



MARCH 2016

Q MAGAZINE

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Community

featuring
AMERICA'S YOUNGEST GAY DAD
brian mariano and his son aison

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Living in a neighbourhood that is 'neighbourly' ranks high on most people's lists. When asked, people say they want to know their neighbours, to feel comfortable stopping to chat, even to share things, to offer help or, indeed, to ask for help.

Surveys show that the wish to be part of a congenial neighbourhood holds true across the age range. Gen Y twenty-somethings are as keen to feel connected to their neighbours as the retiring baby boomers are. It is about feeling we belong somewhere, that we're part of a community.

There are neighbourhoods where this sense of community is well developed, and people living in them feel the richer for it.

But there are a great many places where this connectedness has not happened – or, hasn't happened yet. It actually takes only one or two people to get the whole process of building a neighbourly neighbourhood started.

Currently on the ground in 3 States, the project aims to turn streets into communities and foster an Australia-wide network of neighbour groups. The Street by Street groups which have been established are very diverse. One in Adelaide has come together through the interest neighbours discovered they share in film, so they have movie nights.

Perhaps we shouldn't be surprised – we all want to belong. But don't take our word for this. Why don't you see how your neighbours react to an invitation to get to know one another better. And Street by Street is there to help you: www.streetbystreet.org.au irene@streetbystreet.org.au or phone 0413 706 233.



Street by Street
— BRINGING NEIGHBOURS TOGETHER —

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q feature: AMERICA'S YOUNGEST GAY DAD

By Michael Lambert

Twenty-year-old Brian Mariano admits that sometimes people just don't get him. He's a gay dad with a 2-year-old son, Aison.

"Everybody in my life is really supportive," he says. "When someone new finds out I'm a dad, they will often stop and ask 'How?'. It's like that 'Mean Girls' quote. You know — 'if you're from Africa, why are you white?'"

Still, Mariano knows that from the outside looking in, his story is anything but typical. He was a junior in high school when his then-girlfriend, Kelly, became pregnant. They had been dating for a year.

"I like to refer to myself as a 'Kellysexual,' which may sound really weird," he continues. "I'm gay, but there's Kelly. Everybody kind of knew that I was gay. I didn't really have to say it. People will come along and ask if our relationship was a cover-up. And I say, well, I got her pregnant, so I don't think that's the case."

Kelly gave birth to Aison Mariano-Nichols, who will be turning 3 years old, in March. The couple stayed together for the first two years of Aison's life before splitting.

"It was very stressful and really rocky," he remembers. "We made it work the best we could. We still loved each other and for Aison's sake we tried to stay together. But we're not together now."

The couple faced the same challenges any two teen parents face, plus a few more.

"Her parents took care of our apartment in Boston but we basically had to do everything else. We had to get Aison to day care in the morning, then go to school, then work at night. Everything was really hard."

Now, Kelly is a junior at the University of Massachusetts studying biology while Mariano works, waiting to start his first semester at community college in the fall. Despite their history, the two have come together to give Aison parents and a family he can rely on.

"He lives with Kelly most of the time. She has full custody, and she has been so good letting me see him.

"I'm definitely his father, and that's something that's not going to change."

When Mariano and Aisen see each other, they bond at the family home on the Cape. In fact, young Aison may end up in the family business.

"My father owns a landscaping company, and the cutest thing is Aison on his baby lawnmower," gushes Mariano. "We got him a ride-on dump truck so he can put his lawnmower in the back. He drives to one part of the yard, mows it, then drives to the next part. He literally does it all day."

Thankfully, the terrible twos hasn't struck the Mariano household yet.



"He's a very well-behaved little boy. He has his moments, but I couldn't have asked for a better baby."

Mariano says he was hesitant to come out as a gay father when dating. In fact, he told his boyfriend about his son with a quick Snapchat: "Oh, by the way, I have a son."

"I was kind of shocked at first," boyfriend Chris admits.

It's a reaction Mariano has gotten used to — but it can still catch him off guard.

"Sometimes, if I'm in a bad mood, I can get annoyed because it's a stupid question. But most of the time I say I was with a girl for a while, I really loved her and it didn't work out."

As the two young parents discover their own futures while raising their son, Brian worries how his son will grow up with a gay dad and how he will accept his family as he grows older.

"I hope I never really have to explain it to him. I hope he just understands that Mommy can have a husband and Daddy can have a husband.

"I'm really worried about it, though. I've talked to some older gay dads on GayswithKids.com (a website for gay men with children). They told me that kids can be very understanding and if raised around gay people, they are much less likely to be homophobic or something crazy. I just worry that Aison's not going to be as understanding as I think he's going to be. Or that he's bullied for it and that it makes him angry with me."

Resentment isn't just something Mariano only fears from his son. He also feared it from himself.

