



Lavender Notes

*Improving the lives of LGBT older adults
through community building, education, and advocacy.*

March 2017

Celebrating 22+ years of service and positive change

Volume 24, Issue 3

Stories of Our Lives

Beckie Underwood

How much have the lives of LGBTQ seniors been affected by the Biblical/cultural imperative "Go forth and multiply!", as a result of which many "straight" women and men got married, had children and later "became" or acknowledged being LGBTQ all along?

Our own Beckie Underwood is one of those whose life was changed by that admonition.

"I knew I was a lesbian as a teenager," Beckie recalls. "I dated a girl through high school and as soon as I graduated - on my 18th birthday, in fact - I moved out of my mother and stepfather's house and in with my girlfriend. After a couple of years living as the 'real me', Faith decided it was time to find a man, get married and have kids. So I figured that was next on the agenda for myself, as well! That was what we were 'supposed to do' in the 50s and 60s!"

Seven months after a co-worker introduced her to David, they were married. Their daughter, Kimberly, was born 17 months later and their son, Timothy, was adopted three years after that.

"David and I were together about 15 years, when we finally disclosed to each other that we had both given up gay lifestyles to get married and have kids," Beckie explains. "This was NOT an easy thing to talk about in those days and there was a lot of hand-wringing, teeth-gnashing and tears. We were already in family therapy to deal with issues around our son, Timothy. In that context, we dealt with David coming out for a few extra sessions and I actually came out to David in one of those sessions."

[Editor's Note: Though no definitive studies have been done on percentages of the LGBTQ community who are biological or adoptive parents, the estimates have ranged up to one-third of lesbian/bi women are mothers and up to one-quarter of gay/bi men are fathers. There are few estimates on transgendered parents, though popular culture has surpassed science with such hit shows as "TransParent". For some interesting findings from a study by UCLA's Williams Law Institute a year ago, check out this hyperlink: http://www.huffingtonpost.com/2013/05/22/gay-parents-salt-lake-city- n_3314969.html]

Beckie was born in Southern California, four years after her brother, Gary. She graduated from Camarillo High School in Camarillo in 1962. Her father, Wally, died when she was just two-and-a-half years old. She was 3 when her mother remarried, so she thought of her step-father as her father most of her life. Her mother and step-father had two more children, Beckie's half-sister, Kris (also a lesbian), and her brother, John, born in 1948 and 1951, respectively.



Mom, Dad, Gary & Beckie ('45)



Beckie, Age 3 ('47)



Beckie and Gary ('46)

In the mid-1970s, Beckie and David moved up to Northern California after he was offered a job at Union Bank in San Francisco. After they "came out" to each other, struggled to keep their marriage together ("for the kids") and redaim their own identities, they went into partnership with two friends, purchasing a Palo Alto gay bar, The Garden, in Whiskey Gulch. This involved a daily commute over the Dumbarton Bridge from Fremont.



Beckie and David, Wedding Day, 03/66

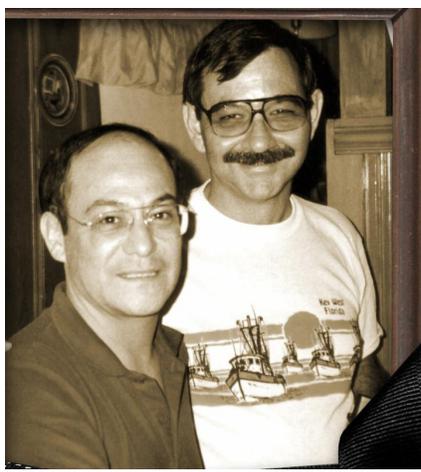


Beckie Working "The Garden"

After three years of trying to make it work, they gave up the idea of trying to stay together.

They decided that once Kimberly graduated from high school, Beckie would move to Palo Alto and 17-year-old Kimberly and 14-year-old Timothy with stay David I the family home in Fremont. Subsequently, David met his long-term partner, Rudy, while the two couples still owned the bar in Palo Alto. David and Timothy moved in with Rudy; then Beckie moved back into the family home in Fremont, Kimberly was on her own by then.

"My mother was very upset when I told her that David and I were separating," Beckie recalls. "She was very unable to understand how I could leave such a 'great guy'! When I told her he was gay, she was even more upset with the idea of me leaving our son with a gay man. I told her to educate herself about who does most of the molesting in this world. But I was still too afraid to tell her about myself for several years."



