Folsom Fair North (disclaimer: my band [Crackpuppy](#) entertained at many editions of Folsom Fair North and The Fetish Fair and had a great time), the Fetish Fair was more titillating fun than hardcore kink. Yes there was public spankings and bondage, lots of nudity and revealing leather outfits, and multitudes of sex toys and fashion for sale at booths, but any demonstrations were all conducted discreetly in curtained off booths, and actual sexual contact was conducted tactfully in adjoining alleys or the occasional port-a-potty.



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Up Your Alley Fair

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Perhaps that was the problem, our inherent Canadian politeness fearing frightening the horses (though there were horses available for use and I doubt they are easily frightened), so we toned it down, played it safe, bowdlerized the kinks just too courteously, so that the fabulous technicolour - emphasizing black and blue - fetishes became 50 shades of grey. For all the flaws of our US cousins, their brashness and flagrant self-promotion is admirable. I have kink envy. The splashy website for Up Your Alley proclaims:

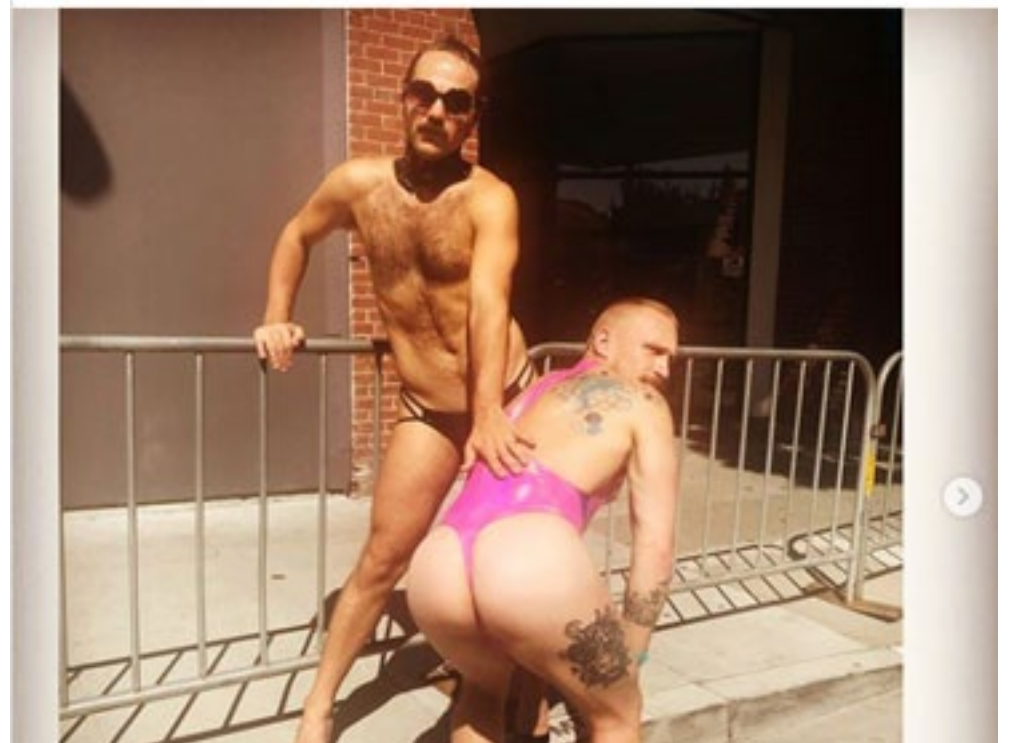
Up Your Alley® is only for real players – and not for the faint of heart – where leather daddies rule the streets of San Francisco’s South of Market district. Of course, if rubber, sportswear, biker gear, skinheads, punks, or any variety of built, hairy men turns you on, then we’ve got it. You won’t find a filthier event in the States. If you’re into it, there’s a scene for you. So, don’t get left out.

Located in front of the legendary Powerhouse bar, nearly 15,000 fellow leather men and fetish enthusiasts engage in BDSM play at over 50 adult vendor spaces! Spanking, punching, whips and floggers, bondage, domination and submission, creative watersports, toys and so much more are in full effect.

And 15,000 kinksters, furies, puppies, leathersmen, porn stars and regular horny folk attended. Road trip?

chlamickeya
Up Your Alley Fair

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Andreas Lange

pics-for-you



Andreas Lange: an artist creating with light

DREW ROWSOME

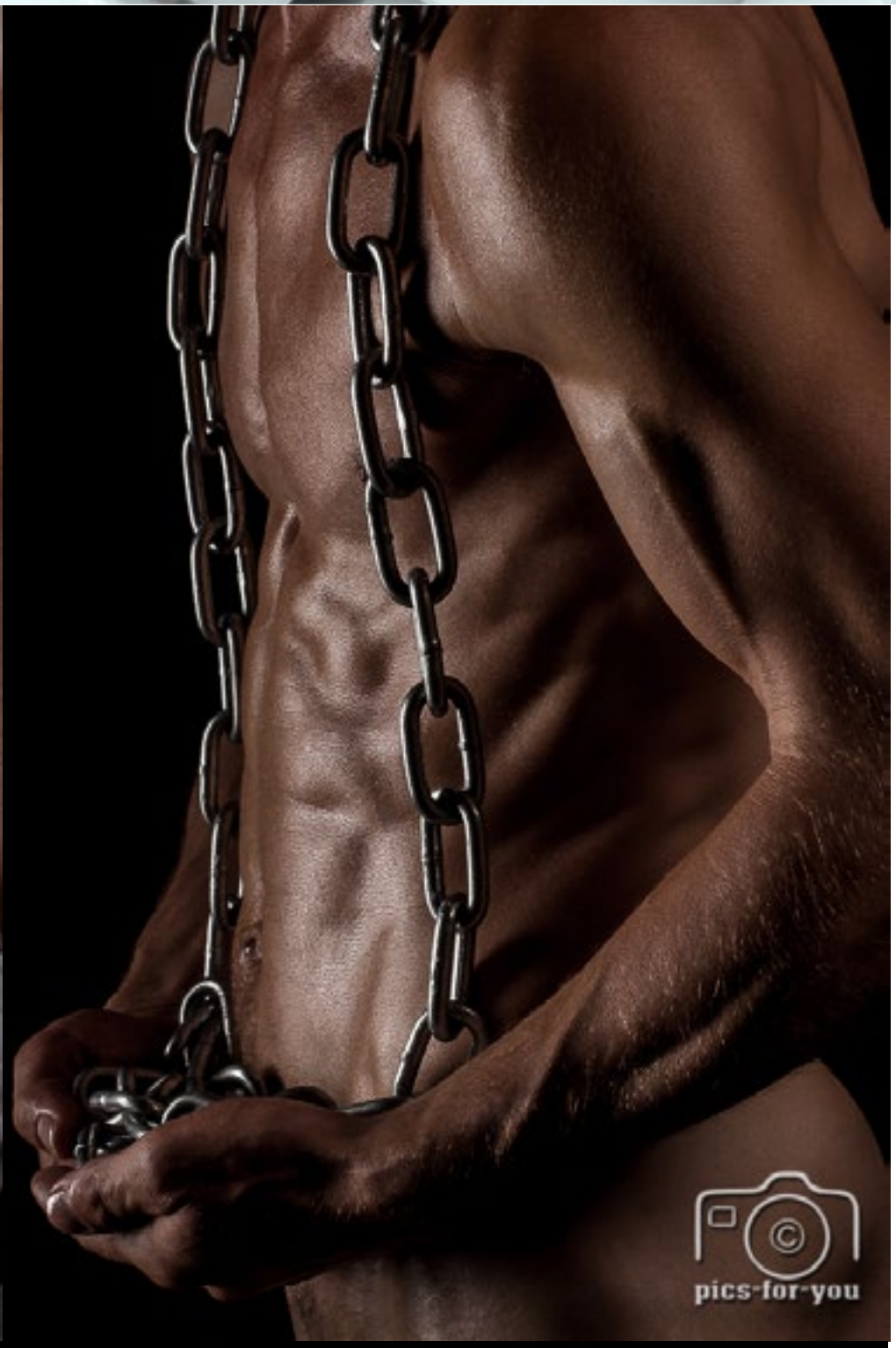


Andreas Lange began studying to be a television cameraman but he got sidetracked with the obligatory necessary introductory courses on still photography. Though he doesn't consider himself an artist, he feels he has a "solid craft" and can't compete with "the Mona Lisa or Michaelangelo's David," he used the catchphrase "Artist in Light" because "without light and thus also without shadows, no picture would arise." Though it is "rare" in his own life, leather and BDSM figure in his work because, "I find it optically exciting. I like the contrast of black leather and shiny metal on naked, warm skin." He tries to "communicate openly" with his models, especially when nudity is involved. "A shoot should be fun, for both - the model and the photographer. I had many shoots, where we laughed so heartily, that no more reasonable posing was possible."

