



MARCH 2018

Q MAGAZINE

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q comment:

Your Community Health will open a new hub for LGBTIQ services in Northcote

Your Community Health will establish a new health clinic for lesbian, gay, bisexual, transgender, intersex and queer people in Northcote.



The clinic will be a collaborative hub for a diverse range of services, tailored to the LGBTIQ community's needs. It will address increasing demand for accepting and confidential services for LGBTIQ people across northern Melbourne.

Many members of the LGBTIQ community still face discrimination or lack of understanding when they seek health and wellbeing services.

"The clinic will be a safe and inclusive space for the LGBTIQ community because it will directly respond to their needs", said Penny Anderson, Chief Executive Officer.

6 per cent of the Darebin community identifying as LGBTIQ. Northcote is identified as having the highest number of LGBTIQ community members of all suburbs in the northern Melbourne municipality.

Your Community Health will engage with other service providers in the area to identify ways to reach a larger, more diverse population; better coordinate care across services and practices, and to identify the priority needs that could be addressed by a central hub for LGBTIQ services in the area.

There is a significant need for an increase in community care and support services for the LGBTIQ community, as well as capital investment into community health, in order to ensure access for people who face barriers in accessing traditional health services.



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Brett Hayhoe t/a Q Magazine
ABN 21 631 209 230

q feature: **MARDI GRAS MOGA FASHION**

Last year their fashion label released its first ever PRIDE headscarf and shawl, to support the marriage equality movement in Australia and the LGBTQ+ community and their undying commitment towards love, acceptance and inclusivity. This is their story ...

As a Muslim owned fashion label with a large Islamic following, we were unsure if our scarf would receive a negative reaction, given many religions are still largely intolerant towards LGBTQ+ causes such as marriage equality. However, we were thrilled with the almost unanimously positive response we received from our fans and the fact that our PRIDE scarf sold out in just 6 days! We did, however, manage to save our very last scarf to send to our former Prime Minister, Tony Abbott, who was sadly one of the most vocal supporters of the No campaign.

Thankfully, same-sex marriage is now legal in Australia and our PRIDE scarf has re-launched, and just in time for one of the largest parades in the world, the 40th annual Sydney Gay & Lesbian Mardi Gras! And with music icon Cher set to headline the after party, this years festivities are bound to be the biggest (and most colourful) yet!

To celebrate this momentous occasion with our LGBTQ+ friends, we have created a very special Mardi Gras themed campaign, which would be the first time a Muslim owned fashion label has done so. We've even recruited our first ever male ambassadors to help spread the love and demonstrate the multi purpose use of our PRIDE scarf! Featuring veteran drag performer Mable Syrup, bisexual model & activist Kalida Edwards and all round hunk Chris McCubbin, our latest photo series sums up the fun, festive and colourful spirit of Mardi Gras. Shot in Melbourne's iconic XE-54 nightclub, we turned down the lights and turned up the Kylie for our funnest photoshoot yet!

Our campaign aims to highlight the diversity of crowds who attend the Sydney Mardi Gras each year, which include members of the LGBTQ+ community and their many supporters and allies. We also wanted to celebrate the diverse nature of our fans, who range from trendy Muslim 'hijabsters' to festival goers to drag queens, who all love our bold and colourful designs.

With over 500,000 people expected to attend Mardi Gras this year, our PRIDE scarf will ensure that you stand out WITH the crowd and embrace the rainbow spirit. It truly is the must have accessory for your next festival, PRIDE march or gay wedding! *"And if anyone tries to rain on your parade, always remember that people, regardless of their race, gender or sexuality are equal and are always welcome to love."* - Azahn Munas

Our PRIDE scarf is available exclusively via our ASOS Boutique and can be shipped to over 180 countries.