"At first, I was afraid I wasn't going to be who I am because of Aison; that he was going to be a roadblock (to my future). When my relationship with Kelly ended, I wondered if I still needed to be straight for Aison. But I knew that would only lead me to resenting him. So I had to deal with the fact that I am going to do this and be who I am.

"It feels good to have Aison, to have someone I get to love unconditionally and who loves me unconditionally."

That unconditional love has given Mariano the confidence to live his life — and a wisdom way beyond his years.

"Aison is not holding me back," he says. "If anything, he's given me the motivation to be who I am today. I'm already not the stereotypical person: I'm gay, I have a baby, I barely graduated high school. There's no reason for me to start being normal now."

For more information please visit GayswithKids.com



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q travel: with BARRIE MAHONEY

'Tweeters 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.



It's the Wrong Kind of Sunshine!

UK rail passengers vented their anger last week when they were told that strong sunlight was causing trains to be delayed in Lewisham. It seems that the angle of the sun at this time of the year causes difficulties for the driver being able to see. Frustrated rail passengers were unimpressed by the explanation, described by many as, "The weakest excuse ever", following a catalogue of excuses from the UK train companies, which includes trains being cancelled or delayed due to "leaves on the line", "sun causing tracks to buckle", "snow on the track" and even the "wrong type of rain". According to a spokesman for the train company, the morning glare made it impossible for drivers to see the full length of their train in their mirrors before leaving the station. Might I suggest that they employ a guard?

Following an incident yesterday, I now have some sympathy with this excuse. In the Canary Islands we have sunshine throughout the year and the sun is rarely used as an excuse for closing things down, unless it gets too hot, of course. Even so, it seems that the angle of the sun is also an issue for us here, with the sun's glare making it difficult to drive at this time of the year.

I was driving home through the Canarian town of Vecindario when I finally had to pull in and stop the car for some time, because the sun's glare had become too strong for me to drive safely. Even though I was wearing sunglasses, and the car's sun visor was down, it became impossible to see the road ahead. As it was a busy area, the safest thing to do was to stop and listen to some music until the angle of the sun had changed. It only caused a delay of a few minutes and so was not an issue of concern. However, as it was not an issue that I had faced before, I spoke to several friends who have experienced the same problem, and they agreed that this is something that they often have to deal with at this time of the year.

I really must get a pair of polarising glasses from the Chinese Shop, which I assume will help to overcome the problem, and maybe these could be issued to train drivers too? I am also wondering how train drivers in Norway and Sweden cope with the winter sun there?

So despite the amusement and anger that this issue has caused for the good people of Lewisham, I now have some sympathy with the predicament that the train company faced. Better to be safe than sorry!

If you enjoyed this article, take a look at Barrie's websites: www.barriemahoney.com and www.thecanaryislander.com or read his book, 'Island in the Sun' (ISBN: 9780992767181). Available in paperback, as well as Kindle.



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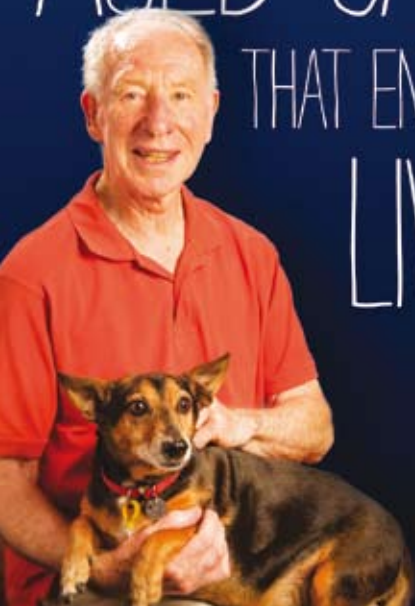
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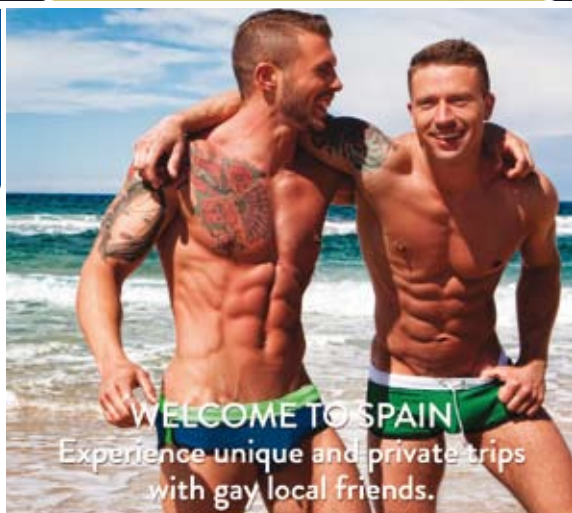
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q health: with KEREN WIGLEY

4 THINGS YOU NEED TO KNOW ABOUT STORIES

Stories are about the way people see the world, how they remember events, their self-talk, and how they respond to people and events in their life. All at a conscious level. What if there was an easy way to bypass the conscious mind and communicate with themselves at a deeper level? To look beyond what they think they know, and identify, explore and clear anything which may be causing them to feel down, unwell or just out of balance.



