

JIM DAVIDSON
Laugh Out Loud

Jim Davidson will take to the stage of Burswood Theatre on Saturday, October 15, with his brand new show *Jim Davidson Live*. Bookings can be made through Ticketek.

Unashamedly outspoken, English comedian, author, playwright and occasional actor Jim Davidson is headed back to Perth and the comedy icon can't wait to touch down once more on Australian soil.

"I love Perth. My manager said that my last stand up show in Perth was the best show he'd seen me do in 30 years. I loved it," Davidson gushes when asked about how he's feeling in regards to his impending arrival.

Whether it's because we're less likely to take offence to his material, or just because Davidson is sick of British audiences, the comedian loves Australia and can't wait to share the best bits from his 30 year back catalogue on his upcoming *Jim Davidson Live* tour.

"Audiences can expect to laugh their heads off. I've been doing this for a million years so I have a million years worth of material that the Australian audiences haven't seen and I'm about to unleash myself on them."

About as politically incorrect as they come (which is just how he likes it), Davidson isn't afraid to talk about race, sex and other somewhat contentious issues.

"There must be 50 billion standup comedians in England now. There's all these young guys who gig in pubs and clubs and they're all a bit self satisfied and are happy doing their 25 minutes of politically correct humour, and I'm not a big lover of that."

"The worst reaction I've had was when I was on Terry Wogan's show 20 years ago and he said 'what was the worst time of your life?' and I said 'when I found out that Santa Claus isn't real' – that's all I said and there was an outcry! People are way too sensitive. You have to be careful about what you say and I never comment about what I say on stage. I don't tell many jokes, I just rant on, and the rule I've given myself is if you want to do a joke about someone, that someone has to be in the room as well. I don't want to snipe people from afar unless they're really awful."

Next to us Aussies, it's the British military that seem to love Davidson's humour most, and the comic is more than happy to satisfy the troops' need for comedy in war zones.



Jim Davidson

"I've been to Afghanistan to do stuff for the troops. Everywhere the British military has been deployed I've performed. You have to work harder with the troops because you can't shock them. Sometimes you watch a comedian and you think 'oh my god, I can't believe he said that!' but there isn't any of that with the troops. They have a dark sense of humour. The Australian Army is probably the same. I've only met guys from the SAS who have that sense of humour that keeps them going."

"The SAS are loonies! When you've got a guy who can freefall from 30,000 feet and swim out of a nuclear submarine and run across Western Australia with a pack on his back, this is a man that likes a drink and a laugh believe me."

EMMA BERGMEIER

ADAM & EVE
Losing My Religion

Adam & Eve is on show from Tuesday, October 11, to Saturday, October 29, at 7pm at The Blue Room Theatre, Northbridge. Tickets on (08) 9227 7005 or blueroom.org.au.

The Adam and Eve Bible story goes a little something like this (I apologise in advance for this extremely condensed version of events): God creates a kingdom, then creates a man named Adam, soon decides that it's not good for man to be alone, so takes one of Adam's ribs and from that rib, forms a lady-friend, Eve.

Award-winning theatre company The Wet Weather Ensemble are vividly reimagining the story of creation in their latest offering, aptly named *Adam & Eve*. Actor and deviser Ian Sinclair says that with lashings of 'apple puppetry', karaoke-singing serpents and smoke-filled dance-offs, *Adam & Eve* is a "modern, mirror-balled take on the very first hook-up."

"The production isn't a straight-out fulfilment of the bible story," says Sinclair. "We've taken and are exploring the themes of shame, hopelessness, and the feeling of banishment. Just like Adam and Eve in the Bible, we're looking at the idea of being young and not really knowing your way."

This *Adam & Eve* centers around four characters that head out for a night on the town at a tacky nightclub called Eden, on the prowl for a paradise fantasy fit for their last night on Earth. Between awkward conversations above loud music and catching glances in the line for the bathroom, the foursome quickly fall into tragic comedy situations that could only happen within nightclub walls.

"*Adam & Eve* is full of exaggerated fantasy moments," explains Sinclair. "My character is so nervous he can't go to public places and see people without revving himself up to go out by imagining he's John Wayne or Clint Eastwood. When he arrives at the nightclub it bursts in to a cowboy theme."

The original concept for *Adam & Eve* was created by ECU Contemporary Performance students Alicia Osyka and Reece Law, as part of their final year assessment pieces. The two creators joined forces with Sinclair and co-devisors Moana Lutton and St John Cowcher to develop the show for a performance season at The Blue Room Theatre.

"There were some really cool images in the original piece that we brought in to the rehearsal room as a starting point," says Sinclair. "The production is much more non-verbal than written text, and so by storyboarding all the images we were able to quickly identify the non-verbal situations and where we needed text to flow in."