Rudy & David in their home in Monte Rio

In 1986, David and Rudy moved up to Monte Rio on the Russian River, taking Timothy with them. Unfortunately, both men died of AIDS in the '90s when there were no viable treatments and very little research being done to correct that situation. Timothy, who had been a high-school drop-out, joined the Army in 1988 after he passed his GED and proved to the recruiters that he was responsible enough to hold down a job for six months. He did Mideast tours during Operation Desert Storm and has since been diagnosed with Gulf War Syndrome-related illnesses. He lives in an Assisted Living Facility for Veterans back in Maryland, visiting Beckie on his birthday each year.

Once she was back on her own, Beckie started dating women again, moved in with a younger woman for a while, but mostly basked in the reality that she could finally live her life being true to herself. It was then that she met the love of her life, Sherry-Ann.

"Sherry-Ann and I knew each other from a musical group we were in, as well as from various women's functions," Beckie explains. "One day she invited me to her house to take pictures of her new puppy. I was there talking and enjoying her company for 11 hours that day! We were pretty much together for 17 mostly-wonderful years after that!"

They held a commitment ceremony in 1993. They were both community activists in Contra Costa and Alameda Counties.

"Sherry-Ann was well-known in places like Pittsburg for helping educate sex workers there. She was known as the 'condom lady' and helped form women's empowerment projects and programs for the disabled," Beckie recalls. "For a Mormon girl from Texas and Ohio - married in the Mormon Tabernacle Temple in Salt Lake City with a daughter of her own - this was pretty racy stuff for her to be doing!"

After eight years living together, they decided to leave their Hayward home and the congestion of the Bay area, moving to Paso Robles, where life was slower and less expensive. Beckie's mother and step-father, sister (and her wife), brother and his family all lived nearby. They stayed there together for ten years, though Beckie felt a need to quit her job for the last two years there, in order to take care of Sherry-Ann, when it was clear that her health was slowly, but steadily, declining.

"Sherry-Ann was a bundle of energy, even though she'd been told years earlier that she only had six months to live!" Beckie says. "She dealt with long-term conditions like congestive heart failure and various other coronary and pulmonary illnesses, but didn't let it slow her down until near the very end. She died in 2009 and my life was irreparably changed!"



Beckie & Sherry-Ann, Wedding Day, 2/14/93



The Grandmas' Last Christmas ('08) together before losing Sherry-Ann

Meanwhile, dealing with her mother about her own sexuality had caused a considerable rift between them. After that coming-out process had commenced, the two had very little contact for about five years.

"She would send me occasional letters with unwelcome sermons, telling me that I could visit if I'd like, but I couldn't bring any women friends with me," Beckie recalls. "She finally educated herself and accepted me back into her life - just in time, because she absolutely adored Sherry-Ann. They would have missed out on that wonderful connection if she'd remained in the dark about sexuality and lifestyles. With my sister living with HER female partner just a few blocks from Mom and Dad, as well, Mom had to finally throw in the towel and admit she loved us both, in SPITE of..."

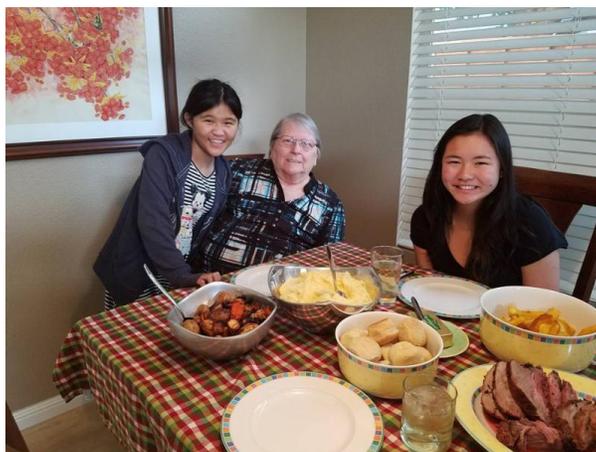
Her mother died about a year after Sherry-Ann and her step-father (who Beckie was never close to) died a year later. So Beckie set about re-directing her life, deciding to move back to the Bay area, where her daughter and family lived - and where she was more familiar with the women's community. After much ado, she sold her house in Paso Robles, bought a mobile home in Hayward, where she's remained ever since. She temporarily went back into the closet for a while after her return, trying to get her land-legs with new neighbors and old acquaintances.

"We had friends, Stella & Ina Mae, in Lavender Seniors, who I contacted soon after I moved back to the Bay area," Beckie explains. "Unfortunately, I only had one visit with them before they were both killed in an auto accident while on vacation. But during that one visit, I had met Dan Ashbrook and other Lavender Seniors so I started going to functions and joined their competency training team. It took a full 2 years, however, before I was back out of the closet with my neighbors, old and new acquaintances."

Shortly after moving back to Hayward, Beckie was diagnosed with breast cancer in both breasts and went thru bi-lateral mastectomy and a year of chemotherapy.