For more information and to buy MOGA products, go to www.moga-fashion.com



SPECIAL

COLLECTABLE MAGAZINE

SYDNEY GAY AND LESBIAN MARDI GRAS 2018



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q travel: with BARRIE MAHONEY

'Twitters from the Atlantic'

Barrie Mahoney was a head teacher and school inspector in the UK, as well as a reporter in Spain, before moving to the Canary Islands to launch and edit a new English language newspaper. He enjoys life in the sun as a columnist and author, and continues to write a series of popular novels and books for expats.



Overweight 'Bridegrooms of Death'

I guess that many of us may have over indulged during the Christmas and New Year festivities, and I assume that many are now in the period where reluctant gym memberships are booming, as well as desperate subscriptions to Weight Watchers. Sadly, all those temptations do have a price to pay when we see that we can no longer squeeze into our favourite clothes.

One of the many fat inducing temptations readily available in Spain and the Canary Islands are 'Churros con Chocolate', which is basically deep fried pastry strips, rolled in sugar and dipped into hot chocolate as they are eaten. This 'snack' is hugely popular in Spain, Portugal and the Canary Islands, as well as the United States, France and Mexico. Depending upon the time of day, and the state of your appetite, they can be both delicious and disgusting at the same time. Indeed, it is not unusual to see locals polishing off a huge quantity of churros in cafe bars for their breakfast. Needless to say, it is an excellent way to pile on the pounds, as well as keeping the health service busy with the coronaries that are the result of this over indulgence. My advice is to avoid them at all costs.

Speaking of being overweight and diets, you really should take a look at Spain's 'Bridegrooms of Death', which is the cheerful nickname given to Spain's elite infantry regiment, 'La Legión'. The regiment is loosely based upon the French Foreign Legion, as a prestige combat unit with its best known member being General Franco during the Spanish Civil War.

Usually admired for their handsome physical appearance, these fine men are usually well known for their tasselled caps, to keep the flies off, and open necked shirts, to keep us all interested. Their uniform traditionally does not have a top button, which aids their reputation as "the top totty killers of Europe". Sadly, this much-coveted reputation is rapidly disappearing, since it was found that a significant percentage of the 3000 troops were found to be obese, based upon their body mass index (BMI) of over 30.

This elite force is now having a few problems in the obesity department and the troops are now being given dietary advice, nutrition tips, as well as additional exercise to overcome their rapidly expanding waistlines with a target loss of between 500g and 1kg a week. Although 'La Legión' makes the valid point that significant weight gain may be as a result of cultural, pathological and psychological factors, I firmly believe that churros and hot chocolate are to blame.

So, there we have it. As we humbly trot off to the gym at the beginning of this New Year, and preferably to one that does not include a bar and restaurant, let us think long and hard about these fine Spanish men who are undertaking one of the biggest battles of their lives - that of losing weight without the comfort of a plateful of churros and hot chocolate to fall back on. Sadly, for many, I suspect that it will soon not just be the top button of their shirt that is missing.

If you enjoyed this article, take a look at my websites: <http://barriemahoney.com> and <http://thecanaryislander.com> or read my latest book, 'Living in Spain and the Canary Islands' (ISBN: 9780995602724). A

available in paperback, as well as Kindle editions.

Join me on Facebook: @barrie.mahoney





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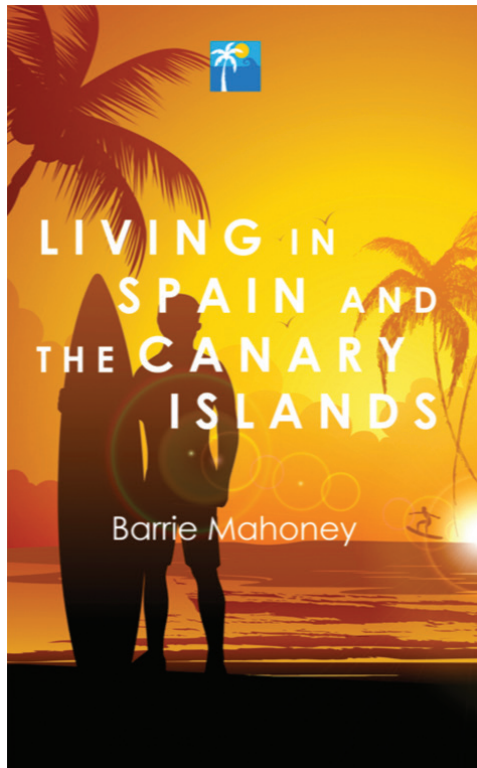
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q opinion: with AMY MORISON