Visual art ladies-of-the-moment Pilar Mata Dupont and Tarryn Gill have taken on the design elements of *Adam & Eve*, and with a healthy dose of



Adam & Eve

original songs written by co-deviser Moana Lutton, the production is set to be a colourful, musical, and high-energy piece of contemporary theatre.

"Alicia has an uncanny knack for hilarious one-liners, which Moana has been turning in to original songs," says Sinclair. "I sit back and listen to them and get excited. Ideally we'd like an audience member to be crying one minute and laughing the next."

And his thoughts on tackling a Bible story? "Well, I wouldn't want to horrifically offend anyone."

DAVID GEOFFREY HALL

BEAT THE BIKINI BODY BLUES

Summer is a'comin, and with it, the promise of glorious sunny days and heat which can only be quelled by a trip down to the beach and a dip in the ocean followed by an icecream or bevvy. Sounds great right?

You've picked out your adorable vintage inspired bikini online, stalked the postman for days and when it finally arrives something's not quite right... suddenly you realise "I'm not ready for this near naked display of public flesh!" and vow to spend summer indoors, dreaming of a snowy getaway.

But don't give up hope just yet, if you're in need of some guidance follow these tried and tested tips to beat the bikini body blues and reclaim the beach this summer!

IPL/SPL

Most people have heard of Intense Pulsed Light/Square Pulsed Light by now, but in a nut shell it's a relatively quick and simple treatment that involves applying bursts of intense light to areas of the body to reduce hair growth (feels like a rubber band snapping on your skin, no worse than waxing).

It works incredibly well on bikini lines, legs and underarms and for those who are prone to ingrown hairs, is nothing short of miraculous (I used to be one of them and haven't had an ingrown since!)

The real beauty of this treatment is in the freedom it allows you, with treatments every six weeks and a diminishing amount of hair each time, it gets easier and easier to slip into your bathers without any rogue hair worries. It works best on those with fair skin and dark hair, and is my #1 tip for making summer easier.

There are plenty of places that offer these treatments, I've had great luck with \ hairfree.com.au

Move Yourself

This one gets mentioned so much that it's become more than a little redundant, there is a reason for the constant reminding though: it works! Exercising is the best way to burn calories and stress, plus get endorphins flowing around your body, all three of which will make you feel great and help you look good.

There are 54 million ways to get moving, from bikram yoga to bike riding, boxing to burlesque dancing – they will all help you get a toned tum and bum, plus improve your posture so that you stand up tall as you take your first tentative steps onto the sand this summer – just don't burn your feet! Once you're at the beach, you can even take it a step further by getting into some frisbee, beach volleyball, jogging



Ruby from Scene wears 2 Chillies bikini from Daneechi (Photo: Matt Tompsett)

along the shoreline with a pup... or you could take the unconventional approach and go for a swim.

Full Body Exfoliation

It's time to put TLC's *No Scrubs* out of your mind and allow yourself to enter the wonderful world of exfoliation. There's something about having every inch of your body scrubbed that makes for feeling completely physically and mentally cleansed. It's a great post-winter ritual that will leave your skin free of built up dead skin cells and able to get rid of toxins more efficiently. It will also make you look all smooth and glowy, which will help ease the pain of taking the majority of your clothes off. So make like a snake and shed that winter skin, you can have this done professionally at a day spa, purchase a cheap body scrub or make your own out of sugar and olive oil.

To (Fake) Tan Or Not To (Fake) Tan...

So far we're free of pesky hairs, feeling the benefits of exercising up a storm and have smooth glowing skin – so what next? The divisive topic of tan vs no tan of course!

Now I'm going to optimistically assume that everyone is onboard with me when I say: actual sun tanning is a pretty silly idea given we live in Australia and are unfortunately in peak hour public transport style proximity to our good friend the ozone hole, which means we are in the top four countries most at risk of skin cancer. So no sun baking okay? Yes? Great.

So now there are two choices: summery glow vs au naturale. Being of the more ghostly persuasion myself, I'm all for embracing the skin colour you're born with. The advent of shows like *Mad Men* and all of those fancy historical films with beautiful 'English rose' types has made being a fair skinned lass as equally acceptable on the beach as having naturally darker skin, so if you're giving the colour of soy milk a run for its money then you can by all means embrace it without fear of social exclusion.

Both dark and pale skin needs to be covered up with cute hats, clothing when possible, protective sunglasses and lashings of sunscreen, or my favourite, Invisible Zinc.

If you can't bear to get bare without a little extra colour confidence, then a spray tan is the best way to go. My pick is local brand Aussie Bombshell, who are currently taking the state (and Australia) by storm with their extremely natural looking sunless tans. You will still need to apply sunscreen though, no getting naughty and slacking off thanks. Yes miss.

These four suggestions should get you well on your way to bikini body confidence, all you need now is a warm day, your favourite beach and the all-clear from the lifeguard that there has been no shark sightings for quite some time. And that bevvy I mentioned earlier. Enjoy!

ANNETTE GOHL