"I was very grateful to be living close to Kimberly, Eric and my adorable granddaughters, Cleo and Tian Li," she says fondly. "My family, my volunteer work and teaching made that awful year bearable."

Currently, her professional and volunteer work is extensive. She teaches decorative painting & mosaics at the Hayward Senior Center. She is an In-Home Support Services worker for a lesbian with Alzheimer's. She works widely with both LGBTQ and Senior services. She wears several hats with Lavender Seniors of the East Bay: community outreach worker, member of the Advisory Board and Editor of the monthly newsletter. In addition, she founded and co-facilitates Out Standing Seniors, a Pacific Center LGBTQ senior peer group at the Hayward Senior Center, is on the Hayward Senior Center LGBTQ Pride Dance committee, treasurer for the Northern California Decorative Artists and treasurer for the San Mateo County African Violet Society. She portrays herself in a new (2017) Lavender Seniors LGBTQ-themed on-line training film for personnel of Senior Residential Facilities, funded by the Long Foundation in Walnut Creek.



Beckie with granddaughters, Cleo and Tian Li, Thanksgiving 2016

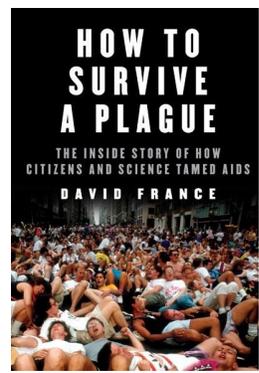
"Some days it's almost unbearable how much I miss Sherry-Ann," she says sadly, "But my family, my work with seniors and the LGBTQ community keep my life moving forward. As they say, it's a far better thing to have loved and lost someone dear to you than never to have loved at all!"

Thank you, Beckie, for your ongoing work and for sharing so much of your life with us!

Book Review:

How To Survive A Plague: The Inside Story of How Citizens And Science Tamed AIDS

By David France



The author also wrote "Our Fathers" which exposed the Catholic church and the sex crimes involving priests. There was a film version.

I vividly recall the early days of the AIDS plague. My lover at the time was John Wise. We were both relieved when we got tested and both of us negative.

The AIDS epidemic surfaced during Ronald Reagan's presidency. He stalled in acknowledging the epidemic and coming to the rescue of people living with AIDS.

For gays, the major event occurred in January, 2013 in Manhattan. AIDS survivors gathered from all over the world. 500 men from ACT UP were there. They were determined to fight prejudice and the disease. Two million people still die from AIDS each year world wide. Larry Kramer was the most active.

France gives us an engrossing history of AIDS and the young doctors who helped out. Some of the AIDS survivors fell into drug addictions such as methamphetamine .

This is a stunning tale of triumph and tragedy. Survivors will appreciate the book and the author in his single minded devotion to fighting AIDS.

- Frank Howell

CALL FOR VOLUNTEERS

Lavender Seniors currently seeks volunteers for two areas of work within our organization: the **Advisory Board** and **Program Coordination**.

Have you benefited from Lavender Seniors work during its 20+ years of history? Do you have energy, dedication, and skills to give back and make a rewarding difference in your own life and that of other Bay Area seniors? If so, consider becoming an Advisory Board Member.

The group meets monthly in San Leandro and at this time needs to replace some interim members with longer-term ones to meet its quorum requirement.

Also, presently, Lavender Seniors is served by an Interim Program Coordinator. The group needs someone part-time who will support the growth of the vision, mission, and values of the organization while developing and implementing a strategic plan to accomplish its long-term and day-to-day operational needs. Tasks would include administration, organizing activities, and the pursuit of funding opportunities.

If either of these areas sound good to you, please bedkie@lavenderseniors.org and one of the current Board members will be in touch with you soon. Thank You!

When We Rise: The Epic Mini-Series Premieres February 27 on ABC!

"When We Rise" was written and created by Academy Award-winning screenwriter Dustin Lance Black. This mini-series event chronicles the real-life personal and political struggles, set-backs and triumphs of a diverse family of LGBT men and women who helped pioneer one of the last legs of the U.S. Civil Rights movement, from its turbulent infancy in the 20th century to the once unfathomable successes of today.