1. STORIES HAVE A LOT TO DO WITH ENERGY AND HOW YOU FEEL Not the weight-lifting type of energy that we all need from time to time (although if you are feeling down in the dumps it will certainly affect your muscle strength).

This is about the unseen energy that keeps every living thing alive and keeps you functioning properly. Traditional Chinese Medicine, Acupuncture, Qigong, Polarity Therapy, Electromagnetic Therapies, Breema, Reiki and even chiropractic, is based on the flow of energy in the body. These therapies are usually used in conjunction with traditional medicine, and should not be used as a replacement.

In everyone, this energy flows in an intricate web of pathways known as meridians. The energy is brought into the meridians via the chakras. Disruption to the flow can cause a sense of unease, anxiety or malfunctioning organs. Disruptions can be caused by food, stress and many other external factors, but especially by attitudes, beliefs and thought patterns.

2. SCIENCE HAS PROVEN BEYOND DOUBT THAT STORIES INFLUENCE YOUR BIOCHEMISTRY. Your body has an innate ability to heal itself and is capable of manufacturing neurochemicals required for healing. You can consciously influence the body's output of healthy chemicals with positive thoughts which transform into healthy physical responses.

Everyone has a "story" that they tell themselves and a particular way that they look at their world. It can keep some people in the role of a victim when in fact nothing could be further from the truth. When people say that they are "working on themselves", they are often only reinforcing and justifying their own story. It is impossible to delve into the subconscious and challenge their own story at a conscious level. Because thought patterns directly affect the flow of energy in the body, stories and perceptions of what has happened in the past together with the current situation has the potential, in the long-term, to cause stress, unhappiness or ill health.

3. YOUR STORY IS ONLY WHAT YOU HAVE NOTICED OR REMEMBERED AT A CONSCIOUS LEVEL. The brain absorbs up to 14 billion pieces of information per second. We are only conscious of about 7. So obviously there is so much more lying quietly underneath which is inaccessible by the conscious mind, waiting and wanting to be acknowledged.

4. THERE IS A WAY TO BYPASS YOUR STORY Kinesiology allows you, with the help of a Kinesiology practitioner, to bypass the conscious mind and your conscious story and talk directly to the mind-body-spirit, to find out what is held in the body and what it wants you to know. This allows you to communicate with yourself at a deeper level, to look beyond what you think you know, and identify, explore and clear anything which may be causing you to feel down, unwell or just out of balance.



By using gentle muscle and acupoint testing, a Kinesiologist monitors the energy flows in your body-mind-spirit and can identify, explore and correct anything that has been causing imbalance, as well as giving you new information. It is a very interactive, but non-invasive, process. By freeing up the energy pathways, the complete body-mind-spirit unit is effectively restored to a state of balance and improved wellbeing. This enhances the body's ability to heal itself, effectively improving common symptoms such as high blood pressure, body pain and in many cases, brings peace of mind.

When you are in balance, you feel great, mentally and physically. If you don't feel the way that you want to, it's worth trying a Kinesiology session. As deeper work and permanent change is often achieved with a series of sessions, it is important to find a Kinesiologist that you feel comfortable with, in a safe and confidential environment.

If you would like to discuss, call Keren on 0409 706727.

q youth: with TASMAN ANDERSON

Do you ever feel like somewhere along the way, you forgot that you were supposed to be a grown up? It's as if some magic clock fast forwarded 10 years and you're an adult that has no clue what you're doing.

I'm sure many of you have heard of the term 'failure to launch' through the 2006 movie of the same name with Matthew McConaughey and Sarah Jessica Parker. While the movie sucked hard core, the actual basis of the syndrome is pretty accurate. According to the Huff Post, Failure to Launch Syndrome is a real-life struggle that many 19 to 28-year-olds suffer from. The syndrome focuses on the struggle that these young people deal with when trying to transition from adolescence to adulthood. Sufferers of this syndrome have very little motivation to move through life and also lack the ability to function independently resulting in substance misuse, depression, low self-esteem, and social anxiety.