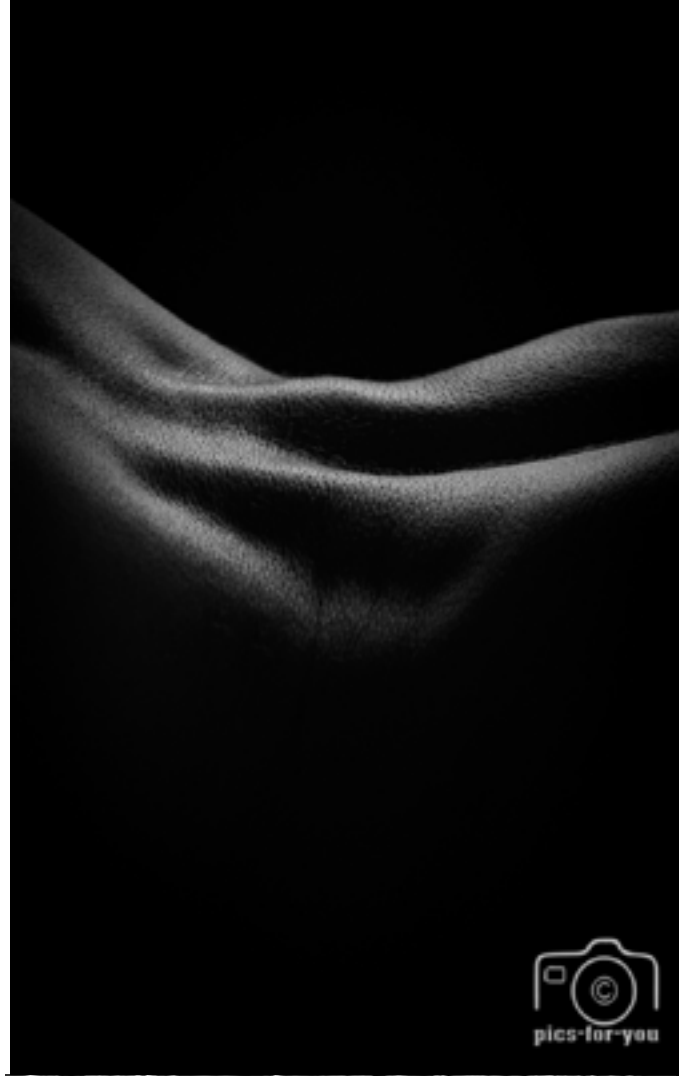
Lange has no official website but he was convinced by a model who wanted his photos shared with the world, to create <https://www.facebook.com/Pics-for-you-957317517692393/> and https://www.instagram.com/fotograf_in_berlin/

More Andreas Lange at drewrowsome.blogspot.com











Exclusive interview with trans artist Quannah Style

RAYMOND HELKIO & ROLYN CHAMBERS

Exclusive interview with trans artist Quannah Style on the release of Give Me Life



Dear @Caitlyn_Jenner please #STFU

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0:03 / 4:20



Dear @Caitlyn_Jenner please #STFU

Samantha Lauzon

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WHAT YOUR NATIVE AMERICAN ZODIAC SYMBOL MEANS?

Native American culture encompasses any number of symbols from about every animal that one could dream of. Below are those animal symbols and their characteristics.



Otter: Jan. 20 – Feb. 18 – A little quirky, and unorthodox, the Otter is a hard one to figure sometimes. Perceived as unconventional, the Otter methods aren't the first ones chosen to get the job done. This is a big mistake on the part of others – because although unconventional, the Otter's methods are usually quite effective..

Yes, the Otter has unusual way of looking at things, but he/she is equipped with a brilliant imagination and intelligence, allowing him/her an edge over every one else. Often very perceptive and intuitive, the Otter makes a very good friend, and can be very attentive. In a nurturing environment the Otter is sensitive, sympathetic, courageous, and honest. Left to his/her own devices, the Otter can be unscrupulous, lewd, rebellious, and isolated.

Wolf: Feb. 19 – March 20 – Deeply emotional, and wholly passionate, the Wolf is the lover of the zodiac in both the physical and philosophical sense of the word. The Wolf understands that all we need is love, and is fully capable of providing it. Juxtaposed with his/her fierce independence – this Native American animal symbol is a bit of a contradiction in terms.

Needing his/her freedom, yet still being quite gentle and compassionate – we get the picture of the “lone wolf” with this sign. In a nurturing environment the Wolf is intensely passionate, generous, deeply affectionate, and gentle. Left to his/her own devices the Wolf can become impractical, recalcitrant, obsessive, and vindictive.

Falcon: March 21 – April 19 – A natural born leader, the Falcon can always be looked upon for clear judgment in sticky situations. Furthermore, the characteristics for this Native American animal symbol never wastes time, rather he/she strikes while the iron is hot, and takes action in what must be done.

Ever persistent, and always taking the initiative, the Falcon is a gem of a personality to have for projects or team sports. The Falcon can be a little on the conceited side – but he/she is usually right in his/her opinions – so a

little arrogance is understood. In a supportive environmental the Falcon “soars” in his/her ability to maintain passion and fire in relationships, and always remaining compassionate. Left to his/her own devices, the Falcon can be vain, rude, intolerant, impatient, and over-sensitive.

Beaver: April 20 – May 20 – Take charge, adapt, overcome – this is the Beaver motto. Mostly business, the Beaver is gets the job at hand done with maximum efficiency and aplomb. Strategic, and cunning the Beaver is a force to be reckoned with in matters of business and combat. One might also think twice about engaging the Beaver in a match of wits – as his/her mental acuity is razor sharp.

The Beaver has everything going for him/her – however tendencies toward “my way or the highway” get them in trouble. Yes, they are usually right, but the bearer of this Native American animal symbol may need to work on tact. In a nurturing environment the Beaver can be compassionate, generous, helpful, and loyal. Left to his/her own devices the Beaver can be nervous, cowardly, possessive, arrogant, and over-demanding.

Deer: May 21 – June 20 – This Native American animal symbol is the muse of the zodiac. The Deer is inspiring lively and quick-witted. With a tailor-made humor, the Deer has a tendency to get a laugh out of anyone. Excellent ability for vocalizing, the Deer is a consummate conversationalist.

This combined with his/her natural intelligence make the Deer a must-have guest at dinner parties. Always aware of his/her surroundings, and even more aware of his/her appearance, the Deer can be a bit self-involved. However, the Deer's narcissism is overlooked because of his/her congeniality and affability.

Woodpecker: June 21 – July 21 – Woodpeckers are usually the most nurturing of all the Native American animal symbols. The consummate listener, totally empathic and understanding, the Woodpecker is the one to have on your side when you need support.

Of course, they make wonderful parents, and equally wonderful friends and partners. Another proverbial feather in the Woodpeckers cap is the tendency to be naturally frugal, resourceful, and organized. In a nurturing environment the Woodpecker is of course caring, devoted, and very romantic. Left to his/her own devices the Woodpecker can be possessive, angry, jealous, and spiteful.

Salmon: July 22 – Aug. 21 – Electric, focused, intuitive, and wholly creative, the Salmon is a real live-wire. His/her energy is palpable. A natural motivator, the Salmon's confidence and enthusiasm is easily infectious. Soon, everybody is onboard with the Salmon – even if the idea seems too hair-brained to work.

Generous, intelligent, and intuitive, it's no wonder why the Salmon has no shortage of friends. This Native American animal symbol expresses a need for purpose and goals, and has no trouble finding volunteers for his/her personal crusades. In a supportive environment, the Salmon is stable, calm, sensual, and giving.

Bear: Aug. 22 – Sep. 21 – Pragmatic, and methodical the Bear is the one to call when a steady hand is needed. The Bear's practicality and level-headedness makes him/her an excellent business partner. Usually the voice of reason in most scenarios, the Bear is a good balance for Owls. The Bear is also gifted with an enormous heart, and a penchant for generosity.

However, one might not know it as the Bear tends to be very modest, and a bit shy. In a loving environment this Native American animal symbol showers love and generosity in return. Further, the Bear has a capacity for patience and temperance, which makes him/her excellent teachers and mentors. Left to his/her own devices the bear can be skeptical, sloth, small-minded and reclusive.

Raven: Sep. 22 – Oct. 22 – Highly enthusiastic, and a natural entrepreneur, the Crow is quite a charmer. But he/she doesn't have to work at being charming – it comes easily. Everyone recognizes the Crow's easy energy, and everyone turns to the Crow for his/her ideas and opinions.

This is because the Crow is both idealistic and diplomatic and is quite ingenious. In nurturing environments this Native American animal symbol is easy-going, can be romantic, and soft-spoken. Further, the crow can be

quite patient, and intuitive in relationships. Left to his/her own devices, the Crow can be demanding, inconsistent, vindictive, and abrasive.

Snake: Oct. 23 – Nov. 22 – Most shamans are born under this Native American animal symbol. The Snake is a natural in all matters of spirit. Easily attuned to the ethereal realm the Snake makes an excellent spiritual leader. Also respected for his/her healing capacities, the Snake also excels in medical professions. The Snake's preoccupation with matters intangible often lead others to view them as mysterious, and sometimes frightening.