Her, His or Them: A Privation For New Pronouns

Seven pages into a work of fiction by an author I've recently become acquainted with, I was faced with an awkward and somewhat political dilemma. I love words. I love weaving them into stories. And with that, comes certain grammatical rules that admittedly can – and in certain cases – need to be broken, depending on the intent of the author. Cause and effect, if you will. So the use of the pronoun 'them' for a character that identifies in G. Benson's book *Who'd Have Thought* as non-binary (meaning they don't identify with either male or female gender) had me in a quandary as a reader and as a writer.



Faced with sentences that repeatedly use 'them' and 'they' such as "they propped themselves on the sofa and folded their legs under themselves", my inner-writer/editorial grammar groan sounded out. Except, of course, I understand that the author has no choice but to use these pronouns in order to be true to the character. Moreover, surely non-binary characters and others who don't subscribe to conventional pronouns will begin to appear more frequently in storylines. Well, they certainly should in my opinion – especially if we want a better and more widespread understanding of diversity in gender and sexual identification. At the moment, these communities are categorized into the offensive 'other' box on official documents – including the most recent Australian census questionnaire. Seriously, is the best we can do for them in writing? That it literally comes down to identifying in terms that highlight the divide between us and them in the most basic written word? A pronoun. How ironic for the author who is attempting to include, not exclude.

On a personal level, I identify as lesbian. It did take me quite a number of years to figure (or as I have oft been cringingly heard to say, finger) out that this was my true identity. I originally came out as bisexual, misunderstanding my occasional attraction to men. I would sleep with men I was attracted to and not understand why I felt differently compared to when I slept with women. I would wonder why I wanted a man out of the bed and bedroom – my most personal of spaces – immediately post-coitus when I had been undoubtedly attracted enough to let him in there in the beginning. It came down to basics in the end. I began to ask myself, with whom do I want to wake up in a bed with romantically? A man or a woman? The answer is always woman for me. Hence, I identify as lesbian. I also identify as a writer and although I don't necessarily write lesbian fiction, I do find myself writing about characters that are very real to me, so lesbians are a given. As an avid reader too, it's pleasing to be able to say that there are a growing number of lesbian fiction authors that write books about characters I and other lesbians can identify with. G Benson is one of those authors. I particularly like her work, however, because she doesn't just represent a lesbian view of our colourful spectrum in the Q community. She's also inclusive of characters that are gender diverse. Notwithstanding, her stories are engrossing and well-written.

As most people are well aware of these days, no thanks to that fifty shades of shit book, sexual identity is certainly not black and white. Fortunately, we are now living in a world where this is being seen as normal. Lesbian, gay, bisexual, transsexual, intersex, queer, andro, pansexual, asexual... there are a myriad of terms to help define our sexuality. A diverse list of terms. And I embrace all my brothers and sisters on the sexual rainbow. But this begs the next question: What if they don't identify as either brother or sister?