Monday, February 27: 9:00-11:00 p.m. "WHEN WE RISE" Premiere
Wednesday, March 1: 9:00-11:00 p.m. "WHEN WE RISE" Parts II and III
Thursday, March 2: 9:00-11:00 p.m. "WHEN WE RISE" Parts IV and V
Friday, March 3: 9:00-11:00 p.m. "WHEN WE RISE" Parts VI and VII

Ballets Trockadero 40th Anniversary Performance at UCB's Zellerbach



Les Ballets Trockadero de Monte Carlo

Cal Performances' Zellerbach Hall
Berkeley, CA, March 3-4, 2017 (two evenings and one matinee)

Via Cal Performances:

<https://secure.calperformances.org/single/SYOS.aspx?p=11411>

Tickets range between \$18 - \$86
(Special rates for seniors, UCB students/staff, KQED Members, etc.)

Phone: 510.642.9988

Email: tickets@calperformances.org

Via www.Goldstar.com:

~~\$52 - \$74~~
\$26 - \$55.50

The sacred traditions of classical ballet are ripe for parody, and the hairy-chested, tutu-clad boys of Les Ballets Trockadero de Monte Carlo are happy to provide it. But these "ballerinas" aren't just having a laugh; they actually dance *en pointe*, combining impeccable technical skill with a wicked sense of humor and comic timing to entertain both ballet aficionados and those who wouldn't know a *grand battement* if it hit them in the face.

It's a combination that has earned The Trocks praise from *The New York Times*, *Variety*, London's *Daily Telegraph* and *Vogue*, to name a few. Now, to celebrate its **40th anniversary**, the troupe performs **two works from its first Zellerbach Hall performance back in 1976**: *Swan Lake* and *Don Quixote*. Don't miss this loving send-up brought to you by Cal Performances.

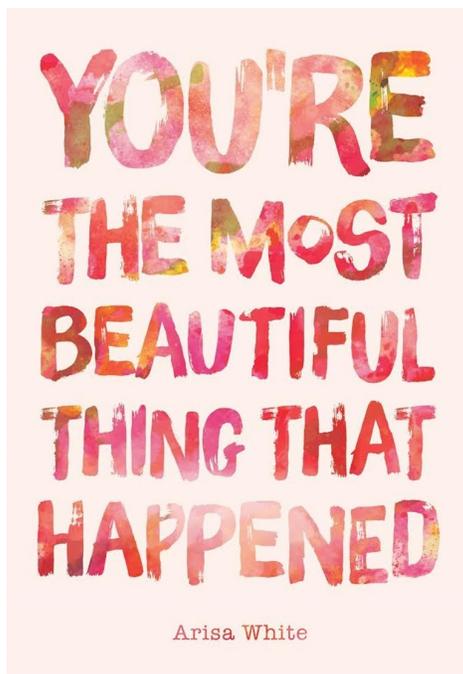
InterGenerational Queer Mixer!

Sunday, March 5th 12:00-3:00 pm



2712 Telegraph Ave, Berkeley

Space is Limited! RSVP at Eventbrite at <http://bit.ly/2kDVm9V>
or contact Anne at amitchell@pacificcenter.org or 510.548.8283 x126



Come and listen to Arisa Wright read from her newest edition of poetry followed by small group writing and conversation.

San Leandro Pot Luck

March 11, noon-2:00pm

All Saints Episcopal Church, 911 Dowling, San Leandro

Susan Criswell of the San Leandro Senior Community Center will be telling us about the programs for available for seniors at the San Leandro Senior Community Center.

Find out all the different types of activities both on site and off site which enhance and engage seniors to keep them active.

Meet new people, learn new skills, maintain vibrancy in your life and keep connected with the community of active seniors. Learn about city programs to help the low-income senior population maintain independence and livability.

Some March programs included are:

Free Community Education Programs - the two programs offered in March are:

1. San Leandro Housing Rehabilitation Program

Staff will provide information about the Housing Rehabilitation Grant Program for low-income city resident homeowners. Eligible repairs include minor repairs to improve health and safety, accessibility improvements, and more! Learn about eligibility requirements and the application process.

Seniors, family members, caregivers, and friends are welcome.

Thursday, March 2, 2017 1:30 - 3:00 pm
Course #10087
Arts and Crafts Room

Space is limited: pre-register by calling Customer Service @ 510-577-3462

2. Let's Get Growing!

Alameda County Master Gardeners will discuss best practices for gardening. Learn about sustainable practices, integrated pest management and ergonomic techniques to help your garden grow.

Friday, March 24, 2017
Course #10085
Arts and Crafts Room

San Leandro Senior Community Center
123909 East 14th Street, San Leandro
Phone 510 577-3462/Fax 510 577-3470

Space is limited: pre-register by calling Customer Service @ 510-577-3462

We are looking for other program ideas for future potlucks that may pique the interest of Lavender Seniors participants. Please send your suggestions to [Lavender Senior Lunches](#).

