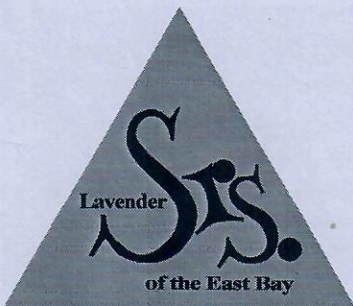


May 2006

Volume 11, Issue 5

LavenderNotes

A Project of the Tides Center



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Opposition to Gay Marriage Declining, Poll Finds

March 23, 2006

By WILL I. ESTER

From the Associated Press

WASHINGTON (March 23) - The public backlash over gay marriage has receded since a controversial decision by the Massachusetts Supreme Court in 2003 to legalize those marriages stirred strong opposition, says a poll released Wednesday. Gay marriage remains a divisive issue with 51 percent opposing it, the poll by the Pew Research Center for the People and the Press found. But almost two-thirds, 63

percent, opposed gay marriage in February 2004.

"Most Americans still oppose gay marriage, but the levels of opposition are down and the number of strong opponents is down," said Andrew Kohut, director of the Pew Research Center. "This has some implications for the midterm elections if this trend is maintained. There are gay marriage ballot initiatives in numerous states." Gay marriage got intense media coverage in 2004 after the Massachusetts

(Continued on page 4)

May 2006

Schedule of Events

- May 10 - 6 PM - 7 PM - Fundraising Committee AND 7 - 8:30 PM - LS Board Meeting - 1395 Bancroft Ave., San Leandro. Public is welcome.
- May 11 and 25 - 1:30 - 3:30 PM - Senior Men's Afternoon - 2712 Telegraph Ave., Berkeley at Pacific Center. Co-sponsored by Lavender Seniors and the Pacific Center.
- May 12 - 10 - 12 PM - Coming Out Again Group - 1801 Hearst St., Berkeley. Co-sponsored by Lavender Seniors and North Berkeley Senior Center.
- May 13 10:30 AM to 11:45 AM - Friendly Visitors Volunteer meeting before the Potluck. If you are interested in becoming a Friendly Visitor, you are welcome to come.
- May 13 - 12 - 2 PM - LS Potluck - 1395 Bancroft Ave., San Leandro. Our speaker is Dusty Arajo from the Int'l Gay and Lesbian Rights Assoc.
- May 14 - 5:30 - 8:30 PM - Fellows of the East Bay. Monthly potluck dinner and social. Oak Center Towers, 1515 Market Street, Oakland. \$4 donation.
- May 18 12:30 - 2:30 PM - Lavender Lunch Bunch, Lakeside Park Garden Center, 666 Bellevue, Oakland. This month: Rachel Ginsberg, Family Attorney, will discuss Domestic Partnership laws and other relevant legal issues for the LGBT community members.
- May 19- 12:30 - 2:30 PM - City of Oakland's Fourth Annual Gala for National Older Americans Month - Music, dancers, speakers and senior community resource tables. Call Christina at 667-9655 to volunteer and for more info.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------|-----|-----|--------------|------------------|-------------------|---------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 BrdMtg | 11 Sr Mens | 12 ComingOut | 13 Potluck |
| 14 Fellows | 15 | 16 | 17 | 18 LunchBunch | 19 OaklandGala | 20 |
| 21 | 22 | 23 | 24 | 25 Sr Mens | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Lavender Seniors of the East Bay is funded by individual donors as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, The California Endowment, City of Oakland, The Horizons Foundation, Royal Grand Ducal Council of Alameda County, Sociological Initiatives Foundation, East Bay Community Foundation & Sisters of Perpetual Indulgence, Berkeley Community Fund, True North Foundation. We gratefully acknowledge the support of all Friends of Lavender Seniors.

LavenderNotes

is the official newsletter of
Lavender Seniors of the East Bay.

Mission Statement

The mission of Lavender Seniors of the East Bay is to improve the quality of life of lesbian, gay, bisexual, and transgender seniors (age 55 and older) through community outreach, advocacy, and education.