Gender identification is still a subject that we, as a society, are not so well-versed in. I certainly feel my knowledge is inadequate. I'm hoping to rectify this as soon as possible through further research and reading. Where do we stand with the pronouns though? I used to joke with other lesbian friends about the 'pronoun game' – when a woman would refer to her date as a 'they' or 'them', it usually meant she was 'family' (i.e. dating another woman) – but when we are talking about people's lives and their identities, it isn't a game, is it? It's very real and can cause very real offense and hurt. Perhaps we need to, collectively, think about how we address those within our communities who do not identify in a binary manner. Personally, I don't think that 'they' and 'them' is adequate. It doesn't read right to me. But then again, I'm not the one who identifies this way and so I should merely be asking the questions, not answering. The brilliant Taylor Mac – whose play 'Hir' was recently staged in Melbourne as part of Midsumma festival – uses Judy as their pronoun in written form. Using this pronoun certainly makes a point. Interestingly, after a while, your brain becomes used to it – it's quite adaptive like that.

So, is there room for new pronouns that reflect the person and not the gender? If so, what could they be? What combinations or variations? All I could come up with was a variation of person such as *Perself*. Or *People*. But when I think of *Peep* or *Perp* it sounds either casual, comical or clinical. Human doesn't work unless you take the 'man' out and start with the prefix 'Hu'. But perhaps this is a very valid start. After all, there are many hues in a rainbow. To answer the question, yes definitely there is a case of supporting new pronouns in the written form. But their creation and adoption needs to be driven by the very people who identify this way. However, the rest of us readers and writers could be more aware and supportive of pronouns that are gender inclusive, right?

For more information on G Benson and her books: <http://www.g-benson.com/>

About Taylor Mac: <http://www.taylormac.org/about/>

Amy Morison is a professional writer and communications specialist living in Melbourne - email: amyjmorison@gmail.com

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q floral gossip: with MERCEDES SARMINI

Common Name – Hydrangea

Latin name – Hydrangea spp.

Family (Tribe) – Hydrangeaceae

Nickname – Old Granny's Shower Caps or Mop Head

A cluster of lush globes filled with a delicate lace of small star shaped petals



Autumn, Spring time and Summer time cutflower - AVAILABLE NOW

Gender – Female (high heels)

Women - Peony comes in root form which is the Tree Peony variety (shrub) can last up to 10 years, just cut back the dried out branches annually for maintenance (does not die back into the ground as its cousin the Herbaceous, prune when blooms have died out, cut only the split ends no big hair cut as it will affect the blooms to come out the following year). From Japan.

Anniversary – 4th Birth Flower - N/A

Native to – Japan & China

'Hydrangea' - Symbolises Gratefulness and Pride and it celebrates with heartfelt praises and appreciation (thank you). In Western Culture it also spells out to the receiver, I'm not INTERESTED!

It's a HIGH end Cutflower so it's not cheap to purchase – Like anything its most expensive as soon as its in Season, fetching \$45 to \$60 a bunch at your local florist. However its most affordable mid to late Summer cost than drops to the affordable price \$25 to \$40 a bunch AUS. The size of their heads ranges from small, medium to large depending on what variety it is. They seem to be making a comeback, however, which is not surprising as this flower has a huge range of strong colours, is long-lasting and is fascinating to look at.

Flower Care - Hydrangea is a Waterholic

1. Keep Sweet Hydrangea cool areas whenever possible as it loves the Cold!!!!
2. Strip leaves from the bottom half of each stem.
3. Recut at least 3 cm off (high heels) each stem above the stem node and place in water immediately. I call the nodes Knee Caps LOL!!!
4. Pin internally bottom of stem to make water intake easier, usually Hydrangea struggles to drink as a cutflower due to its bark stems.
5. Always use a preservative a Adds extra km to cutflower life to Hydrangea
6. If water starts looking yellow in colour, it's a sign of bacteria is growing in the water. IMMEDIATELY replace with fresh water.
7. Hydrangea ranges from 30 to 70 cm
8. Drown the heads of Hydrangea in burped water for a minimum of 15 min to 45 min as they also drink from their heads
9. Use Alum (a salt) at the end of a freshly cut stem to add more vase life into the Hydrangea
10. Mist with burped or filtered water the flower heads every day to keep up the hydration.
11. Very thirsty drinkers, and keep away from bright lights as this will help retain the Hydrangea colour
12. Add ice cubes in water of vase as Hydrangea LOVES cold water Brrrrrr
13. If you're really serious about Hydration, keep in the most cool place of home or workplace and spray the floral heads daily
14. Ms Hydrangea has hairy legs so removing the leaves (shaving of the legs) is necessary if you want to enjoy them in a vase filled with water
15. With summer approaching there are more cut flowers to enjoy but your noticing is your flowers are not lasting as long as usual well it may have a lot to do with your Air conditioning. AIR CON draws out moisture from all flowers, so be mindful to place your flowers out of the direct way of air conditioning to get extra KM out of them.