Lavender Seniors Film Series Resumes, Third Wednesday, 15th March, 1-3pm

Wild Side

The central character in "Wild Side," March's Lavender Seniors Film Series presentation, is a transgendered woman named Stéphanie who is simultaneously involved with Djamel, a beautiful Algerian man, and Mikhail, an "undocumented" Russian emigré. The two men - both in love with Stéphanie - are also involved with each other, which makes for a complicated, but seemingly comfortable and supportive situation for all three marginalized individuals.



Djamel and Mikhail sleeping together while Stéphanie gets ready for work

The film's title refers to "Walk on the Wild Side," Lou Reed's classic song about New York City's fringe dwellers. French director Sebastien Lifshitz's third feature (in French with English sub-titles) is a sensitive, non-exploitative portrayal of a striking Parisian transgendered MTF sex worker who must confront her troubled present and haunted past when her mother falls seriously ill.

After getting the call that her mother has been rushed to the hospital, 32-year-old Stéphanie returns to the small farmhouse she left years ago, when she was a boy of 15 named Pierre. She hasn't been back since, and while her mother has made peace with Stephanie's gender switch, she still misses "Pierre." Stephanie's father and beloved sister were killed when Pierre was just a child, and Stephanie is all her mother has left.

Evinced the same daring as his excellent feature debut, COME UNDONE (2000), Lifshitz employs a complex narrative structure to tell the story of these marginalized people who use their unconventional relationship to replace absent family members and heal emotional wounds.



Lifshitz tells their tale as two alternating story lines: The first follows Stéphanie, Mikhail and Djamel as they attend to the dying mother; the second, which unfolds in reverse chronology, details their lives in Paris. As Stéphanie's death watch nears its inevitable conclusion, the alternating story thread shows us Mikhail's sad arrival in Paris, and Djamel's disconnected relationship with his family.

Lifshitz rewrites the rules to suit the needs of his narrative - there are occasional flashbacks to Pierre's childhood in sweeping

panoramas of the French countryside. He has enough confidence in his audience's intelligence to assume that they'll be able to follow along. The statuesque actress playing Stéphanie is, in fact, a transgendered woman living in Paris, an excellent casting choice: Her impassive face and dispassionate voice serve as a carefully constructed protective mask that hides her pain, and which she rarely lets slip.



The film will be shown at 1pm on Wednesday, 15th of March in the Lecture Hall of the San Leandro Public Library, 300 Estudillo, a ten-minute walk up Estudillo from the San Leandro BART station - or a five-minute walk from the AC-Transit stop at E. 14th and Estudillo. We are grateful that Akilah Monifa will continue her role as host of the film and guarantees that she has all of the technical equipment under control for an "on-time" departure in March!

Lavender Seniors will provide popcorn, bottled water, Martinelli's apple juice (both sparkling and regular), plus miniature Reese's peanut butter cups. After the showing, there will be a brief discussion and evaluation of the film and the issues it brings up for LGBTQ Seniors and their allies.

For people who are driving, the library is on Estudillo two blocks below Bancroft Avenue in San Leandro. It is accessible via either I-880 or I-580, as well.

From I-880, get off at the Davis exit and head east toward the hills. Davis eventually becomes Callan, which passes the north side of the library two blocks above East 14th.

Coming on I-580, get off at the Estudillo Exit (#31B) and follow that street down toward the Bay until you reach 300 Estudillo.

There is ample free parking - some three-hour and some two-hour - at the library.

[Third Friday Lunch Bunch, Friday, 17th March, 12-2pm](#)

This month's Lunch Bunch speaker will be Henny Keller from CARA .



*NEW CONSERVATORY THEATRE CENTER
CELEBRATES 35 YEARS*

2016-2017 Season Presentations

+ LEAVING THE BLUES Mar 3- April 2, 2017

A Play with Music by Jewelle Gomez
World Premiere

+ EVERYTHING THAT'S BEAUTIFUL March 17 - April 23, 2017

by Elyzabeth Gregory Wilder
World Premiere

+ SORDID LIVES May 12 - Jun 11, 2017

by Del Shores
SF Premiere

+ WARPLAY Jun 2- Jul 2, 2017

by JC Lee
World Premiere

Subscription Packages provide heavy discounts.

Go to <http://www.nctcsf.org/shows/subscribe> for more details.

25 Van Ness Ave. San Francisco, CA 94102

415.861.8972

Lavender Seniors Potluck Celebrates Chinese Lunar New Year

with Arlene Lum from the Asian Community Cultural Association of San Leandro



The Lavender Seniors February potluck celebrated the Chinese Lunar New Year of the Rooster learning about the complex cultural significance of the various Chinese symbols and how to make simple but colorful Chinese Lanterns using red envelopes.



