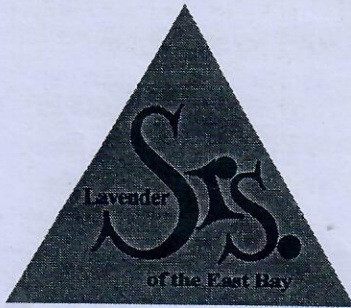


January 2008  
Volume 13, Issue 1

Lavender Seniors of the East Bay Official Newsletter



# Lavender Notes

*A Project of the Tides Center*

1395 Bancroft Avenue

Phone 510 667-9655

San Leandro, CA 94577

Fax: 510-667-9909

Web: <http://www.lavenderseniors.org>

Email: [director@LavenderSeniors.org](mailto:director@LavenderSeniors.org)

## Happy New Year

### TOP TEN NEW YEARS RESOLUTIONS

1. Spend more time with friends and family.
2. Fit in Fitness.
3. Quit smoking.
4. Enjoy life more.
5. Drink only one glass of wine a week.
6. Learn something new.
7. Help others.
8. Get out of debt.
9. Get organized.
10. Finish those projects you started years ago.

Listed below are some suggestions on how to do this.

- Clearly define your goals in writing
- List the benefits.
- Write out the obstacles and solutions.
- Develop action steps and measurements.
- Have accountability and fun.

Remember: "If you do what you've always done, you'll get what you've always gotten".

### Lavender Seniors of the East Bay Presents a 1940's Theme Valentine Day Dance

**Location:** Barbary Lane Senior Communities  
at Lake Merritt

1800 Madison Street

Oakland, CA 94612

**Date:** Thursday, February 14, 2008

**Time:** 6:00PM to 10:00PM

#### Highlights:

\$25.00 PER PERSON

Disc Jockey

Appetizers

Refreshments

#### WATCH FOR MORE INFO IN THE

Upcoming Lavender Notes

*Lavender Seniors of the East Bay is funded by individuals as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, California Council for the Humanities, The California Endowment, City of Oakland, City of Fremont, Contra Costa County Area Agency on Aging, East Bay Community Foundation, Gay Chemists Support Fund, Horizons Foundation, Royal Grand Ducal Council/Alameda County, San Francisco Foundation, Bay Area Physicians/ Human Rights, and Sisters of Perpetual Indulgence. We gratefully acknowledge the support of all Friends of Lavender Seniors.*

## Lavender Notes

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 through direct service, community outreach, advocacy, and education.

#### **Advisory Board**

Mike Mora, Chairman  
D'Anne Bruetsch, Vice-Chair;  
Mitch Foudray, Secretary  
Bobbie Jarvis, Treasurer  
  
Fred Banuelos, Marvin Burrows,  
Meg Bruynell, Frank Howell,  
Ina Mae Murri, Tomi Smith

#### **Next Advisory Board Meeting**

Jan 9<sup>th</sup> - 7PM. Call 510-667-9655 for more information.  
All are welcome; public comments take place at 7PM.

#### **Staff**

Dan Ashbrook, Director  
Pat Cull, Care Coordinator  
Leslie Bonett, Outreach Specialist  
Tomi Smith, Office Administrator

#### **Newsletter**

Tomi Smith, Editor  
D'Anne Bruetsch, Layout

#### **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 \$20 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.

## ARE YOU CONFINED TO YOUR HOME OR YOUR ROOM?

If you are or you know someone who is, let us know. We have Friendly Visitor volunteers who want to meet you!! Call Pat, 510-667-9655

### *What We Do...*

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

**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 Training:** 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 Informative Social Gatherings:** Help build informal social networks and individual's knowledge of issues affecting seniors at the Monthly Potluck in San Leandro, Lavender Lunch Bunch in Oakland, and South County Lunch and TalkAbout at the Fremont Senior Center.

**Community Involvement:** Engages in community building and partnering processes with local governments in order to insert LGBT elders' needs into their planning efforts.

**Monthly Discussion Groups:** Coming Out Again, Fellows of East Bay and Seniors Men's Afternoon co-sponsored and co-hosted by the North Berkeley Senior Center and Pacific Center (see back page for schedules) provide LGBT support group settings to elders in the North County.