TIP – Hydrangea the plant, starch and sugars (carbohydrates) are stored in stems, leaves, and flowers. These stored foods are needed to sustain the cut flower after harvest; it's an absolute MUST to only cut the Hydrangea before sunrise or just before sunset - only cut with a full bladder. If not, that why it Wilt's - Full Bladder Please!!!!

TIP - All cut flowers need semi light - as photosynthesis is a food source for its wellbeing and longer vase life

What to look out for when purchasing?

- When to buy it – when it's rich in color and flowering head is firm. Weak head is a sign of aging. Signs of aging – the petals dry out and fading in colour
- Petals should be free of brown blemishes and not curling inwards;
- Avoid bunches with brown tips on leaves and yellow streaking on leaves
- Crisp leaves and strong stems is the GO

The Gossip

- Associated chakra Balancing- Root, Sacral and solar plexus
- Colours – (monochromatic) - white, cream, pink, red, purple, green and blue. Also 2 tone colours
- Season – Spring to Summer
- Ms Hydrangea, comprises of up to 80 species (debatable)?
- Cousins – Mock-orange, Dichroa (their very pretty and ornamental looking plants)
- Flower food – Yes – “Let's talk about the ingredients 25 ml Bleach 25 White Vinegar 10 teaspoons of Sugar – WHY? Extra KMS”!!!
- Filtered or burped water in Vase (medium fill). Does well in Floral foam and wired work (high end variety)
- It's a perennial and if you're after a strong flush of Hydrangea next year you must prune back to the base – low maintenance plant
- Avoid 'don't place near fruit bowls esp. with ripening fruit and vegetables, tap water, cooling and heating i.e. air conditioning and cigarette smoke
- Vase life – 7– 12 days (long lasting)
- Great use in floral crowns, bridal bouquets, church floral arrangements, fantastic in wreaths or just on their own in a vase
- Edible – Yes – Buddhist use it as a Tea, it is said to help treat Autoimmune disorders as well as Malaria, Kidney stones and enlarged Prostate.
- Drying – YESSSSS - Air drying, I recommend the bigger head variety for drying –use a diluted glycerine solution to accelerate process or just proceed with the traditional way of using shallow water in vase and watch it drink out the water in vase to its taxidermy stage

TIP: IF YOUR FLOWERS HAVE BEEN OUT OF WATER FOR MORE THAN 15 MINUTES, USE WARM WATER AFTER CUTTING STEM, AS IT TRAVELS FASTER UP THE STEM TO REVIVE THE SLEEPING BEAUTY.

Interesting Fun Facts about Ms Hydrangea

GROWN COMMERCIALLY IN QUEENSLAND – HYRANGEA IS GROWN OUTDOORS

In Western culture, Native American's used the root as a diuretic and the bark as pain relief for muscle pain and burns.

As a plant, Hydrangea is a shrub, and the colour that you might bring home hopefully to be pink for example? Once planted into the soil might grow out to be blue. True fact, the colour of your Hydrangea is determined by the chemical balance of your soil. Something to be aware of.

Also, it is believed if you bury your steel wool that you use to clean your dirty saucepans into the soil of Ms Hydrangea, the colour will then be darker in bloom from its original colour. The steel wool changes the PH in the soil. When the soil is neutral it produces Cream and Whites, alkaline soils result in Pinks or Purple and acidic soil result in Blue.