True, the Snake can be secretive, and a bit dark – he/she is also quite sensitive, and caring. In a supportive relationship the cool Snake can be passionate, inspiring, humorous, and helpful. Left to his/her own devices, the Snake can be despondent, violent, and prone to abnormal mood swings.

Owl: Nov. 23 – Dec. 21 – Changeable and mutable as the wind, the Owl is a tough one to pin down. Warm, natural, with an easy-going nature, the Owl is friend to the world. The bearer of this Native American animal symbol is notorious for engaging in life at full speed, and whole-hearted loves adventure.

This can be to his/her detriment as the Owl can be reckless, careless, and thoughtless. Owls make great artists, teachers, and conservationists. However, due to his/her adaptability and versatility – the Owl would likely excel in any occupation. In a supportive, nurturing environment the Owl is sensitive, enthusiastic, and an attentive listener. Left to his/her own devices, the Owl can be excessive, overindulgent, bitter, and belligerent.

Goose: Dec. 22 – Jan. 19 – If you want something done – give it to the Goose. Persevering, dogged, and ambitious to a fault, the Goose sets goals for accomplishment, and always obtains them. The goose is determined to succeed at all cost – not for the approval of other – but those with this Native American animal symbol competes with his/her own internal foe.

Driven is the watchword for the Goose's dominating personality trait – which makes them excellent in business and competitive sports. When tempered with supportive, nurturing family and friends, the Goose excels in all things he/she attempts. In a loving environment the Goose can be very passionate, humorous, gregarious, and even sensual.



Reviews by:
Drew Rowsome
Raymond Helkio
Paul Bellini
Sean Leber
Bil Antoniou

MyGayToronto.com

EVENTS REVIEW

www.MyGayToronto.com

Angels live on screen

PAUL BELLINI



Back in the mid '90s, I was lucky enough to see the original Broadway production of *Angels in America*. Both parts! Which meant two flights. That's how excited I was to see this play, which I had already read, and which was being praised as nothing less than the future of theatre.

Over 20 years later, it's still pretty good. Even though the AIDS landscape keeps changing, *Angels* is not the least bit dated. This is in part because it avoids the nitty gritty of pestilence and the resulting activism, choosing instead to be "a gay fantasia on national themes." It's full of angels, and famous people, and actors playing multiple parts, and gay sex, and ferocious yelling and screaming scenes. Even though it is almost eight hours long, it is never ever boring.

The most recent production comes from the National Theatre, London. It stars Andrew Garfield, Russell Tovey and Nathan Lane, and was screened as a film by Cineplex Events. To be clear, this is a real-time transmission of an actual performance with an audience, shot on multiple cameras. It's just like watching a movie, except it's on a stage. It's a brilliant idea that brings theatre experiences to people in other cities.

That original production I saw in 1993 featured a legendary performance by Ron Leibman as Roy Cohn, lying in a hospital bed dying of AIDS and haunted by the ghost of Ethel Rosenberg. Leibman's performance was so angry that it actually frightened people. Cohn, one of the most corrupt and vengeful lawyers in American history, was deeply closeted, insisting until death that he had cancer. He is the

very very picture of self-loathing. In the National Theatre production, Nathan Lane gives it all he's got, and his scenes are intense.

The other character with AIDS, the one played by Andrew Garfield, starts receiving visits from an angel. These scenes are remarkable. Five actors dressed in black are required to animate the angel and her wings, allowing her to swoop throughout the room. *Angels* was made into a very successful HBO mini-series in 2003, complete with big special effects. But there is something really wonderful in watching stage effects like the flying angel, an effect that can never fully erase its means, but nevertheless invites our admiration because those are real people doing real things up there.

Cineplex Events is a great way to take in an evening of theatre. Previously I had seen the George Takai musical *Allegiance*, which I really enjoyed. Coming up this spring is a production of Sondheim's *Follies*. This whole theatre-as-a-movie thing could really catch on.



Robert Persichini is a marvellous Malvolio

PAUL BELLINI ★★★★★



As high school students in Timmins, Robert Persichini and I always had some in-joke on the go. Sometimes, they were rude, sometimes incomprehensible. I remember he would say “It’s a leopard” like an old gypsy woman and I would dissolve in gales of laughter. Who knows what that even meant. Then a split second later he would do a perfect Beatrice Arthur impersonation and I’d be rolling on the floor. No one was funnier.

Now he’s starring in Shakespeare in High Park, as Malvolio in Twelfth Night, and as the Fool in King Lear. Even as a teenager, he possessed an uncanny gift for acting. He dazzled all of Timmins in high school productions of My Fair Lady and Fiddler On the Roof. After graduation, he went to England to study the Bard, and judging from his remarkable work in Twelfth Night, it paid off.

As I watched director Tanya Jacobs’ version of the show, I was reminded of a Stratford trip we took in grade twelve. One of the shows we saw that year was Twelfth Night, starring Brian Bedford. Robert and I giggled hysterically at the part where Malvolio reads a letter, commenting on the author’s penmanship. “By my life, this is my lady’s hand these be her very C’s, her U’s, and her T’s,” declares Malvolio. This, apparently, was Shakespeare’s subtle way of saying ‘cunt’. Now, Robert gets to deliver that very same speech three nights a week until September 5.

Of course there is so much else to Robert’s performance that I enjoyed. His antics with a tape measure, for instance, or the way he brandishes those yellow socks. As for the show itself, it’s just great. Trimmed to 100 minutes and presented without an intermission, the cast and the set are marvels to behold, and the whole enterprise is brisk and happy. Mosquitos be damned, I had a great time sitting in the park watching this gorgeous show. King Lear is probably not quite the laughfest that Twelfth Night is, but then again, with Robert in the role of the Fool, I’ll bet there will be at least a few moments of mirth.



Twelfth Night continues in repertory with King Lear until Sun, Sept 3 at the High Park Amphitheatre, 1873 Bloor St W. canadianstage.com

Insomniac City

NEW YORK, OLIVER, AND ME - BILL HAYES' REMARKABLE MEMOIR AND HYMN TO LIFE

DREW ROWSOME

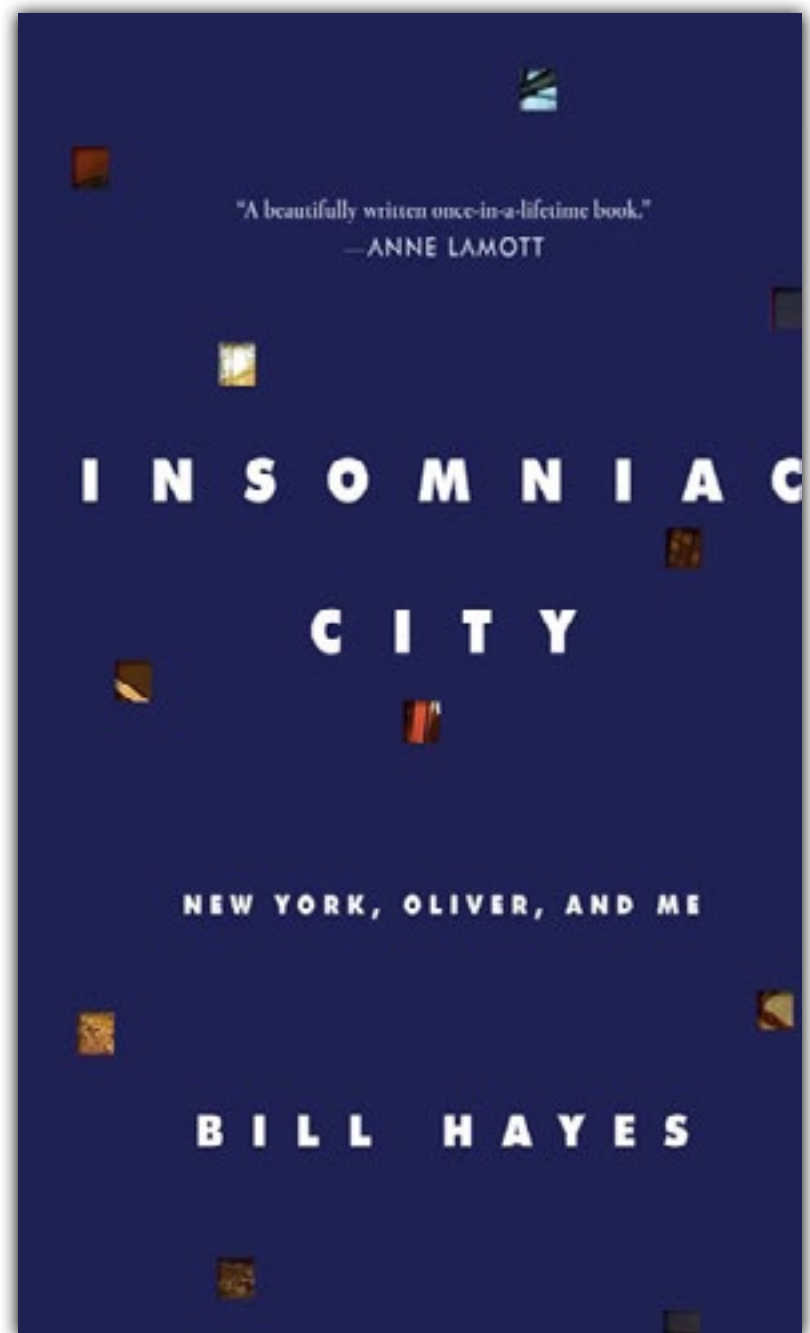
★★★★★



It is very rare to come across a book as extraordinary and powerful as *Insomniac City*. My instinct is to just type that you should get a copy as soon as possible and immerse oneself in it. I had read some of author Bill Hayes' essays and enjoyed his wry sense of humour and insights, but *Insomniac City* is a work of art. I read the first two-thirds of the book in one sitting, utterly absorbed, and wanting to mark every page for re-reading and to remember. The final third I mistakenly read on the subway, only to be overcome and begin quietly sobbing, not out of any maudlin manipulation or sadness but at the sheer beauty of the prose expressing such optimism and faith amidst the unbearable. It was just overwhelming and cathartic.