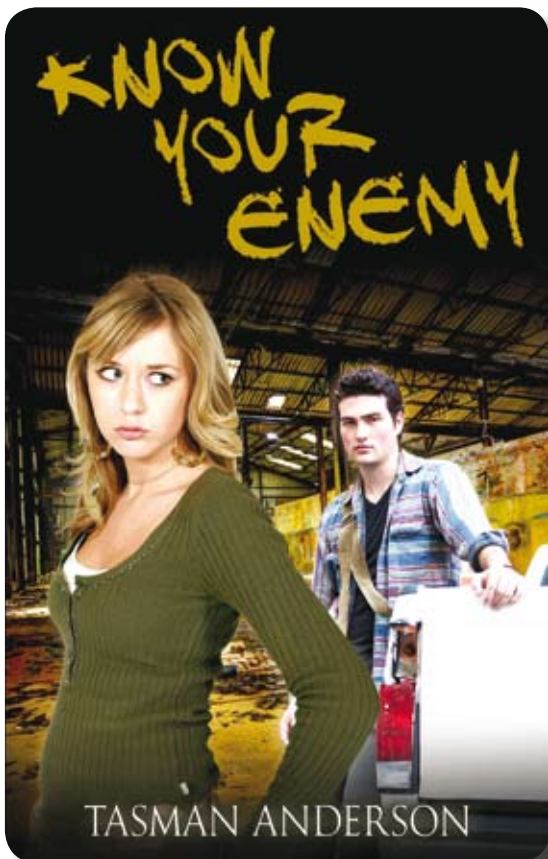
While I know it must sound like an excuse to live at home forever, I do think it is a real issue. So many young people are staying at home longer than they used to and a lot of that is due to the fact that they don't know what they are supposed to do next. Personally, I'm 23 and still living at home. I kept convincing myself that I was doing the right thing. I had university straight after high school so I felt like I wasn't really an adult, just an older teenager who still had to attend early classes. Once university was done, I was saving to travel overseas so I couldn't possibly move out if everything I was saving was going towards my trip. Now, I have no distractions or plans and I have to take that leap into adulthood.

Honestly, I struggled tremendously with the idea that I was an adult. To me, being an adult meant buying alcohol and going to clubs. I wasn't aware of what would come after I graduated high school and entered the real world. My mum always told me that there was a massive shift from young adulthood to being an actual grown up but I thought she was just overreacting. By the time I left high school, I was suddenly expected to get a full-time job, find someone to settle down with, get married, and pop out some kids.

Failure to launch is a very real thing and I think the main cause for it is fear. We're scared to take that step into adulthood because we have no idea what we are doing. No one ever taught us how to act like a grown up. We didn't learn how to pay bills, iron our clothes, or budget our money in high school. Our parents have always done everything for us and even when we did help out, we were never really in charge of the house.

We have no idea what we're doing and that is what terrifies us most. I think the fear is good though. Some of the best experiences come from things that scare us. Now that I have exhausted all of my excuses, I'm ready to start my career, find a place to live, and meet someone. Just because adulthood is scary, doesn't mean it's not the best thing for us. Take that leap into the real world because it might just be what you truly need.

QUICK NOTE: an email address has been set up for you guys to comment on the content covered in Q: Youth, ask me questions or just to let me know what you're thinking. If you want to get in touch, shoot an email to qmagyouth@gmail.com



q politics: FIRST AMONG EQUALS

First Among Equals; an accessible reference guide in a political climate of rapidly revolving leaders.



Whilst we are quick to give our politicians nicknames (the tradition dates back to our first prime minister who was dubbed "Toby Tossport"), Australians can also be quick to forget the names and contributions of those who have held the top job.

Research commissioned by the National Council for the Centenary of Federation showed that Australians had a greater knowledge of America's Founding Fathers than they did of their own.

In the current political climate, where leaders are replaced with head-spinning rapidity, it is more difficult than ever to keep up.

This small-format reference book remedies that, listing all those that have held the prime ministership since 1901, and reflecting on the hurdles they negotiated, those they fell over and the ways in which they impacted the Australian way of life.

Peppered with fascinating facts and written with a wit that will hold the attention of the less politically engaged, *First Among Equals* is an essential reference book that covers the 28 men and one woman who have served in the position of Australian prime minister since Federation. From Barton to Turnbull, they are the leaders who have helped forge Australia's national identity. Some have had the position thrust upon them. Some have plotted and schemed their way to the top. Four have served more than once. Three have died in office. Seven have been unceremoniously dumped by their own party.

Setting their actions in the context of their time, this easy to read, light and accessible book tells the stories of these 28 leaders making it a must-have for students, families, and those for whom Australia is a newly adopted home.

In today's world of quick-fire politics, it also looks to the future, and to how the public's perception of politics and its leaders is changing in this era of instant communication and social media scrutiny.

About the Authors:

Kim Wildman is a journalist and photographer.

Derry Hogue is the former foreign editor for the Australian Financial Review.

First Among Equals is available for download here <http://www.exislepublishing.com.au/First-Among-Equals.html> or wherever good books are sold. RRP \$19.99

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q drag: JEMIMA HANDFUL

When Alan Mayberry saw first *Jemima Handful* swirl onto the GH stage in that magnificent Marilyn Monroe gown and moving with the grace of a ballerina to tumultuous applause, he knew she was destined to great things. *Jemima* tells how her career evolved.