Advisory Board

Frank Howell & Ina Mae Murri, Co-Chairs

Jeanine DeBacker, Secretary

Bobbie Jarvis, Treasurer

Fred Banuelos D'Anne Bruetsch, Meg Bruynell,
Rose White & Natalie Zarchin Members at Large

Next Advisory Board Meeting

May 10th at 7PM. Call the office for more information. Interested persons are welcome; public comments take place at 7PM.

Staff

Barbara Faulkner, Director

Mitchell Foudray, Care Coordinator

Nancy Fugett, Administrator

Christina Cappelletti, Outreach Specialist

Newsletter

Barbara Faulkner, Editor

Webmaster

Bert Hendriksen

Lavender Seniors welcomes all persons age 55 and older, their partners, allies, and guests. Cost of production and mail makes necessary a request of \$15 minimum annual donation to receive the newsletter. Visitors & others may receive the newsletter for three months without charge. No one is turned away for lack of funds. For gifts, make checks payable to *Tides Center / Lavender Seniors*.

Signed articles represent the opinion of the authors and do not necessarily those of Lavender Seniors. Inclusion of a name in this newsletter does not necessarily indicate a person's sexual orientation or gender identity.

Who did you hang out with 10 years ago? And...Where are they now?

We have Friendly Visitors who want to visit with them and help them to stay connected to the LGBT community. Call us at 510-667-9655

What We Do..

Founded in 1994, Lavender Seniors of the East Bay provides the following:

- **The LGBT Seniors of Color:** Improves access to health and human services to LGBT seniors in the African-American, Latino, Native American, Asian, and Pacific Islander communities.
- **Friendly Visitors Program:** Matches volunteers with isolated and /or frail LGBT seniors for social support, light household and shopping assistance, and telephone assurance.
- **Cultural Competency Trainings:** Through LGBT Senior panelists, educates service providers to comply with state laws to change policies and practices to make service more accessible to LGBT seniors.
- **Monthly Potlucks each 2ND Saturday:** Provides a safe and welcoming social environment and information from invited speakers.
- **Lavender Lunch Bunch:** Provides a social gathering with food and drinks on the third Thursday of each month.
- **Lavender Juniors:** Organizes support from LGBT non-seniors and guides intergenerational programming.
- **Monthly Discussion Groups:** Coming Out Again and Seniors Men's Afternoon co-sponsored and co-hosted by the North Berkeley Senior Center and Pacific Center (see back page for schedules).
- **Monthly newsletter:** *Lavender Notes*.
- **Website:** <http://www.lavenderseniors.org>

To get involved as a participant or volunteer, contact us at 510-667-9655 or e-mail

| | | | |
|---------------|------------------------------------------------|---------------------------------------------------------|----------------------------|
| May Birthdays | May 1 Laura Tow | May 10 Andrea Condell | May 23 Carol Martin |
| | May 1 Jan Faulkner Jim Joslin | May 13 Bill Baillie | May 26 Lynn Rayburn |
| | May 2 Peter Hart Joan Norry Don Silva | May 14 Morgan Britt Rolland Sherman | May 27 Shirley Hamburg |
| | May 6 Edward Majul | May 16 Ed Tanovitz | May 28 Shirley Sartin |
| | May 7 Leslie Brandt | May 20 Tita Caldwell Berni Miller Ibarra | May 29 Joan Emerson |
| | May 9 Shirley Dennett Angela Hunkler | May 21 Joe Horsington Norma Metz Myra Williams | May 30 Frances Franco |
| | | | May 31 Marjorie Krauser |

Become a "Friend of Lavender Seniors" Today!

Your support is crucial to Lavender Seniors' continuing role as a vital resource to our community.

Become a "Friend of Lavender Seniors." Please take a moment and send your gift today. Your annual giving entitles you to a subscription to our monthly newsletter, *Lavender Notes*.

