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86

THE DARKER SIDE

OUR FAVOURITE BRUNETTES, FROM AROUND THE WORLD, FOR YOUR VIEWING PLEASURE





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FROM THE EDITOR

WONDER if you caught the story a few months ago when Foo Fighters' front man Dave Grohl broke his leg while playing a gig in Sweden. One minute Dave was ripping into 'Monkey Wrench', the next moment he'd fallen into the pit and snapped his fibula. If you did catch this story, you'll know the next bit – instead of getting horizontal at the nearest medical facility and demanding some high-quality pain medication on which to bliss out, Dave shooed away the pretty nurses, scoffed at the morphine bag dangling at the head of the bed, and demanded he be returned to the venue to finish the gig.

Naturally Foo Fighters fans were in raptures, all in awe of his bravery and commitment to the audience at the gig, who were all primed to rock out with one of the tightest, most highly energised live bands on the planet.

I dig the Foo Fighters, so I should have shared in this outpouring of admiration for Dave's commitment to the fans and the rock 'n' roll gods. But I didn't. All I felt was a sinking sense of hopelessness. *Fuck you, Brave Dave*, I thought. For years I have consoled myself with the thought that there were only a couple of things that had held me back from my own career of rock 'n' roll heroism; little impediments like complete lack of musical talent, zero front-man charisma, and the fact no band wanted me to lug their amps, let alone get near them on stage.

But now it turns out there's more to the complete noneventuation of my rock greatness; not only do you need drive and talent and boundless creative energy, but you also have to be a warrior who plays on even when your limbs are snapping like saplings in a cyclone. What a jip.

Eventually, of course, my burning resentment did swing around to grudging admiration for Dave, and it got me thinking about other strong-willed characters who treat adversity as methanol for their internal fire. American marine Justin Constantine is one of the best examples I've found of this breed. He's a bloke who's rebuilt an inspirational life for himself after it should have ended when a sniper's bullet blew away his lower face while on routine patrol in Iraq. On page 100 he tells his story of survival with incredible candour. Maybe read it while playing the Foo Fighters' 'My Hero' very loudly. I think Dave would approve.

Enjoy the issue.

Ash Westerman

EVENT PLANNER



AUDI HAMILTON ISLAND RACE WEEK 15-22 AUGUST

Hamilton Island hamiltonislandraceweek.com.au

This water carnival is Australia's largest offshore keelboat regatta and is a firm fixture on the annual international sailing calendar. Held in the Whitsundays, on the edge of the Great Barrier Reef, Hamilton Island's Race Week brings together spectators and yachties from around the world who converge to enjoy the camaraderie of the open water and the combativeness of the competition. Hamilton Island offers an experience like no other: beautiful weather, gorgeous beaches and amazing coral reefs. Besides a handful of exciting on-water events, as well as the popular Prix d' Elegance, Race Week includes wine tastings, golfing competitions and gourmet meals prepared by celebrity chefs.



JON SPENCER BLUES EXPLOSION 6-11 AUG

National

oztix.com.au

New York's dirtiest dealers of rock are coming back to Australia to celebrate their latest album. Tight basslines, greasy riffs and funky, punky unapologetic rock'n'roll... what more could you want?

THE BIGGEST COMEDY SHOW ON EARTH 6-22 AUG

Sydney

comedystore.com.au

Ten comics take to the stage in a fast-paced, two hour showcase of

fast-paced, two nour snowcase of funny shit every Thurs, Fri and Sat in August. Perfect for those with the attention span of a goldfish.

BLEDISLOE CUP FESTIVAL 6-8 AUG

6 - 8 AU Sydney

rugby.com.au

Get behind one of the greatest rivalries in sport when the Wallabies face off against NZ's All Blacks for the Bledisloe Cup. Beyond the big game, festival goers who fancy a punt can head along to Race Day at Randwick Racecourse on the Saturday.

MARK SEYMOUR & THE UNDERTOW 7-15 AUG

Melbourne & Brisbane ticketek.com.au

He's one of Australia's most respected musicians and has delivered rock anthems that will remain etched in our minds. The Former Hunters frontman will play tracks from his newest album *Mayday* which he says focuses on the concept of home – whether that be the rehearsal room or the pub.

WIL ANDERSON 7,8 AUGUST

Sydney

ticketek.com.au After taking a year off from *Gruen*, Anderson spent 2014 relentlessly touring right across America. Now he's back with a brand new show, *Free Wil*.

DAVE HUGHES

Sydney

norths.com.au Hughesy's larconic-slacker comedic style has sealed him as one of the biggest acts in Aussie comedy. No matter what the venue size, Dave – with a little help from the audience – always delivers.

CITY2SURF 9 AUG

Sydney city2surf.com.au Join 85,000 other keen joggers in this annual 14km race from Hyde Park to Bondi Beach. Leave your headphones at home, though, because Hot Dub Time Machine will be taking runners on a live

dance party through music history.

TOMMY EMMANUEL

Sydney

Sydneyoperahouse.com.au Guitar fans are not going to want to miss this acoustic legend when he comes to town. Rather than using a band, Tommy plays all of the parts himself and more – on one guitar.

RICHARD CLAPTON

Sydney ticketmaster.com.au

This year marks Clapton's 40th in the business, so to celebrate the occasion, old Ralph, as he's known, will play Sydney's State Theatre for a night of nostalgia, reminiscing and, of course, his greatest hits. He'll be joined by former Rogue Trader Danny Spencer on guitar.

V8 SUPERCARS 21 - 23 AUGUST

Sydney

V8supercars.com.au With two adrenalin-charged 60km races on the Saturday and a huge 200 kilometre battle on Sunday, the SuperSprint format will keep petrol heads on the edge of their seats. Most excitingly, the FIA sanctioned CAMS Australian Formula 4 Championship will feature for the first time in NSW. With its jam-packed schedule, it'll be a weekend to remember.

BRISBANE FESTIVAL 6 - 27 SEPT Brisbane

brisbanefestival.com.au This major annual international arts festival is exploding back into the city in September and features more than 70 productions and 400 performances, art installations and talks across Brisbane. For something different, check out 'Fear & Delight', a multi-faceted event that joins UK DJs The Correspondents with an international cast of performers. Expect jazz-infused electro, heartracing physical feats and to be taken on a journey outside the realms of reality.

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THE DEBRIEF



WHAT WE'VE LEARNT

GOODBYE, OLD FRIEND

TELEVISION HAS KEPT US ENTERTAINED FOR DECADES. BUT ITS TIME IS OVER

WORDS : STEPHEN CORBY



R.I.P. TV

Television - a dearly beloved, life-long friend for many of us - is dead, it just doesn't realise it yet.

The generations next are not interested in the offerings of free-to-air TV, because they have "devices", and even watches, that can entertain them right now, rather than having to wait until next Monday for *The Goodies, The Young Ones, The A Team, The X Files* or even *The Game Of Thrones*.

Unfortunately, rather than coughing up blood, TV is vomiting up trash, convinced, for some reason, that shit programming is the answer to falling ratings. Or perhaps, to be fair, TV execs are just scraping the barrel because they don't have the cash to make good stuff any more.

They certainly didn't hire anyone clever to come up with the idea for *SlideShow*. The concept, if you're fortunate enough not to have seen it, is that two teams of "celebrities", perform comedy skits on a set that tilts on a 22.5-degree angle, like a listing boat full of vomit.

So not only are they being funny, they look funny. Wow.

It's an idea so childishly simple it probably would have been rejected by Nickelodeon, and yet so bizarre that it's hard to believe it exists.

"No matter how smart we pretend we are, there's nothing funnier than someone falling over," as gurning-gnome/host Grant Denyer summed it up.

It might be one of the clearest death bells for TV, but the fact that *SlideShow*'s debut was watched by more than 1 million Australians, most of whom tuned in again a week later, is probably an indication of the end of civilisation itself.

WHAT WE'VE LEARNT





GOGGLE ME THIS

It's been described as "hilarious", which is like describing sex as "annoying" or sheep as "alluring", but it is possibly the most shameful thing ever to appear on the, er, *Gogglebox*. This is a show about people (fat, stupid people whose couches are so awful that if you walked into a stranger's house and saw them you'd run right out again) watching television and saying things so inane they rot your brain.

Rather than trying to rationalise it, let's just say that if you watch this show, and enjoy it, you should be in a facility, on medication, watching repeats of Shane Warne's short-lived interview show, *Warnie*.



IN SYNCH

It's tempting to think there was a highly shouty battle in the Penthouse office over whether *SlideShow* is actually the televisual definition of awful, or whether that title has been wrenched from its self-abusing hands by the execrable *Lip Sync Battle.*

Strangely, while the jauntily angled comedy show has clearly been created by slack-jawed yokels with lobotomies, *Lip Sync* is co-produced by comic genius Stephen Merchant and John Krasinski, who came up with the original idea for his employers, *Late Night With Jimmy Fallon.*

As a skit run by the frantic Fallon, on a short leash, the idea of getting celebrities to lip-sync to famous songs and make dorks of themselves works well. But as an entire TV show? Sold as an actual contest between two people who have literally nothing to lose - they can't even embarrass themselves by not hitting a particular note or breaking an ankle during a dance move, a la other reality B-list I'm a Celebrity, Show Me The Moneystyle shows?

It's so putridly awful that watching two sumo wrestlers felch each other would be more pleasant.

And yet Anne Hathaway and Emily Blunt both signed up to be on it, to battle each other. Honestly, what is wrong with modern celebrities? Would Jane Fonda or Linda Hamilton have done that?



NIGHT OF THE LIVING DEAD DOLL

Disappointingly, the clever minds behind super-realistic sex dolls are being encouraged to lower their lofty, worthy goal of making anything approaching the real thing.

California inventor Matt McMullen, who claims the world's most realistic, lifesized doll, the RealDoll, complete with wondrous skin texture, a realistic face and "body architecture", has been working with robotic engineers to add "animation" to his creations, which can cost as much as \$10,000 each.

According to a New York Times story, he's facing an intractable problem, identified by robotics pioneers in Japan. When robots become too human-like, people tend to be disgusted, rather than sexually satisfied, by them.

McMullen, who has clearly dedicated his life to the service of other, lonely men, may have to make this dolls just unrealistic enough to be... sexy.

A GAY OLD TIME

One of the world's smallest places to attain notoriety, Pitcairn Island population 48 - in our own Southern Pacific ocean, has just stuck its hand up for some more publicity by legalising gay marriage, even though no one had asked for such a law, and only one resident has ever even toyed with being gay (which must have been a lonely

experience). All of the island's residents are descended from proper criminals, the crew of the legendary mutiny on The Bounty, who stayed on to impregnate

the local Tahitian women. In 2002, British judges were brought in to conduct trials over the island's rampant child sex abuse, which says something about limiting your ______DNA pool.

Earlier this year, the island legalised gay marriage because, as one resident told AP, "it's happening everywhere else, so why not?" If only another certain island, also famously full of convict stock, could be so sensible.



PARANOIAL ACTIVITY

There are many wonderful, obvious reasons for legalising marijuana, but this is not one of them.

Only in a place where transporting an amount for personal use still put you in jail could you enjoy this kind of hilarity.

Two dealers, Leland Ayala-Doliente, 21, and Craig Holland, 22, were arrested in Bozeman, Montana, after concerned citizens reported to police seeing them pacing up and down on a main road and, when approached by any vehicle, throwing up their hands in surrender.

When police attended, one suspect shouted: "We give up. We know we're surrounded. The drugs (a mere 9kg of marijuana) are over there."

According to the Idaho Falls Post Register, they were not surrounded, nor had they been followed by undercover officers, as the two men claimed.

And people say smoking pot makes you paranoid. Ha.



STAR POWER

WOMEN ON THE RISE

1. TIAH ECKHARDT

Hailing form Perth, this blood-nut bombshell is best known for her successful career as a lingerie model, having appeared in campaigns for Agent Provocateur, Honey Birdette, French lingerie brand Eres and as Berlei's ambassador since 2012. In addition to modelling, Eckhardt also runs a smokin' hot intimate sartorial blog called The Daily Knicker, where she takes photos of herself in lingerie and reviews its quality. Raise your scorecards, gentlemen.

2. ARIADNE ARTILES

This half-Spanish, half-Venezuelan hottie started modelling at the age of 16 after winning a model contest but gave it up to pursue a career in psychology. Thankfully, she couldn't quit the catwalk for long and has since accumulated a bulging portfolio of magazine covers and fashion shoots, including campaigns for Italian lingerie company Yamamay.

3. YANET GARCIA

Mexico's Televisa Monterrey weatherwoman Yanet Garcia has the entire world watching the weather – well, gawking and creating a highpressure system, really. We're going out on a limb here to say that this Ariana Grande looka-like, in her figure-hugging dresses, stilettos and Disney princess hair, probably doesn't cop much grief if she gets the forecast wrong.

4. RUBY ROSE

This androgynous Aussie model, actress and DJ recently became a household name in the US virtually overnight after her appearance as inmate Stella on *Orange is the New Black* practically melted the panties off every previously straight woman in the world. With her insanely hot body and angular, beautiful face, it's a no-brainer why everyone's going stir crazy over this convict.

5. OLYMPIA VALANCE

Since becoming the face of lingerie brand Gossard, Melbourne-based Olympia Valance has well and truly stepped out of her sister Holly's shadow. The 21-year-old joined the cast of *Neighbours* in 2014 where she plays the fiery Paige Smith. From Paige to page three. Other



CHAPPELLI CYCLES THE BEST RIDE YOU'LL EVER HAVE





A ROUND-UP OF COOL STUFF THAT PUSHED OUR BUTTONS THIS MONTH



LOCK DOWN

The Bitlock allows you to lock and unlock your bike without having to worry about keys or combination code. It works like any other U-lock, but ditches keys for software, connecting with an app via Bluetooth on your phone. The app also lets you view the location of where you last locked up your bike via GPS and get maps of your rides. **US\$79**

CHILL OUT

Warm beer really is the work of the devil, so it was a great thrill to discover the Chillsner, a brilliant beer-cooling rod that keeps your amber neck oil cold till the last sip. Just freeze the aluminium tube, then insert into any standardsized beer bottle and revel in its drink-through genius. **\$29.95 (per two-pack)**





DRINK IT, BITCH

Here's one for the *Breaking Bad* fans – Heisenberg's Blue Ice Vodka. The spirit itself is American craft vodka which won gold at last year's San Francisco Spirits competition, so it's like, yo, premo, bitch. Cheaper than meth, and you can sleep after a few shots. **US\$27**



WELL COVERED

Crafted with the urban rider in mind, Pagnol's M2 motorcycle jacket is one for the detail lovers. It's made from tumble-aged cowhide and features full body ventilation and integrated armour panels. **US\$625**



This square-ended Jackson Cannon bar knife is designed for bartenders and gourmet-drinker types. Slice citrus peels into perfect twists with little oil loss, pop out pips like a de-pipping machine and clean up by easily scraping the counters with the flat top of the blade. **US\$79**

B

COOK LIKE A VIKING

Based on an ancient Scandinavian cooking and heating method called 'the Swedish fire torch', the Swedish Log Stovetop allows you to cook like a viking. Split a log into four equal pieces, secure the stovetop with the rods and start a fire. The device creates an airflow that helps the log burn from the inside out, and gives you a stable surface for cooking. **US\$52**





BE MORE AWAIR

The Awair Air Quality Monitor uses sensors to keep tabs on the air around you, including humidity, pollen and dust levels. Use it to help reduce allergies or increase your productivity, or until it insists you move away from the solvent factory next door. **US\$150**

DON'T BE A TOOL

If you're a DIY bloke who digs old-school craftsmanship, then you may fall for this handmade tanned leather toolbox from New York design house Kaufmann Mercantile. The heavy-duty leather is tanned and waxed by hand, and features solid brass rivets and fasteners. But you will need a beard and bib-and-brace overalls to go with it. **\$335**



POWER COOKING

Using nothing but kindling and firewood, the BioLite BaseCamp Stove allows you to not just cook food, but to also power a light and charge your devices. Perfect for the back deck, a camping trip or a power outage. And massive one-upsmanship. **\$450**



TAKE YOUR GRID AND SHOVE IT

Think of the egg-shaped Ecocapsule from Slovakian design firm Nice Architect as an alternative to a caravan for anyone not old and grey and incontinent. It can be transported on a trailer, set up anywhere, and, thanks to wind and solar power generation and rainwater harvesting, allows two people to live off the grid indefinitely. Perfect for that block of land up the coast, or aspiring Unabombers. **TBA**



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MAN OF THE MOMENT

TIM ROGERS

On July 30, 2001, The Strokes released their debut album, *Is This It*.

Peaking at number 33 on the US Billboard Charts, the New York dirty-rock band's instantly classic album changed everything in Rock music. Eschewing the big sounding Stadium-Rock sound that grunge had quickly morphed into, *Is This It* launched a new wave of indie rock music that emphasised lo fi recording techniques and lyrics dripping with irony.

The Strokes had launched a music revolution.

Except that they hadn't. To any fan of Australian band You Am I, the Indie sound that had taken over the car stereos of every nineteen-year-old disgruntled white male was very familiar. It was a sound that the band's front man and chief songwriter had perfected years earlier.

Rogers formed You Am I in 1989 with school mate Nick Tischler on bass and his brother Jaimme Rogers on drums and quickly moved on to big things by signing with classic Oz indie label Timberyard Records in 1991. After a few EPs and some reshuffling of the line-up, Rogers and co released their debut record, *Sound as Ever*, in 1993.

Sound as Ever was an inconsistent record with some decent tracks that hinted at Rogers' talent for injecting Indie Rock with the kind of catchy melodies that normally find their way into Top-40 pop tunes, but it wasn't until You Am I's second album, *Hi Fi Way*, that Rogers' status as an emerging icon of Australian music became apparent.

Hi Fi Way was an instant classic, and one of the most influential Australian albums of all time. In a poll conducted by *The Age* newspaper, it came in at number 8 in the 100 Best Australian Albums.

"I was really high and drunk the whole time," Rogers later told Brisbane street magazine *Time Off.*

"My ambition for it was always huge, but

IT'S HIS ICONIC SENSE OF STYLE AND LACONIC PERSONALITY THAT HAVE SOLIDIFIED HIS STATUS AS ONE OF OUR MOST-LOVED PEOPLE

2000s, as well as headlining a veritable checklist of Australian festivals. But as much as his

songs have made Rogers one of Australia's musical legends, it's his iconic sense of style and laconic personality that have solidified his status as one of our most-loved people.