I'm a country boy at heart, growing up in the town of Albury-Wodonga. I went to Wodonga Senior Secondary College and was out and proud in Year 10 at 15, so school was an interesting time for me. I did a few school musicals – *Phantom of the Opera*, *Grease* and *Anything Goes*. Doing those I knew I wanted to be on stage and entertain people – that is where my love for musical theatre began.

School was not always a bowl of roses. Being a country town most people had a country mentality when it comes to anything they deem to be 'different', although it was mostly from the older generation. I had 2 teachers fired due to their discriminatory behaviour towards me. My mother and sister were wonderful about it all, very supporting and loving, especially my twin sister Brooke, without her I don't think I would have had such an easy coming out experience. My father however was a completely different story. There was a period of about 7 years where I had no contact with him. Fortunately recently that has changed slowly, and I'm hopeful we can build some form of friendship.

I have a beautiful mother, a twin sister, a younger sister and a half brother and sister on Dad's side. Twins as well. When my father left the 4 of us became very close, and we did a lot together, from breeding and racing greyhounds to ballroom dancing. Animals in general were a big part of my childhood, I have never met someone that is so intune and has a love for animals like my mother. My sister and I trained and danced successfully together in Ballroom and Latin competitions. It was quite a hard slog. I also had extensive classical ballet and contemporary dance training. After 18 months of full-time training I was offered my first professional contract. I worked very hard to get to where I was in a short period of time. I'd arrive at the studio at 6.30 every morning for a 60 minute run followed by an hour personal training before I even started dance classes, 6 days a week.

I moved to Melbourne when I was 20 in 2012 to take up a contract with the Melbourne Ballet Company, touring with them for 2 years. I later injured myself quite seriously, which put me out for a very long time. I picked up some work teaching to keep making money, gotta pay that rent! And I realised teaching gave me more satisfaction than performing on stage did. Don't get me wrong, I LOVE performing, it's one of the greatest feelings in the world, but sitting in the audience seeing my students up there living their dream and knowing I had a hand in helping them reach that dream is the best feeling I've ever had in my entire life. And now by day I work as a dance teacher for full-time students at Patrick Studios and GWM.

The first time I did 'drag' was in 2010 as an ugly step sister in the classical ballet *Cinderella*. I never did it again after that until the Albury-Wodonga Annual Drag Competition in June 2014. (which I won). I never touched it again until *UBQ's Glomo* in Melbourne in January 2015 and I have not looked back since. Drag is a high for me. Coming from a theatre background the whole creative process of a character, a look, a performance, a show is such a wonderful outlet for creative art. I see it as an art form, not just as a thing to do to get free drinks and 'friends' in a club.

I was given my name *Jemima Handful* by a dear burlesque dancer friend who had created the persona of *Jemima* for herself. She has now settled down and has children and passed on the name to me. Incidentally the name *Jemima* supposedly means stunning or someone who can get a man with one look. Oh if only that were the case!

The GH's 2015 *Drag.net* was a very intense and wonderful experience for me. Because I was still relatively new to the drag world it was such a great opportunity to meet other queens and build friendships which I have come to cherish. I went into *Drag.net* with one objective and that was to show the drag community what I can do and I feel I did that. As artists we are so privileged to get the opportunity to bare our soul on stage, and have the audience see what our emotions, ideals, and beliefs are – they may not like it, but art is objective and to have the opportunity to put it out there is incredible.



I was so happy to be given Amena Jay as my mentor. I have looked up to her for so long so to get the chance to work with her was great. She knew I wanted to do as much of the work myself and really challenge myself, but when I came to her for advice about something I was doubting myself about she didn't tell me what to do. She pushed and nudged me in the right direction but ultimately let me figure it out myself, which is what a mentor should do in my eyes.

To me the RuPaul phenomena has had a positive effect on drag as a whole. When I was in hospital with my back injury I would sit there and watch *RuPaul's Drag Race* and that certainly gave me ideas and set bench marks. I do most of my own wigs, which has been a lot of fun just me playing at home with YouTube, as I've had no hair training at all. With my make-up I started by sitting on the couch and practising. I invested in a workshop with Philmah Bocks and since then I feel like the look of Jemima has really started to refine itself. Probably the best drag investment I've made.

I love the GH – there is nowhere in Australia that has a similar stage for drag and the calibre of drag and inspiration for a young queen like me has been overwhelming. I also love performing at SIRCUIT which is a butt load of fun. Being given the chance to work with Penny Cillin, my best friend, doing something that I love to do has been an amazing experience. Working in tandem with Penny has enabled me to be so much more comfortable hosting.

I am a single pringle, which is okay for the moment. I'm not actively looking for anything but if someone comes into my life that's fine too. I live in a smallish 2 bedroom apartment so I try and condense my drag into one bedroom but it has spilled out into the whole place, but I'm very lucky to have a housemate who loves it just as much as me.