**Monthly newsletter:** *Lavender Notes.*

**Website:** <http://www.lavenderseniors.org>

To get involved as a participant or volunteer, contact us at 510-667-9655, press 1, or go to: <http://www.lavenderseniors.org>

# January Birthdays

Jan. 1st Ed Jewell Audrey Ewart	Jan. 15th Ina Mae Murri
Jan. 2nd Peg Pollock	Jan. 17th R, DuBoisterre
Jan. 11th Jim Armstrong Ellen Gierson	Jan. 22nd Anna R. McCabe
Jan. 13th William Pigman	Jan. 24th Godfrey Wilson
Jan. 14th Ann Bordeaux	Jan. 25th Bob Compton
	Jan. 27th Fran Kelly

# MONTHLY POTLUCK

Saturday, Jan 12<sup>th</sup> 12 noon to 2pm

Program: Judge Julie Conger—See 'Here Comes the Judge' on page 4

- |          |                       |
|----------|-----------------------|
| A thru K | bring a Main Dish     |
| L thru R | bring a Salad         |
| S thru Z | bring a Dessert/Fruit |



## 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:  \$20  \$35\*  \$50  \$100  \$250  \$1000  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**

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## Here Comes the Judge!

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Judge Julie Conger of the Alameda County Court system will be our guest speaker for the January potluck on Saturday January 12th.

Judge Conger has received nationwide recognition for her pioneering work on behalf of senior citizens. Every Friday she holds court and attempts to provide protection to elders who are in need of legal assistance

- Frank Howell

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## Crabby Old Man

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*What do you see nurses?  
What do you see?  
What are you thinking  
When you're looking at me?  
A crabby old man,  
Not very wise,  
Uncertain of habit  
With faraway eyes?*

*Who dribbles his food  
And makes no reply  
When you say in a loud voice  
I do wish you'd try!"  
Who seems not to notice  
The things that you do  
And forever is losing  
A sock or shoe?*

*Who, resisting or not  
Lets you do as you will,  
With bathing and feeding  
The long day to fill?  
Is that what you're thinking?  
Is that what you see?  
Then open your eyes, nurse  
You're not looking at me.*

*I'll tell you who I am  
As I sit here so still,  
As I do at your bidding,  
As I eat at your will.*

*I'm a small child of Ten  
With a father and mother,  
Brothers and sisters  
Who love one another*

*A young boy of Sixteen  
With wings on his feet  
Dreaming that soon now.  
A lover he'll meet.*

*A groom soon at Twenty  
My heart gives a leap  
Remembering, the vows*

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### IN MEMORY OF

Pandour "PL" Carpenter—1948-2007

We will deeply miss our friend Pandoura, a cherished member of COA, who passed suddenly in November.

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*That I promised to keep.*

*At Twenty-Five, now  
I have young of my own  
Who need me to guide  
And a secure happy home.*

*A man of Thirty  
My young now grown fast,  
Bound to each other  
With ties that should last.*

*At Forty, my young sons  
Have grown and are gone,  
But my woman's beside me  
To see I don't mourn.*

*At Fifty, once more,  
Babies play 'round my knee,  
Again, we know children  
My loved one and me.*

*Dark days are upon me  
My wife is now dead  
I look at the future  
I shudder with dread  
For my young are all rearing  
Young of their own  
And I think of the years  
And the love that I've known*

*I'm now an old man  
And nature is cruel  
Tis jest to make old age  
Look like a fool  
The body, it crumbles  
Grace and vigor, depart  
There is now a stone  
Where I once had a heart.*

*But inside this old carcass  
A young guy still dwells,  
And now and again  
My battered heart swells  
I remember the joys  
I remember the pain  
And I'm loving and living  
Life over again.*

*I think of the years  
All too few, gone too fast  
And accept the stark fact  
That nothing can last  
So open your eyes, people  
Open and see  
Not a crabby old man  
Look closer... See ME!!*

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## INFORMATION & REFERRAL

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### Do You Need Information about Services for Seniors or Adults with Disabilities?

The Department of Human Services Information & Referral Specialists are here to assist you.