Just one look at the guy and you can almost smell the sweat and beer dripping out of his pores. An incident in which Rogers verbally and physically abused *Australian Idol* judge Mark Holden at Adelaide Airport only served to enhance his reputation.

Yes, he's an angry bloke sometimes. Yes, he gets too pissed on stage and walks off on occasion. Yes, he can be an asshole to people who want a photo.

But what else would you want in an Australian music icon? When our charts are flooded with airbrushed starts straight out of The Voice, Tim Rogers is somebody we need around.

AUSTRALIAN PENTHOUSE 19

we're more suited

really worked their

whole of Hi Fi Way.

sneaking in at number 48.

The drink and drugs

magic: recorded in just

seven days in New York, Hi Fi

Way went to number one on the ARIA

charts and included the classic singles

Purple Sneakers. If you haven't heard

Cathy's Clown, Jewels and Bullets and

those tracks, stop reading and get on it!

The album is such a gem that it even

Actually, don't stop reading. Finish off this

issue of Penthouse, THEN go listen to the

made its way back into the charts in 2013,

The albums kept coming: Hourly Daily

was another Australian Indie classic. The

website Allmusic, which aggregates

reviewers a la Rotten Tomatoes, gives

Hourly Daily a score of four-and-a-half

The band continued to make some

classic albums throughout the 90s and

scores and ratings from numerous

stars. Pretty good stuff, frankly,

to a scrappier sounding thing."

PROFILE





SUPER GEEK

WORDS : STEPHEN CORBY

FINAL FRONTIER

THE

THERE ARE BIG BUCKS IN SPACE, AND OPERATORS ARE CLAMOURING TO BE THE FIRST TO OFFER ADVENTURE TRIPS THAT REALLY ARE OUT OF THIS WORLD. SO HOW LONG UNTIL YOU REALLY CAN VISIT THE FAR SIDE OF THE MOON? F YOU'RE a boy under the age of 10, you probably shouldn't be reading this magazine, and also, we all hate you, because you'll almost certainly have the option of flying into space when you grow up.

For those of you under 20 who work hard and launch successful wearabletech companies, space travel will probably be in reach before you get too old for your sagging skin to be seen in zero gravity.

Sadly, for the rest of us, it's going to take a pretty savage fall in the asking price for us to be a part of the new wave of space tourism that's just around the corner... and has been since Richard Branson launched Virgin Galactic back in 2004, promising its maiden flight by 2009.

At present, the asking price to just sit in a queue and wait for the first Galactic flights to take off is a cool \$250,000, and they already have more than 80,000 paying customers, including Brad Pitt, Dr Stephen Hawking and Lady Gaga (imagine the conversations).

However, there were at least 20 people who asked Virgin for a refund recently, not because they're sick of waiting and would rather spend the money on drugs, right now, but because they'd heard about a test flight in November that ended in pieces, killing one pilot and badly injuring another.

Branson, who is booked on one of the first flights himself, along with his family, is bravely soldering on, far from the burning wreckage.

If you'd like the certainty of an actual departure date, you can stump up a rather more daunting \$US50 million to join the Russians, who'll train you and send you to the stars with their chirpysounding cosmonauts for a good long float on the International Space Station, more than 400km above the Earth.

A company called Space Adventures, based in in Virginia, USA, which brokers flights to the ISS aboard Russian Soyuz capsules, has so far put seven big-spending billionaires in orbit, including the founder of Cirque du Soleil, Guy Laliberte.

Its eighth passenger, British singer Sarah Brightman, 54, completed her

"AT PRESENT, THE ASKING PRICE TO JUST SIT IN A QUEUE AND WAIT FOR THE FIRST GALACTIC FLIGHTS TO TAKE OFF IS A COOL \$250,000. THEY ALREADY HAVE 80,000 CUSTOMERS"

training earlier this year, and claims she paid for her mission (no, we couldn't believe she was that rich either), only to pull out due to "family reasons".

It's a real shame she's not going, because in space, no one can hear her sing.

Space Adventures has some competition in the 'Scenic Flights to the ISS' category, though, with Boeing, which has been working on a "space taxi" to take NASA astronauts to the station. This highly pricey taxi will also feature one seat for paying tourists. No word on cost yet, but they expect to be THE VIRGIN GALACTIC EXPERIENCE How it works:

WhiteKnightTwo is cargo aircraft (above, inset) used to lift the space craft to launch altitude. At 50,000 feet, the pilots release SpaceShipTwo from WhiteKnightTwo, which quickly accelerates to over 4000km/h (mach 3.5, below), propelling the craft and its crew on their way into space (above).

"competitive" with the Russian option. Amazingly, even the Poms are getting in on the act, with the UK Space Agency announcing plans for a British Spaceport by 2018, possibly in Glasgow, with predictions it will be launching 400 tourists into space each year within a decade.

Agency boss David Parker says one of the main aims is "to provide low-cost access to space and provide the person in the street with the chance".

Merely going briefly out of our atmosphere – as the Virgin Galactic flights will, promising just six minutes of weightlessness – or hanging out at the ISS would be out of this world, but it will soon look like the economy-class option.

What you really want to do is go to the moon, and Space Adventures is working on that, too, with a plan to use Russian space vehicles to "fly two private citizens

For \$US50 million, Space Adventures will send you to the stars with their Russian cosmonauts for a nice long float on the International Space Station, more than 400km above Earth.

It's Mars One's goal to establish a permanent human settlement on the red planet. Any takers?



If you can't make the final cut of the *Mars One* human roulette reality show, don't fret, you can still visit the Red Planet. SpaceX, a highly commercial private version of NASA run by billionaire genius Elon Musk, plans to send 80,000 people to colonise Mars, and will charge them just \$US500,000 each. Musk plans to start his ambitious project in 2020, and says it's vital for our survival. "Either we spread Earth to other planets or we risk going extinct."

DANGER, WILL ROBINSON

It's not just the Mars adventurers who'll be risking, or just plain sacrificing, their lives, because all space travel is going to be dangerous, for quite a while yet. As the recent Virgin Galactic test-flight explosion showed, space tourism is still more of an adventure sport - like wrestling crocodiles while bungee jumping - and will come with one very thick "conducted at your own risk" waiver. As Virgin Galactic boss George Whiteside freely admits: "If certification of spacecraft was demanded as you would for, say, a Boeing 787, in all probability the industry would never get off the ground." Still, either way it's going to be one hell of a ride.





and one professional cosmonaut on a free-return trajectory around the far side of the moon".

These two well-heeled individuals will come within 100km of the moon's slightly dull-looking surface as part of their "Circumlunar Mission", and witness the amazing site of the Earth rising above the moon's surface.

The first moon shot is scheduled for 2018, with the two seats costing \$150 million a piece, and you can bet it will be **a Ma**de for TV event.

Not as much as the Mars One mission, of course, which is actually a one-

way interstellar death mission, paid for by a reality-TV show, the big payoff of which is its contestants dying. The idea was dreamed up by Dutchman Bas Lansdorp, with help from his countryman Paul Romer, who co-created *Big Brother*. "How many people do you think would want to watch the first humans arrive on Mars? This will be one of the biggest events in human history," Lansdorp has said.

Funding for the \$6 billion project will be raised by creating "the biggest media event in the world", a global reality show in which highly qualified but socially awkward people will apply for possibly the most dangerous job on Earth, and then be voted off the planet. More than 200,000 people have already applied.

Of course, within our lifetimes, it won't be that much work, or that much money, to get a really close-up look at the night sky. Branson claims the whole goal of Virgin Galactic is "putting millions of people in in space", which is why he's quite happy to claim that prices will quickly become more affordable.

Start saving now, space cadets. Ot-m



WORDS : DAVE LEWIS

F^{*}FA'S ROTTEN CORE

THE WEB OF CORRUPTION INSIDE FOOTBALL'S GOVERNING BODY EXTENDS ALL THE WAY TO AUSTRALIA...

HEN the cocoon of corruption festering at the heart of world soccer's peak body FIFA was laid bare back in May as the FBI's dragnet descended, there were two figures on opposite sides of the globe with compelling cause for both vindication and celebration.

British investigative journalist Andrew Jennings and Football Federation Australia's (FFA) former head of corporate affairs Bonita Mersiades – long-time allies in the struggle to tear down the house of FIFA president Sepp Blatter – found themselves heralded as apostles of righteousness and torchbearers of truth.

Those who'd ignored the duo's calls for FIFA's era of patronage and bribery to be exposed became instant cheer leaders. Others, who'd labelled them sabre-rattlers without substance, melted away altogether as Blatter's bunker was blowtorched by the dual investigations of the FBI and the Swiss police.

In his home in the north-east of England, news of the arrest at a swanky Zurich hotel of seven high-ranking FIFA officials – to the man Bond-style villains in both deed and appearance – elicited yelps of delight from the rumpled and acerbic 72-year-old Jennings.

It brought the number to 14 officials and their associates indicted by United States authorities on racketeering and bribery charges. And appeared to be the tip of a very big iceberg.

Down in Sydney, the unassuming and analytical Mersiades permitted herself a sigh of satisfaction. She was sacked by FFA for having the temerity to question the wisdom of hiring a trio of questio nably credentialed consultants at a cost of \$12 million to spruik Australia's doomed bid to host the 2022 World Cup, and had been branded as "bitter and twisted" by her critics for continuing to lobby for transparency from both FFA and FIFA.

A week later, and just four days after being re-elected for a fourth term, Blatter announced his intention to resign after 17 years as FIFA president. It was clear that the breadth of FBI's investigation, pressure from disgruntled multi-national sponsors and the US Department of Justice's determination to cull the organisation of deep-rooted deception, shady deals and duplicity, had rendered him impotent.

With Pandora's Box opened, it's been hard to keep pace, with almost daily revelations spewing from the bowels of an organisation so venal that US Attorney General Loretta Lynch stated dryly that it could teach the mafia a thing or two about organised crime.

Yet even after all this, there lingers the possibility that an eternally slippery Blatter, like the mythical beast Hydra, may grow back the head which appears to have been lopped off and will recant his vow to quit.

Mersiades, who is writing a tell-all book on Australia's 2022 bid, sees Blatter's impending exit, due when interim elections are held in December, as less an end point, more a beginning.

"The more people think about how wide and deep all this alleged corruption is the way of doing business, the more they realise we probably need a different type of FIFA, whether it's called FIFA or something else," says Mersiades. The whistleblower has spent the last three years helping spearhead the New Fifa Now campaign, aimed at forcing change.

Its goal is transparency and good governance to replace a monster bloated on a diet of kickbacks and institutionalised corruption.

While the likes of Brazilian great Zico have thrown their hats in the ring as Fifa's next chief, Mersiades would like to see former Secretary-General of the United Nations, Kofi Anan, stand for interim president to oversee the revolution.

"He knows how international institutions should work and operate; he understands governance. He knows what has to be done," she says. "He's the calibre of person we should be looking at."

Anti-corruption crusader Jennings has long detailed FIFA's rotten inner core in his books *Foul!* and *Omertà: Sepp Blatter's FIFA Organised Crime Family*



"THEY LOOTED AUSTRALIA'S [BID] MONEY, YET IT'S AMAZING THE FOOTBALL FEDERATION IS DOING NOTHING TO GET IT BACK" - ANDREW JENNINGS

> Ex-FIFA bigwig Chuck Blazer, the onetime FIFA executive committee member who turned informer when he was caught embezzling millions.

FIFA president Blatter and Frank Lowy, Chairman of the Football Federation of Australia. Now come the questions: who knew what?



and la

10



and his *Panarama* documentaries on the BBC.

It resulted in him being the only journalist ever banned from their monotone and scripted media conferences. He was the FBI's main go-to man as it began its operation to uncloak the main perpetrators.

Foremost among them is ex-FIFA bigwig Chuck Blazer – the corpulent and unscrupulous one-time FIFA executive committee member who turned informer when he was caught embezzling millions as the US authorities closed in.

Jennings, who believes Australia can be at the forefront of FIFA's regeneration, says FFA chairman Frank Lowy should be replaced by none other than Mersiades when he stands down in December, holding the Westfield's shopping mall's billionaire accountable for a World Cup hosting bid so lamentable it only garnered one vote for the \$43 million invested by the federal government.

"She's a great Australian woman and should be the next president," says Jennings. "She's honest, for God's sake; she's bureaucratically competent and loves the game.

"We know Lowy wants his son Steven to take over but we don't know his competence, and anyway there should be a rule that the o ne person who can't get the job is a blood relative of the incumbent.

"Lowy owes Bonita a lot of money and a public apology. They stole her career from her and then tried to rubbish her reputation in private.

"What Bonita could do as next president of FFA would be to lead a global movement to get all the other ethical countries together and figure out how to replace FIFA with, say the world football union. Call it what you will. It would transparent, open, all meetings streamed ... it could be Australia's way of getting its reputation back."

Jennings is scathing of Australia's bid for 2022, adding: "There are a lot of question marks over the lunatic decision to hire well-known shysters like Peter Hargitay and Fedor Radmann as consultants – it was very poor judgement.

"They looted your country's [bid] money and it's amazing the FFA is doing nothing to get it back. It's



Allies of truth: whistleblower journo Andrew Jennings (above) and FFA former head of corporate affairs Bonita Mersiades (below).



essential that all the documentation to do with the bid is published and put online. What reason could there be to suppress it, apart from embarrassing mistakes?

"Australian public figures have disgraced the country while sucking up to Blatter; they should have refused him a visa", fumes Jennings.

"Let's have Hargitay's expenses; there needs to be public disclosure, hearings in Canberra. In my view, Lowy should resign now, and not wait until December."

There's also the small matter of \$US500,000 FFA paid into the account of the Trinidad and Tobago football federation to help build a centre of excellence, only to discover it had been misappropriated by disgraced former FIFA vice-president Jack Warner, who controlled that account and is among those indicted by the Americans.

Facing extradition from his Trinidad lair to the US to face trial, Warner is at the epicentre of the scandal engulfing FIFA and is accused of filtering tens of millions of dollars for personal use.

Even charity payments were not sacrosanct with the 72-year-old implicated in diverting US\$750,000 of emergency funds donated by FIFA and the Korean FA for victims of the Haiti earthquake.

"The federal police should join in on trying sequestering his assets like the Americans will do as soon as they get him banged up," adds Jennings. "He will have to give everything back."

After 20 years of hounding Blatter and his FIFA fiefdom, Jennings says he never saw it as hopeless cause.

"I thought Blatter's exit was quite possible because I knew bad things had been done and he couldn't get away with them forever," he says. "Maybe you can in Pyongyang but even then they might still shoot you ... or perhaps in Putin's Russia but not in a freer world of scrutiny.

"I don't think FIFA can recover from this. They are going to implode. And there will more rounds of arrests.

"It's a work in progress and it's far from finished yet. I knew they were bent and now everybody else has caught up. Now let's get on with it, take the buggers to jail where they belong."

Investigations now on going as to whether bribes were paid for Russia and Qatar to win the hosting rights for 2018 and 2022. Says Jennings: "It's a very fluid situation and nothing is guaranteed regarding the next World Cups."

Mersiades feels it's too soon to seek a revote, explaining: "Until their irrefutable evidence which show they won those bids corruptly, you can't demand that. At this point, that evidence isn't available."

"The same goes for people suggesting Mr Blatter is guilty of anything at this stage ... all that he is guilty if is presiding over an organisation where this behaviour has gone on for the 34 years he has been part of it. That's indisputable. But on a personal level there's no evidence there yet."

Though battered and bruised by the vilification she suffered, Mersiades insists: "I am not looking for an apology ... I never was worried about that. I'm just pleased to be on right side of history and it's fantastic that five years and a few months later, others are coming to that view as well.

"I have never been bitter and twisted about this... anybody who knows me would know that. I have been involved with and have loved football all my life. Organisations like FIFA just couldn't Ot-1



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🔊 XBOX ONE

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XBOX 360



APPLE MUSIC VS SPOTIFY

OVER the last decade there's been a big push to reshape the way in which we consume digital content. Companies like Netflix, Pandora, Stan and Spotify have all been integral to the growth of streaming services, each with their own claimed USP and featuring their own "exclusive" content. When it comes to music streaming, Spotify burst onto the scene in 2008 and has been dominating the market since its U.S. launch in 2011 with over 75 million accounts across 58 countries – 20 million of which are paid subscribers.

Naturally it was only a matter of time before Apple got in on the action. In May, the US tech giant acquired Beats Electronics – famous for their Beats by Dre headphones – which brought with it Beats Music, a fledgling subscription-based music-streaming service with 111,000 or so subscribers. After a bit of panel beating and a lick of paint from Apple CEO and Commander-in-chief Tim Cook, Beats Music was unveiled and relaunched during Apple's annual Worldwide Developers Conference in June (WWDC).

THE VERDICT

As it stands the differences between Spotify and Apple Music are very minimal right now and are mostly down to aesthetics. There aren't any killer features that differentiate the two yet as they are both similarly priced, both offer a reasonable family plan and both give access to a large catalogue of content to choose from.

If you are a diehard Apple supporter or a Taylor Swift fan, Apple Music is probably the way to go considering that Taylor Swift is an exclusive Apple Music artist and that you'll be able to transfer

WHAT'S TRENDING?

TINDER FOR DOGS

You know you're scraping the bottom of the 'app-for-everything' barrel when you start developing a dating app for dogs. Sadly this is a real thing and it is called Tindog. Aimed at single dog lovers, Tindog is designed to help likeminded people get together, and presumably sniff each other's arses while their dogs frolic in the park.

It's all a bit fucking creepy.



EPIC FRISBEE SHOT, BRO

Ultimate Frisbee extraordinaire Brodie Smith and extreme sports videographer Devin Graham have collaborated on what might be one of the most epic videos on the internet. The clip is called 'Epic Frisbee Trick Shot Adventure and sees the 27-year-old American making a number of seemingly impossible throws in a number of incredible locations. Wild. your personal iTunes library into the app. However, for the majority of Spotify users there isn't much incentive to switch sides and Android users don't even have this option (yet).