Here's my gift of: \$15 \$25* \$50 \$100 \$250 \$500 Other \$ _____

(* Please give this amount or more if possible.)

Enclosed is a check made payable to **Tides Center / Lavender Seniors**

Please charge my (circle one): **AMEX** **Mastercard** **VISA**

Card #: _____ Expires: _____ / _____ Signature: _____

Name: _____ Home Telephone: _____

Address: _____ E-mail Address: _____

City/State/ZIP: _____ @ _____

Referred by: _____

- Please contact me about including Lavender Seniors in my will.
- Please contact me about participating in Lavender Seniors' programs and or volunteering.
- Please do NOT list me in Lavender Seniors publications as a "Friend of Lavender Seniors."

Please mail to: Lavender Seniors of the East Bay, 1395 Bancroft Avenue, San Leandro, CA 94577
REMEMBER THAT YOUR DONATIONS TO LAVENDER SENIORS ARE TAX-DEDUCTIBLE

(Gay Marriage Poll, page 1)

court case, the decision by San Francisco Mayor Gavin Newsom to issue thousands of marriage licenses to gay couples and similar cases. But the intense focus on gay marriage has declined in the last year.

In 2004, opponents of gay marriage were able to pass ballot initiatives banning the practice in 11 states, from Georgia to Oregon. Those gay marriage initiatives also helped conservatives rally their voters to the polls.

The number of people who say they strongly oppose gay marriage has dropped from 42 percent in early 2004 to 28 percent now. Strong opposition has dropped sharply among senior citizens and Republicans. People are now evenly split on allowing adoptions by gay couples and six in 10 now favor allowing gays to serve openly in the military.

Legal challenges of laws on gay marriage could result in more court decisions that stir public opinion, but this midterm election year is starting with far less public anxiety about one of the nation's most volatile social issues.

The telephone poll of 1,405 adults was conducted March 8-12 and has a margin of sampling error of plus or minus 3 percentage points.

LGBT Estate Planning for the Charitably Inclined

LGBT people often have particular needs when it comes to estate planning. Couples and families, for example, face complications because same-sex marriages are not legally recognized. LGBT people also have special opportunities, including opportunities to create meaningful and permanent legacies to support our community. This session will be an in-depth workshop looking at basic estate planning issues and techniques for LGBT individuals, couples, and families wanting to provide for loved ones and maximize their charitable interests. This session will discuss straightforward gifting techniques, more advanced estate planning and tax strategies, as well as current applications of domestic partnership and other relevant laws in California (AB205, SB565). Information about Horizons Foundation's LGBT Community Endowment Fund will also be presented.

Because of high levels of interest in this important topic, Horizons will offer this session in six locations around the Bay Area - Oakland, Santa Rosa, Palo Alto, San Jose and Walnut Creek. Please visit www.horizonsfoundation.org for more information.

Oakland - Monday, May 8, 12:00-1:30 p.m. Location: East Bay Community Foundation, 200 Frank H Ogawa Plaza, Oakland

Presenters: Deb Kinney, BVH Law Group, and Virginia Palmer, Fitzgerald, Abbott & Beardsley

Walnut Creek - Thursday, May 11, 12:00-1:30 PM
Location: Keller Williams, 3021 Citrus Circle, Ste. 100, Walnut Creek

Presenters: Deb Kinney, BVH Law Group, and Virginia Palmer, Fitzgerald, Abbott & Beardsley

Co-sponsored by Lavender Seniors and Rainbow Community Center

New Lavender Seniors Yahoo Newsgroups

Join the new Yahoo newsgroups for Lavender Seniors. Visit these websites to join and for more information:

<http://groups.yahoo.com/group/lavenderseniors>

<http://groups.yahoo.com/group/lavenderseniorsnews>

From a potluck volunteer

I received the Anonymous Questionnaire, but felt it best to tell you how and why I became a Lavender Senior volunteer.