I love cooking, so any moment I get I jump at it. I love to entertain and any chance to pull out the Royal Doulton trust and believe I do it. You can often find me in the kitchen on a Sunday making jams and preserves, baking, or cooking pasta sauce for 6 hours. Cooking is a very relaxing for me. I love food and dining. Especially anywhere that serves true French bistro style food and I'm a happy chappy. I LOVE French food.

I have seen almost every show that has come to Melbourne musical theatre, ballet and opera alike. Theatre is my one true love. When I gaze into a crystal ball I think I'd love to end up in a show like *Glamazon*, putting on fantastic production shows each week. And hopefully in five years in my career I'd like to be ready to open my own dance studio. But there'll be plenty of more twirls, splitz and high kicks before that day comes.



q cuisine: with ALESSANDRO RUSSO

Today we present a vegetarian dish , made with seasonal ingredients and typical of Lucera summer foods: green beans and potatoes with tomato sauce. The combination of these two ingredients creates a hearty and tasty dish, in which the tenderness of the beans blends the softness of potatoes.

I suggest it as a side dish or as a main dish, but it can also be combined with an excellent pasta.

Summer recipe: fresh; and easy to prepare.

INGREDIENTS

1 kg of green beans
5/6 peeled potatoes
Cherry tomatoes
a clove of garlic
a few leaves of basil
a stalk of celery
oil
salt and pepper

METHOD

Before starting our preparation, cut the potatoes into pieces and leave to rest in cold water. In a saucepan, add tomatoes, garlic, celery, basil, oil, salt, water and bring to a boil. When the pot boils, add the potatoes which you had previously cut into chunks. Let it cook for another 20 minutes or more, to make sure you cook the potatoes well.



q health news: HEPATITIS C

- DAKLINZA (daclatasvir) now available on the PBS for the treatment of chronic hepatitis C
- DAKLINZA provides a treatment option for hepatitis C genotypes 1 and 3 representing more than 90% of Australian patients.

DAKLINZA provides specialists and general practitioners with an additional option to manage hepatitis C patients who have this progressive disease. DAKLINZA, in combination with sofosbuvir (a medicine made by another company), is approved to treat hepatitis C patients with genotypes 1 and 3, including patients co-infected with HIV and those with advanced liver disease (including cirrhosis). Genotypes 1 and 3 are Australia's most prevalent genotypes, representing more than 90% of hepatitis C patients.

"Different genotypes are treated with different combinations of medicines, which is why additional therapies are important to treat and manage this serious disease," said Associate Professor Dr Paul Gow (Gastroenterologist and Hepatologist).

Genotype 3 has emerged as the most challenging genotype to treat and is associated with faster progression to liver cirrhosis and a higher incidence of liver cancer. Affecting an estimated 85,000 Australians (or 37% of hepatitis C patients), genotype 3 is the second most common hepatitis C genotype both globally and in Australia. More than 230,000 Australians are living with chronic hepatitis C, with nearly one quarter suffering from severe fibrosis or HCV-related cirrhosis. Around 2,500 Australians die from hepatitis C each year. People infected with hepatitis C and also infected with HIV have triple the risk of liver failure or liver-related death.

"People with hepatitis C can live symptom-free for years. But if left untreated, hepatitis can lead to chronic liver disease, liver failure and even death," said Dr Gow.

"The listing of Daklinza on the PBS provides an additional treatment option for a significant group of patients with chronic hepatitis C that have genotype 3 and are co-infected with HIV," said Mr Brent Pfeifferberger, General Manager, Bristol-Myers Squibb Australia and New Zealand. *"I want to thank and congratulate the Federal Government and, in particular, Health Minister Sussan Ley and her department for making these new medicines available on the PBS in recognition of hepatitis C patients' high unmet medical need."*

In Australia, more than 230,000 people are infected with HCV. Hepatitis C is a virus that infects the liver and is transmitted through direct contact with infected blood and blood products. Up to 90 percent of those infected with hepatitis C will not spontaneously clear the virus and will become chronically infected.

According to the World Health Organization, 20 percent of people with chronic hepatitis C will develop cirrhosis and, of those, about 5 to 7 percent of patients may ultimately die of the consequences of infection.

HIV/HEPATITIS C CO-INFECTION FACTS

- In Australia, about 13% of people living with HIV are co-infected with hepatitis C.¹
- >3x** HIV/hepatitis C co-infection **more than triples** the risk of liver failure or liver-related death.²
- Patients co-infected with HIV/hepatitis C experience more rapid cirrhosis progression than patients with hepatitis C alone.³

Bristol-Myers Squibb

1. Hepatitis Australia, 2015, "Hep-C and HIV Co-infection". Available at: <http://www.hepatitisaustralia.com/hepatitis-c-facts/hep-c-facts>
2. Centers For Disease Control and Prevention, 2014, "HIV and Viral Hepatitis". Available at: <http://www.cdc.gov/hepatitis/Populations/PDF/HIVandHep-FactSheet.pdf>
Bristol-Myers Squibb Australia, Mulgrave VIC 3170. Date of preparation: Jan 2016 VIR/0023/01-16

q horticulture: GOLDEN LOTUS BANANA

Gianni Vieri brought The Golden Lotus Banana into Australia nearly 20 years ago upon which, Australian Quarantine held and tested it for approximately four and a half years! It is without doubt the most scrutinised plant ever to have been held and released by AQIS and the Department of Primary Industries Queensland.