Ultimately the choice on who you should throw your money at really comes down to personal preference... and how badly you need to listen to 'Shake It Off'.

MORE ANNOUNCEMENTS FROM THE WWDC 2015

EL CAPITAN

Apple's next iteration of their OS X operating system will be a free upgrade called EI Capitan and will include a plethora of design tweaks, performance improvements and new features like Split View – Apple's take on a window snapping.

IOS 9

iOS 9 will also release later in the year and will feature a number of interface changes as well as a new "proactive" Siri, new News app, improved Maps, multitasking among other upgrades.

WATCHOS 2

Apple also announced their first major update to the Apple Watch – watchOS 2. It will bring with it a whole batch of new features including tetherless Wi-Fi, nightstand mode, new watch faces and improved digital crown functionality.







SPLATOON

Nintendo's first foray into the world of online multiplayer shooters is anything but ordinary. Unlike the traditional shooter archetype where teams consist of soldiers or mercenaries, in *Splatoon* players take control of 'Inklings' – half-human/ half-squid characters that have the ability to transform into a squid and swim through their own coloured ink. *Splatoon* is ink-credible, fast-paced fun and a breath of fresh air in a crowded shooter genre.

PS4 / XBOX ONE / PC

GAMING

SAMU

CALL OF DUTY: BLACK OPS 3 TREYARCH

It has been 35 years since the events of *Black Ops 2* and the world is a very different and dangerous place. With a revolutionary technology called DNI (Direct Neural Interface), soldiers now have total control over their own body, using cybernetic enhancements and augmentations to give themselves special abilities such as remote hacking and setting their enemies on fire using nanobots.

Players will have access to an upgraded version of the Exo jump seen in Advanced Warfare, a new power slide, an arsenal of fully customisable weapons (with a wide variety of attachments and paint jobs) and nine new 'specialist' multiplayer roles, each with their own unique strengths and abilities. The specialists include Seraph – who utilises a devastating one-shot-kill revolver – and Outrider – who has access to the Sparrow, an advanced compound bow that features explosive rounds.

Black Ops 3 will feature a full campaign designed to support up to four players

co-operatively. This time around, Treyarch have designed the levels to be a lot more open, allowing players the freedom to choose their own tactics and explore the environment as they see fit, which is especially important with four-player co-op. It's unclear how story-driven *Black Ops 3* will be, but it's a *Call of Duty* game so don't expect much narrative depth. The fan favourite Zombies mode will also be back in *Black Ops 3* and is set to be bigger and more exciting than ever, featuring a full storyline and more undead than you can shake a rotting fist at.

The *Call of Duty* franchise is a different beast to the gritty, realistic World War II first-person shooter that spawned the series back in 2003. The soldiers in *Black Ops 3* are not ordinary soldiers, they are super-soldiers in every sense. With new tech, new 'specialist' roles, new weapons and a new expansive campaign, Treyarch are looking to smash the *Call of Duty* formula and bring something new and exciting to the franchise.



HALO 5: GUARDIANS

As the flagship franchise of the Xbox platform since 2001, great things are expected from *Halo 5: Guardians*. Featuring the return of fan favourite Master Chief – alongside new protagonist Spartan Locke – *Halo 5's* campaign will be told from two perspectives and can be played co-op with up to four players. Familiar Spartan abilities will make a return to multiplayer, but unlike previous *Halo* games, *5* will not feature loadouts and will give every player access to all abilities, completely levelling the playing field.



TONY HAWK'S PRO SKATER 5 ROBOMONDO/DISRUPTIVE GAMES

Tony Hawk's Pro Skater is a franchise utterly dripping with 90's nostalgia. Originally released in 1999 on the PlayStation with more old-school punkrock attitude than a Sex Pistols LP, it was later released on other platforms and took the world by storm. With its innovative combo system, gravity defying acrobatics, fresher than fresh soundtrack and addictive 'must-replaythat-level' gameplay, Tony Hawk's provided thousands of hours of fun to players across the world.

More than 15 years and nine games later and The Birdman is back with Tony Hawk's Pro Skater 5, which Robomondo and Disruptive Games promise will "rekindle the signature style of classic Pro Skater games". With an all-star roster of pro skaters including Nyjah Huston, Riley Hawk, Aaron 'Jaws' Homoki, the Hawk-meister himself and many others, Pro Skater 5 seeks to go back to its roots with the classic combo building, quirky humour

and high-score hunting gameplay elements that made the series so popular.

As well as a host of pro skaters to choose from, Pro Skater 5 will feature new additions to series like power-ups and projectiles that are anticipated to "change up the core skating experience", as well as a set of brandnew levels packed with new objectives and secrets - although whether players will have to collect S-K-A-T-E and find hidden tapes has yet to be revealed (fingers crossed).

Tony Hawk's Pro Skater is a franchise close to many gamers' hearts. The last Pro Skater installment was released back in 2002, and 13 years is a very long time between outings. Whether or not Robomondo and Disruptive Games can revitalise the series and make the fifth entry appealing enough for the fanatical old-timers but fresh enough to attract a new generation of Christ-Aircombo enthusiasts is the big question.



ELDER SCROLLS ONLINE

For many years, fans of Bethesda's critically acclaimed Elder Scrolls franchise were screaming at the top of the mountains for an Elder Scrolls MMO. After seven years in development ZeniMax Online Studios released The Elder Scrolls Online: Tamriel Unlimited, the first online multiplayer game to ever grace the series. After its PC/Mac release in April 2014, Bethesda announced that it would be making its way to the Xbox One and PlayStation 4 in June 2015. With a huge open world, a plethora of content and a respectable console port, The Elder Scrolls Online: *Tamriel Unlimited* is certainly ambitious, but don't expect it to be much more than Fus-Ro-Filler until something better comes out. Skyrim, Oblivion and Morrowind it most certainly is not.



MAD MAX

As a classic film icon and arguably the most seminal franchise in Australian cinema history, there's no stopping the supercharged elation that Aussies feel as they swell with pride whenever Mad Max is front and centre. George Miller's latest journey into the postapocalyptic wasteland smashed all expectations and cranked the crazy as far as it could go, so it makes perfect sense that Avalanche Studios try and capture that same feeling. From what we've seen so far it looks promising, with a big focus on vehicle combat while utilising a similar system to the Arkham series for hand-to-hand combat, woven into classic open-world exploration. Bring it on.

PREVIEW

BLACK MASS

WARNER BROS

JAMES Joseph "Whitey" Bulger Jr. (played by Johnny Depp) is an Irish-American gangster who went from FBI informant to second place on the FBI Ten Most Wanted Fugitives list, behind only Osama bin Laden. His original arrangement with the FBI was to provide information about workings of the Patriarca crime family, and Bulger took that to mean that the FBI was endorsing a personal war on the family.

The phrase it's not what you know but whom you shared a womb with applies to Whitey, because he fortuitously had a brother, William "Billy" Bulger (played by "Eggs" Benedict Cumberbatch), who was the former President of the Massachusetts Senate. Bulger had the perfect storm of law enforcement turning a blind eye, political influence to cover up any potential issues and volatility to make those on his side fearful of continuing association.

When the teaser for Black Mass emerged (playing out as a direct homage to the Tommy DeVito "funny how" sequence) it was obvious that director Scott Cooper and writers Mark Mallouk



and Jez Butterworth are huge Goodfellas fans. Whitey coaxes John Morris (David Harbour) to spill the beans on the secret family recipe. After some gentle nudging and prodding, he relents. Whitey suddenly turns and becomes offended by how easily a "secret" was revealed. From cordial to ice cold, Whitey's sallow, Skeletor looking face shows nothing

FILM IN BREIF

but distain. The rest of Whitey's warning about the importance of loyalty rings out in a voice-over as the chaos and violence of his reign plays out in a quick fire montage.

Keep an eye out for a slow motion Joel Edgerton (playing FBI agent John Connolly) jumping as if he's in a Toyota ad and the smiling (playing Billy Bulger, Whitey's brother).

JOHNNY AS JAMES

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The chameleon Johnny Depp is masking himself behind yet another one of America's most famous iconic criminals doing two things: finding himself at the perfect age to bring Whitey Bulger to the screen and bridging the gap between two of his other notable performances. First up, Depp played the titular Donnie Brasco in Mike Newell's 1997 feature about the FBI undercover agent, Joseph Pistone, who infiltrated the Bonanno crime family in the '70s. After a break between Tim Burton projects, it was back to the 1930s and into the fedora of the most infamous bank robber in U.S history, John Dillinger, in Michael

Mann's Public Enemies in 2009.





HEY FELLAS!

It's been 25 years since Martin Scorsese's masterpiece Goodfellas first graced the cinema screen and since then, you can't help but be lured back for additional viewings. The beautifully manicured nails of crime boss Paul Cicero (Paul Sorvino) delicately nursing a razor to slice up a garlic clove; the absurd life of 'wise guys' in jail. Joe Pesci's Tommy DeVito, one of the most terrifying and hilarious characters to ever grace celluloid, making Michael Imperioli's (Christopher from The Sopranos) Spider, dance with a revolver; it's damned near hypnotic.



MUSE

MERCURY RECORDS

EVEN in a world quick to take the piss, there is nothing wrong with writing rock music that tries to be grandiose. Except that if you miss the sonic high-water mark of 'epic', you doom your band to the mid-tide seaweed pile of 'bombastic', doomed to be pecked by the seagulls of snark. And epic is easy to miss. Epic is hard. Plus you don't do yourself any favours when, like Muse frontman Matt Bellamy, you say things like, "I'd like to do a musical. It would be the story of a futuristic lone ranger travelling around the world waiting to save the world from the end of the world".

So it would be easy to sink the slipper into the British three-piece, except that Bellamy has been churning out stadium fillers riddled with daft vocal flourishes (employing falsetto, vibrato, and melismatic phrasing, all up and down on one syllable like a prog-rock male Mariah Carey) since 1994. And if you were playing bombastic stadium rock in the UK in the mid-90s, and you're still going, you've already outlasted every sort of detractor you could imagine... including that decade's sharpest tongued.

"Muse fucking scare me," endlessly swaggering Oasis frontman Liam Gallagher once told GQ. "They're like fucking creepy shit. But people like 'em. They at least play guitars, but when I hear his voice I'm like, Ah, fuck him."

Muse outlasted the '90s as easily as they outlasted the Gallagher brothers' more storied band. Because what Bellamy lacks in Mancunian repartee, he makes up for in consistency. Once written off as Radiohead lite, the band's seventh studio album, *Drones*, has just become their fifth number-one record in Blighty. Their live act, 21 years in, effortlessly blows band half their age and with twice their hype off the stage. See them in December if you can.

THE BREAKDOWN

THE LIVE SHOW

"Radiohead is dreary," wrote US GQ in 2010. "Queen died with Freddie Mercury. Now the world has Muse." The band also topped an all-time best live band poll in the *NME* in 2012 (beating the likes of Led Zepplin and Nirvana. Think stadium operatic space/prog rock with Sabbath-worthy riffs, epic orchestration and an blanche of digital trickery.

W

A toss-up. There's the intensity trio from 2003 album *Absolution* ('Stockholm Syndrome', 'Hysteria' and 'Time is Running Out'. But the 2006 stadium-crashing hugeness of 'Knights of Cydonia' might win. It was described by a British critic as "a prog metal song about ancient Martian warrior kings, with a riff like Led Zeppelin arm-wrestling Beelzebub".

BEST SONG

THE GROUPIES

Big bands need to have the highest-profile hangers-on. Coldplay's Chris Martin wed Gwyneth Paltrow; Kate

Moss meddled with half of London's frontmen and Mathew Bellamy has a fouryear-old son, Bingham, with Hollywood actress ex-spose

Kate Hudson (whose other child was sired by The Black Crowes' Chris Robinson. They divorced in December.

ON RADIOHEAD

Comparisons have been pissing off Muse since they formed in 1994, peaking with the Radioheadmimicking album, *Showbiz*, in 1999, and diminishing in the years since, as Radiohead got weirder and Muse rockier. But there's friction between the bands. Muse drummer Dom Howard told an Italian magazine he thought he may punch on with Thom Yorke.

QUOTABILITY

If England's biggest musos have one thing over foreigners it's their talent in banter. Muse's is twofold: both boasty ("We blew everyone else off the stage!" said Howard of their 2006 headline set at Reading) and, in Bellamy's case, weird: "On mushrooms in Vegas we managed to rent a bouncy castle in the desert and get these girls to dress up as aliens." BOSCH AND IMPULSE POWERED E-BIKES



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WORDS : MARK ABERNETHY

SINS OF THE FATHERS

THE EXTENT OF THE CATHOLIC CHURCH'S INVOLVEMENT IN CHILD ABUSE GROWS DEEPER AS THE EXCUSES BECOME MORE OUTLANDISH

HAT has celibacy got to do with molesting children? It's not a normal resting-brain guestion for Australians but it has now entered our national discourse thanks to the ongoing crimes reported from the Royal Commission into Institutional Responses to Child Sex Crimes.

The waves of stories about child abuse in youth-oriented institutions have become so numerous that the Royal Commission staff now collect statistics from 'private interviews' with people who were under the care of institutions when they were sexually assaulted by employees. In its first year, the Royal Commission conducted 1476 private interviews and found that 40 percent of incidences took place in a Catholic institution. The Anglicans were 7.4 percent and the Salvos, 3.8 percent.

Of the perpetrators, 28.8 were clergy, 15.7 per cent were teachers, and 7.2 percent were residential care workers. Half had endured abuse resulting in penetration while 65 percent put up with kissing, touching and fondling.

Preempting the conclusions of the Royal Commission, the Catholic church's main public relations operator - the Truth Justice & Healing Commission - came up with an extraordinary decoy, claiming a possible link between the celibacy vows of Catholic clergy, and child-sex offending in the church.

"Celibacy can be a contributing factor," said the head of the TJHC, Francis O'Sullivan, in December 2014.

O'Sullivan's remarks mirrored what Cardinal George Pell had told the Victorian government's 2013 Inquiry Into The Handling of Child Abuse by Religious and Other Non-Government Organisations.

Forget how inappropriate it was for the Catholic Church to posit its own findings before the Royal Commission had reported. Blaming sexual assaults on people who don't have sex, seemed so nonsensical that Penthouse tried to find evidence for it.

IF CELIBACY IS THE TRIGGER FOR WANTING TO HAVE SEX WITH CHILDREN. THEN WHAT OF BUDDHISTS AND NUNS

If celibacy is the trigger for wanting to have sex with children, then what of Buddhists and nuns? And what of the hundreds of Catholic brothers and priests who don't abuse children? In the United States only 4 percent of Catholic clergy have been accused of child abuse - which leaves 96 percent who are not driven to criminal violence because of celibacy.

The Bravehearts organisation, which advocates for victims of child sexual abuse, has a similar problem with the Church's latest excuse - a well-worn lineage of self-exculpation that includes 'children are tempters' and 'the child was the instigator'.

"Claims that celibacy in the Catholic Church is a cause of the sexual assault of children by clergy is simplistic and any assertions that it's an excuse to harm children is outrageous," says Bravehearts Research Manager, Carol Ronken. "I am not aware of any evidence that suggests that there is a causal link between celibacy and sexually offending against children. Refraining from sexual activity, whether by choice or not, does not cause someone to sexually offend against a child. This has got nothing to do with vows of celibacy, this is about a deviant sexual behaviour."

Ronken also raises what the Truth, Justice & Healing Commission seems to overlook. "There is some evidence that some individuals who struggle with their sexuality or experience sexual dysfunction, including attraction to children, see the priesthood as a possible avenue to control their desires or attempt to remove themselves from temptation. This would suggest that rather than celibacy being a causal factor of clergy sexually offending, the problem is a pre-existing one."

The Australian Institute of Criminology says there is no research showing a link between celibates and child-sex offending. In fact, an officer at the AIC pointed us to recent research

now listed on the AIC website, called 'Adult Sex Offenders in Youth-Oriented Institutions'. It interviews 23 career pedophiles and finds a pattern not of celibacy, but of prolific sexual conquest and attempting to be where child are.

Pedophiles are active and conniving – not passive celibates. The Australian Crime Commission's senior analyst, Kylie Miller, says pedophiles have sophisticated methods and well planned techniques to access, groom and abuse their victims. "Paedophiles actively seek access to children and frequently place themselves in positions where they can obtain legitimate, unrestricted, unsupervised access to children."

Miller elucidates another characteristic of child abusers, extensively found in the cases against paedophile priests: the use of coercive techniques such as shame, guilt and embarrassment to cower children into silence. "Besides the fact that most sexual activity is of a very personal and private nature, the victim can feel partly responsible for, guilty, embarrassed and ashamed of the sexual activity."

And just so we never forget why this Royal Commission was called in the first place, the Crime Commission also identifies institutional self-preservation as an excellent shield for paedophiles. "The NSW Royal Commission has identified instances in the NSW Education Department and the Catholic Church where the welfare of the child has been neglected to protect the organisation. This tendency towards bureaucratic selfpreservation has allowed paedophiles to infiltrate organisations with access to children, and remain in protected positions for years where they can continue to abuse children."

Observe the 2014 Special Commission of Inquiry into Matters Relating to the Investigation of Certain Child Sexual Abuse Allegations in the Catholic Diocese of Maitland-Newcastle, which sought to unpick why two notorious pedophile priests had been so protected by the Church. Father Denis McAlinden was a pedophile offender from 1949 to 1996, while incardinated in the Diocese of Maitland-Newcastle. At various times he was also sent to Papua New Guinea and the Philippines where he was in charge of children. Special Commissioner, Margaret Cunneen SC, allowed that his victims numbered more than 100. Also at Maitland-Newcastle, Father James Fletcher sexually assaulted nine altar boys over months and years, starting in the 1970s, and was sentenced to prison in 2004.

Police make a distinction between an opportunistic child sex offender, and a pedophile. Opportunistic offenders may only do it once or twice and are often caught; pedophiles are life-long offenders who are often undetected because of the care they take and the psychological tricks they employ.

One trick is the 'co-offender' ploy, where pedophiles groom a child over several weeks by either including alcohol, porn or cigarettes in the foreplay, so as to ensure the child also implicates himself

"PAEDOPHILE PRIESTS USE COERCIVE TECHNIQUES SUCH AS SHAME, GUILT & EMBARRASSMENT TO COWER CHILDREN INTO SILENCE"

should be raise the alarm. Another ploy is to lure the child into mutual-touching foreplay so the victim is not sure if they are a victim at all, and that any complaint about the relationship will include the child's own actions.