Back in the early months of 2005, I contacted Lavender Seniors from a volunteer advertisement in our Argus newspaper. Mitchell contacted me and came twice to interview me. I attended the first Saturday potluck several times. Ina and Stella always picked me up. I also attended a gathering near Grand and Lake Merritt in Oakland. Everyone treated me so wonderfully, even though I'm heterosexual.

Mitchell called me in May of '05 and gave me a phone number of a person to talk with at the Human Services office in Fremont. I did and took their class on Senior Peer Counseling. I now have two clients.

Thanks to Mitchell, I've been very busy in the program; And, thanks to Mitchell and all of you, also Ina and Stella, I've come to tell many people about Lavender Seniors and what great work they do. It has given me the opportunity that, had I not taken that step I would have lost many times, to talk to people, to understand and to be a part of their lives. It has afforded me the chance to help in the Senior Peer Counseling program.

At present, I have a client whose son is transgender; the program gave me this client because they felt I would understand the mother's situation better, which indeed I do. Also, I understand the son's feeling; I must say how at ease we all feel.

Thanks to all of you for letting me be a part of Lavender Seniors, for it has opened many doors so I can help others. Also, for the many people who do not know about Lavender Seniors, it gives me the opportunity to tell them all about it and the good work they do.

Also, what wonderful people you all are.

Thanks for letting me share my thoughts!

Much love and caring,

Valerie Hammond (Editor's note: This is how it works for us. Congratulations to Valerie for doing Lavender Seniors' work in the heterosexual community!)

About Volunteers

April was National Volunteer Month. Many organizations took the opportunity to honor their volunteers. Lavender Seniors recognizes our volunteers and will do so again this year on June 11th of this year.

As a long-time volunteer, I have always been an active part of any organization I have been involved with. My philosophy has always been if you want the organization to be yours, you have to do some of the work. Over the years, I have been an active part of Affirmation Gay & Lesbian Mormons, serving 2 years as Chapter Director in San Francisco; 2 years, National Director. I produced a newsletter for Mormon Lesbians. I was an organizer of the Southern Alameda County Women's Action Coalition. We had a women's Center in Hayward and served many women during the early days of women's liberation. These activities have been an integral part of my life.

So, it is only fitting that, as I aged, I found an organization concerned with the rights of the elderly; then came Lavender Seniors. Until about 3 years ago, Lavender Seniors was almost entirely run by volunteers. In order to continue to be successful, volunteers are still a vital part of the ongoing day-to-day part of the organization. The Advisory Board is still all-volunteer. Volunteers are needed for Friendly Visitors, members of the Speaker Panel, set-up and clean-up for the pot-luck and lunch bunch, and others

to table at health and fairs for the aging.

So, all of you who are enjoying the activities of this wonderful organization should say a hearty thank you to everyone you see hustling around making it all work. As you enjoy reading this article, know that the newsletter's publisher is a volunteer as well as the group that assembles each month to fold and mail it to each of you.

Enjoy the work that is being done and think about what you can do with just a few minutes or hours a month that will do so much to make Lavender Seniors a vibrant successful organization in the lives of so many of us. Volunteer Applications are available at our website through the Volunteer Page and at Lunch Bunch and the Potlucks

Submitted by Ina Mae Murri, Advisory Board Co-Chair

Friendly Visitor's Corner

For the past year, Sally (not her real name) and I have had breakfast together each week. I have suggested doing things many times, but she hasn't shown interest. Then, suddenly, she accepted my suggestion to attend a movie at her local senior center! She also asked for a copy of the center's monthly newsletter to see what else they offered. I have been worried that Sally was depressed, since she really doesn't seem to have any hobbies or interests to occupy her time.