Please call or stop by for information such as:

- Area Agency on Aging funded providers
- City, County, State, and Federal Agencies
- Senior Resource Guide
- Mental Health/Geriatric Care Resources
- Senior Housing Guide
- Retirement Residences
- Long-Term Care
- Medi-Cal
- Intakes for Linkages and Multi-Service Senior Program (MSSP) Case Management Services

For Information and Referral for seniors and adults with disabilities is available Monday through Friday, 8:30 a.m. – 5:00 p.m. by calling: (510) 238-3931

Department of Human Services  
150 Frank H. Ogawa Plaza, Suite 4340  
Oakland, CA 94612

Program Funded By:  
*Alameda County Area Agency on Aging  
City of Oakland*

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## OLOC News

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Old Lesbians Organizing for Change (OLOC) general meeting on Sunday, January 20, 10 AM - 4 PM, at The Redwoods, 40 Camino Alto, Mill Valley. Lunch will be served and carpools are available. Call Joan Emerson at 415 388-5001 to make a lunch reservation by Jan. 15.

**FREE GROUPS.** 6 sessions meeting in San Francisco on aging, ageism, illness, and dying for lesbians age 60 and older. Sponsored by Old Lesbians Organizing for Change.

Call Marge Nelson at 415 647-2845.

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## Quotes of the Month

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**“Wisdom consists in knowing what to do with what you know.”**

Unknown

**“Being defeated is often a temporary condition. Giving up is what makes it permanent”**

Marilyn vos Savant

**“I told my doctor I broke my leg in two places. He told me to quit going to those places”**

Dale Youngman

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## LAVENDER SCROLLS ON THE NET

You can now see our lavender scrolls on the internet. Just click on the link Lavender Senior Links and see the wonderful stories of our members.

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## LESLIE'S OUTREACH CORNER

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**Join Our Speakers' Bureau!** Our Cultural Competency Panels Project is up and running. We have 18 LGBT Speakers for our Panels, which we present to Healthcare and Social Service Providers in Alameda and Contra Costa Counties. Panels are scheduled into 2008. Panels run about 1-1/2 hours, with 3 speakers sharing their LGBT stories, experiences and discussion for improving awareness and services to our community. I'd love to have more people of color participating; there will be a training next year. If you'd like to consider joining our Speakers' Bureau, attend a Panel and see what it's like. Contact Leslie Bonett, 610.667.9655 or

[outreach@lavenderseniors.org](mailto:outreach@lavenderseniors.org)

**Partnering with Stagebridge!** The Jan. 18th Lunch Bunch Program features the Stagebridge Theatre Company with Civil Rights Tales and a chance to explore your own storytelling skills! Stagebridge will be collaborating with us on a future workshop or series to enhance our skills in sharing unique LGBT personal histories, for our Panels and other storytelling opportunities, including on the radio and the web!

## January Book Review

### Gay Artists In Modern Culture: An Imaginary Conspiracy

By Michael Sherry

University of North Carolina Press

We tend to take for granted some of the noted American creators of imagination and daring in our culture. We also tend to forget that many of them were subject to vicious attacks by the warmongers of McCarthyism in the 1950s and 1960s. The names roll off the tongue: Tennessee Williams, Thornton Wilder, Aaron Copland and countless others.

Michael Sherry, professor of history at Northwestern University and author of a Bancroft prize for history, has been painstaking in his research and vivid writing as he recreates this dark era in our history.

One of the favorite modes of persecution was to link a well known personage to the red scare that swept the nation. Vague, improvable charges led to the invention of the term homintern or the homosexual mafia. **Time** referred to gays as "failed artists." Richard Nixon in conversation with his aid John Ehrlichman raved about the menace to our youth. "... I don't want to see this country go that way...you know what happened to the Greeks. Homosexuality destroyed them."

Writer Mike Gold attacked Thornton Wilder as an "art pansy writer of unmanly literature."

Others felt that gays concealed themselves inside the world of music because no one would notice them in such a harmless place. Composer Charles Ives hated European composers and saw them as effeminate "pussy-boys."

Some political leaders worried about the influence of American art abroad. They tended to mix prejudice against Jews into the heady mix. Sherry aptly observes that as outsiders', gays and others can see what ails the common culture.

The author's chapter on gays and Hollywood tends to rehash old ground, (**Suddenly Last Summer, Tea and Sympathy**) but his points usually hit home.