The latest crop of inquiries into the nature of pedophile networks and systemic child abuse, has moved beyond the fact of their existence (as in the 1995 Wood Royal Commission into NSW police corruption) and now looks at how the perpetrators get away with it and retain high status within organisations (eg. the BBC's Jimmy Saville case.)

Paedophile networks have also reached such a point that the National Crime Authority classifies them as 'organised crime'. Paedophiles are international child pornographers, human traffickers and sex enslavers. The case of 'Boy 1' who was bought in Russia by Mark Newton and Peter Truong in 2005, is an example of the international nature of organised paedophilia. Newton and Truong bought their son for US\$8000, falsified the birth papers to make it look like Newton had fathered the child with a surrogate, and then settled in Cairns, posing as gay dads.

The abuse started when Boy 1 was two years old. They travelled the world and made him available to other paedophiles in the 70,000-strong Boy Lovers Network.

Some of the best research into pedophilia comes from the Center for Mental Health and Addiction in Toronto, under world-renowned Dr James Cantor. The Center has dismissed the misnomer that childhood abuse plays in the perpetrator an important role: few victims grow up to be abusers, and a third of offenders say they were molested.

Cantor's research says there are actually biological clues to the pedophile.

For instance, 30 percent of pedophiles are left-handed or ambidextrous, three times the population's rate. Hand dominance is established through genetics and womb environment, suggesting there is something different about pedophiles at birth.

Also, pedophiles are nearly an inch shorter on average than non-pedophiles, they are below the average IQ by 10 points and they have less 'white matter' - the connective circuitry of the brain - than fellow criminals who are not sex offenders.

In other words, the fact of the pedophile is well-known in science and law enforcement. So how did we get onto celibacy?

As the longest Royal Commission in Australia's history rolls on, the Catholic Church's grasping for decoys and excuses suggests this grand old institution has learned nothing.

Bravehearts' Carol Ronken puts the Church's latest attempt at excuses into perspective. "Most sex offenders are married or have partners," she says, "and many adults who do not have sex for whatever reason, do not sexually offend against children or young people."





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AUSTRALIAN PENTHOUSE 39





FAITH NO MORE SYSTEMIC CHILD ABUSE, COVER-UPS AND DODGING OF RESPONSIBILITY -HOW CAN ANYONE BELIEVE IN AN ORGANISATION THAT HARBOURS

SUCH SINFUL AND SHAMEFUL HYPOCRISY, ASKS **STEPHEN CORBY**

RELIGION can't be evil, obviously, because that would be like a fluffy duckling with sharp teeth and a taste for blood, or a priest being something other than kind, understanding and compassionate.

And yet the evidence is piling up against one church in particular, and it's not Islam, it's the Catholics.

What we've seen, particularly in the past century, is a litany of lewd behaviour by its devotees, a culture of foul, unforgivable abuse of children and what looks increasingly like an accepted policy of protecting and obfuscating for those sinners who hide behind its ancient stone walls.

Let's not even touch on its backwards, broken policies against gays being allowed to marry, its refusal to accept that, in the modern world, women should be able to be priests (perhaps ladies aren't molest-y enough for Catholic tastes), its belief that even young girls who are raped don't deserve access to abortion, or its head-in-the-sands-of-time attitude towards the threat of over population and its obvious cure; contraception.

And let's skim past the fact that its tax-free status and weekly milking of the poor and feeble minded makes it one of the richest organisations on Earth, and that not nearly enough of that money is spent appropriately.

No, let's just focus on the fact that the Catholic Church is over-represented when it comes to molesting tens of thousands of helpless, innocent children left in its care. And that when it discovers that its priests have been caught with their hands on man of the people with his ordinary pauper's shoes and love of apologising for things, but what has he actually done about trying to wipe out this indelible stain on his organisation's supposedly good name?

Well, he's promised to "respond adequately" when senior figures commit "sins of omission" in the future, and he's asked forgiveness for the fiddling of the past.

"It is something more than despicable actions," Francis said of sex abuse. "It is like a sacrilegious cult, because these boys and girls had been entrusted to the priestly charism in order to be brought to God. And those people sacrificed them to the idol of their own concupiscence."

When his Bible doesn't work, Francis reaches for a Thesaurus, clearly. What he needs to do is sack his Australian Cardinal, George Pell, who, a Royal Commission has discovered, helped move our worst ever paedophile priest, Gerald Francis Ridsdale, between parishes rather than exposing his crimes. He even supported the pervert at his first court appearance for child molesting in 1993.

Pell has also argued to the Royal Commission that the Catholic Church shouldn't be blamed for the crimes of its priests, in the same way that the "ownership or leadership" of a trucking company wouldn't be responsible if one of its truckies molested a hitchhiker.

The problem being that said company would be responsible, and liable for damages.

"WHEN THE CHURCH DISCOVERS THAT ITS PRIESTS HAVE BEEN CAUGHT WITH THEIR HANDS ON YOUNG BOYS' PENISES, IT PROTECTS THEM"

young boys' penises, it doesn't call in the cops, or subject them to a bit of traditional, churchy Spanish Inquisition-style torture. No, it protects them instead.

From the 12th to 16th centuries, Church law decreed that pervert priests should be sacked and punished by civil law, but in 1917 it threw out those rules, and in 1922 it passed a decree called "the secret of the Holy Office" and decided that it would try to "cure" priests rather than remove them.

Instead, as has so clearly been the case with our own George Pell, the response has been to deny all responsibility. And when that fails, they have the gall to try and minimise any kind of compensation payouts to those who've suffered life-ruining assaults.

There's plenty in the history of the church – the war-mongering Crusades, the killing of scientists who didn't agree with its dogma – to suggest that evil may be woven into its supposedly whiter than white fabric.

Sure, the relatively new Pope Francis is seen as a good guy, a

Besides which, Cardinal Pell had previously spent more than \$750,000 on lawyers to argue in court that the Catholic Church is not like other companies and thus could not be sued for damages by its victims. His is an organisation, remember, with literally billions of dollars hidden away in a corporate trust, yet it cries poor when asked for reparations.

Cardinal Pell said his Church accepted a "moral responsibility" for abuse, but that did not mean it had to abandon its "common law rights". Touching, no?

The average payout under Pell's Melbourne Response was just \$33,187. Frankly that figure needs a couple of zeroes on it.

The good news is that fewer people in the next few generations will put themselves in harm's way, thanks to our growing apatheism, and even atheism.

In the mean time, we can only hope the courts make those Catholic bastards pay dearly for the kind of sins they're supposed to preach against. The hypocrisy is overwhelming. And evil. Other

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HOME

RYAN RYANS SLOWLY DISROBES AND LEADS OUR LUCKY PHOTOGRAPHER INTO THE BEDROOM.



ELF described "social icon" Ryan Ryans is one of the hottest young adult performers doing the rounds. And without sounding too boastful, we here at Penthouse were amongst the first to discover this wild girl's potential – she was Pet of the month back in 2014.

Ryan has since gone on to star in some of the hottest, wettest videos you can find. For the right price, you can even arrange a special Skype date with the horny starlet.

"I love making special videos just for you and to fit your desires! I have so much fun with them and they really turn me on, I'm looking forward to making you your very own custom video!" she says. Other













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PROFILE

WORDS : BEN SMITHURST

PADDY WHACKER

HE MADE HIS NAME IN HOLLYWOOD AS A PUNCHY BASTARD OUT TO DRINK AND SHAG THE TOWN DRY; NOW COLIN FARRELL IS THE *TRUE DETECTIVE* BUILDING A CASE FOR HIS OWN CREDIBILITY

N 2007, a writer for the equally excellent and pretentious American magazine, *Esquire*, tried to fight Colin Farrell. They met in the bar of West Hollywood's superfamous Chateau Marmont. The wordsmith came armed with an arsenal of understandable preconceptions. He was sick of seeing the actor's "cocky pug face smirking out from all these glossy soft-boy magazine covers". He was irritated by "how fucking great his life is". He was irked by constant reportage of Farrell's "drinking and smoking and humping of pretty young things".

Understandable.

This was in Farrell's early prime, immediately before the disaster of Oliver Stone's shit-haired *Alexander* (where Angelina Jolie, one year older than Farrell, played his mum). The nadir of Michael Mann's pastel pukebox, *Miami Vice*, was still three years distant. Farrell, unbeknownst to the actor, was about to enter a period of fantastic, almost surreal decline. The dark, career-reviving *In Bruges* was still five long years away.

"I figured it'd be a hell of a good cathartic exercise if I did everybody a favour and knocked out a few of his nubby mick teeth," wrote Chris Jones, who doesn't look it but knows his way around the ring. "Trouble was, [Farrell's] people didn't go for it."

Of course they fucking didn't. Nor did Farrell, apparently, having been advised of the initial story plan. No sparring. Apart from the verbal kind. Hence the Chateau Marmont. Instead, Farrell ordered four beers at a time – two for each of them – and got Jones pissed.

COLIN Farrell was born in Baldoyle, Dublin, in 1976. His old man and uncle both played for Shamrock Rovers FC, the most successful team in the League of Ireland Premier Division, but I'il Colin hitched his star to a different wagon. Also, he was lazy. He watched *E.T.* instead.

"I was seven or eight, in theatre," he said in 2011. "I cried and I just loved it. I was just taken away completely to another world ... *E.T.* did it for me."

Farrell set his sights on stardom. Not that film and TV became his only aim. He also tried out for pedestrian, 25-millionrecord-selling Irish boyband Boyzone (otherwise notable for birthing Australian *X Factor* judge Ronan Keating). Spurned, he enrolled in acting college, dropping out only when he was cast in mum and dad BBC drama *Ballykissangel* in 1988. Farrell was still living in Dublin, in the city's best-named linguistic redundancy of a suburb, Irishtown, when he made the audition tape that won him the lead role in *Tigerland*.

He played a Texan conscript in Vietnam. It was Farrell's break in the USA.

"He did the audition in his living room in Dublin with his sister holding the video camera," the film's director, Joel Schumacher, said at the time, "and doing all of the off-screen dialogue in this thick Dublin accent. She's saying: 'Oh, Jesus, I don't want to go to Vietnam.' I would think Colin and his sister had a few Guinnesses before they did this."

Schumacher was correct – although likely underestimated Farrell's prerecording intake. Prior to finding fame, the actor revealed to England's *Telegraph* in 2010, he'd visited a therapist. The doctor diagnosed him with depression, "but also pointed out that consuming ecstasy, hash, cocaine, whisky, wine, beer and cigarettes on a weekly basis might not be improving his emotional health."

In Irishtown, there were four pubs within 20 metres of Farrell's door, and he made enthusiastic use of all of them. Unleashed upon Hollywood, he went into overdrive – in all respects.

The result was the series of tabloid extravagances that so irritated *Esquire*'s writer. But, in a brilliant, fantastically un-American way, the constant shagging, boozing and partying also made his name.

Had Farrell been born in the 'States, he might have been considered a fuckup whose clock was ticking. But he wasn't. He was not just Irish, but very Irish. Irish in a very sweary way that pandered to the twinkle-eyed American trope of the imported rogue.

Farrell had the constitution of an ox and – just as importantly – the gift of the gab. Hilariously dubbed the 'Lusty Leprechaun', he cut a swathe through Hollywood's sexiest women. Conquests included Jolie, naturally, as well as Britney Spears, Demi Moore and, er, Liz Taylor. 01-5

Yes, that Liz Taylor.

For Farrell, life was never weird enough, full-tilt enough, or fantastic enough. A series of profane, exuberant fantastic renta-quote interviews sealed the deal.

On carousing: "It doesn't take much to be a bad boy. But I know I'm not. Hitler was a bad boy."

On picking up: "I come into [L.A.] and bang whoever I can and then get the fuck out."

On prostitutes: "It's like ordering a fucking pizza. Someone comes round, you spend an hour, you have a smoke with them afterward."

On losing his virginity, at 14, to a woman of 36: "She basically said to me: 'Do you want to come back to my place and fuck?'"

On taking up to 15 Ecstasy tablets a night ("I used to be a fucking E-head") and how he'd never now touch cocaine "but heroin is fine in moderation".

Tigerland was a hit. Farrell was acclaimed as the rising actor of his generation. He was cast alongside Bruce Willis in *Hart's War*, nominated for an Empire Award for Tom Cruise and Stephen Spielberg's *Minority Report*, filmed stupid blockbusters like *S.W.A.T.*, with Samuel L Jackson, and *The Recruit*, with Al Pacino. In front of the camera, Farrell shined – no matter the material. Including in a 13-minute sex tape, made in 2003 with his then-girlfriend, *Playboy* model Nicole Narain.

In an earlier interview with lad's mag FHM, Farrell had self-deprecatingly mocked his own manhood. "Two inches, rock hard," he grinned, rapping his knuckles on a table for emphasis. His leaked video with Narain showed it to be more like a fifth limb.

He may not have been winning Oscars, but he was having a ball. "There was an energy that was created," he told British profile writer Horatia Harrod, of his years of near-constant bender, "a character that was created, that no doubt benefited me. And then there was a stage where it all began to crumble around me."

Like Alexander the Great, whose story Oliver Stone had long hoped to film, Farrell seemed invincible. But the Macedonian warrior king died after an epic piss-up, and neither Farrell's quotability or his giant wang were protection against him going the same way.

At a cost of US\$155m, Alexander

was 2004's most spectacular cinematic bomb. Worse, the reviews were excoriating. Farrell wore most of the flak, and felt beholden to everyone from the studio to Stone to his fellow actors and even the extras.

"That was tough," he told Horatia Harrod. "I say tough relative to a charmed life, but I'm not going to apologise for how much it affected me emotionally and psychologically. I was going to walk away from acting. I couldn't buy a packet of cigarettes without feeling I needed to apologise to the guy behind the counter in case they saw the fucking thing!"

Then, in 2006, a year marred by his sloppiness on the set of Miami Vice, Farrell hit rock bottom. A stalker, telephone sex worker Dessarae Bradford, who'd spent years filing lawsuits against Farrell for imagined harassment, stormed Jay Leno's show when Farrell was on. Bradford clambered from the audience, slamming her self-published bio, Colin Farrell: A Dark Twisted Puppy onto Leno's desk. Security hauled her away. (Bradford unsuccessfully sued Farrell again, for \$10M, after he described her as a stalker.) to his plum casting in the second series of True Detective – was approaching golden. Even the disappointment of his rubbish 2012 Total Recall remake was quickly forgotten, when Seven Psychopaths arrived closely on its heels. But it was his casting as Detective Ray Velcoro in the dark, intensely cinematic TV crime drama series that re-sealed Farrell's platinum status.

At the end of his Esquire meetup at the Chateau Marmont, writer Chris Jones decided he quite liked Farrell – and that, at any rate, he was by then far too sozzled to raise his fists to the Irishman. Instead, Jones ordered one last drink, a nightcap, content to "ease [himself] through the rest of the evening like a boat slowly passing through a canal".

Farrell, recalled Jones, had been watching him. The actor finally decided that the moment was right.

"You know, the spotting of a cunt is usually in the energy of a person," he said, good naturedly. He was joyous in the American's amateur drinker's buzz.

"Are you still looking for a fight, man? Come on, then. I'll fight you."

Farrell pushed out his chair. And stood up.

"I COME INTO L.A. AND BANG WHOEVER I CAN AND THEN GET THE FUCK OUT"

Unexpectedly, Farrell went to rehab. It might have made him boring – at least on the interviewer's couch. It didn't. But it did save his career.

"I remember being asked by somebody in America," he told the Tele, "'Do you think it's harder for celebrities to get sober than normal people?' And

I was just like, are you joking? I didn't come out unemployed, hadn't lost my family, my home, had all my teeth in my head. Could I have had it any easier?"

In Bruges came along in 2008. Farrell loved the script, but was still carrying the failure of Alexander around like The Ancient Mariner's dead albatross, all stinking and rotten with lice. He knocked back the role, fearing his baggage would doom the film. Irish director Martin McDonagh hired him anyway.

It was the beginning of a run that - prior

Last February, the 38-year-old actor swaggered into an interview with an English entertainment writer, swigging a smoothie. This reporter/drinking interaction went differently.

"It tastes even worse than it looks," Farrell grimaced, glass of disgustinglooking green liquid sloshing in his hand. "It's very expensive and it's the nasal fluid of a dragon and when I finish it I'm going to live forever. Haha! No, it's just celery and kale and ginger and stuff."

"I'm glad the madness is over," he said of his LA excess-all-areas. "It was interesting to experience, but I'm glad it's passed. Now I do a bit of yoga, I like a nice hike and I drink dragon nasal juice."

Farrell's still funny, except now he has less to prove. The stories aren't as rollicking, but the acting packs a helluva lot more punch. ot a



CLOCKWISE FROM TOP: As Ray Velcoro in *True Detective*; *Alexander* flopped at the box office like a shot horse; black comedy *In Bruges* helped revive his career; *Miami Vice* attempted to torpedo it; *Tigerland* (back in 2000) broke him the USA.

AN PENTHOUSE 55

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HIGHLIFE

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ARCTIC CIRCLE WORK

42

DRIVING

BY DAY, THRASH PORSCHES ON A FROZEN LAKE. AT NIGHT, DRINK VODKA AND STAY AT WHAT IS LITERALLY THE WORLD'S COOLEST HOTEL. THIS REALLY IS THE SWEDE LIFE...

WORDS : ASH WESTERMAN

S. PX 2394



ORGET about the expression 'a wind with teeth'. Up here in northern Sweden, frigid air rises somewhere near the Arctic circle, just a few hundred kilometres away, and gathers strength as it whips across the frozen Torne river. On its way down the valley, it acquires barbed-wire wire talons, an icy spittle and anger management issues. Cop its full force and you can count on a facial exfoliation more like bead blasting, and that's even before you've remembered to swear.

Climate change is taking the sting out of the winters up here, though. During our visit, the temperature rarely drops below a balmy -10°C. For the flint-hard locals, it takes more like -30° before the weather even warrants conversation. "For sure, then it is pretty cold," deadpans our sled dog driver Maria, in that lilting, slightly ABBA-esque sing-song delivery. "When it's minus 40 degrees with the wind chill, then for sure, I don't like to go outside so much," she says without a hint of sarcasm.