The Emperor of Japan GIFTED Hydrangea to his maids as a symbol of IM SORRY
FLOWER LANGUAGE (floral communication)

The word Hydrangea stems from the Greek word for Water (hydros and Jar), the name comes from the constant moisture required to keep the happy, healthy and blooming. Every Colour of Hydrangea has a meaning, white – purity, blue – forgiveness, purple – wealth and abundance and pink – is love. Looks great mixed with other cutflowers such as Peony Roses and Oak foliage.

Every cut flower is a source of wonder, flowers are medicine for the soul, mood boosters and each flower carries a message with it for mankind to ENJOY

Message – Hydrangea

Hydrangea helps you transform the old into the NEW; it's usually a LIFE changing decision. Great for New Year resolution's. Ms Hydrangea helps you to let go.

For more information, or to contact Mercedes, go to www.flowersbymercedes.com.au

q environment: UPPERCUP

As Australia's caffeine addiction continues to soar, environmentalists warn that disposable coffee cups are fast on their way to becoming a major pollution hazard.

According to the ABC (2016), coffee cups are considered to be the second largest category of litter waste after plastic water bottles. It is estimated that Australia contributes over 1 billion disposable coffee cups to landfill every year; adding significant pressure on the environment with unknown plastics, cardboards and materials.

In fact, most paper-looking disposable coffee cups, which are often sourced overseas, have been found to contain an insulated thin plastic coating that is not biodegradable or environmentally-friendly.

Designed and manufactured in Melbourne to combat Australia's increasing landfill epidemic, Uppercup's patented design offers a smart and stylish solution to waste management with its strategically engineered and recyclable range of reusable coffee cups. Made from a new kind of high quality Eastman Tritan Copolyester plastic, Uppercup is BPA and BPS free; and offers a durable glass-like frame that is not only odour and stain resistant, but also dishwasher safe.



Barista-friendly and exported around the world by the eco-friendly warriors at Go Lusty, the conical bottom is engineered to produce a perfectly poured beverage every time by distributing liquid ratios evenly. The double insulated walls also ensures that beverages stay warmer for longer while fingers stay cool, and can even be written on for convenient café ordering.

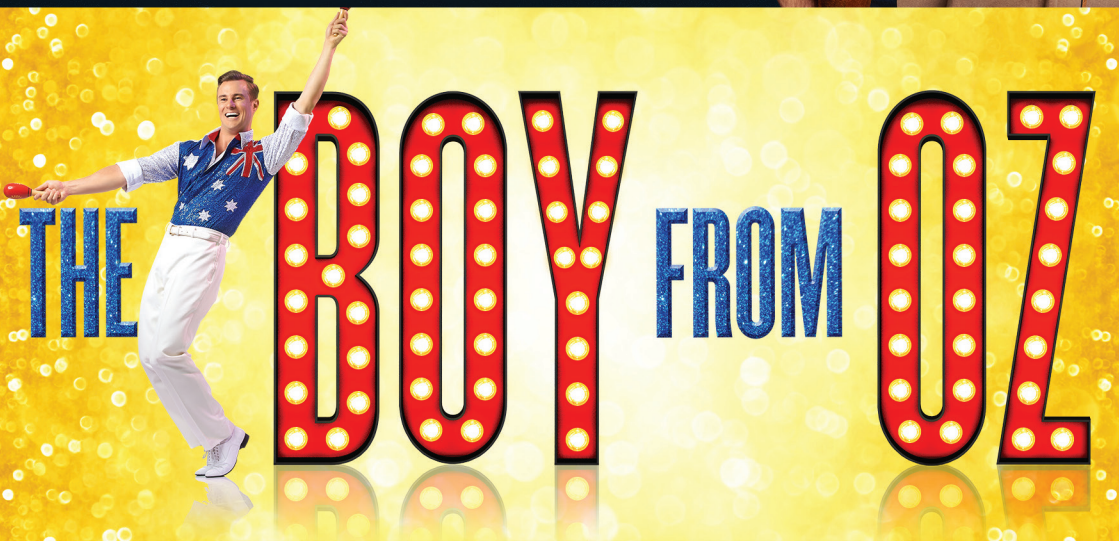
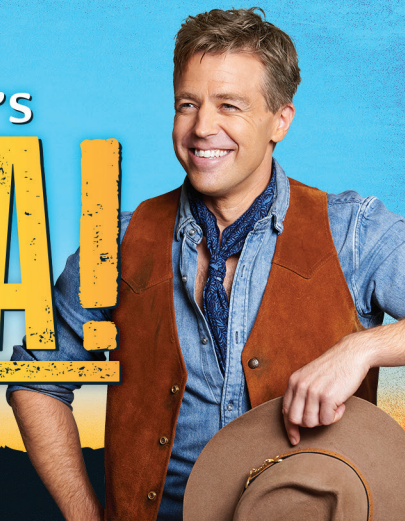
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q cuisine: with ALESSANDRO RUSSO