Each of our members in attendance had a great time making a colorful lantern of their own to take home. Everyone had a

great time and commented on how fun it was to do a cultural craft.

In addition to our very own Potluck, Arlene also spent this year's Lunar New Year demonstrating and educating the greater San Leandro area at the Main Library and the Senior Center.

Lavender Senior Lunch Bunch February 17, 2017

#BlackPanthersAt50

by Akilah Monifa

It was great to do a talk at the North Oakland Senior Center (NOSC) formerly the site of Merritt College where Huey Newton and Bobby Seale founded the Black Panther Party for Self-Defense (BPP).

I engaged those gathered by asking them about their thoughts about the BPP.

Most folks did not know about the Ten Point Program, free breakfast for school kids, health clinics, legal aid clinics, or the police monitoring activities.

I talked about the ties to socialism as well. Connected with folks after the talk too. I have many articles on the BPP and their members on www.huffingpost.com/author/akilah-monifa.

Akilah
510.847.0720



LGBT Online Support Group for Caregivers

If you are lesbian, gay, bisexual, or transgender and caring for someone with ongoing health problems . . . **you are not alone!** Family Caregiver Alliance's online LGBT Caring Community Support Group connects you with others facing the day-to-day challenges of caregiving. If you're assisting someone with Alzheimer's, stroke, Parkinson's, traumatic brain injury, or other chronic health problems, you can get support from the convenience of your home.

Share experiences, resources, and ideas in a supportive, caring environment. Available 24 hours a day, all you need is e-mail, and it's free! Visit www.caregiver.org.

Women caring for their women partners support group has a couple of open slots...

Feel overwhelmed caring for your female partner? Don't feel like you fit in at the usual support groups?

Lavender Seniors of the East Bay is proud to announce its first support group for Women caring for their woman partners.



Every other Friday at 1 pm
2041 Bancroft Way, Suite 307 Berkeley

If you are a woman caring for a sick, elderly or disabled woman partner, join us.

Facilitated by Dr. Shannon Dubach

Please R.S.V.P. to Patricia at patricia@LavenderSeniors.org
(510) 574-2091

\$10 donation as able. No one turned away for not donating.

Recipes of My Heritage

Many of our Lavender Seniors come from very rich culinary backgrounds that are not usually carried forward as part of their stories. As a consequence our LGBTQ community loses a important part of its cultural heritage.

From time to time we will publish recipes from the kitchens of LGBTQ individuals in order to share and carried forward a heritage that would hopefully enrich the generations that follow.

If you wish to share recipes from your kitchen, send the recipes with a little history, to BJue.Lavenderseniorsorg@gmail.com. We will try to publish them as we can.

The Following soup recipes are from Richard Riffer. Thank you Richard

GARBANZO/ ROOT VEGETABLE SOUP

1/2 red onion, chopped
2 carrots, peeled and cut into chunks
2 parsnips, peeled and cut into chunks
1 small potato, peeled and cut into chunks
1/2 tsp pepper
2 Tbsp Osem consomme mix (found in the supermarket kosher section), or equivalent
1 can garbanzo beans, drained and rinsed

Sauté the onion in 2 Tbsp olive or canola oil. Add 1 qt of water and bring to a gentle boil. Add the other ingredients and simmer gently about 30 min. Allow to cool somewhat, then purée in a blender to a smooth consistency. Serve hot.

EASY SCHAV (BORSCHT)

This is a Russian/ Ukrainian cold sour soup brought to America with Jewish immigrants around the early 20th century. It calls for sorrel, which grows wild in Eastern Europe but is not readily available here. We grew sorrel in our yard in the Chicago area, when I was growing up. Spinach is a good substitute and is much superior, because sorrel has tough fibers, except for young leaves. The traditional preparation is with sour cream, but buttermilk yields a smoother consistency

1 10-oz pkg frozen chopped spinach, thawed overnight in the refrigerator
1 c water
3 Tbsp lemon juice
1/2 tsp salt
chopped scallions and cucumbers for garnish
buttermilk

Bring the spinach and water to a slow boil, and add the salt.
Remove from the heat, then add the lemon juice.
Chill. Serve cold with garnish. Add buttermilk to desired consistency.



CARA Alert - January 29, 2017

A publication of the California Alliance for Retired Americans.

DAY OF ACTION in Bakersfield was Incredible!!

What an incredible action on January 27th! Almost 1000 Californians descended on Congressman and GOP leader Kevin McCarthy's office to demand that he not destroy our healthcare and instead protect Medicaid and Medicare by improving and expanding Medicare for all. The crowd was fired up and brought their message right to McCarthy's **locked door** to make sure he hears us loud and clear.