The Golden Lotus Banana is a cool climate Banana, which upon reaching full leaf maturity must start to flower and continues to flower for an astonishing and vibrant 6-8 months straight! (depending on how much sun it is given every day). It is in the later stages when it resembles a great big penis. Some people don't quite see it but for those who are dying for a beautiful big penis in their lives, the connection is instantaneous.

Having originated in Himalayan China, there is nowhere in Australia too cold for this thing, although it really likes temperate climates such as Sydney and Melbourne.

This plant has been a hot topic of conversation in horticultural circles for a long time. It is arguably the holy grail of garden plants and will remain so for a long time simply because of its versatility as architectural foliage, its usefulness (as a fibre plant), its toughness; its rarity and its beauty.

This plant has caused a stir all over the world attesting to the high popularity and cultural and horticultural significance of this species. In fact it seems everyone has tried to kind of claim ownership over it by giving it their own name – both common and scientific.

In full flower The Golden Lotus Banana is reminiscent of and reminds gardeners of, Artichoke, King Protea, Bromeliad, Strelitzia and Water lily to name just some. It has gorgeous architectural foliage having [tropical looking] broad lanceolate leaves and is also an important fibre plant. There is no Banana fibre nor, possibly any other natural fibre, in the world that's comes close to the quality of Golden Lotus Banana fibre. It is soft, supple and ridiculously strong and strips to very fine filaments which stretch the whole length of the leaf midrib.

Subsistence farmers use it broadly. They weave objects such as, furniture, baskets, clothing, hats, thatching for house roofs, bridges across jungle ravines. . . This fibre is no joke. Interestingly, the Golden Lotus Banana is also cultivated for commercial pig food, honey production, erosion control, wine and medicine.

Its ornamental value goes without say, except to say that once it begins flowering, it will continue to flower for at least 6 months straight!

A mature (4-5 years old) mother plant in flower will eventually die back with at least a half a dozen pups to replace it and become your future generations of flowering inflorescences. The Golden Lotus Banana produces 'hands' of inedible Bananas which contain beautiful shiny black seeds. These seeds are notoriously difficult to germinate and indeed, we have not been able to germinate seeds in several attempts.

The Golden Lotus Banana is sacred to local peoples in China, Burma, Laos and Vietnam. There are Buddhist temples which display gigantic 3 story stone representations of this Banana in flower, considering it to be a gift from "Mother Earth".

For more information please go to www.thegoldenlotus.com.au or you may contact Gianni Vieri (B. Hort. Sc. UWS- Hawkesbury) on 0435 854 558



q celebration: YELLOWGLEN RAINBOW

YELLOWGLEN LAUNCHES RAINBOW CELEBRATION PACK

The pop and fizz for celebrating with pride, Yellowglen's iconic Yellow Brut Cuvée is erupting in rainbow flair. Yellowglen's limited edition Rainbow Celebration Pack features the bold rainbow stripes of the pride flag as created by the wonderful Gilbert Baker.

Yellowglen's Rainbow Celebration Brut Cuvée is the perfect bubbles for marking a special milestone or toasting family, friends and community.

Yellowglen Creative Director, Samantha Wills, championed the introduction of this limited edition sparkling.

"Yellowglen is an icon of Australian celebration, a brand that stands for joy and empowerment and has inspired generations of Australians with its approachable, fun-loving style. This limited edition is a bright and colourful reflection of our values and our celebration of equality and inclusion," Wills said.

Yellowglen Rainbow Celebration Brut Cuvée is a crisp and refreshing style of sparkling with dry, refined flavours. A burst of melon and citrus with a dry finish.

Yellowglen Rainbow Celebration Yellow Brut Cuvée, RRP \$12.99 Yellowglen's Rainbow Celebration Pack is available nationally in Liquorland, First Choice, Vintage Cellars and independent liquor retailers, until stocks last.

#rainbowcelebration

The first Rainbow Flag was designed in 1978 by vexillologist Gilbert Baker, a San Francisco artist, who created the flag in response to a local activist's call for the need of a community symbol. Using the five-striped "Flag of the Race" as his inspiration, Gilbert originally designed a flag with eight stripes.

Gilbert dyed and sewed the material for the first flag himself.