Now, she's beginning to look for things to do! It's the best Christmas gift she could have given me! From Sheila, her Friendly Visitor

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LODGE**

■ AN LGBT ELDERS COMMUNITY

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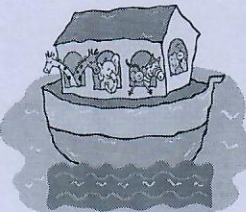
Wendy L. Daw
Licensed Acupuncturist

Examples of treatable Conditions:
Chronic pain, headache, High blood pressure, menopausal symptoms, insomnia, sciatica, gastrointestinal issues, diabetes, stress & anxiety

510-557-4715
595 Estudillo Avenue, San Leandro
wendyd23@gmail.com

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The Velvet Rage: Overcoming the Pain of Growing up Gay in a Straight Man's World
by Alan Downs, DaCapo - \$23.00

It is a truism that life for gays has vastly improved since most of us struggled through our stressful teen years. But for many of us, the inner struggles never completely heal. The chronic demons haunt us. The archetypal American father has rarely been close to his children, gay or straight. The mother tries to provide emotional support to compensate for this lack. I can vividly recall my own father nervously pushing me away whenever I sought out a warm hug. It was not part of the macho script.

Dr. Alan Downs, a clinical psychologist who hangs out his shingle in Santa Fe, New Mexico, explores this bewildering landscape by telling us that lavender liberation can only liberate us up to a point. There is emotional homework to untangle.

As gays and lesbians, we are taught by the culture not to trust our own instinct. Teenage romances rarely last more than a few years. Gays tend to use their twenties as a form of

free fall where they play the field as an exercise in delayed adolescence. Somewhere in the more secure time of their thirties, they finally buy a house and get serious about the game of life.

Downs points out that these early alliances can be damaging when there is a lack of insight. First love is typically based on good looks and sexual attraction. After a string of failures, the individual concludes that fulfilling relationships will never come to pass. "Splitting" is a psychological defense used when a person presents a false front to the rest of the world and his or her true feelings are denied. As Downs elaborates, "It's about living dishonestly, faking an entire segment of our lives for the benefit of getting along in life."

Avoidance of shame is another trap that can drain life of rich interactions. Gays frequently marry a person of the opposite sex as a means of validating themselves. Misuse of sex occurs when a gay or lesbian uses eroticism as a means, not of relating, but simply to reduce stress.

Downs explores aging issues. He explores the tendency of older gay men to engage in high risk behavior, such as unprotected sex, because they would

die young rather than be old and lonely. I once encountered a man who wanted to die when he was forty rather than face the future.

Psychologist Downs concludes that, in a sense, we marry our parents as role models for future interactions. "Relationship hopelessness" occurs after a series of failed encounters. He concludes that we must learn to move on and ignore past mistakes. Learn from them. Over the years, in observing straight couples, I have witnessed a number of successful **second** marriages.

Dr. Downs leaves us with several parting shots:

Don't use sex as a filter for potential friendships

Accept your body as it really is, not as a hopeless pursuit of the body beautiful

Don't always react emotionally

Confront the person causing the problem before talking to others

Dr. Downs has written several titles dealing with management issues but this is his first exploration of gay and lesbian conflicts. The reader will find a rich collection of insights here and all of us will be intrigued by what he has to offer.

Submitted by Frank Howell

Community News:

- Equality California Equality Day - Lobby Day – Monday, **May 8, 2006**, 9 AM to 5 PM in Sacramento. Help them lobby State Legislators for Lesbian, Gay, Bisexual and Transgender Equality and support legislation about Elder Services and other LGBT concerns. Register online at www.eqca.org/lobbyday or contact Danny Kirchoff at 415-581-0005.
- City of Oakland's Older Americans Month Celebration at Frank H. Ogawa Plaza, in front of City Hall, **May 19th** from 11 AM to 2 PM. Community Resources, Music, Dancers, Speakers, Food and more.
- Sunday, **May 21**. Reception 3:30 PM, Performance Ritual, 4 PM, Montclair Women's Cultural Club, 1650 Mountain Blvd., Oakland. Sistahs of the Drum present Rhythm – Rejoice – Renew, a Spring-Time offering. \$10-\$15 fee with sliding scale, children free