We had powerful stories from seniors, patients, nurses, doctors and labor and community leaders who struggled to afford or provide healthcare in our current broken system. Dr. Paul Song represented a Campaign for a Healthy California and talked of his oncology patients going bankrupt because they can't afford their care. We had patients and speakers from Clínica Romero, UDW, California Alliance for Retired Americans, CNA, Kern County Labor Council, the Dolores Huerta Foundation, and the California Federation of Labor. The UDW speaker came to tears when she talked about her lung cancer from pollution in the valley - she will not survive if her healthcare is cut. She is fighting to be alive for her seven children and for her struggling community.

And of course our own Bernice Bonillas, Bakersfield CAT Chair who helped put the event together and spoke eloquently, and Hene Kelly, CARA's legislative director brought it home with her ending Call to Action. It was a very powerful day.

A [live stream](#) and [many pics](#) are on the Campaign for a Healthy California [Facebook](#) site and also on [twitter](#) (also search #medicare4all #healthcare4all). You can also find lots of [pictures](#) and [videos](#) on CARA's website (www.californiaalliance.org). The event was a true collaborative effort, but CARA gets big kudos for taking the lead and pulling together the broad coalition, filling the buses (and recruiting great bus captains). Eight buses came from around the state and hundreds of local folks were there.

CA Labor Fed also was a key partner as well as the Campaign for a Healthy California, and the Kern County Central Labor Council. A big fist pump to the United Domestic Workers who turned out big time - they had members from 12 counties, and the State President (Editha Adams) and Executive Director (Doug Moore) both spoke. A round of applause goes to our great Communications Committee for pushing out our message so McCarthy couldn't ignore us from the east coast. Check our website to see some of the [great press](#).

We want to thank all of the individuals and organizations (labor and community based) who helped make this event possible: AFM Musicians Local 47, California Alliance for Retired Americans (CARA), California Labor Federation (CLF), California Nurses Association (CNA), California Partnership, Campaign for a Healthy California (CHC), Clínica Romero, CHIRLA, Courage Campaign, Labor United for Universal Healthcare, Healthcare for All, Progressive Action for Glendale, PNHP, AFSCME Local 57 Retirees, Kern, Inyo and Mono Counties Central Labor Council, L.A. County Federation of Labor, SEIU 521, SEIU 721 (Retirees), SEIU 1021 Retirees, SF & Long Beach Grey Panthers, CFT, Children's Defense Fund, Teamsters Joint Council, United Domestic Workers (UDW), United Farmworkers Foundation, Young Progressive Coalition, Progressive Democrats of America, and various Dem clubs in the Central Valley. (Sorry if I missed anyone).

We especially want to thank those organizations above who made a financial contribution to help pay for the busses, lunches, and materials needed to pull off an event of this kind. This is a partial list, as donations are still coming in - and we still need more to cover the costs of this event - send \$\$\$ to CARA please!

OUR WORK IS NOT OVER!!! TODAY and EVERYDAY: Get Loud by Phone or Online: Protect, Improve and Expand Medicare & Medicaid!

Bakersfield was great, but we need to keep the pressure on McCarthy - and on our own members of Congress. Please continue to call Congressman McCarthy (House Majority Leader) to protect and improve Medicare and Medicaid. Call him at his District or D.C. office. Here are the numbers:

Bakersfield office: 661-327-3611

Washington D.C. office: 202-225-2915 / toll free at 866-828-4162

Remember, hundreds of Bakersfield residents (with backup from around the state) are demanding McCarthy improve healthcare instead of leading the charge to destroy it. As House Leader, he is directing the Republican attack on our healthcare in the House of Representatives. He is a well-known supporter of privatization and reducing spending on programs such as Medicare and Medicaid. Let him know that we expect him to represent his constituents (51% of the residents in Kern County depend on Medicaid or Medicare)! **Let's get loud for healthcare as a right!**

Also call your own Congressman and Senators Harris and Feinstein to urge them to vote against any cuts to Medicare or Medicaid - and to expand Medicare to cover everyone. Use the toll free switchboard and ask for your Representative at: **866-828-4162**

Stay tuned for more actions to Protect Medicare, Medicaid and Social Security in the upcoming weeks.
Health care is a human right - we will not give up this fight!