Hayes is hitherto best known as the partner of Oliver Sacks whose brilliant memoir *On the Move* covers a similar period of time. As a portrait of Sacks, and of Hayes' life with Sacks, *Insomniac City* is full of quirky, idiosyncratic details that illuminate love, affection and a man whose process of life and thinking was unique. That Hayes makes this so entertaining and manages to let the reader have a glimpse into the way this process works, is breathtaking. The accumulation of details and incidents reveal one relationship in all its ups and downs while extrapolating into the possibilities of all relationships.

Time and again, Hayes will recount a statement or thought uttered by Sacks that is, initially, a non-sequitur or absurd. The humorous aspect is never discounted - Sacks was brilliant but also comically eccentric - but it is also pondered, discussed and usually quietly proves to be an insight, or an alternate way of thinking, that is not only revelatory of Sacks' genius but also of everyone's potential brilliance. The love between the two is quite remarkable, as is their realization of the futility of applying the scientific method, or even words, to fathom the wonders of gay sex. *Insomniac City* paints a lustrous partial portrayal of just how unusual and exceptional Sacks was.

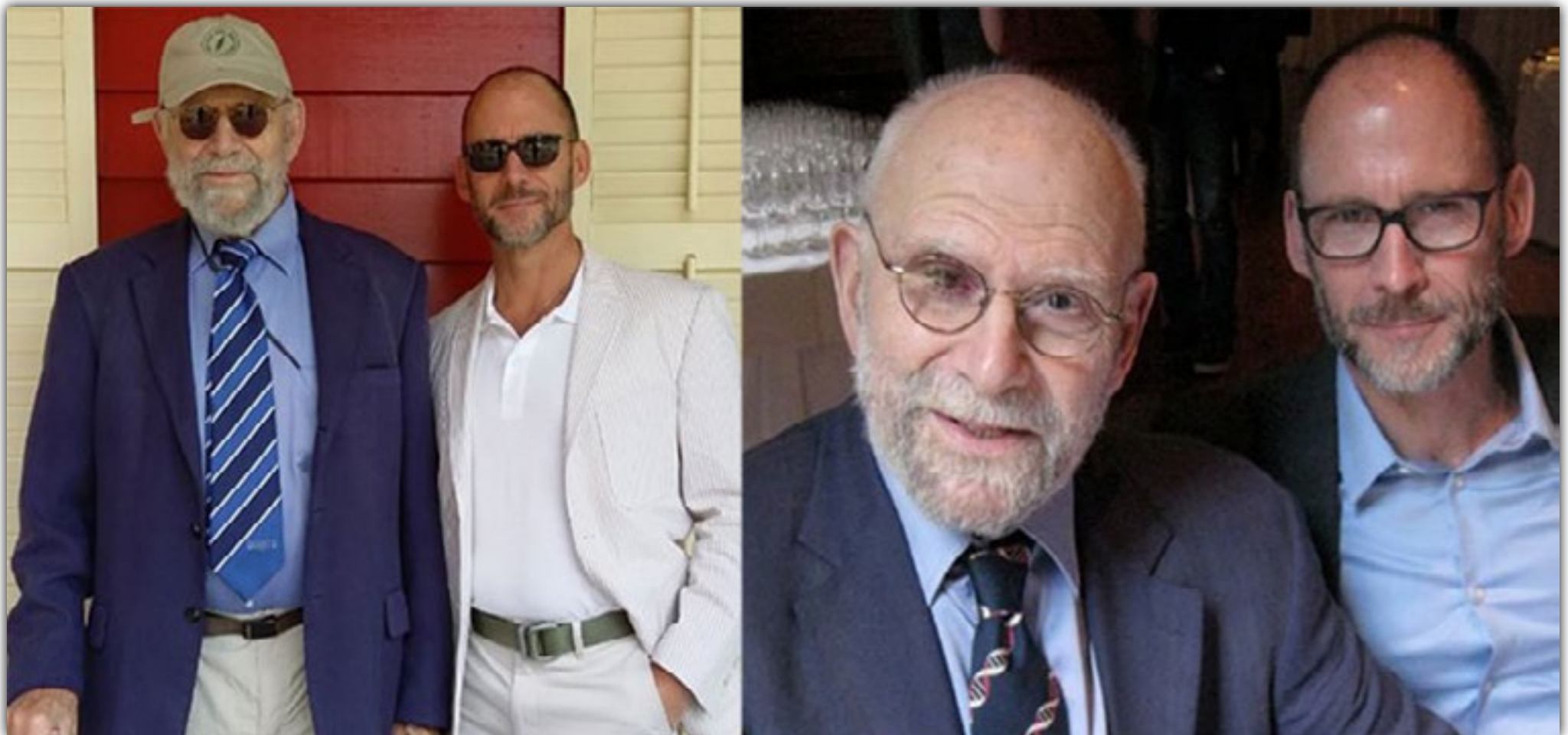


However Hayes himself is full of insights, observations and an empathetic outlook. A photographer as well as a writer, Hayes intersperses the text with his photos. Hayes writes of his encounters and the people who fascinate him enough to immortalize them. As Hayes documents his experiences as he wanders, camera at hand, he also writes a vivid love letter to New York City and its inhabitants. And he manages to capture a flavour of that magnificent city that is familiar to those who love it, and will create envy in those who have yet to experience that singular metropolis.



At first the structure of *Insomniac City* seems ramshackle, meandering, but the individual morsels are so enticing that the journey becomes more important than the destination. Beginning as a memoir of an inability to deal with grief, then composed of short anecdotes and journal entries (he claims to have assembled scraps of paper and thoughts where he had jotted things down as they happened or occurred to him) interspersed with more narrated descriptions of his photography subjects and his love affair/partnership with Sacks, the cumulative fragments coalesce into an astonishing climax where all the threads pull together and, in my case, resulted in actual tears of joy, wonder and release.

where all the threads pull together and, in my case, resulted in actual tears of joy, wonder and release.



The clever intricacy of the structure doesn't reveal itself until the very end, and by then one has been so seduced by what has preceded, that it doesn't matter how it was achieved, it is enough to just marvel that Hayes has given such a gift of celebration. A celebration of the good and bad of life, of individuality and the joy of the extraordinary, and the extraordinariness of the ordinary. There are moments of crystal clear description that are still lingering in my thoughts - the beauty of dropped cherry tomatoes, Sacks' belief that the word "but" is the most important in the English language, Sacks' reliance on lists, Hayes' theories on photography and the ownership of art - but (that marvellous word) the final effect is more poetic, a gut emotion that haunts and inspires.