This is serious wilderness country, where the snow-covered landscape rolls out like a thunderclap over an ocean. Someone with clearly ample time on their hands tells us there are 3000 lakes in this part of the world, most frozen to a depth of almost a metre, making them navigable by dog sled, snowmobile, or, if you've got deep pockets, Porsches.

Yep, the frozen expanses of the Kall lake, devoid of neighbours, cattle or pretty much anything, makes for an ideal temporary racetrack on which to hone your sideways icedriving skills. For us that will come later; for now, our airport



CHORUSES OF "OOHS AND AAAHHS" FOLLOW, AND I DULY CONSIDER THE **'NORTHERN LIGHTS** OBSERVATION' BOX TICKED transfer service is getting restless. I can tell there's a degree of urgency because as we load our luggage it becomes impossible to hold a conversation over the howling, baying and yelping of a dozen huskies all literally straining at the leash. We could have opted to make the 15 kilometre hop from tiny Kirruna airport to our hotel by warm and comfortable 4wd, but that would have been shameful soft-cockery. No, we're doing it the way the Nordic pioneers have travelled for generations, on the back of a rickety sled towed by dogs with a work ethic that makes Sampson look like a dole bludger.

The ride quality of the timber sled may resembled that of a old man falling down a set of stairs, but the yapping, shrieking excitement of the dog team, their pull-or-die-trying tenacity bred through generations, well, it all combines for an experience that makes even a cynical modern heart really soar. The narrow width of the sled allows us to cut through walking trails that dissect the forest, and the stillness and tranquillity of the place is uplifting and hypnotic.

But not as inspired as my choice to take the second row of the sled. See, there are no toilet stops for the dogs, so what evil brown turds get dropped on the run get instantly kicked up by the rest of the team, and head straight for the face of the frontseat passenger. You get the picture – a dog sled may have a low carbon footprint, but it ain't no zero-emissions vehicle.

By the time we arrive at the hotel, I'm in the mood to raid the mini bar and flip on some cable TV, but there'll be none of that. At A\$1200 per night, this place ranks as one of the more expensive places I've stayed, but also the most miserably equipped. The room is small, there's no room service, no porn channel, no cold Swedish vodka on the dresser. What there is a massive three dimensional ice sculpture of a serpent and a mother cradling her baby, all eerily, beautifully lit with tiny blue LEDs. It's breathtakingly surreal. The 'bed' comprises a massive slab of carved ice covered with reindeer skins.

Yes, the Ice Hotel, in Jukkasjärvi, really is unlike any other accommodation on the planet. It takes six weeks to build the hotel, using water taken from the Torne river. A factory adjacent to the hotel turns out massive frozen blocks that are used for both the structure and the amazing, intricate ice sculptures that fill the rooms and hotel's common areas. It's as if a freakishly clever Inuit has built the world's most complex, and surreal cathedral-sized igloo, then charges you a motzer for the privilege of borrowing a sleeping bag and crashing on the reindeer skins.

Naturally we head to the bar, which is essentially a vast slab of ice flanked by a row ice stools, and where vodka is served in tumblers carved from ice by a barman wearing what look like industrial welding gloves. In a corner, the DJ cranks out deep-house grooves and proves that it is actually possible for a man to operate a turntable with frozen lumps hanging where his hands once were.

Later, as the Absolut starts to take control of proceedings, we head outside to stand around a roaring open fire and are urged to try the traditional Swedish after-dinner drink, something that tastes suspiciously like hot, alcohol-laced Ribena cordial. Conversation from a local moves to a fairly dry attempted explanation of the Northern Lights, a phenomenon that, like







It's -5°C in here, so the ice sculptures are intended to take your mind off the fact you may lose a few fingers and toes in the night.





HERE THE TRACK SUDDENLY BECOME MORE SLIPPERY THAN A BOLIVIAN MONEY CHANGER

elves and the tooth fairy, I only have a tenuous grasp of and am not sure I really believe in. Weirdly, just minutes later, the light cloud cover clears and the sky appears awash with streaky, oscillating ribbons of green haze that dances and twinkles and mesmerizes. Choruses of "oohs and aaahhs" follow, and I duly consider the 'Northern Lights observation' box ticked, even if was possible it was all just an optical trick brought on by a few mugs of wino's Ribena sloshing over a dozen stiff vodkas.

Back in the room, sleep comes surprisingly easily, tucked into an Everest-rated sleeping bag, as the ice-sculpture serpent and the lady and her blue-hued baby watch over me.

THE NEXT morning, the sky is a cobalt blue and the blast of -10C air works as a remarkably effective hangover cure. We soon find ourselves lakeside and trackside at the Below Zero ice-driving school, where half a dozen Porsche 911s sit silently, patiently waiting to have their arses thrashed.

Initial attempts at trying to drive a sports car fast on an ice/ snow circuit can feel like trying to dance with a woman while wearing one of those stupid sumo suits. Basic moves are possible, but intimacy, connection and points for style can be elusive. The tyres may have little studs to help bite the surface, but the track is a treacherously fickle bastard; one moment here's reasonable grip from hard-packed snow cover, but in other corners, it's been brushed clean, revealing the glassy ice base. Here the track suddenly become more slippery than a Bolivian money changer. Enter the turn carrying just a bit too much speed and the resulting front-end slide feels like it could continue to the edge of the arctic circle.

I spend the next half hour learning, cursing, learning some more, until naturally I overcook it on fast third-gear right hander and end up bogged to sills in a snow bank. Protocol is to wait for the recovery tractor to pull you free, which is driven by a grumpy beardy old bastard who hooks up the tow strap as he glares at you as if you've just dropped a steaming turd on his white shag-pile carpet. It's ample incentive to concentrate like you're juggling chainsaws, and when it all starts to come together, in huge, long arcing drifts, the engine screaming behind you, plumes of snow roosting into the blue sky, it's an utterly sublime experience.

Sweden may have given the world Roxette, dodgy Ikea bookshelves and bad meatballs, but when redemption comes in the form of a hotel carved from ice and sideways driving sent from heaven, all is forgiven.



WHERE TO STAY

A very basic 'snow room' starts at A\$340 per night, and runs to A\$1500 for a deluxe suite with massive, intricate ice sculptures. **Icehotel.com**.



GETTING THERE

The Ice hotel is 17km from Kiruna Airport, which is serviced by SAS Scandinavian Airlines. Flight time from Stockholm, the nearest capital city, is 90 minutes. Emirates flies daily to Stockholm via Dubai; prices from around \$2000 return.



1)

ICE DRIVING

belowzeroicedriving.com offers packages starting at \$3250 per day based on two people sharing a car, and includes lunch, all tuition.



FOR ANYONE WHO THINKS THE LAMBORGHINI AVENTADOR IS NOT WILD ENOUGH, THIS IS THE RESPONSE

TORING

WORDS

HEN CORBY

HAT would owning a Lamborghini be like? In part, you can imagine it by picturing yourself running along the road, naked, and waving your penis in the air. You'll also have to be screaming as loud as you can, so those people who don't actually see you at first can whip their heads around and have a look.

If being ogled by strangers is a hoot for you, then your ultimate attraction machine has just been released by the folks from Bolognese in the startling shape of the Aventador Superveloce (translation "extremely fast").

The LP750-4, to give it its less sexy title, is a design of wild absurdity, thrusting aggression and, apparently, very important aerodynamics.

In the flesh, it is simply impossible not to

stare at it in disbelief. Pedestrian gridlock occurs wherever you park it. The gigantic rear diffuser, which looks like it could be used to shear particularly hefty sheep, is a particular highlight, but again it's apparently there for a reason, and not just to fill up the camera phones of strangers.

Throw in the giant carbonfibre rear wing, new underbody panels and the carefully honed aero bits and you've got, in the SV, a machine that offers a whopping 170 percent more downforce than a standard Aventador (which is not a car that feels light on the road). That's 86kg of force over the front wheels (compared to 32kg) and 110kg at the rear (against 42kg). Overall aerodynamic efficiency is also up by 150 percent. The result of this is a car that grips a track – like the F1 Circuit de Catalunya in Spain where the SV was launched – with organcrushing power. This harder, faster Aventador allows you to build up G-forces in corners that actually hurt your insides and press on your head, and all that downforce means you can push much harder than is possible in any 'normal' Lamborghini.

All that speed means the brakes are worked hard, too, but the carbon ceramic numbers fitted here are up to the task, stopping with enough force to hurl you into your seatbelt.

What also hurts are the race seats, which look wild and feel lovely to the touch, yet offer all the comfort of leaning on a brick wall. To imagine owning this particular Lambo,



you would have to picture rolling down the street on your back on a skateboard, while waving your penis and screaming.

The seats are typical of the interior, which is all business, with loads of exposed carbonfibre, a sexy Alcantara steering wheel and a great big new bright yellow TFT screen, that flashes different colours at you as you approach maximum engine speed.

Just behind your ears is a thinned-down piece of glass, which is the only thing between you and the awesome naturally aspirated V12, which makes noises that would embarrass many race cars. It's a manic, belting sound that doesn't just turn heads, it hurts ears.

This astonishing engine has been fiddled

as well and now provides a spectacular 552kW (up from 510kW), which, combined with 50kg of weight savings from things like ditching the carpets and the stereo, makes it a Superveloce.

The SV will hit 100km/h in a claimed 2.8 seconds, and faster with the right conditions, and can go from zero to 300km/h in just 24 seconds. Perhaps the most impressive figure of all, though, is its 0-to-200km/h time of just 8.6 seconds.

What this feels like, unleashed in footto-the-floor fashion on the track, is simply mental. You can come out of a slowish corner at 80km/h and be doing 230km/h before you've had time to exhale.

Gear shifts are dismissed in just 50

milliseconds, but the slightly older, singleclutch gearbox means that each one smacks you like a whack with a cricket bat. To drive the SV fast is to swear, uncontrollably, and grunt, regularly, in sheer disbelief.

Combine all that speed and punch out of corners with the amazing powers of downforce and you've got an extremely thrilling, yet surprisingly easy to handle, track car in the Aventador SV, which can be yours in Australia for an un-cool \$882,650.

Unfortunately, to imagine owning a Lambo like this, you'd have to be able to get into the head space of being able to spend that much cash, on one car, and having several others for those days when you don't feel like battering your spine. And that's a real challenge. Of a





FOR SALE

 COMPOSITION

 COMPOSITION





WORDS : STEPHEN CORBY

THE BIG STEAL

A LAMBORGHINI FOR LESS THAN THE PRICE OF A NEW PORSCHE BOXSTER? WHERE DO WE SIGN?

F YOU were a Lambo owner, of course, you'd probably be a member of the Lamborghini Car Club of Australia, where super cars are like pairs of jeans; sure they're a bit expensive, but you can still buy one whenever you really feel like it.

In fact, as far as the club's president, Michael Warshall, is concerned, you don't even need to go second-hand (which is the only way most of us will ever get one) - to get a bargain.

"I've got a Performante Superleggera Gallardo convertible, and it cost me, retail, \$700,000, but now you can get a new Huracan for just \$450,000 on the road, and it's a heaps better car - the new-generation cars have really come down in price," Warshall tells us.

Did you like the way he used the word "just" there?

We explain that we want to find Lambos for more real-world money; a Diablo or a Gallardo for less than a new Porsche 911, kind of thing.

"Absolutely, depending on the year you'll get a (V10 engined, fantastic) Gallardo, for \$180,000; it will be a 2005 or 2006, but it's still a far hornier looking car than a Porsche," he says, speaking the truth.

"My last six cars were all Lambos, and you can drive them every day, they're so easy and so reliable.

"I bought my first Lambo back in the 1983, a Urraco, just beautiful, and I was just out of high school, I sold my Porsche Turbo to buy it, but it was just the horniest looking and sounding thing.

"Then the day I bought it, I drove it



CARS WERE ALL LAMBOS, AND YOU CAN DRIVE THEM EVERY DAY, THEY'RE SO EASY AND SO RELIABLE."

down the road and the indicator stalk came off in my hand. That's what they were like back then, they were always broken, and you'd always be waiting for parts, but wow, so beautiful.

"The older ones do have some issues; they stop, they leak oil. So we tend to have two kinds of members, those who want to go to the race track and drive fast, and the collectors, who want to take their old cars for a leisurely drive to a winery, so it doesn't matter if they break down on the way."

While the Countach is the most

legendary of Lamborghinis, and you can snap one up for \$150,000 (or up to \$300,000 for a good example), you'll need to "buy it cheap, and spend a couple of hundred grand fixing it".

Similarly, its devilish descendant, the Diablo, has some issues, according to Warshall, who owned an SV version.

"It was one of the first Germaninfluenced cars (after Audi took over Lamborghini, in 1998) and it still had the Lambo gearbox, so it was like driving a truck, you had to work at it, and it was impractical, you couldn't see anything out of it. But, hey, the V12 was great."

It is after the Germans really made their mark, though, with the Gallardo in 2003, that you should really aim your life savings.

"The first Gallardos were okay, they had a few issues, but I've had five, and each generation is better than the one before," Warshall explains.

The good news is that we found a 2004, properly manual gearboxed Gallardo on carsales.com for just \$174,000, a 2007 model for \$162,000 and even a 2005 for \$145,000. And those are asking prices - tell 'em they're dreaming and you could be getting a life-changing bargain.

"Lamborghinis are just amazing cars and there just aren't that many of them, so it's amazing for people when they see one, you're always making friends with new people," Warshall says. "There are only a couple of thousand Lamborghinis made a year, for the whole world, so they are still very special cars." Of the



ALFA ROMEO 4C SPIDER

THE ITALIAN EXOTIC YOU CAN (MAYBE) AFFORD

URE, it's cruel and easy, and envy-based, to suggest that people who buy supercars are just show-offs who don't much care what they're like to drive, as long as they cause strangers to gawp at them and occasionally offer them sex.

If that is the case, and we're sure it is, then how important are looks as part of the whole super-car-desirability equation? Would a car that looked like a Ferrari but drove like a Fiat Panda work? Probably not, but it's fair to say looks, or 'styling', to be more generous, make up as much as 70 percent of what people are buying performance cars for, which makes Alfa Romeo's ingenious ploy of building its dropdead gorgeous, Faux-rrari 4C coupe and Spider so damn clever.

Here is a car that undeniably looks super, yet can be yours for under \$100,000, which is barely a fifth of the price of the real thing.

Cleverly, they've also made it fast – not Ferrari fast, but certainly blow-yourhair-back quick, or 0 to 100km/h in 4.5 seconds with a top speed of 275km/h. They also managed to make it loud, with a properly barking burble and enough boost-boom-whoofle-hiss to keep any



teenage turbo fan's ear canals erect.

Somehow Alfa even managed to give the 4C the kind of high-end cred that boasty types can bang on about at the bar, with its structutal 'tub' as it's called, made entirely from carbonfibre, which means its body is both super stiff and supremely light; just 1118kg for the roofed version, or 1128kg for the new roofless Spider.

The new rag top gets a bit of extra sexy visible carbonfibre around the

windscreen, to make it rollover strong, but otherwise gains very little weight, thanks to the inherent strength of the structure.

The Spider also fixes one of the big criticisms of the original 4C coupe; that its 1.75-litre, 177kW, 350Nm engine sounded better outside the car, driving past you, than it did from the driver's seat, which is like having a girlfriend who only looks good outside your bedroom.

With the top down – an operation that involves unlatching and manually folding the roof, a retro but slightly tiresome feature – the exhaust noise well and truly leaps into the cabin with you. Unfortunately they've almost gone too far with this idea, and when you throw in a hurricane-like wind effect above 100km/h, it's a car that perhaps puts too much road noise into the roadster.

The Spider will have its fans, though, when it arrives in Australia in November, at a price tipped to be just under \$100K, with some 4C coupe owners already ordering one for the perfect pair. That's two beautiful cars for less than the price of one genuinely super one.

Looks may not be everything, but with super cars they come close. Other

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GOODTASTE

CRAFT BEER

IT'S A BRUISING BATTLE OF THE BREWERS AS 15 OF THIS COUNTRY'S BEST ALES GO HEAD TO HEAD IN THE QUEST TO FIND THE TRUE ENFORCER OF THE AMBER FLUID WORLD

WORDS : STEPHEN CORBY

ATOMIC

CRAFT BEER

OOHEY'S New – a beer you generally wouldn't even attempt to drown a snake with – did a clever thing with its "Beer Economy" ad campaign, because it rang so true. Helping your mate really did used to be a one-case job, until someone invented Hire A Hubby.

The real beer economy is, of course, a fascinating thing, because it has has shifted so profoundly over the last two decades of drinking.

There was a time, a long time, when this country was correctly pilloried by the rest of the world for drinking nothing but freezing cold lager, all of which tasted exactly the same. There was, effectively, nothing but New under the sun.

Telling the difference between VB, Carlton and Crown Lager is like being able to tell, blindfolded and handcuffed, whether you're being given a head job by a man or a woman. We all like to think we could, but it's almost impossible. Go on, try it.

Modern Australian beers can and do taste vastly different, however, and that's brought about a big change in the beer economy. The price of a case of coldies stayed remarkably stable at the \$30 mark



"A SMALL CLIQUE OF HARD-WORKING *PENTHOUSE* STAFFERS PUT ASIDE AN ENTIRE AFTERNOON TO SORT THE WHEAT BEERS FROM THE CHAFF ONES"

for what seemed like a long and wonderful time.

Even a case of poisonous Foster's could cost you \$45 today, but what's incredible is how much beer is also offered to us in the \$60 and even \$70 price point.

Some of it we all know to be very

good, like James Squire's range of convict-capers beers, including the excellent 150 Lashes Pale Ale. The work of Little Creatures, from its Bright Ale to its Seasonal Beers and Pale Ale in particular, is also worthily popular.

But if you want to try something different in the reassuringly expensive beer department, the choice can be baffling. With so many brands you've never heard of, you end up just buying based on the label, like you do with wine.

What you need is some sound, brotherly advice, and to help you out, a small clique of hard-working *Penthouse* staffers put aside an entire afternoon to sort the wheat beers from the chaff ones.

We decided it would also be interesting, because the State of Origin was on television that week, to make this a State vs State battle as well. Western Australia would seem to go in a strong favourite, but we found some unexpected performers in Victoria, too.