Lavender Seniors News

Our new LavenderSeniorsNews newsgroup is where you can receive email notification about events of interest to LGBT seniors in the bay area. Sign up today at <http://groups.yahoo.com/group/lavenderseniorsnews>

Lavender Seniors Chat

Our new LavenderSeniors newsgroup is where you can chat and discuss things of interest with people having similar interests. Sign up today at <http://groups.yahoo.com/group/lavenderseniors>

Alameda County Older Americans Month Celebration
Meet your local County Supervisor and find out about aging services:

Fremont Main Library – Wednesday, May 3rd 2400 Stevenson Blvd. 510-745-1401

Dublin Library – Wednesday, May 10th 200 Civic Plaza 925-828-1315

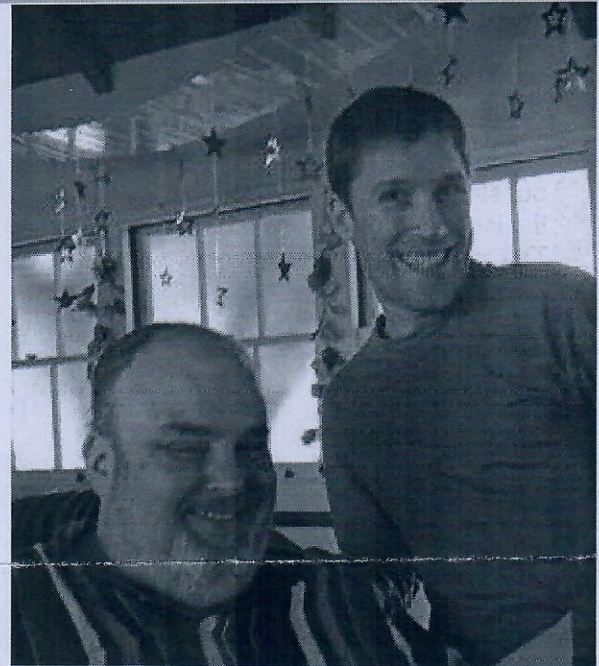
Castro Valley Library – Wednesday, May 10th 20055 Redwood Rd. 510-670-6280