Chiacchiere di Carnevale

The chatter, crumbly, crunchy and delicate flakes typical of the Carnival period, sprinkled with powdered sugar. Also call lettuces, rags, damsels, frappe, sfrappole, crostoli, galani, gale, lies, nun ribbons, knots of love, intrigues. There are different variations as well as for the ingredients also for the shape of rumbling rhombus, square, knotted strip, flower.

INGREDIENTS

250 of flour, 50 sugar, 1 egg, 25 butter, 1 l 2 glass of liqueur, grated orange peel or untreated lemon, a pinch of salt and powdered sugar.

METHOD

Sift the flour, add the sugar, the salt, the beaten egg, the liqueur (or rum, the marsala, the brandy, lemon or orange liqueur), vanilla bean or the grated orange or lemon zest and butter. Work until the ingredients are well mixed, it must be malleable.

Leave the loaf formed at room temperature for at least 30 minutes.

Roll out and pass each single sheet with the pasta maker set to the widest thickness and then to the penultimate.

With a scalloped cut wheel, cut rectangles or the shape you want, practice on each two central cuts, parallel to the long side.

Fry each chat in oil at a temperature of 150-160 °, turn them after a few minutes, just golden on both sides, remove them and place them on absorbent paper.

Before serving, sprinkle with icing sugar and accompany with a glass of Limoncello, Nocino, Liquor with laurel.



q cabaret: SHANGELA IS SHOOK

Clock the hair, clock the mug, clock the nails, clock my skirt. Clock the bag, clock the shoes, now punch the clock, it's time to werk! Shangela is SHOOK! and she's on her way down under to tell ya'll about it. That's right baby, she's the spitfire from the Haus of Edwards and she's bringing her fabulous, brand new, one woman show to a theatre near you.

SHANGELA^{IS} SHOOK

Best recognized as the only contestant to compete on three separate seasons of the Emmy-award winning reality series RuPaul's Drag Race (seasons 2, 3 and currently in All Stars 3), Shangela has had cameos on Glee, 2 Broke Girls, Bones and The X-Files. You can call her Laquifa, just don't try and tell her she has a sugar daddy. She is a PROFESSIONAL and she's coming to spill the T!

She'll be bringing her gorgeous dancers all the way from the US to Hallelloo for you in a 75-minute theatre spectacular. Karen from Finance will be coming along for the ride to get the party started. You better get in to it, you don't want to miss this Uptown Fish!