You should know, by the way, that beer tasting is not all beer and skittles, it's hard work. Well, the first two hours aren't, but then it gets tough. And we couldn't find any skittles.





RAGGED JACK PALE ALE VAN DIEMAN BREWING

Leaping out of the gates to kick our teeth in with its hoof-sized flavour is the Ragged Jack Pale Ale from the place with all the apples, and most of the roadkill. This bonkers beer is almost overwhelming, with its hops assaulting you like a two-headed half sister on prom night. "We've cranked up the 100 percent Tasmanian hops," it says on the bottle. Cranked them up to 13, we'd say.

ORIGIN: TASMANIA ABV: 4.2% RATING: ★★★☆☆

THREE SHEETS PALE ALE LORD NELSON BREWERY

Angels actually flew into the office and danced upon our taste buds when we opened this beer. It's as close to perfection as a pale ale gets. There's just enough flavour to make it complex and satisfying, yet it's not so much that you couldn't have six of them. Flowery, with no bitterness, despite its convict connection (brewed at the Lord Nelson, possibly Australia's oldest pub).

> ORIGIN: NSW ABV: 4.9% RATING: $\star \star \star \star \star$

FERAL HOP HOG FERAL BREWING

There's nothing about the leaping bush pig on the label that makes us thirsty. Still, this one did produce some interesting faces from our panel, all of whom said, "Mmm, fruity" at the same time. This hopheavy beer has a bit of sparkle on the tongue and plenty of flavour, but somehow fell slightly flat with our judges. "Solid but uninspiring" was the concensus.

> ORIGIN: WA ABV: 5.8% RATING: ★★☆☆☆

MT MACEDON PALE ALE HOLGATE BREWHOUSE

The folks at Holgate are all about their natural ingredients, but unfortunately what they seem to have decided to use in their beers is natural fruit salad. That is genuinely what we all thought this Pale Ale tasted like, while someone did detect slight smell of ripe rock melon. Yet it wasn't without some fans when it came time for marking, with some praising its "malty" after taste.

ORIGIN: VICTORIA ABV: 4.5% RATING: ★★★☆☆

BREAK WATER PALE ALE BRIDGE ROAD BREWING CO.=

Look, there's no such thing as bad beer, just as there's no such thing as bad pizza, but some are more bad than others. This Break Water beer won such praise as "smells like a horse-hair blanket, or a barn yard." Definitely works better when drunk from the bottle, where the unappealing bouquet is much less of an issue, and the crisp finish gets a chance to do its thing.

> ORIGIN: WA ABV: 4.5% RATING: ★★☆☆☆

BEECHWORTH PALE ALE BRIDGE ROAD BREWERS

The problem that some people seem to have with making Pale Ale is that they think it should feel like being smacked in the mouth with a shovel. The Beechworth version isn't that bad, and it smells delicious and promises "hops from three different continents", which seems a lot of trouble to go to, particularly when the end result is a beer that has just a little too much flavour.

ORIGIN: VICTORIA ABV: 4.5% RATING: ★★☆☆

RED OAK ORGANIC PALE ALE

RED OAK

Red Oak is a name well known in Sydney and has won awards, its proud label tells us, in Germany, the UK and USA, making it Australia's "most awarded brewery". While many of their beers are excellent, this Pale Ale won no awards from us, with its taste being mysteriously redolent of liquorice. "Not sure why we need aniseed in beer," as one judge put it.

> ORIGIN: NSW ABV: 4.5% RATING: ★★☆☆

ATOMIC PALE ALE GAGE ROAD BREWING

TOM

This boldly titled beer claims to be "brewed by fussy bastards", which may or may not be a good thing. It's also dry hopped and unfiltered, which seems to be the cool thing in beer right now. Cold filtering is so yesterday, and no, you can't have a Hahn Ice any more. The Atomic didn't quite blow the panel away, but was deemed flaoursome and very quaffable.

> ORIGIN: WA ABV: 4.7% RATING: ★★★★☆

ORIGINAL GOLDEN

FORTITUDE BREWING CO.

When it's good, golden ale really can be golden, and this Queensland offering is right there. It had us waxing lyrical about its treacly taste on the tongue, the scent of apricots and bread pudding, and how it was a properly summery brew. As it says on the label, it's a crisp, session beer that is Fortitude's interpretation of a classic British golden ale. Groovy, baby, groovy.

ORIGIN: QLD PRICE: ABV: 4.3% RATING: ★★★☆☆

YENDA PALE ALE AUSTRALIAN BEER CO.

Just to show how widely varied a style pale ale is, this Yenda offering tastes nothing like the others we've tried, even managing to be bitter, and certainly not as floral as most pales. But we did like its crispy, biscuity malt favours and found it to be more ale than pale, but in a good way. "Not quite awesome, but close," was the verdict.

> ORIGIN: NSW ABV: 4.5% RATING: $\star \star \star \star \star$

METAMORPHOSIS IPA KAIJU BEER

Switching from pale ales to IPAs is a bit like going from breathing air to smoking stogies. Any beer that packs an alcohol volume nudging 7 percent is also one that you need to take seriously. The Kaiju is as colourful as its name suggests and is packed with dark smells and nutty/malty flavours. But you can really taste the alcohol, which hits you like a beer-sandwich in the face.

ORIGIN: VICTORIA ABV: 6.7% RATING: ★★☆☆

ROAD TRIP AMERICAN IPA HOLGATE BREWHOUSE

A Holgate family holiday to the north-west of America – "the spiritual home of craft beer" in their words – inspired this "supercharged, all-American hop bomb". Once again, the alcohol volume dominates, but it's still a dark and stormy wonder, tasting of Golden Syrup, Scotch Finger biscuits and smoky dive bars. "Not too dark, and damn good."

ORIGIN: VICTORIA ABV: 6.7%XX RATING: ★★★★☆

NOISEY MINOR ANZUS IPA

FORTITUDE BREWING CO.

A light and slightly fruity IPA that's low on ale-ness but big on taste, offering an IPA for people who don't really like IPAs. There's a bit of apple-cider cloudiness here, and low carbonation. Yet it promises it was made for the Australian climate, out of a combination of ANZUS hops, from Australia, New Zealand and the US. Decent balance of bitterness and punchy malts.

ORIGIN: QLD PRICE: ABV: 6% RATING: ★★☆☆

BLING BLING IMPERIAL IPA BRIDGE ROAD BREWERS

This powerhouse washes over you like a beer ocean, full of pungent aromas and gravelly, gorgeous flavours. Described as having hop profile that's "off the scale", or 11 out of 10, it's surprisingly lovely for a beer that's strong enough to turn you into a blithering idiot within the hour. For all of its power and taste, it's not too over the top, and was far and away our favourite IPA.

> ORIGIN: VIC ABV: 8.5% RATING: * * * * *

HOPINATOR DOUBLE AMERICAN IPA HOLGATE BREWHOUSE

Not just an IPA, but a double one. Sipping the Hopinator put some very funny faces on the by-now sagging visages or our testing panel. Some felt it was a bit like sump oil, as it's a big, fat, thick ale that that makes Guinness feel like a lager. If you like your beer dark and your tongue numb, you'll love the Hopinator, but for our tastes it was just a bit too much, of everything.

> ORIGIN: VIC ABV: 7% RATING: ★★☆☆☆

ALE BE BUGGERED!

DON'T know your ale from your armpit? Behold our quick pub-ammo guide, to make you look smart amongst posh-beer lovers.

Pale Ale: These delicious, slightly fruity, always interesting beers are brewed with lightly roasted, or pale, malts, and generally have an even balance of hops vs malt, although some brewers can let the hoppiness dominate.

India Pale Ale (IPA):

These slightly more serious ales are an English invention, originally created to get thirsty sailors through the long voyage to India. Plenty of UK-sourced hops made them hold their earthy



flavours for longer, without going sour. If you're a lager man, this might be a beer bridge too far.

American IPA: Clearly

these are geographically confused ales, perhaps aimed at the Native Indians, but probably not. Yank brewers have had a crack at their own version of IPA, with a more heavily hop flavoured balance, and if they're not enough of a mouthful, you can try... **Double IPA:** Also known as an "Imperial" IPA, these American creations ramp up the hops to the point where you'd be hard pressed to find any other flavour in the beer. They're also usually extremely strong, alcohol wise, and will knock your brain almost as hard as your taste buds.

Golden Ale: If all these flavours are too much for you, but you're keen to branch out beyond lagers and pilsners, try a Golden Ale – Fortitude's is a cracker – which is a lighter, brighter and less intimidating ale, which can make a good gateway beer for drinkers wanting to get on the ale train.

Unfiltered beers: Much like organic wine, this is the kind of thing only appreciated by blokes with beards who take their drinking very seriously. Beer is filtered for a reason to get sediment and crap out of it - but beer nerds feel it goes too far, stripping away the natural goodness of beer, some of its bitterness and the ability to hold a proper head. If you're all about "mouth feel" and a frothy head on your beer, maybe with some grass seeds in it, unfiltered is for you.



.....

WORDS : ALEX BOYE

MAGIC MARINADES

ADD SOME BITE TO YOUR BBQ WITH THESE LEFT-OF-CENTRE FLAVOURS

RILLING a steak is a great way to add tons of smokiness and flavor to the meat. One of the challenges to grilling steaks, however, can be affordability; tender, juicy cuts of beef are often expensive, and more affordable cuts like sirloin or flank steak can get tough or rubbery when they're cooked. Marinades can help; less expensive cuts of beef can still be flavorful and juicy, they just need to be marinated in the right ingredients.

Marinades are made from a variety of ingredients, some of which can help break down the connective tissues in the meat – this means the finished steak will be easier to cut and chew. One of the main ways marinades can tenderize meat is to take advantage of enzymatic reactions. Basically, enzymes help break down the collagen in a steak without compromising the structure of the meat's fibers. Many warm-climate fruits contain enzymes that can help tenderize cheaper cuts of meat. Kiwifruit, figs, and papaya are all great sources of proteolytic enzymes (enzymes that break down proteins); they add flavor to your steak's marinade while encouraging a more tender grilled steak.

Acidic ingredients have a similar effect on the texture of meat – they will weaken the muscle fibers and tenderize cheap cuts of meat by allowing them to retain more moisture. Adding components like wine, buttermilk, or vinegar to you marinade not only balances other components you've added but it further encourages reactions that will tenderize the meat. Just be sure your marinade is balanced; adding too much acid can have the opposite effect and toughen the steak.

If you're thinking about grilling but want to stick to a budget, you don't have to skip the steaks – just skip the filet mignon. Cuts like sirloin and flank steak can be just as good with a little help from the right marinade.

> MARINADES

Below are just some of the marinade options worth consindering.

> TEA

Tea is the new coffee, and that goes for marinades, too. Take advantage of tea's tenderizing tannins by adding some strongly brewed tea to your marinade for both tenderness and an earthy flavor.

> PINEAPPLE JUICE

Pineapple juice isn't just for marinating pork; try it on steaks, too. The juice will lend an incredible sweetness to the meat and the naturally-occurring bromelain will help break down the steak's collagen.

> WINE

Wine has natural tannins which help tenderize steak and because wine is also acidic it can help the steak retain more moisture. All this adds up to delicious, tender, juicy steak. LESS EXPENSIVE CUTS OF BEEF CAN STILL BE FLAVOURFUL AND JUICY, THEY JUST NEED TO BE MARINATED IN THE RIGHT INGREDIENTS

> BEER

We all know about beer can chicken, but how about beer-marinated steak? Try marinating your steak in your favourite brew for an hour or more before grilling.

> GINGER

Another secret source of proteolytic enzymes, ginger is a great way to add amazing flavor to steak while also giving it a little tenderness.

> COLA

Whether you're a Coke or Pepsi fan, you should try giving your steak a dunk in cola. The acid in the soda will help tenderize the meat and the sugar will add a natural sweetness to your marinade.

> COFFEE

Coffee is another way to inject flavor into your steak while marinating to maximize tenderness. Just be sure to chill the coffee completely before you add it to the marinade. Of the marinade.



HOW TO MAKE A KILLER HOLLANDAISE SAUCE

INGREDIENTS

- 3/4 cups unsalted butter
- 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
- Hot sauce, such as Sriracha, to taste
- 2 egg yolks
- 1 tablespoon sherry vinegar, plus more if needed
- 1 tablespoon water
- Kosher salt, to taste
- 1/2 teaspoon lightly packed finely grated lemon zest

DIRECTIONS

1: In a small saucepan, melt the butter over medium heat. Don't stir as it melts. You want the milky solids to fall to the bottom and the butter fat to float to the top. Keep warm.

2: In a small bowl, stir together the soy sauce, Worcestershire sauce, and a few dashes of hotpepper sauce; set aside.

3: Pour water to a depth of 1-2 inches into a medium saucepan and place over medium heat. Rest a medium stainless-steel bowl in the pan over (not touching) the water. Put the egg yolks, vinegar, water, and $\frac{1}{4}$ teaspoon salt in the bowl and start whisking. As the bowl heats up, the yolks will begin to thicken. Whisk vigorously, scraping around the bowl with a heat-resistant rubber spatula from time to time so that bits of yolk don't get stuck and overcook. Beat until thick and frothy but not quite fluffy, 3-4 minutes. The whisk will start leaving a clear space on the bottom of the bowl. Remove the bowl from the heat and whisk for another 30 seconds or so to stabilize the sauce and let the bowl cool down.

4: Continue whisking as you slowly drizzle in the warm melted butter, taking care not to add the milky-watery layer from the bottom of the pan. As you pour and whisk, make sure the yolks are accepting the butter and the yolks and butter are emulsifying. If the sauce looks at all broken or "curdly," stop adding butter and just whisk for a few seconds. Only resume adding butter once you've whisked the sauce into creaminess again.

5: Once all of the butter has been added, whisk in the soy sauce mixture and lemon zest. Taste and adjust the seasoning with salt and vinegar if needed. If possible, serve right away.

VARIATION

Fold in 2 tablespoons of chopped fresh tarragon with the lemon zest.



INNER WESTERN CIVILISATION ALL THE COOL OF SYDNEY'S INNER WEST WITHOUT THE WANKERS (BONUS: HOT LESBIANS)

I *love* hanging out with Lesbians. They're my favourite people, frankly.

As a seedy straight guy who likes to be around women, one of the primary issues I encounter is that most reasonable and intelligent females *absolutely hate it* when you stare at the competition, mouth agape.

You don't have that issue when you're hanging out with lesbians. In fact, they're possibly the most misogynistic section of society: nobody, and I mean nobody, objectifies women like Lesbians do. Which is why the Courthouse hotel in Newtown is such a fun place to be.

Yes, the place serves pub grub of the highest order. Yes, the football is everpresent on the screens. Yes, there is a handy selection of craft beers (but not so many that you end up paying nineteen dollars for some disgusting homebrew).

But if I'm honest, the main reason I love the Courthouse is the sheer number of beautiful women, almost all of whom you can sit back with and stare at all the other beautiful women. It's astounding. It's like a Suicide Girls catalogue came to life and started serving you beer: heaven.

The place has just enough hipster about it that you feel like you're hanging with the cool kids, but not so much that some douchebag with a moustache will start mouthing off about how anything other than a short black is a crime against humanity.

Go there for the women, stay there for the cheap beer and chicken parm. The Courthouse Hotel is at 202 Australia St, Newtown NSW 2042 Otto





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MODELS OF THE MONTH

OI-N

THE **DARKER** SIDE

OUR FAVOURITE BRUNETTES, FROM AROUND THE WORLD, FOR YOUR VIEWING PLEASURE

BRITTANY

What we have here, my friends, is a genuine Miss USA placegetter. You may look, but you may not touch. Sorry.







AIDRA FOX

Aidra is of mixed Czech, German and Polish descentt, and started out in the Adult industry aged 18. She's got a long and beautiful career ahead of her...

AMY RIED

We found Amy in a supermarket, dressed in conservative jeans and a sweater. She was exactly what we imagined under all those clothes.









KIERA WINTERS

The hottest winter on record. Global warming must really be happening.



UMA JOLIE

Uma has the most stunning, exotic eyes we've ever, er... laid eyes on. Who knows what's going on behind them?









She's 5'8 knockout who's knicked us out, for sure. Malena Morgan began modelling aged 13, and is now one of the most exciting faces in the adult industry.

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SHOT BY A SNIPER JUSTIN CONSTANTINE

A SINGLE BULLET FROM A HIDDEN IRAQI GUNMAN BLEW AWAY A LARGE PORTION OF THIS SOLDIER'S FACE AND SHATTERED HIS WORLD. THIS IS HIS STORY OF SURVIVAL, AND HOW A RICH LIFE CAN BE RECLAIMED FROM NEAR DEATH HE attacks of September 11, 2001, ushered in a new era of reservist involvement, and like many others, I volunteered to deploy to Iraq. As a Civil Affairs Team Leader, I was entrusted to help local Iraqi communities develop critical infrastructure projects. Our focus on foot patrols, combined with the intense heat and carrying 65 pounds of weapons and gear, made for long days. The enemy threat was omnipresent, and this was a chance to truly lead from the front. Being a part of this unit was the highlight of my military career, and in my short time there I learned a lot about leadership and troop welfare.

October 18, 2006, started out like any day over there, at least as much as I can remember of it. We had a newspaper reporter with us, and he rode next to me in our armoured humvee. We stopped to inspect an Iraqi police station that had been shot up the night before, and then moved on to check on a squad of Marines who guarded a notoriously dangerous area.

As we exited the vehicle at our next stop, I told the reporter about an enemy sniper in the area who had already killed several Marines, and warned him to move quickly. Based on this advice, he took a big step forward, then suddenly a bullet smashed into the wall next to us right where his head had been.

Then another shot was fired. This bullet, as the expression goes, had my name on it. It hit me behind my left ear and exited out my mouth, causing catastrophic damage along the way. Somehow, from hundreds of yards away, the sniper had managed to shoot me in the thin sliver of exposed skin between my helmet and neck guard. Miraculously the bullet did not hit my brain or my spinal cord. It did, however, tear apart my mouth and face. Although I initially did not lose consciousness, I don't remember anything from the sniper attack, nor anything else from the next two weeks. It's as though my conscious brain was unable to process such a hideous injury, and pretty much shut down.