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Three Ring Circus

MAN ON MAN ACTION IN THE CENTER RING IN AN ADULTS-ONLY PULP DELIGHT

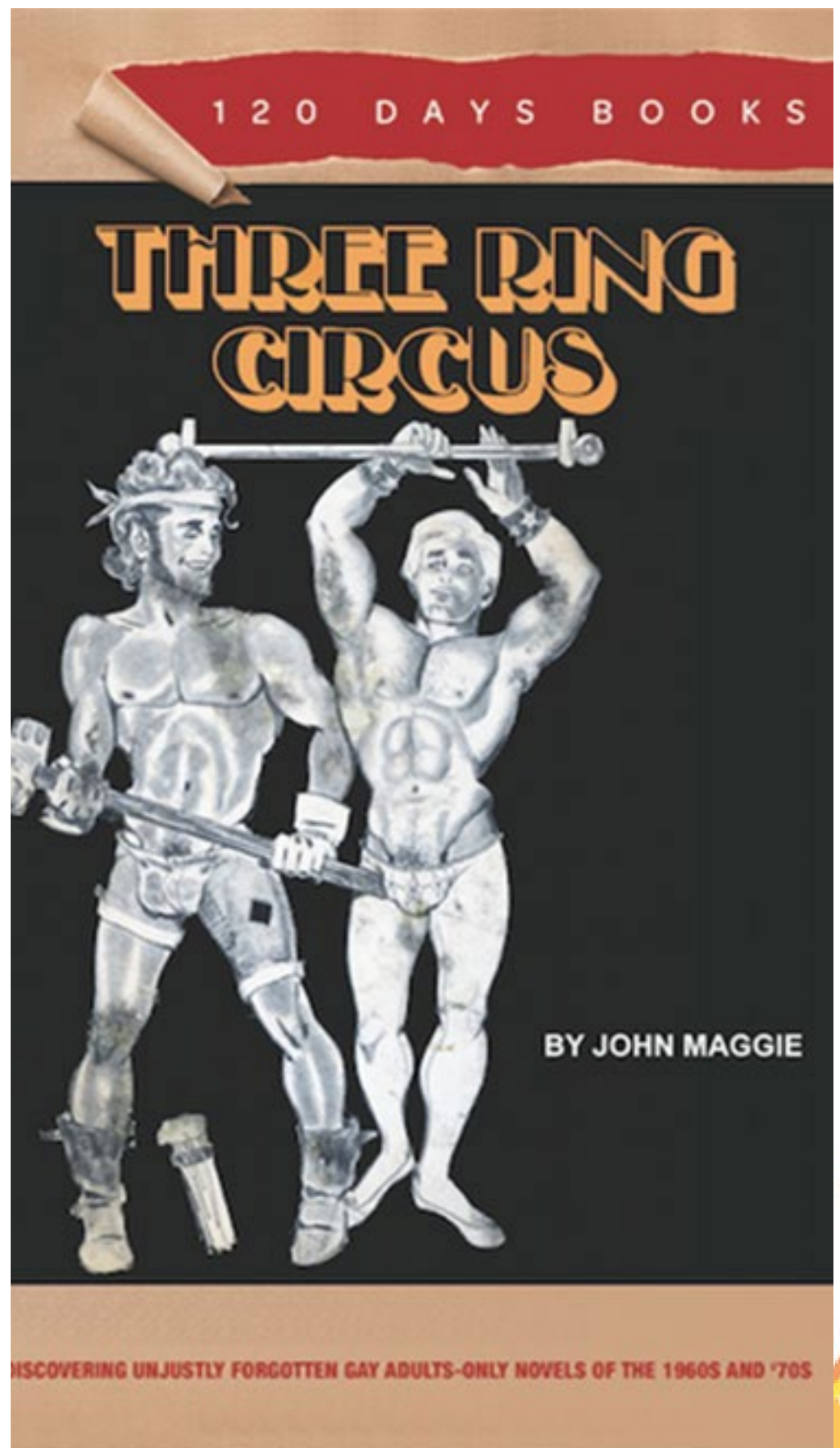
DREW ROWSOME ★★☆☆☆



Anyone familiar with my blog, or who has met me in passing, will be well aware of my firm belief in the erotic appeal of the circus. So when I discovered that 120 Days Books - "Rediscovering unjustly forgotten gay adults-only novels of the 1960s and 1970s" - was publishing a long lost pulp/stroke book entitled *Three Ring Circus*, I had to read it.

Three Ring Circus tells the story of Mike, who is part of a circus family of high-wire artists and also studies trapeze as an honorary member of another family, and Jerry, a common roustabout with aspirations to become a motorcycle stunt rider, who fall into love and lust across the rigid hierarchy of the circus structure. And as the novel is set in what appears to be the '50s or '60s, love and sex between men is still taboo. But, it turns out, not so taboo when one runs away with the circus.

The plot has less to do with the drama and trauma of coming out or being closeted, and more about how to make a gay relationship work. Mike and Jerry are in love, they are smitten at first sight, but they also like threesomes, sex with women, and incest. And when all the men in the circus are muscular, handsome, hugely hung and prone to wander around naked and shower a lot, monogamy or not is a more pressing issue than being gay-bashed or ostracized.



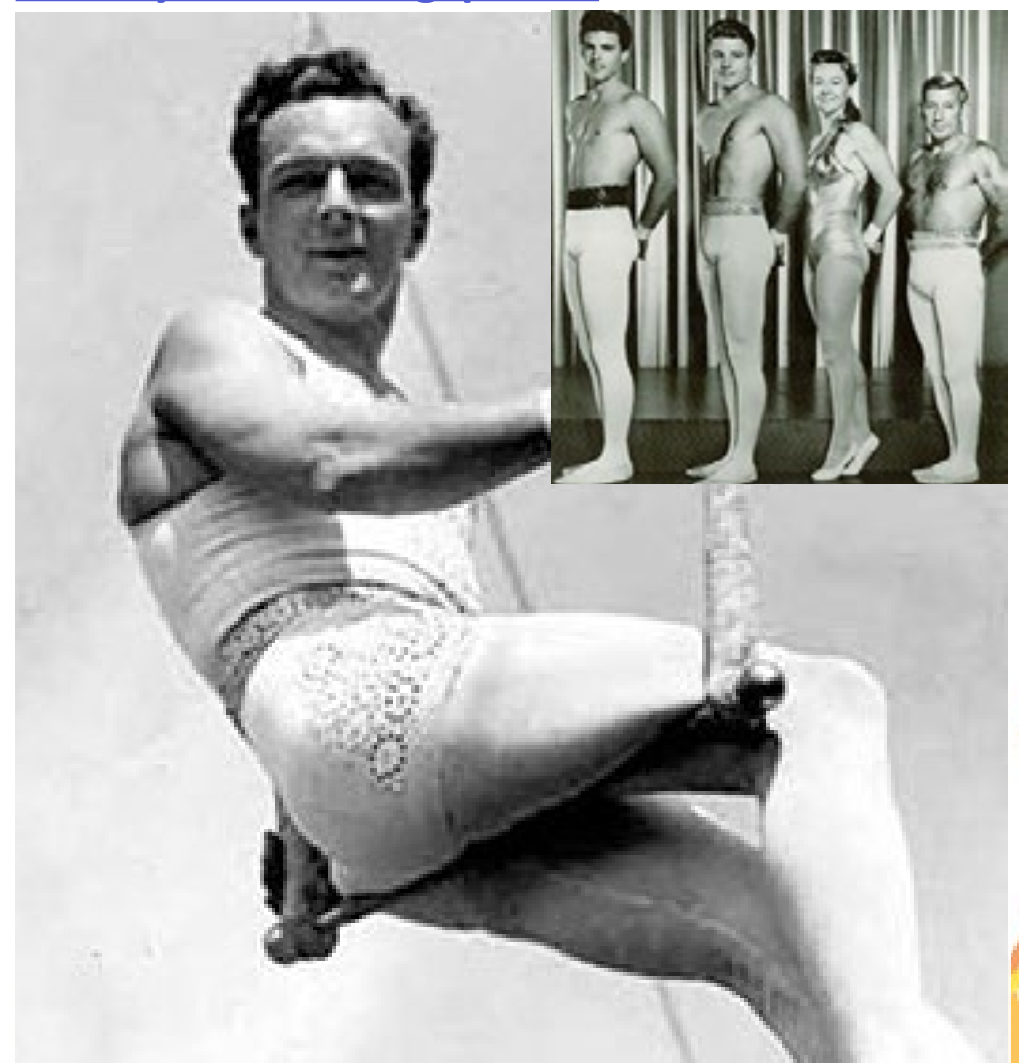


It is a bit of an idyllic world but then it is porn and the plot is supposed to merely be the links between the sexual acts. The author, the mysterious John Maggie, may have researched or been on the road with a circus, or he may just have made it up. The circus certainly gets more description, and is nicely sketched, than the sex acts and the main characters - Jerry is distinctive mainly because of the references to the very erotic-to-the-touch, hell to the mere sight of, hair on his chest and all the penises are simply large - but the setting provides a wonderful exoticism to the rather pedestrian couplings.

There were passages that stirred my groin, but it is hard to tell if that was the writing or the erotic circus memories (and the circus porn) that it evoked. There is a bizarre touch in that Mike and Jerry's relationship and sex acts are legitimized by contrasting them with the voracious snake charmer (who sleeps with every man in the circus as well as her python and, on special occasions, a donkey while her husband the lion tamer, who has the only small penis in the book, watches and masturbates) and the sideshow freaks and clowns whose feats are, unfortunately, too sordid to describe. In that context, to a '60s/'70s reader, gay was positively mainstream.

Here's hoping that 120 Days Books republishes Ward Hall's *Gypsy Hot Bloods* or better yet convinces him to write of the sexual adventures of his life in the sideshow. But in the meantime the campy erotic joy of *Three Ring Circus* is a good appetizer. And I have every intention of reading more of 120 Days Books back catalogue, the lurid titles are too enticing to resist. As the characters are wont to say, "I dig it."

120daysbooks.blogspot.ca



In a Heartbeat

TOUCHING ANIMATION ABOUT FINDING LOVE AS A QUEER YOUTH

RAYMOND HELKIO ★★★★★



Accompanied by a musical score fit for a Hollywood blockbuster, In A Heartbeat is a short animated film about two closeted high school boys who struggle to fall in love amidst the disapproval of classmates and teachers. It's short, sweet, charming and as heart warming as it is touching.