ADELAIDE - Friday 30 November at Mary's Poppin
BRISBANE - Saturday 1 December at Plaza Auditorium, BCEC
MELBOURNE - Thursday 6 December at Goldfields Theatre, MCEC
PERTH - Friday 7 December at Heath Ledger Theatre
SYDNEY - Saturday 8 December at York Theatre, Seymour Centre
CANBERRA - Monday 10 December at Canberra Theatre Centre

Tickets on sale NOW from \$60 + Booking Fee
Bookings at www.itdevents.com

Shows are ages 15+ apart from Adelaide which is 18+

VIP Experience Available for all shows which includes VIP reserved seating at the front of the theatre, a signed tour poster, a professional photo and a VIP meet and greet with Shangela.



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q win: **ESPECIALLY FOR HIM**

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This latest addition to the Milkman alcohol free after shave range (following on from their hugely successful Spring Ride After Shave serum launched last year) is Milkman's homage to summertime. With its sweet lime, mint & oceanic notes, it will take you away to that special summer place. Yes, imagine yourself sitting on the beach with a mojito and watching the sun go down while enjoying the view - and the vibe - of summer!

Key ingredients include witch hazel to tone the skin, allantoin to help with recovery, and aloe vera with vitamin E to soothe. Also high-quality moisturising ingredients - the kind you would see in an expensive age-defying day cream including Beta-glucan, Hyaluronic Acid, Vitamin B5 & Kakadu Plum Extract.

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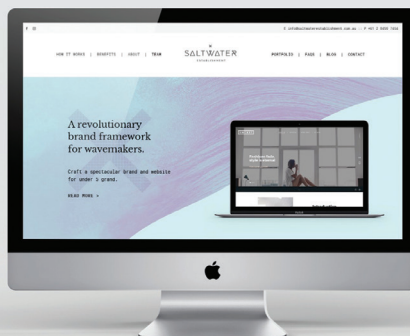
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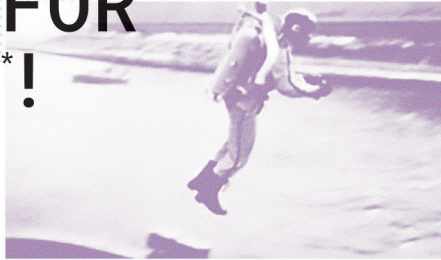
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* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 1, 13 Rae Street, Chadstone VIC 3184. Names and addresses of people winning prizes valued at or over \$250 ONLY will be published in the following issue of QMagazine. All monthly winners are notified by email.

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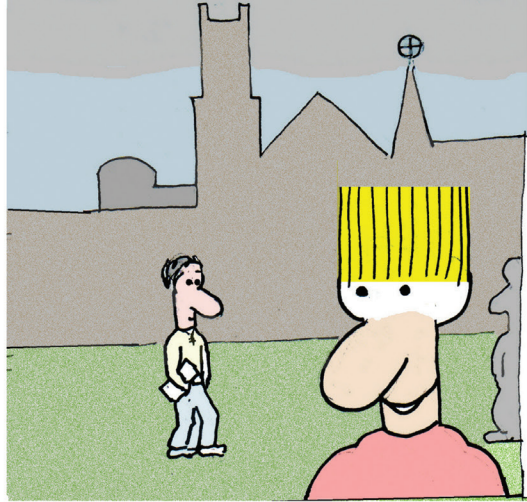
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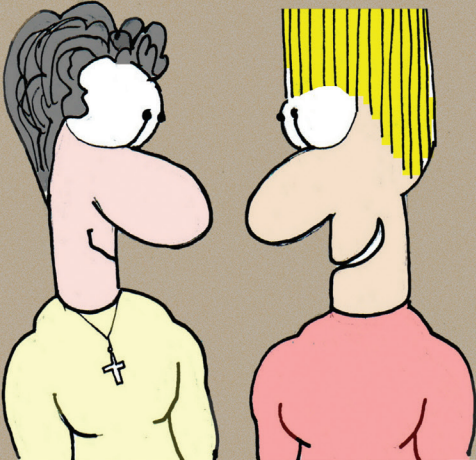
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