The Marines closest to me thought that I had been killed instantly, but that did not deter Corpsman George Grant. With complete disregard for his own life, Corpsman Grant, who was just 26 at the time, ran over to me, even though the sniper was still trying to pick off other targets. George saved my life that day. Under these chaotic and incredibly dangerous conditions, he performed rescue breathing and an emergency tracheotomy on me so that I wouldn't drown on my own blood. George Grant is an amazing young man, and ultimately, he was able to stabilise me long enough to get me to the closest medical facility. The Battalion Commander also stared down death to help provide emergency medical care to me.

Fortunately for me, these two brave soldiers weren't the only ones willing to sacrifice their lives for mine. Lance Corporal (LCpl) Buhler, a young Marine whom I barely knew, then drove me to safety at 120 kilometres per hour, about four times the speed we normally drove at due to the inordinate number of improvised explosive devices (IEDs) in the roads. Had we run over an IED driving at that speed, our vehicle surely would have flipped over and killed both of us.

From Iraq, I flew to Landstuhl, Germany and then on to what is now the Walter Reed Bethesda Naval Hospital in Washington D.C. By an odd quirk of fate, I would later run into LCpl Buhler at that hospital – he and his best friend in Iraq had approached a black BMW on the basis of an intelligence tip, but the insurgents exploded it when they were just a few feet away. LCpl Buhler was lucky enough to only suffer from shrapnel wounds to his abdomen, but his best friend, as he said, was "vaporized" right in front of him. Although LCpl Buhler recovered from his stomach wounds relatively quickly, I'm certain he'll struggle with the mental image of his dying friend for the rest of his life.

The next four to six weeks were difficult for me, and at several different times the doctors were not sure if I would survive. At one point, my fever spiked dangerously high and I had not slept in a week. I suffered from anxiety, fear,

"MIRACULOUSLY THE BULLET DID NOT HIT MY BRAIN OR SPINAL CORD. IT DID, HOWEVER, TEAR APART MY MOUTH AND FACE"

and depression, and had a severe allergic reaction to the medicine administered to me. As a result, extremely graphic and violent hallucinations filled my mind, to the point where although just lying in my bed, I was sweating profusely from the horrific images in my mind. In fact, my heart was beating so quickly that the doctors told my family that if they could not slow it down, I would have a heart attack and die.

After I woke from my medically induced coma, I could not talk for several weeks, but the doctors didn't know if that was due to incredible swelling in my head and neck, or if Corpsman Grant had accidentally cut my vocal cord while performing the emergency tracheotomy. Initially, the only way I could communicate was to spell out words, one letter at a time, on the palm of my girlfriend's hand. Dahlia's patience was immeasurable, because it would take several minutes just to communicate one sentence.





TOP LEFT TO RIGHT: In Iraq's Al-Anbah province in 2006, and with the team of Marines he led as a civil affairs team leader, tasked with helping to rebuild that war-torn part of the world.

RIGHT: More recovery after yet another round of facial reconstruction surgery.

FAR RIGHT: When Constantine woke from his coma, his then girlfriend (now wife) Dahlia was by his bedside. They have barely been apart since.





Although this was a step in the right direction, it was incredibly time-intensive and made it impossible to have a conversation. And it was only with Dahlia that I was able to communicate this way, probably because I felt so comfortable with her. That made visits with my family embarrassing and frustrating for me. Just like our wounded warriors who wake up in a hospital missing an arm or a leg, I did not fully understand what had happened but knew that something was severely wrong.

I can still remember being in the ICU, waking up and stating my last name (although almost unintelligible due to the damage to my mouth, teeth, and tongue), and seeing Dahlia's teary reaction as she realized I was "talking" again. As it turns out, even with the sniper still shooting at us, Corpsman Grant had performed such a perfect tracheotomy that my plastic surgeon later thought that another surgeon had done it.

I knew on one level that Dahlia loved me and just wanted to help, but always in the back of my mind I was inwardly embarrassed about needing so much care. And I struggled mightily with the knowledge that I was back in the States and my Marines were still in Iraq. Like every other wounded soldiers in the hospital, I just wanted to hurry up and get back to my unit. It took a long time to move past that, as well as the extreme shame I felt following my injury.

I left the hospital six weeks after arriving there, but not before a number of complicated surgeries to rebuild my mouth, extract bone from my legs to reconstruct my jaws and to lay the foundation for many more surgeries over the next five years. Dahlia dropped everything in her life to take care of me. Although we're married now, Dahlia and I were not yet engaged when I deployed to Iraq, and she left for England to pursue her PhD at Cambridge University. She put her program on hold to be with me, which was one of many sacrifices she has had to make as my caregiver.

As an outpatient, I was attached to a feeding tube for several months, and required 24/7 nursing. I spent eight

"COMPLICATED SURGERIES WERE NEEDED TO REBUILD MY MOUTH, AND BONE WAS EXTRACTED FROM MY LEGS TO RECONSTRUCT MY JAWS"



"THE DAY I SAVED MY FRIEND'S LIFE"

My full name is George K. Grant. I was 26 at the time Justin was injured. The events of that day were surreal; I think I was in shock for hours afterwards. My Marines had to clean the blood and tissue from my vehicle, and most of my gear had to be replaced due to it being covered in his blood. I think because I had gotten to know him that I took it a little harder than treating another injured service member. He had become part of our platoon and we treated him as such because he could hold his own on our many tortuous foot patrols.

Thinking he was dead, and then seeing him wake up was a rollercoaster ride; and I will always remember his eyes. The pain, blood, and uncertainty in them; and the confusion that he must have went through. I don't know how we were ever able to calm him down. If in one minute I was walking normally with all my senses, and the next I couldn't see, hear, talk, or breathe, and someone was holding me down, with two huge inflated balloons in my throat, and blood pouring down my airway, I would not have been as compliant and calm as he was.

I was so happy that he survived. I believe my actions following Justin's wounding made my senior officers more confident in me, which in turn made me more confident as a corpsman. It was an uncomfortable experience physically and mentally, and I used that as a way to motivate myself through other difficult moments in my deployment and in my life. Seeing him persevere in life makes me realise that I have not really ever experienced true hardships. Justin is a true warrior and I'm happy to be able to call him my friend.



"WHILE I HAVE SUCCESSFULLY ADAPTED TO NIY 'NEW NORMAL', THE PERSONAL COSTS ARE SIGNIFICANT AND LONG-LASTING"

months on convalescent leave, following a general cycle of surgery, pain medication and recovery period, over and over. Because virtually all of my teeth had been knocked out of my mouth, I had to carry a towel with me to wipe away the constant flow of saliva out of my mouth (I still drool when I turn my head to the side or bend over). And due to my difficulties with eating, we did not go out to eat for approximately one year; even to this day it is always an embarrassing experience to eat in public. Although I now have dentures, I'm missing the end of my tongue, which makes tidy eating impossible. As an adult, a military officer and a professional in the civilian world, the drooling which I simply cannot control is nothing short of humiliating, and I know it makes others feel awkward.

Like many returning from Iraq and Afghanistan, I continue to have issues with post traumatic stress disorder (PTSD). These episodes can range from nightmares to mental reenactments of my injury to inexplicable waves of emotion. Although PTSD is perfectly normal after going to war, in this country and within the Department of Defense there still exists a certain stigma associated with it. I truly believe that a sign of real strength is not to "tough it out" and pretend that the condition does not exist, but to be up front about it and get the help I need.

Although I can play golf and exercise and have successfully adapted to my "new normal," the personal costs are significant and long-lasting. It has been nine years since I was shot, yet I cannot see out of my left eye, cannot always speak clearly, have difficulty running due to the missing bones in my legs, and periodically struggle with behavioural health issues, including not only PTSD but mild traumatic brain injury (TBI).

But I am only one wounded soldier, and there are almost 44,000 just like me from the wars in Iraq and Afghanistan alone. That means 44,000 families with lives turned upside down and 44,000 returned soldiers who'll spend years reintegrating into society and adapting to their new normal. These are the obviously wounded – they are missing limbs, are blind, have newly deformed heads, or are now committed to a life in a wheelchair. Hundreds of thousands of other service members suffer from invisible wounds as they continue to fight the enemies that rage inside their minds. Not all of us will survive, succumbing either to the injuries themselves or to suicide, a desperate and horrible outcome that has continued to plague our community.

However, my distress cannot compare to the grief experienced by more than 6000 families who have had to bury a loved one killed in Iraq or Afghanistan over the past 10 years. As painful as it is for me, I periodically remind myself of the Marines who did not make it back. I remember meeting some of them and reflecting on the challenging conditions they experienced at their forward operating base. Every day brought a very real danger of stepping on or driving over an IED, engaging in deadly firefights with a determined enemy, or not making it into a bunker before incoming rockets and mortars exploded. I also remember their excitement when I gave them a bunch of ketchup and mustard packets I had grabbed for them at our chow hall. Their food – heavily processed, dry, and tasteless – left a lot to be desired.

Our unit had lost a lot of Marines, and I asked the Battalion Commander how he dealt with the memorial services for guys barely out of high school. He sighed, looked down, and softly said that it never gets any easier. To this day, it doesn't get any easier for me to think about it, but at the same time I don't want to forget about those young Marines and their memorial service. I gave them ketchup and mustard, and they gave me everything.

FOOTNOTE: More recently, Justin has worked with the FBI as part of a counterterrorism team, and also works closely with the Wounded Warrior Project, and as a fundraiser for the Injured Marine Semper Fi Fund. Through his public speaking engagements, Justin has candidly shared his struggles with PTSD, to help raise awareness of the many issues faced by wounded soldiers and their families and to reduce the stigma of PTSD.

WENTAL HEALTH Strengthening Mental Health

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ABOVE: Due to his PTSD, Constantine was quick to put his support behind the Excellence in Mental Health Act, a US legislative bill to expand access to community mental health centres.

LEFT: Meeting President Obama and the First Lady to discuss his involvement in the Department of Defense Task Force for Care, Management, and Transition of **Recovering Wounded** of the Armed Forces.

BELOW LEFT: With Defense Secretary Leon E. Panetta at the Commandant's Marine Corps Ball in Maryland, Washington D.C., in 2011.





PENTHOUSE TRIVIA





3. Mad Max: Fury Road 4. Prometheus 5. Young Adult 1. Snow White and the Hunter 2. Monster

- 1. What do 36 percent of
- people do after they have sex?
- a. Shower
- b. Smoke c. Check Facebook
- 2. What kind of car is the General Lee from The Dukes of Hazard?
- a. Corvette Stingray
- b. Ford GT40
- c. Dodge Charger

3. What word is NOT a term used in bowling? a. Serve

- b. Strike
- c. Split
- 4. Which of these is NOT the name of a standard cricket fielding position?
- a. Backward square leg
- b. Deep extra cover
- c. Forward third man

5. Which of these celebrities have not featured in a sex tape?

- a. Hulk Hogan
- b. Colin Farrell
- c. Christian Bale

6. From 1973-1980, Penthouse published a magazine for women. What was it called? a. Viva

- b. Confess
- c. Broad

7. In what year was the first

- car invented?
- a. 1821
- b. 1886
- c. 1926
- 8. How did James Dean die?
- a. Car accident
- b. Heroin overdose
- c. Drowning

10. If you're Agoraphobia, what are you afraid of? a. Dentists b. Open spaces c. Blowjobs 11. When was the last time somebody in Australia died from a spider bite? a. 1981 b. 1992

9. How many FIFA World Cups

has Australia played in?

a. 1

b. 3

c. 6

c. 2014

12. Who is the current coach of the Socceroos? a. Graham Arnold b. Frank Farina c. Ange Postecoglou

13. What did Melbourne used to be called? a. Batmania b. Whittlesea c. Darebourne

14. How many beaches does Australia have? a. 2000 b. 5000 c. More than 10,000 15. In nautical terms, what is

- a kedge? a. The kitchen
- b. A small anchor
- c. The bottom part of a boat
- 16. Which organ secretes insulin?
- a. Pancreas
- b. Kidneys
- c. Bladder
- 12.c, 13.a, 14.c, 15.b, 16.a.
 - ,6.11, d.01, d.9, s.8, d.Σ, f.0.b, t.a, AUSWERS: 1.c, 2.c, 3.a, 4.c,


JOKES

JUST A TRIM

A woman goes to her doctor and says, "I really want to have my labia size reduced, they're just too big and I think men are grossed out by it. I'm sick of being single and need it to look a little more normal. But I need this to stay confidential! No one can know I had this surgery."

The doctor says, "Of course, everything is confidential here; strictly between you and I."

The woman goes to the hospital for her surgery, and afterwards wakes up in the recovery room to see two vases of flowers on the table next to her bed. She freaks out, wondering how anyone knew about this if it was so confidential.

The doctor walks in and she is livid. She immediately yells, "What's with these flowers? I thought this was just between you and I!"

The doctor says, "Relax, I can explain. The first bouquet of flowers is from the hospital, they do this for everyone in recovery. They have no idea what you're here for, it's no problem."

"Well, what about the second one?" she wails.

The doctor hesitates, then says "Oh, those ... they are from a boy in the burns unit. He loves his new ears."

NUMBERS GAME

A young boy turns 11 years old. He decides to test his family to see if they remembered his birthday, so he goes downstairs to his father. "Bet cha' can't guess how old I am today", the kid says. The father has no clue and finally gives up. "I'm eleven!" the boy exclaims.

Disappointed, he goes into

 I'll have to call you back, Shirl
Stan's been pestering me
for a birthday handjob

the kitchen, walks up to his grandma, and tries again: "Bet cha' can't guess how old I am today," he says.

"Let me give it a guess," grandma says and sticks her hand down his trousers.

She plays with his testicles for a good ten minutes or so, squeezing them; rolling them back and forth. Finally she takes her hand out of his trousers, and says, "You're eleven years old".

"How did you know that?" the boy asks.

Grandma replies, "I heard you tell your father."

CINEMATIC SEX

A guy and his new girlfriend were starting to have sex when she looked at him deep in the eyes and said breathlessly, "Make love to me like in the movies."

So the guys fucks her like a jackhammer in the arse with one hand on his hip, pulls out, and

comes all over her face and hair. The girlfriend is aghast.

The guy shrugs: "What? I guess we don't watch the same movies."

ELBOW ROOM

A woman was standing in a crowded lift of the hotel she was staying in. When a man got in and accidentally elbowed her in the breast. The man said, "I'm sorry! But if your heart is as soft as your breast, you'll forgive me."

The woman replies, "If your cock is as hard as your elbow, then I'm staying in room 113."

PRICE OF LOVE

A Jewish kid asks his mum, "Hey, can I borrow twenty dollars?"

The mother says, "Fifteen dollars? What do you need ten dollars for?"

"Look, okay bring me my purse, but I don't think I've got a five dollar bill.."

FAIR EVASION

A black man stands alone at a bus stop waiting for the bus.

He suddenly realises he has have to take a dump, but the bus is almost due, so he decides to just back out a massive steaming turd right there at the bus stop.

A moment later the bus arrives. Dude gets in and asks the bus driver: how much for a ticket to the next stop? The driver replies: "\$3.50 for you and \$2.50 for the child, but he can't smoke inside the bus."

PARTY BOY

A boy asks his mother, "Why am I black and you're white?" She says, "Don't even go there. The way that party went, you're lucky you don't bark."

HUNG JURY

Did you hear about the thalidomide pornstar? He had arms like a baby holding an apple. Other





HEALTH

WORDS : AMIE BARBELER

COMING CLEAN

RATES OF ADDICTION IN OUR DRUG-ADDLED WORLD ARE RISING, AND SO ARE THE NUMBERS OF TREATMENTS AND CENTRES OFFERING A WAY OUT. BUT WHAT REALLY WORKS WHEN WILLPOWER ALONE HAS FAILED?

S Aussies, we love our drugs. More than 40 percent of us have sniffed, swallowed or snorted something illicit at some stage in a quest to alter our conscious state and feel better than James Brown. In 2014, Australians were, per capita, the world's biggest consumers of ecstasy, ranked second in opioids, third in methamphetamine and fourth in cocaine.

But what happens when a few cheeky lines on a Friday night turns into an addiction, and before you know it, you're raiding your kids' piggy banks and are on your way to becoming a brain-fried junkie sitting around bonfire bins sharing syringes in back alleys?

By the time he was 20, Matt* was addicted to OxyContin. "I started taking ecstasy on the weekend, drinking and smoking a bit of weed. It progressed to cocaine and finally to OxyContin," Matt says. "I've had many low points but OxyContin was by far the most dangerous of all my addictions. When my daily habit of five or more 80mg OxyContin a day hit, I realised very quickly that I physically couldn't live without it, and when my dealer ended up in jail, I had nowhere to turn and I went through the worst withdrawal possible. It nearly killed me. It was at that point, my lowest, that I decided to get clean."

If your drug or alcohol use is causing you to take risks while high, screw up at work, get into legal trouble or is affecting your relationships, then it may be time hoist the white flag and



"ADDICTION ISN'T A MORAL OR MENTAL WEAKNESS - IT'S A CHRONIC MEDICAL CONDITION"



declare your moment of surrender. Sure, some of us can go for decade after decade dabbling with drugs casually without serious detriment to our lives, but for others, the feeling that drugs and alcohol bring can fill a void and turn into a dependence.

Having an addiction doesn't mean a life shackled to dependence and misery. Addiction isn't a moral or mental weakness – it's a chronic medical condition and escaping the cycle of detox and relapse is generally a long-term process.

> COLD TURKEY

The hardest method, and statistically, the least likely to succeed. Depending on the drug(s) you're quitting, you're likely to experience a whole range of potentially brutal physical and emotional withdrawal symptoms: nausea, stomach cramps, shakes, sweats, fever, fatigue, insomnia, depression, anxiety, and diarrhoea. You're also more likely to relapse than if you were to detox in a supervised setting, such as a rehab. For some drugs, the withdrawals can be hideous to the point of almost unbearable, and easily last for a couple of weeks or longer.

> REHAB

Checking into rehab may seem essentially the same as going cold turkey, but brings with it crucial added withdrawal support in the form of supervision, medication, therapy and group activities. During a stay at a rehabilitation facility, they'll make sure you maintain as much normalcy as possible, with a focus on exercising, eating healthy and ultimately aiming to help patients return to a normal, drug-free life. Rehabs also address the underlying issues of what might have led to the addiction in the first place.