The storyline is a wonderful life-lesson for gay kids and it doesn't shy away from the inherent homophobia that still permeates schools today, but it does so in a subtle, yet profound moments throughout the film. Teaching our young kids that's it's okay to be LGBTQ is only part of the battle because in order for queer kids to feel safe, we have to acknowledge what it is they need to feel safe from. By presenting gay attraction as something positive while acknowledging the struggles that most kids will still have to face. In an era of 'It Gets Better' it's refreshing to see stories that reflect the full experience of coming to terms with who we are, the good and the ugly.

Whether you are a child or an adult if you're looking to feel great about love, spend four minutes watching this film, you'll be moved.

In a Heartbeat

THE BEGUILED

BIL ANTONIOU ★★☆☆☆

KIRSTEN DUNST ELLE FANNING

THE SCREEN AND DIRECTED BY SOFIA COPPOLA

FOCUS FEATURES PRESENTS AN AMERICAN ZOETROPE PRODUCTION
 KIRSTEN DUNST ELLE FANNING "THE BEGUILED" PHOENIX STACEY BATTAL
 PHILIPPE LE Sourd are ANNE ROSS MONTY COPPOLA ROBERT ORTIZ
 FOCUS HENLEY SOFIA COPPOLA SOFIA COPPOLA FOCUS

THIS JUNE

A little girl collecting mushrooms just beyond the grounds of her plantation in Civil War-ravaged Virginia discovers a severely injured Irish mercenary turned Yankee soldier (Colin Farrell) lying in the grass.

The plantation house is actually being used as a girls' school, run by Nicole Kidman, who oversees the few remaining girls with a firm hand and, despite the fact that she should turn Farrell over to the Confederate soldiers who periodically pass by, decides that the Christian thing to do is to first allow him to recuperate from his wounds.

A few days locked up in the music room, however, and it appears that these southern belles have had their spidey-senses tuned directly to the handsome mystery in their midst, with Kirsten Dunst (the best in the film) seeing the opportunity to cure a life free of romance while Elle Fanning (excellent as always) sees the chance to act upon the raging hormones bursting out of her maturing body.

Sofia Coppola remakes Don Siegel's excellent 1971 drama by wisely switching the point of view from the soldier (originally played by Clint Eastwood) to that of the women, turning a thriller about sexual paranoia of female sexuality into an examination of stifled women who are relegated to living as hothouse flowers kept under glass. The unfortunate thing is that, in switching the narrative around, Coppola has also softened it to the point that it is neither dramatically exciting or fun. Siegel's terror of these womens' desires gave his film a lot of humour, pitting Eastwood's rooster-in-the-henhouse appetite against Geraldine Page's inability to say anything that didn't sound like an accusation for something so delicious that, by the time you got to a very unpleasant scene of home surgery, you were ready to explode from the tension. Coppola leaves the most intense parts of the story off screen (like when the Confederate soldiers come in for a visit) and downplays Farrell's moments of both recuperation and scheming (the fact that he's no longer a Yankee actually takes away a lot of the conflict, but given that Farrell is just about the most appealing rascal in movies today, it's a crime that he's so ineffectual here); then there is the fact that Kidman, who has never been afraid of exploring a character's discomfiting madness, has very little discernible motivation (I understand that Coppola didn't want to recreate Siegel's silly excuse for a threesome, but for goodness sake let her do something fun).

By the time you reach the final third where all the action is, a number of scenes make little sense (like the fact that he gets pretty agile on those crutches very quickly), contributing to the very surprising reality that a story so suited to themes that Coppola frequently explores in her films does not seem to work in this case

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FLASHBACK



Looking For Ponce De León

MR X - OPINIONATED



A couple of weeks ago, I was talking to a friend of mine at the gym. It was a regular gym conversation. Meaning we quickly turned to gossiping. He told me about a friend of his who was a professor at U of T, more vain than Narcissus, smart, funny, articulate, charming and couldn't hold a man down to save his life. "And I don't get it," my friend said. "He's got everything going for him. He just makes these horrible choices in men."

"How old is your friend," I asked.

"Oh, you know," my friend answered. "He's forty-seven. Around our age."

I'm thirty-eight.

I was crushed. I couldn't really tell you how the rest of the conversation transpired because I completely zoned out. I never told him my real age. Party because I just imagine how that conversation would pan out:

Scenario #1:

ME: I'm not forty-seven. I'm thirty-eight.

HIM: Yeah, right. Sure.

(HIM laughs.)

HIM: You're kidding right?

(Silence.)

HIM: Oh shit, you're not kidding. Damn. You look horrible.

Scenario #2:

ME: I'm not forty-seven. I'm thirty-eight.

HIM: Ewww.

Scenario #3:

ME: I'm not forty-seven. I'm thirty-eight.

HIM: I know the name of a WONDERFUL plastic surgeon.

Now I will be the first person to admit that I am vain. Hell, I attack the gym like an obsessive-compulsive does a light switch. But I started to wonder if there really is a fundamental difference between the appearance of a thirty-eight year old and a forty-seven year old. Does it really matter that someone thought I was nine years older?

I mean, if I was ten years old and somebody thought I was nineteen, sure the difference would be a bit harder to take. But maybe the late thirties is the time in which a nine-year difference is not so noticeable. Is nine years really a big deal? He could have thought I was older. What if he thought I was in my fifties? Would that matter?

But of course it would. The truth is, especially in our big, gay community, age is a factor that promotes or diminishes you. As much as we like to think we're all inclusive, ageism is alive and well and living at Church and Wellesley (his apartment is small, dirty, and his bed just a mattress on the floor). But I wonder if there will ever be a time in which we can be proud of the aging process. I wonder if there will ever be a Scenario #4, in which I say, "Thank you for thinking I'm closer to death than I actually am."

A Kegel State Of Mind

JESSE T. - DATE NIGHT FAIL

On his first date with Karl, my friend Holden is having a playful debate. Holden is an easy-going, pot smoking, social work student, bottom-boy. His date is a Durham Region police officer who's all Tory and all top. Despite their differences the date is crackling with chemistry. They may not agree on the legalization of marijuana, but there's definitely an implicit agreement that this date would end with Holden's legs in the air.

The next morning Holden awoke to find a note on the dresser from Karl that reads: "Had a great time. I had to go and thought I'd let you sleep in. Later loosy-goosy."

An emergency brunch is called and Holden tells us the story.

"So now I'm obsessively doing Kegel exercises for my Pubococcygeal muscles, which can be done anywhere, anytime," Holden explains in despair.

The waiter comes and takes our orders. I ask for coffee, Holden and Wayne get orange juice.

"I read online that if you can't do 20 reps you're considered very out of shape," Holden continues. "I could only do 33 my first time!"

"Oh don't believe the internet," I say.

"How many can you do?" Holden asks.

"I don't know," I laugh. "I've never even heard of it."

"Try it."

"What? Now? No."

"Try for me. I have to know if I'm a loosey goosy."

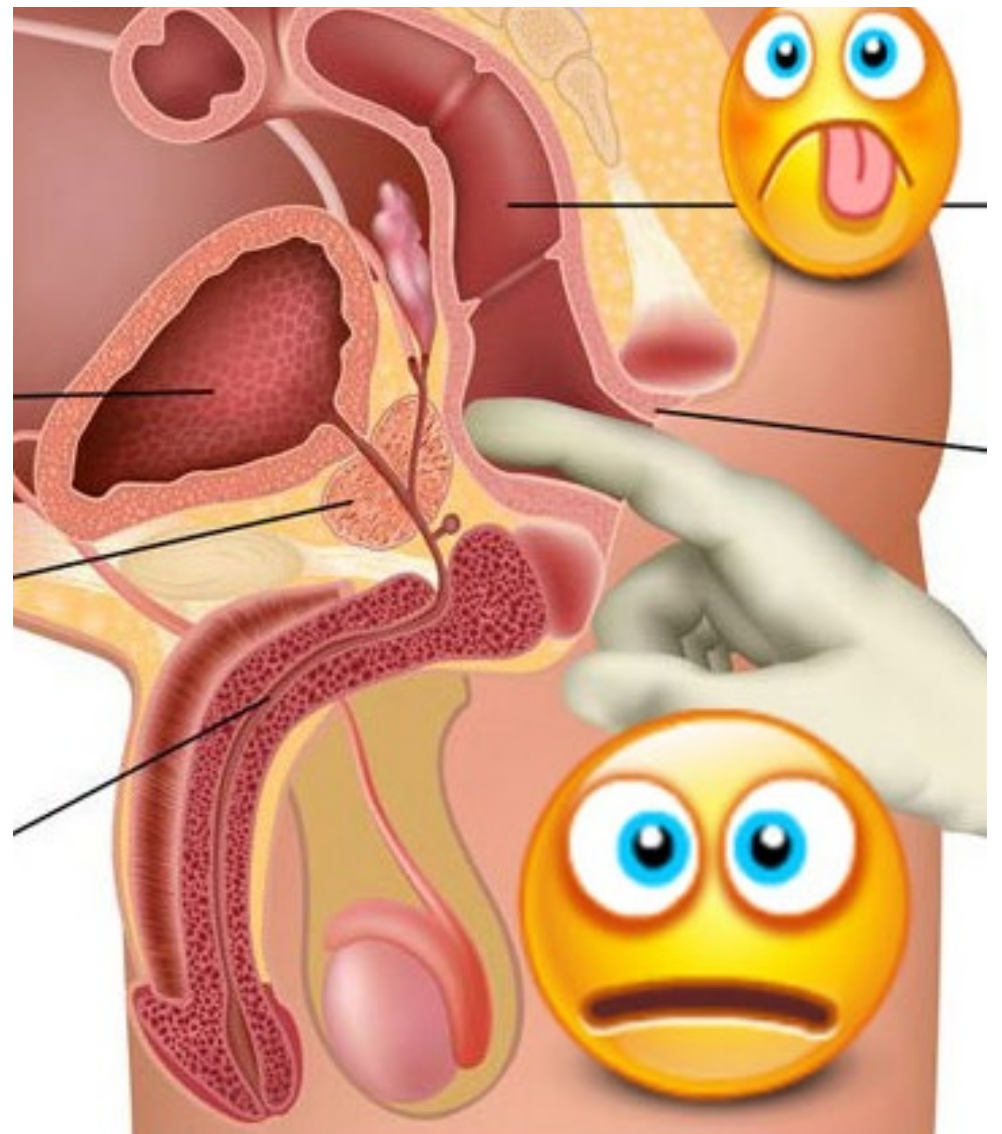
"How do you do it?" Wayne asks.