Newark Library – Tuesday, May 23rd 6300 Civic Terrace Ave. 510-795-2627

San Lorenzo Library – Wednesday, May 24th 395 Paseo Grande 510-670-6283

Albany Library – Tuesday, May 30th 1247 Marin Ave. 510-526-3720

Union City Library – Wednesday, May 31 1247 Marin Ave. 510-745-1464

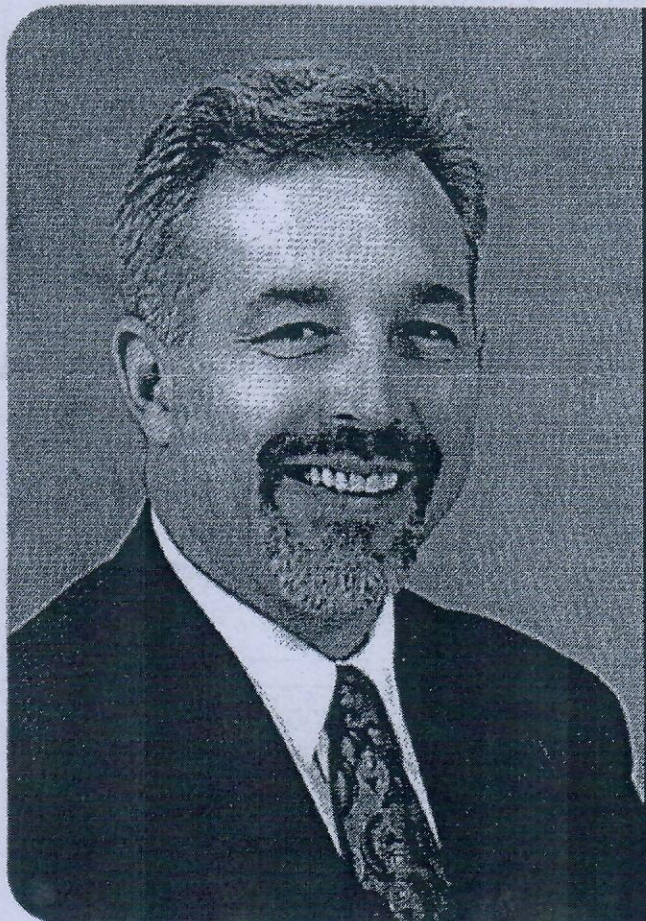


Reed Wilgoren and Mitchell Foudray at a recent Potluck

Goodbye, Charlie Wilson

Charlie, one of the funniest men greatest guys I know. I met him in a flash; he left in a flash. I will miss him and always remember his smile. Love, Brenda Williams, Intern
(Editor: Yes, we lost Charlie, too soon; we wish him the best as he moves forward.)

If you would like a "friendly Phone Caller" to check in on you or chat with on a regular basis, just give Lavender Seniors a call at 667-9655 and we'll hook you up!



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Lavender Seniors of the East Bay Official Newsletter

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| <p>Senior Men's Afternoon 2ND and 4TH Thursdays of each month, 1:30—3:30PM May 11th and 25th at Pacific Center, 2712 Telegraph Avenue Berkeley Co-sponsored by Lavender Seniors and Pacific Center</p> | <p>Coming Out Again 2ND Friday of each month 10 AM to 12 PM May 12th at North Berkeley Senior Center, 1901 Hearst St., Berkeley. Reed Wilgoren and Bea Howard, co-</p> | <p>Fellows of East Bay 2ND Sunday of each month 5:30—8:30PM May 14th Social club for mature men and their admirers. Monthly potluck dinner and social held at Oak Center Towers, 1515 Market Street, Oakland. Bring food and drink to share and a \$4 donation.</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Milestones

~ Frank Howell reports on **John Ellefson and Mac Fincham's wedding** thus: "JOHN AND MACK TIE THE KNOT

Amid the flurry of gay weddings, John Ellefson and his partner, Mac Fincham, 'trained' and drove to Vancouver during the month of February and declared their vows for each other. They were accompanied by John's two sons, a daughter-in-law, and a baby.

Fortunately, in Canada no waiting period is required. The license can be obtained from the Department of Vital Statistics for \$100.00. Only a simple identification is required. The ceremony was performed at the home of the marriage commissioner and lasted one half hour. One unfortunate note, Mac suffered a bad fall at the hotel and experienced some pain during the event. As the doctor observed, Mac had 'fallen head over heels in love'. The couple also visited friends and relatives in Seattle and Portland."


~ We also received this sadder note from Ethel Manheimer on March 20th: "Sad to inform you of the death of **Jessica M. Duncan** on January 25, 2006."

MONTHLY POTLUCK

Saturday, May 13th

This Month's Potluck Features...Dusty Arajo from Internal Gay and Lesbian Rights Assoc.

| | |
|----------|-----------------------|
| A thru H | bring a Dessert/Fruit |
| I thru R | bring a Main Dish |
| S thru Z | bring a Salad |



San Leandro BART station shuttle available. Call one day ahead to arrange: 510-667-9655.

ADVERTISING RATES* FOR LAVENDER NOTES

| Ad Size | 1 month | 3 months | 6 months | 1 year |
|---------------|---------------------------------------------|----------|----------|--------|
| Classified Ad | \$2 per line (per month) on a 3-column page | | | |
| Business Card | \$30 | \$75 | \$140 | \$250 |
| Quarter Page | \$50 | \$125 | \$225 | \$400 |
| Half Page | \$90 | \$220 | \$400 | \$750 |
| Full Page | \$200 | \$450 | \$800 | \$1400 |

* Individuals and non-profit organizations who have made an annual contribution of \$25 or more are entitled to discounts of 40% on classified ads and 20% on ads of other sizes. Lavender Seniors reserves the right to accept or reject any ad submitted.