The process generally starts with a medical detox to clear the system of drugs and alcohol. Then comes dealing with the withdrawals. "Gone are the props that enabled you to cope," says James Pitt, CEO of Odyssey House, one of Australia's biggest rehab centres. "The reality is you're faced with the prospect of finding out who you really are and how your life has reached the point that you're in rehab."

There are plenty of all-purpose rehab facilities that help people overcome drug and alcohol addictions but it's best to shop around and find one that specialises in treating the addiction to the specific drug you're hooked on. Because while the symptoms of addiction and withdrawal are all very much the same, there are some symptoms that are unique to certain drugs.

For example, withdrawing from Ambien or Xanax can result in muscle spasms and panic attacks; for OxyContin and morphine-based drugs, the symptoms can be stressful to the point of terrifying and can last longer than any other detox; and coming off cocaine can sometimes result in strokes, respiratory failure or hallucinations. So it's important you pick a rehab that's trained in dealing with the withdrawals of your specific addiction.

From your faith-based rehabs to facilities that focus on high-end drug detox, you've got options.

> CURED IN PARADISE

Rehab in Australia can be bloody expensive, so it's not surprising that a growing number of Australians are shipping themselves overseas in attempt to get clean. One such centre is a luxury rehab resort called The Cabin, in Chiang Mai, Thailand, which uses a 12-step recovery program and focuses on the Buddhist principle of mindfulness, as well as incorporating cognitive behaviour therapy (CBT) into its treatment. The Cabin claims about 40 percent of its clients achieve their "IT'S IMPORTANT YOU PICK A REHAB CENTRE THAT'S TRAINED IN DEALING WITH THE WITHDRAWALS OF YOUR SPECIFIC ADDICTION"

goals of recovery but it comes at a price of around \$14,000 a month (which does includes elephant riding and white-water rafting, mind you).

Alastair Modey, program director at The Cabin, says lots of young Australian ice addicts are heading overseas for help: "We have had more than 1000 clients through the door now and almost 40 percent of them are Australians," he says.

"Our clients include tradesmen, oil workers and farmers; blokes who often have a bit of money but are still blue-collar guys. Then you've got the corporate executives, the spoilt kids and the housewives or husbands."

Ryan, a 28-year-old ice user from Brisbane, visited The Cabin when his meth use reached crisis point. "Part of the reason for me going to Thailand was to leave Australia because I didn't know where to score drugs in another country," he said. He stayed at the centre for two months and seven months later, was confident he'd turned his life around. "I never used to think I could be satisfied with normal things without using, and for the first couple of months of recovery, I still thought that," he said. "There's more to life,

it's a very a very small world when you are using drugs. I always thought that was everything, but it's not, there is a lot more out there."

If you'd rather detox in Australia and enjoy the views of Byron Bay's coastline while feeling like death, you can check in at The Sanctuary for an eye-watering \$135,000 a month. The facility ensures you get your own personal carer, chef and claims an impressive 89 percent recovery rate.

ADDICTION: THE HITS & MYTHS

Myth 1: Overcoming

addiction is just a matter of willpower. Giving up drugs and alcohol obviously requires a level of willpower but prolonged use of drugs alters the brain in ways that result in powerful cravings, making it difficult to quit sheerly by will.

Myth 2: Addiction is a disease, there's nothing you can do about it. Addiction might be a brain disease but that doesn't make you powerless. Addictions can be treated through therapy, rehab, medication and other treatments.

Myth 3: You have to hit rock bottom before you can get better. Not true. The earlier recovery begins during the addiction process, the better. The longer it continues, the harder it is to treat. Myth 4: You can't force someone into treatment if they don't want to be there.

Sure, a little co-operation makes the whole process a bit smoother, but people who are pressured into treatment by their friends, family and employers are just as likely to succeed in getting clean as those who enter on their own account. As they start to sober up and their thinking clears, many addicts who were previously resistant do decide they want to change.

Myth 5: The treatment failed so there's no point in trying again.

Recovery from addiction is a long process that often involves setbacks. Relapse doesn't mean that you're a lost cause, rather it just means you have to adjust the treatment approach.



> PHARMACOTHERAPY

Pharmacotherapy involves using medication to replace an illicit drug. It's given legally, measured and prescribed, and helps to eliminate some of the cravings associated with withdrawal so that you can work on other issues associated with your addiction. For example, methadone, naltrexone and buprenorphine are used when treating addiction to heroin. Ask your GP to recommend a pharmacotherapy program that might be suitable for you, or check out an Opioid Dependence Treatment workshop run by The Pharmacy Guild of Australia.

> CBT

Cognitive-behavioural therapy (CBT) is method of treatment that sets out to retrain the user's brain. It's an approach that was initially developed as a method to prevent relapse when treating alcoholics, and was later adapted for people addicted to cocaine. Nowadays, it's one of the most established therapies for combating depression, anxiety and a range of addictions. CBT strategies include teaching people to identify and correct their problematic behaviours by applying a range of different coping skills than can be used to help them recognise the situations that trigger their drug use, how to avoid those situations and cope more effectively with problematic behaviours associated with substance abuse.

> ALCOHOLICS ANONYMOUS

Established in 1935 in the US, this faith-based 12-step program dominates treatment for alcoholics, with over two million members worldwide. It offers a single path to recovery: abstinence from alcohol for life.

In simplest form, the AA program operates when a recovered alcoholic passes along the story of his or her own problem drinking, describes the sobriety he or she has found in AA, and invites people who are new to AA to join the informal Fellowship. AA encourages its members to admit that they're powerless to booze, accept that a higher power can help them and pray. AA is generally assumed to be the most effective treatment for alcoholism, but the statistics show a different story with 93 percent of new attendees leaving the program after six months.

Dr. Lance Dodes, who wrote *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry* says, "Alcoholics Anonymous was proclaimed the correct treatment for alcoholism over 75 years ago despite the absence of any scientific evidence of the approach's efficacy, and we have been on the wrong path ever since." On the upside, AA meetings are easy to find and the only cost is a small donation.

Whether you choose to go cold turkey, rely on rehab or get therapy, recovering from an addiction is easier when you've got people around you to offering encouragement and guidance.



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LIFE ON TOP

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FITNESS

THE AGE OF FITNESS

ALL YOU NEED TO KNOW ABOUT GETTING YOUR BODY RIGHT

WORDS: LYNSEY FRASER







TARTING to feel a little bit creaky? Finding a few grey hairs? Or struggling to find any hair at all? Yes, aging is an inevitable part of life, but other than the toll it takes on our appearance, what happens to our fitness levels as we age? Is age really just a number? Here we take a closer look at the age of Fitness.

Age verses Bio age.

So many health clinics and gyms offer scans tests to predict your Bio age. This is a review of your body's systems to see how efficiently your systems are working and determining how old your body is by the way it can function. So a fit and active 50 year old could have a bio age of 40 as his body functions so well its functioning at the level of an average 40 year old.

An inactive 34 year old could have a Bio age of 50 as his body is not functioning as well as it could.

When it comes to the health, fitness and function of your body, age really is just a number and will not affect your health as much as your lifestyle choice will.

So that's actually good news; it means....

- You are not doomed to middle age spread
- Your testosterone levels will not disappear
- · Your muscles don't just go soft

And the best news – it's never too late to start. But do it right and chat with your doc before you start any fitness and training routine.

THE AGE OF FITNESS - IN YOUR 20'S

Your Body: Welcome to the decade of optimal strength gains, development, increasing time demands and hangovers getting progressively more difficult.

Your risk factors: Two words, binge drinking. Whilst the immediate after-effects of a night on the tiles can usually be fixed with a fry up and glass of OJ, the long term effects on your liver function, waistline and general health are harder to cure.

Injury: going hard at the gym or out on the field is great for your fitness levels but unfortunately, participating in higher risk sports (think footy and high intensity sports like CrossFit) means you are at higher risk of picking up an injury.

Your diet: With your body at a peak for gaining lean muscle and your metabolism still high you may think you are immune to getting fat. But you're not. Make sure you eat good fats from nuts, seeds, avos and olive oil.

Your Training: Develop good recovery habits. Whilst you enjoy going to beast mode in the gym, smashing those WODs and getting your rig in top beach condition, you are also at a risk of injury and over training. Now is the time to think about your fitness longevity. Rules to good recovery

- Invest in a good foam roller and learn to use it before and after you workout. Foam rolling helps loosen connective tissue and boost circulation to aid performance and boost recovery – start now.
- Rest just because you feel like superman doesn't mean sometimes you need to be Clark Kent. Take a rest day from intense training at least once a week. Your body will think you for it.
- Recovery fully from injuries. If you do pick up an injury now, take some time to let it heal and work with a good chiro or physio to properly repair. That little niggle you feel in your knee this footy season could be the reason you're on the bench in 10 years time. Look after yourself.

THE AGE OF FITNESS - IN YOUR 30'S

Your Body: Your Body seems to be working against you now. As this decade passes you'll be confronted with some horrible facts, like a days hangover after a few beers and your six pack steadily becoming a 2 pack (and only in good lighting when you breath in hard)

Your risk factors: Your career is taking off, family and work demands more of your time and it's getting harder to get to find time for yourself to exercise.

You are at a higher risk of stress – balancing a busy career, family commitments, bills and deadlines puts you at a higher risk of stress, anxiety and depression.

Weight gain – all those commitments on your time can take its toll on your diet and training routine, leading you to gain weight; just a little at first, but slowly, men between 30 and 40 gain approximately 12 - 15 kilos over the decade.

Your diet: A recent group of interviews with men in their mid 30s reported that being away from home or work pressures putting them out of their 'normal' routine was the most common factor leading to weight gain, so keep some basic staples on hand for hungry moments and lunch on the run: tinned tuna, ready to cook "AGE REALLY IS JUST A NUMBER AND WILL NOT AFFECT YOUR HEALTH AS MUCH AS YOUR LIFESTYLE CHOICE WILL"





brown rice sachets, tinned veggies, nuts, muesli or a sugar free cereal.

Your training: Learn to train smarter – not harder. A 20 minute workout is better than no workout and you don't need a decked out Mark Whalberg-style gym to stay fit. Try some short 5 minute, 10 minute and 20 minute bursts that you can do anywhere. Think air squats, pushups, quick runs, scissor kicks... try to make sure you stay active as much as possible.



Tabata training is a perfect 20-mnute routine you can fit around your busy day. Tabata is a principle of high intensity interval training – sets are 4 minutes long with a 20 second burst followed by 10 seconds of recovery repeated 8 times. Work as hard as you can in each 20 second burst to earn the recovery.

2 minute warm up – get moving, air squats, high knees, mountain climbers, jog on the spotjust get moving for 2 minutes

Set 1 – Push up x 20 sec / Rest x 10 sec/ Backward stepping lunge(alternate legs) x 20 sec/ Rest x 10 sec – repeat 4 times

30 sec - recover

Set 2 – Scissor kicks 20 sec/ Rest x 10 sec/ Plank hold x 20 secs / Rest x 10 sec – repeat 4times

30 sec- recover

Set 3- Squat jump x 20 sec / Rest x 10 sec/ tricep push up x 20 sec / Rest x 10 sec – repeat 4 times

30 sec - recover

Set 4 – Ice skaters (jump wide from foot to foot using your arms and body to help get more distance is the sideways jump) x 20 sec/ Rest x 10 sec/ Mountain Climbers x 20 sec/ Rest x 10 sec. Cool down – walk on the spot, stretch out.

THE AGE OF FITNESS - IN YOUR 40'S

Your Body: Who is this old man staring back at you in the mirror?

This is a challenging time for men – often referred to as a "mid life crisis". It's a daunting reality to accept that your body is not as young as you feel mentally. It's becoming harder to maintain your weight and you need to work harder to build muscle mass.

Your Risk factors: Not to be the bearer of more bad news but as you reach the age of 40 your risk factors for coronary disease and heart attack increase significantly, as well as other lifestyle related conditions such as high blood pressure, high cholesterol and Type 2 diabetes.

The good news is that your lifestyle is actually the biggest influencing factor on theses – not your age. With smart choices you can reduce your risks.

Your diet: Now is the time to make heart healthy habits. Its never too late to start eating well and making better choices not just for your waistline but for you overall health.

Reduce your intake of fatty foods, animals fats and full fat dairy (enjoy in moderation)

Increase your intake of vegetables! Studies have shown that eating 7 servings of veggies a day can reduce your risk of heart disease,

lifestyle related illness and some types of cancer by a whopping 25% percent.

Your Training: Cardio exercise is a real key to your wellbeing now for two big reasons. You're aiming to start with about 20 minutes and build up to 45 minutes 3–5 times a week. So if you think Cardio is just slogging it out on a treadmill, here are seven ways to get your cardio done.

1) Boxing training – whether it's shadow boxing, working the pads or a full-on session, boxing training is great cardio exercise and awesome stress relief.

2) Squash – let your competitive side out: thrash it out with a colleague on the court. Squash is great for reaction skills and coordination, too.

3) Swimming – indoors or outside swimming is hard to beat for all over conditioning and cardio training, with little impact on the joints.

4) Cross Training – mixing up bursts of squats, shuttle runs, burpees or any other big movement. Try a mini circuit with a minute of each exercise.

5) Sex – that's right, any movement that gets heart rate up and gets you out of breath can be beneficial to your health. Try some more athletic positions where do more of the work, like holding your partner up against a wall for a good 'workout' together.



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THE AGE OF FITNESS - IN YOUR 50'S AND BEYOND



Your Body: Age is now setting in and you find yourself starting to creak and moan as you get up.

Your Risk factors: Loss of muscle mass, not being as active as you used to be and lack of time or motivation to train can lead to weight gain and obesity, increasing your risks of heart disease, type 2 diabetes, strokes and other lifestyle related disease.

Becoming more sedentary can also start to affect your balance, coordination and reaction skills, making daily tasks harder and your risk of falling and accidents higher.

Your diet: Eat your greens and your reds and your purples. Eating a full quota of veggies will help you get to the recommended 30 grams of fibre a day. If you're not a huge fan of eating your veggies then drink them: try blending them into juices and smoothies can help disguise the taste – think of them as rapid intake salads.

Drinking lots of water and keeping active are both great for digestive health

Your Training: First of all, IT'S NEVER TOO

LATE TO START training, but no matter your age it's always best to speak with your doctor first before you start anything new.

Strength Training on a regular basis can especially as we age can ward off muscle loss, keep your metabolism firing and help you to manage your weight. Here is simple 30 minute strength routine for your whole body using just one set of dumbbells.

Warm up – Get moving with 20 squats, 20 push ups, 20 jumping jacks and some light cardio drillsjogging, high knee runs. Repeat twice.

Perform 3 sets of each exercise with 12 reps in each set. Keep the movement steady and controlled.

Squat and press – stand with your feet over hip width apart, with toes pointing slightly out. Grip the

dumbbells in each hand. Squat down with arms in close to the body, as you drive up from your heels push the dumbells up and over head.

Bent over row:

Tip from the hips and keep the back long. Lift using your elbows and squeeze between your shoulder blades. Keep the abs pulled in to keep the body still

Lunge/ Lateral Raise:

Stepping forward into the lunge landing with the heel of the front foot at the same time raise the dumbbells out to the side of your body to shoulder height. Step in as you lower your arms and repeat on the other side.

Push Up:

Working from your knees or toes, make sure your chest is lowered right between your hands.

Standing oblique crunch:

Holding one dumbbell, stand tall, feet hip width apart and bend sideways from the waist reaching the dumbbell towards our the side if your knee, focus on squeezing the other side of your waist as you stand back up tall again.

Side Lunge and curl:

Gripping the dumbbells in each hand, take a big step with one leg out to the side, shift your weight over to this leg and lower your butt back and down into a squat on one side. As you lower your butt curl the dumbbells up towards your chest. Step back to the centre as you lengthen your arms – repeat each side.

Finish off with a some light cardio again and a few stretches.

Lynsey Fraser is a health and wellness expert with 12 years' experience in the Fitness Industry as a certified PT, group exercise instructor, yoga teacher, master trainer and fitness model. Lynsey believes in helping her clients to find a balanced approach to fit and healthy lifestyle. No quick fixes or fad diets just down to earth practical advice for living a better happier and fitter life. Other

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IN FOCUS

JASON IERACE

UNGUARDED MOMENTS

BEAUTIFUL WOMEN; NATURALLY LIT AND CANDIDLY SHOT ... THESE ARE THE HALLMARKS OF THE WORK FROM THIS SYDNEY-BASED PHOTOGRAPHER









and worked a few ski seasons in North America and Europe. When I returned to Australian I ended up doing a lot of graphic design work.

"This led me to Sweden, as my girlfriend at the time was Swedish. I lived and worked there for over three years as an art director.

"When I returned back to Australia in 2001 I started freelancing as a graphic designer, but I knew it wasn't really my main passion. My first love has always been photography, so that's what I decided to pursue. So began the hard slog of assisting different photographers and getting to know the industry in Australia.

"A lot of my influences come from what I love about the past. Images and design from the '60s and '70s are always on my mind and creep into my work. The simplicity of things like lighting and composition.

"IMAGES AND DESIGN FROM THE '60s AND '70s ARE ALWAYS ON MY MIND AND INFLUENCES FROM THIS PERIOD CREEP INTO MY WORK"

"I love natural light and using that with reflectors and bouncing light, but I also love lighting things to make them look like quite natural. I sometimes use flash or HMI [hydrargyrum medium-arc iodide] lighting, but the real art to lighting a subject is to make it look as though they haven't been lit.

"In terms of influences, Sam Haskins was a British photographer who was well known for his nude images from the '60s onwards. I had the pleasure of assisting him quite a few times over the years and must say his work has had a big influence on me. His style and the way he lit a shot didn't really change much from the time he started; it was all about simplicity. Sam died back in 2009 aged 83, but he left behind an incredible collection of work.

"When I look for locations and places to shoot, it's all about the light, texture and simplicity. They are the three keys things I try and utilise most when I shoot. I sometimes like to introduce graphic elements into the shots, but again the simplicity of the element will add to the composition of the photograph." Other



"THE REAL ART TO LIGHTING A SUBJECT IS TO MAKE IT LOOK AS THOUGH THEY HAVEN'T BEEN LIT"







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