"To do it right contract your anus muscles as if you're stopping a pee in mid-stream.

You can feel them tighten, right? OK now do it fast for as many as you can."

We all sit in silence and keenly clench our kegels.

The waiter comes over and puts down our drinks.



"Here's your juice, it was freshly squeezed today."

We all burst out laughing. I tell the waiter "You don't want to know why, but you just doubled your tip."

As we eat, we discuss how many we did and it turns out we all can use some Pubococcygeal conditioning. Holden continues ranting.

"It's not enough that bottoms give up Mexican and Indian food, and that we are more susceptible to disease, but now we have to exercise down there every day. And they say the tops do all the work."

I wave to the waiter for the bill but Holden grabs my arm to stop me.

"I still have two reps to do," he says, "get a refill and stay with me."

I tell him to skip it, and he freaks out. "I can't! I'm doing them three times a day, even keeping a kegel journal. It can take up to 6 months to get results. I'm not skipping! If I'm lazy about it I'm going to have to pay for the electrical stimulations..."

I can see the desperation in his face, so I decide to wait and let Holden hold 'em.

Later that night Holden decides to confront Karl about the note, and in a sheer act of bravery, he facebookes him. Two agonizing hours later he gets a response. Karl apologizes and clarifies that he was referring Holden's pot smoking political views, and not his hole. Holden literally jumps around his apartment with glee. However, he continues to kegel. It can't hurt, he figures.

WHAT ? # \$ * &

BRIAN FINCH

(**DISCLAIMER:** This is a humorous take on the craziness that is going on out there since I've made a return to online "dating" sites. Nobody should want or get HIV on purpose.

I do comedy, therefore this is how I present my story. Being undetectable does not absolve transmission risk 100%, nor does not using condoms when both partners are positive avoid any possible negative consequences such as acquiring MDR infections, or different types of HIV.

So if anyone is contemplating these issues in real life, go get educated on your risks at your local ASO, in Toronto try ACT, the AIDS Committee of Toronto).



During a recent foray into online sex sites, I came across a cute 24 year-old guy. He messaged me and I thought "sweet."

On my profile I wrote, "Positive Here," which is too obscure for some guys to figure out. Double-checking while chatting online, I asked him if he read that part. His response surprised me.

He straight-up asked me if "I would poz him up." I asked back, "What?"

So he clarified. He wanted me to bareback him at the age of 24 and get him to seroconvert... why doesn't he just go out and do whatever he wants to do until it eventually happens?

I asked him why, and he replied with, "I just want to have the kind of sex I want without worrying about it."

Sadly here is one of my jokes playing out in real life: When people ask me how long I've been positive, I say "I got it over 25 years ago, I consider myself a leader, not a follower. I can tell you

it saved me years of worry.”

I’m not going to moralize as most do with a healthy dose of self-righteous indignation as I cannot control other people’s choices.

If he’s going to do this, however, I do have some advice: don’t go after an old timer hag like me. I know my virus is tired when it’s older than the guy who wants me to give it to him. In one full swoop you’re getting my decades-long, drug-resistant virus mutations. You need someone fresh...my HIV saw the 80s, and although the 80s are making a comeback, I don’t quite think that’s what is on the agenda. Nonetheless, if you are looking for decades of wear and tear and limited choices in medications, I’m your man!

What you do need is a fresh load of HIV. A younger version has so much more energy on the promise of a new immune system to destroy. Plus there are lots of groovy once-a-day pills. Just like candy! Take it with your breakfast and then forget all about it. Simple.

I actually did think it was hot that he was offering me his ass, but not on those conditions.

Part of me thought I was being set up, but I know that this exists, almost like a rite of passage. I’m pretty certain that an ex from a long time ago was a bug chaser. He’d say to me, “I wish I could be on disability so I could sleep in until ten.” Be careful what you wish for. He’s got a lot of dreamy vacation days ahead of him.

His was part of a larger pattern of drug use and fetishization of barebacking. Then he went on to blame someone and make the other guy’s life hell. Thank God that was after I left.

Which takes me back to my earlier point: I’m so glad I got the whole positive thing out of the way. Look at what goes on these days! I got it the old fashioned way, you know, like when I didn’t want to.

The good old days.

Community Health Forums

Community Health Forums are free and a great way to learn about current trends affecting people living with HIV and AIDS and those at increased risk for HIV.

Video Links

[PrEP: The HIV Prevention Pill](#) ▶

[Exploring Viral Load & HIV Prevention](#) ▶

[The START Study: When to start HIV Treatment](#) ▶

[Current Treatment Options](#) ▶

[Forward to HIV Treatments in 2016](#) ▶

[Hep C Transmission, Diagnosis, Treatment, Coinfection with HIV & Medical Advances](#) ▶

Forums run monthly from September to March and bring community members together with professional and community experts to learn about current trends affecting people living with HIV and AIDS and those at increased risk for HIV. Topics for forums may be of interest to people living with HIV and AIDS as well as those at risk for HIV.

Forums are:

- for people living with HIV and AIDS
- for people concerned about their risk of HIV
- presentations followed by audience questions and answers
- wheelchair accessible
- free

[Browse our calendar](#) ↗

Drop-ins are welcome, but providing an RSVP to each forum four days in advance allows us to adjust for food and comfortable seating for anyone who wishes to attend.

- YOUR AD HERE -

Full Of Life In Costa Rica

ROBERT SHARP - OUT ADVENTURES



Pure Life, Plenty of Life, This is living, Going Great, Real living or Cool.

These are all Costa Rican translations for Pura Vida.

On a two week adventure (with 9 other gay men) to this lush eco-paradise, I unlocked the true meaning of the slogan myself: from surfing, zip lining and rafting to sunset cocktails with men from around the globe, Costa Rica didn't disappoint.

I arrived in San Jose just a month ago, and contrary to many guidebooks, this is a great stop for gay travellers and acts as a hub for this fascinating country. On the first night I met up with my crew and we went for dinner with a local Costa Rican couple with whom I had been put in touch through a close friend - I believe the best way to experience a new country is through the locals, and boy, was I right!

Upon arrival at the stylish yet casual Cafe Mundo we were pleasantly surprised to be met by not one, but eight stunningly handsome locals! This is where I say they were boring, right? Wrong! Our new friends proved to be fantastic hosts, recommending their favourite restaurants, shopping areas and clubs. From dinner they whisked us away to Club Oh! where I was blown away, not only by the sheer size of the club, but also the elaborate drag show that would surely raise the brow of Gaga herself!