You can contact CARA at:

CARA, 600 Grand Ave. #410, Oakland, CA 94610

NORTH: 510-663-4086 * 510-663-4099 (fax) * jreid.cara@gmail.com

SOUTH: 714-488-5488 * Vishnu.cara@gmail.com

TOLLFREE 1-877-223-6107 * www.californiaalliance.org



Community Phone Calls

Just a few of the things offered:

LGBTQ Chat 2nd and 4th Mondays, 3/13, 3/27 1:00pm - 2:00pm

This group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Sylvia Vargas, Openhouse Friendly Visitor Manager

Personal Storytelling Tuesdays, 3/21 3:00pm - 4:00pm

Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of Personal Storytelling. Our tellers have taken personal memories, thoughts, and even ramblings and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Facilitated by Stagebridge, California

Gratitude 1/9 - 4/9 Morning Gratitude Every Day 9:00am - 9:30am Afternoon Gratitude Mondays - Fridays 12:00pm - 12:30pm Saturdays 4:00pm - 4:30pm Sundays 1:00pm - 1:30pm

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day! Facilitated by Kaevalya Banks, Kathleen Torres, Tom White, Lynn Rayburn, Vi C., Nicolette Noyes, and Patt Schroeder

View the [Winter catalog](#) of community phone calls [here](#). To participate in these or other Senior Center Without Walls (SCWW) telephone activities, or to learn more about SCWW programs, call 877-797-7299 or email info@seniorcenterwithoutwalls.org.

Save the date

Third Annual Pride Dance at the Hayward Senior Center

ages 21+

Friday, May 19th, 7-10 pm

Tickets \$17 in advance, \$20 at the door

Hayward Senior Center
22325 North Third Street, Hayward
510-881-6766

PRIDE

Pride Night with the A's



June 6 vs. Toronto BlueJays at 7:05pm

Group tickets are now available at a discounted rate!

All attendees will receive:

An Oakland A's Rainbow Scarf

Access to a pre-game party

Free Parking

If you are interested in getting a block of tickets reserved for Lavender Seniors contact:

[Lavender Seniors Newsletter Editor](#)



THIS MONTH'S EVENTS

Queerly Aging Lesbians

March 2 & 16, 1:30 p.m. (1st and 3rd Thursdays)
The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley
Find support and like-minded wonderful people!

Out Standing Seniors, Hayward

March 7 & 21 11:30 a.m.-2:00 p.m. (1st and 3rd Tuesdays)
Hayward Senior Center, 22325 N. Third Street, Hayward
A safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Gay Straight Alliance

March 9, 11:00am-noon, (2nd Thursdays)
Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont
See information above.

Rainbow Seniors

March 14 & 28 12:30-2:00 (2nd & 4th Tuesdays)
San Leandro Senior Center, 13909 E 14th St, San Leandro
A safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Lavender Seniors Advisory Board Meeting

March 8, 6:00-8:00 p.m. (Wed before San Leandro Potluck Lunch)
San Leandro Library, 300 Estudillo, San Leandro
A portion of this meeting is open to the public.

Senior Men's Group

March 9 & 23 1:30 p.m. (2nd and 4th Thursdays)
The Pacific Center, 2712 Telegraph Avenue, Berkeley
Co-sponsor: The Pacific Center, 510-548-8283
Feel alone? Need to find space to be yourself and chat with others? Join us!

San Leandro Potluck

March 11, noon-2:00pm

All Saints Episcopal Church, 911 Dowling, San Leandro 94578

Come relax for a couple of hours. Share the love, meet others, talk and laugh!

This month's program: Susan Criswell, S.L. Senior Community Center (see info above)

Rainbow Seniors

March 14 & 28 12:30-2:00 (2nd & 4th Tuesdays)

San Leandro Senior Center, 13909 E 14th St, San Leandro

A safe and confidential space for LGBT seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Lavender Seniors Film Series

March 15, 1:00-3:00pm

San Leandro Library, 300 Estudillo, San Leandro

This month's movie: Wild Side (see info above)

Our Space Intergenerational Community Dinner

March 16, 5:30-7:00 p.m. (3rd Thursday of each month)

Our Space, 22245 Main St in Hayward

Contact stephanie@baycyouth.org for information

Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services

March 17, 12:00-2:00 p.m. (3rd Friday of each month)

North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland

This month's program: Speaker from CARA (see info above)

Women caring for their woman partners

Every other Friday at 1pm

Please R.S.V.P. to Patricia at patricia@LavenderSeniors.org (510) 574-2091

Facilitated by Dr. Shannon Dubach

2041 Bancroft Way, Suite 307 Berkeley

If you are a woman caring for a sick elderly or disabled woman partner, join us.

Lavender Seniors of the East Bay Board of Advisors

Chair: Victor Aguilar Jr.

Secretary: John David Dupree

Treasurer: Carmen Chiong

Editor: Beckie Underwood

Interim Program Coordinator: Barbara Jue

Akilah Monifa

Interim Board Members: mica-Meri Furnari

Allison Rodman

Lavender Seniors

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LIFE ElderCare

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