The design may have been influenced by flags with multicolored stripes used by various left-wing causes and organizations in the San Francisco area in the 1960s.

The Rainbow Flag originally had eight stripes (from top to bottom):

- hot pink for sex,
- red for life,
- orange for healing,
- yellow for sun,
- green for serenity with nature,
- turquoise for art,
- indigo for harmony, and
- violet for spirit.

[Publisher & Editor] Gilbert currently lives in NYC and is a friend of mine.



q win: NASTY BABY

Accent Film Entertainment is proud to announce the release of Sebastian Silva's **NASTY BABY**, a genre-defying comedy drama starring Kristen Wiig (*Bridesmaids*, *Ghostbusters*). Acting as a surrogate for her gay couple friends who want to have a baby, no amount of planning can prepare this trio for life's curveballs.

NASTY BABY, centres around a Brooklyn couple, Freddy (Sebastian Silva) and his boyfriend Mo (Tunde Adebimpe) who are trying to have a baby with the help of their best friend, Polly (Kristen Wiig). Freddy is an artist, and his latest work is all about babies — it's clear he's dying to be a father. Polly is a family practitioner who is more interested in having a baby than having a man. Mo is hesitant about the entire idea, especially when Polly isn't having success with Freddy's sperm and the donor responsibility shifts to him.

Set almost entirely in the multicultural vibrancy of Fort Greene, Brooklyn, the trio navigates the idea of creating life. They are confronted by unexpected harassment from a particularly aggressive neighbourhood man, nicknamed The Bishop (Reg E. Cathey), who is bothersome in small, persistent and dangerous ways. As their clashes become increasingly aggressive, someone is bound to get hurt.

NASTY BABY is available to buy on DVD/Blu-ray for \$29.95 as well as digital.



About Accent Film:

Accent Film has defined itself as an independent label at the forefront of movements in international and local cinema.

The Accent catalogue contains works by great auteurs, independent innovators, film history icons and iconoclasts. From Fritz Lang, Gaspar Noé, Michael Winterbottom, Todd Haynes, Wong Kar-wai, Francois Ozon, Abel Ferrara and Jacques Rivette to Nicolas Winding Refn's *Pusher* Trilogy and more recent cutting edge independent films such as *Child of God*, *It's a Disaster*, *Wolfcop*, *Little Accidents*, *Late Phases* and *Q*. Accent delivers diverse, original and challenging films and documentaries for all tastes, eclectic, exceptional and widespread.

*We have five DVD's and five Blu-ray copies to give away. You can throw your hat in the ring by emailing getfree@qmagazine.com.au with **NASTY BABY** in the subject line.*

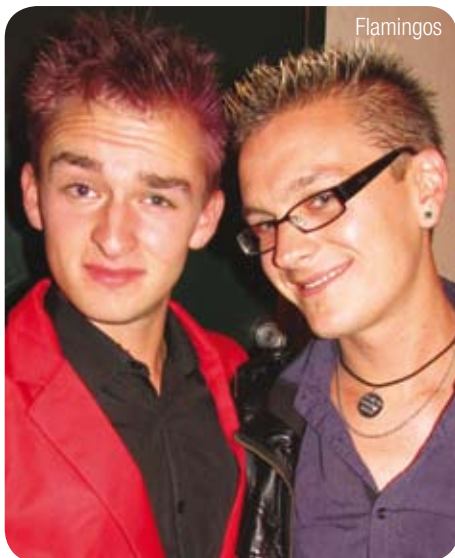
* All prizes are open to everyone, except those which specifically state you must be over 18 to enter. Entries close on the final day of each calendar month with the prize draw taking place at 5pm the following day at Apt. 7, 16 Westbury Grove, St. Kilda East 3183. Names and addresses of people winning 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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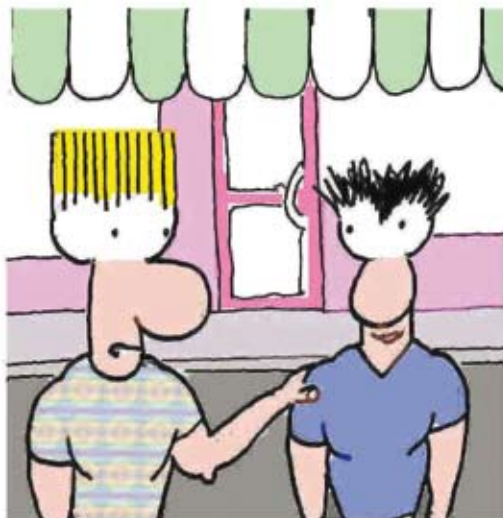
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Let's stop for ice cream?



You're
lactose
intolerant!

I just get
a little
flatulent



A LITTLE? Last time he had dairy
I almost died when a fart sent
his butt plug rocketing at me!



Ice cream? Sure. If you promise
to use your bowels to fight ISIS



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