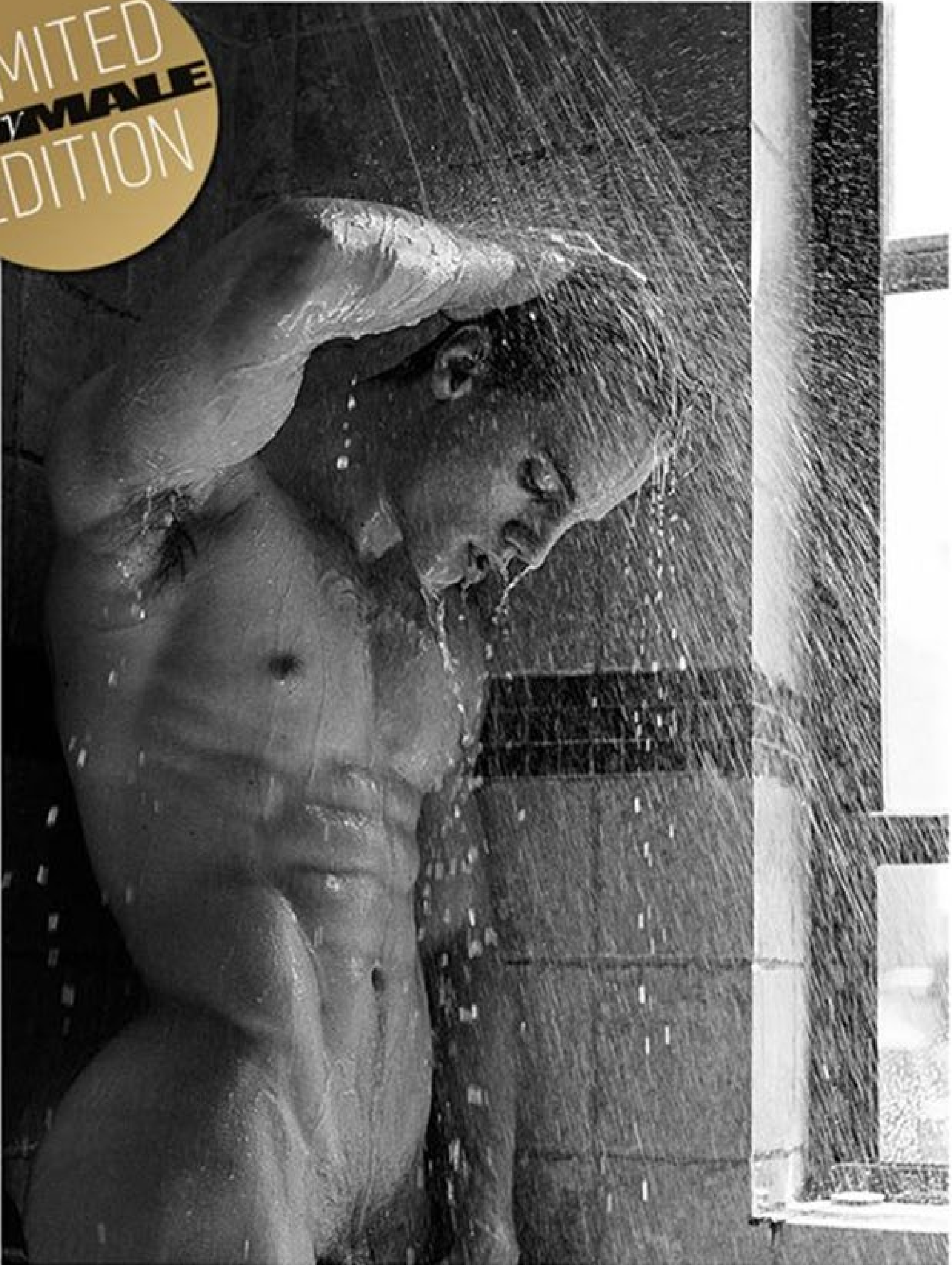
If you are looking for something to do during the day, the Museum of Contemporary Art & Design is located in the former National Liquor Factory in a very central location. The best meal I had in San Jose was at La Esquina de Buenos Aires, an intimate little Argentinean restaurant where I was surrounded by fantastic art, handsome waiters and the hippest crowd in town - oh, and the food was fab (try the homemade pasta or the steak).

With just enough time to catch our breath we headed to La Fortuna, home of Arenal Volcano. We weren't able to see the volcano due to weather so we figured we'd get wet with a half day of white water rafting with Costa Rica Descents. With rapids reaching category 4 & 5 (out of 6), the Toro River, which translates to "Bull River", definitely lived up to its name.

Of course, you can't go to Costa Rica without soaring through the rainforest canopy on a zip line. And when it comes to zip lining, Monteverde is the place to be. Our local partner 100% Aventura gave us bang for our buck with 11 zip lines through the forest, one which is nearly a kilometre long! And how could I forget the Tarzan Swing? One minute you are standing on a platform and the next you are literally swinging between the trees in the final step of the adventure.

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Choosing Eco-Friendly Seafood

LEE FANCY LEBER



A friend sent me some links recently, discussing the problems facing the seafood industry and overfishing. I read the articles and watched the videos and can clearly see the problem – the thought that many of the world’s ocean species could be fished to the point of extinction would have seemed ridiculous 15 - 20 years ago, but now the ridiculous has come to pass.

I am a huge seafood lover - growing up in Nova Scotia with a dad who hauled seafood all over the United States, it was always around our dinner table. I cook it about once a week and could never give it up. With many fish populations seriously threatened and others contaminated by ocean dumping and pollution with such chemicals as mercury and PCB, it is now, more than ever, important to be cautious and thoughtful about our choices.

Aside from the worldwide decimation of marine mammals, many species of fish such as sailfish, Chilean sea bass, swordfish, blue-fin tuna, and black, blue and white marlins are endangered and being closely watched.

Even the gentle seahorse is under assault because they are used as ingredients in medicines and their dried carcasses are sold as souvenirs. Here in Toronto you can find them hanging in local shops in Chinatown.

Today’s challenge is to support sustainable, ethically harvested and healthy seafood choices. It takes a little extra work to arm yourself with the knowledge to make the choices that are right for you and your families. Here are some points to remember the next time you head down to your grocery store or fish market:

1. Consult a seafood safety guide and familiarize yourself with endangered species of fish.
2. Make it clear to your seafood market that you buy only eco-safe seafood and ask them to stock well managed, sustainable safe seafood products.
3. Encourage your local restaurants to offer

only eco-friendly seafood options.

4. Nearly all fish and seafood contain levels of mercury but it is present in higher concentration in larger fish. Try and stick with low mercury seafood varieties, the smaller the fish, the less mercury it is likely to have absorbed.

5. If feeding someone pregnant, nursing or with young children, acquaint yourself with issues pertaining to mercury absorption from fish and shellfish.

Freshness counts when consuming seafood. Here is some valuable information about choosing fresh fish.

1. Only buy fish that is refrigerated or properly iced. Fish should be displayed on a thick bed of fresh ice that is not melting and preferably in a case or under some type of cover. Fish should be arranged with their bellies down so that the melting ice drains away from the fish, thus reducing the chances of spoilage.
2. Fish should smell fresh and mild, not fishy, sour, or ammonia-like.
3. A fish’s eyes should be clear and bulge a little (except for a few naturally cloudy-eyed fish types, such as walleye pike).
4. Whole fish and fillets should have firm, shiny flesh and bright red gills free of slime. Dull flesh could mean the fish is old.
5. The flesh should spring back when pressed.
6. Fish fillets should display no darkening or drying around the edges. They should have no green or yellowish discoloration, and should not appear dry or mushy in any areas.

Remember that not all farmed fish is safer, in fact toxin levels are sometimes higher in farmed fish due to feeding practices. Some farmed fish are fed larger quantities of fish than they would consume in the wild, which causes a greater accumulation of toxins. They are also very often liberally treated with antibiotics.

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A photograph of a large, illuminated sign for "Planet Yumeee!". The word "Planet" is written in a large, white, cursive font with a red outline. Below it, "YUMEEE!" is written in a smaller, white, blocky font with a red outline. The sign is set against a dark background with some lights visible in the distance.

Planet YUMEEE!

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A graphic featuring the "Planet Yumeee!" sign from the top image, but rendered in a light grey color. It is set against a vibrant, swirling green background that resembles a nebula or a galaxy.

Planet YUMEEE!

Hamlet

IN A HOT TUB



WHAT PEOPLE ARE SAYING

"Hamlet gives head, with disastrous consequences.
Not your typical Shakespeare."

"Shakespeare would be rolling in his grave over
Hamlet In A Hot Tub – rolling with laughter, that is."

"What Trump's doing to America, they do to Hamlet."

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ADAPTED BY DAVID BATEMAN DIRECTED BY RAYMOND HELKIO STARRING BROCK HESSEL, PAUL BELLINI,
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<p>Sep 1 Fri</p> <p>Friday September 1st</p> <p>THE ANVIL</p> <p>HARD LABOUR EDITION</p> <p>DJ MARK FALCO DJ ALFREDO</p> <p>EAGLE</p>	<p>Sep 2 Sat</p> <p>JOCK STRAP</p> <p>SATURDAY SEPTEMBER 2ND</p> <p>DJ JOSHUA REID</p> <p>EAGLE</p>	<p>Sep 9 Sat</p> <p>GLOW JOB</p> <p>SATURDAY SEPTEMBER 9TH</p> <p>DJ JOSH KARMIN</p> <p>EAGLE</p>	<p>OCT 3</p> <p>SHADY QUEENS</p> <p>THE ENQUEL</p> <p>Tuesday, Oct. 3</p>	<p>Oct 5-9</p> <p>2017 BLACK & BLUE</p> <p>LUMINOUS</p> <p>FRIDAY, SEPTEMBER 15TH - TUESDAY, OCTOBER 3RD 2017</p> <p>QUEER, 22+ ONLY</p>
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We Know Gay



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Chris Munro - Founder at Stud Training 101



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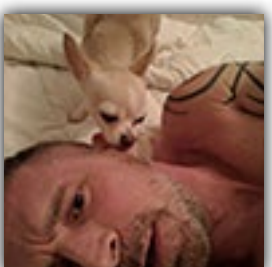
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Sky Gilbert - Canadian writer, actor, academic and drag performer.
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