Senator McCarthy in 1953 held a closed hearing where he questioned the credentials of Aaron Copland, who stood his ground. And by the early 1960s he was again widely recognized as one of America's foremost composers as he received a

medal of freedom.

But gays could also boast of defenders such as Max Lerner, famous writer and author of **America as a Civilization**. He did not necessarily embrace lavender lifestyles but preached tolerance.

The examples pour out of the woodwork. Anna Frankenheim in **Fact** magazine even claimed that homosexuality caused low attendance at classical music concerts. (Apparently she never heard of Leonard Bernstein).

Samuel Barber and John Carlo Menotti were accused of being too international and too European in outlook. Samuel Barber, who wrote "Adagio For Strings"; told his mother "I was not meant to be an athlete. I was meant to be a composer."

By the 1970s social attitudes began to shift. Critics urged that the gay community cast aside the shallow camp and explore the true nature of gayness and lesbianism. New voices were heard in **Boys In The Band** and **Midnight Cowboy**. Today the influence of the lavender artist is taken for granted, as witnessed by **Will & Grace** and **Queer Eye for the Third Eye**.

Mr. Sherry has provided us with a most illuminating voyage through times past and we must not fail to learn from our history. It could happen again as the shadow of 9-11 falls across the land.

-Frank Howell

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## Advisory Board Members

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Lavender Seniors is looking for individuals who would be interested in becoming board members and who would have a passion for our mission – "To improve the quality of the life of older lesbian, gay, bisexual and transgender residents of Alameda and Contra Costa counties through outreach, advocacy and education." If you are interested, please contact our office at 510-667-9655.

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Did you know Lavender Seniors has an Email News list? It's a moderated, Announcements Only, newsgroup. On it we announce all Lavender Seniors Monthly and Special events, and we've also begun listing local events of special interest to LGBT Elders in the area. Please join the list by sending an email to

[LavenderSeniorsNews-subscribe@yahoogroups.org](mailto:LavenderSeniorsNews-subscribe@yahoogroups.org)

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Are you about to turn or have you just turned...

# 65 years old?

Could you use some help deciphering Medicare Parts A, B and D?

Your window may be closing on your opportunity to get a guaranteed issued medical plan. Did you know that some of the plans are FREE?

**DIANE SICKMEN**  
Insurance Services



A member of Lavender Seniors since 2004

Confidential Advice You Can Trust  
25 Years Experience  
CA Insurance License #0601814

## I can help!

I can match you with a medical plan that suits your lifestyle and budget. I also offer life insurance, dental insurance and financial services.

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A New Residential Care Home  
RCFE License #075601331

2436 SPYGLASS DRIVE  
BRENTWOOD, CA 94513

Spyglass Senior Villa is a 6-bed Board and Care Home for the elderly, 60 and above, located in the beautiful Brentwood Deer Ridge Country Club Community. We provide the finest in daily living and personal care in an elegant, yet homelike environment.

- 2 year old well-maintained home
- Well-trained, experienced, dedicated caregivers
- 24/7 care including meals, laundry and activities
- Spacious private and shared rooms
- Transportation to/from appointments
- Close to hospitals, senior center and shopping

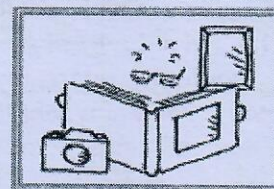
For more information, please call:

**YOLANDA YASSINI, Licensee/Administrator**  
Phone: 925 - 209 - 6541

E-mail: [info@spyglassseniorvilla.com](mailto:info@spyglassseniorvilla.com)

Please visit our website at:  
[www.spyglassseniorvilla.com](http://www.spyglassseniorvilla.com)

*Cathy Cade*  
Personal Histories  
& Photography



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**Steve Toby, M.A.**

Licensed Marriage and Family Therapist

Counseling for trans-people from a trans-man

Office in El Cerrito, CA

510-236-0443

email: [stevetoby@comcast.net](mailto:stevetoby@comcast.net)  
website: <http://jtoby.homestead.com>

# January 2008

## Schedule of Events

**Jan. 2<sup>nd</sup> - 1:00 PM to 3:00PM- Coming Out Again Group** – (1<sup>st</sup> Wed) 1901 Hearst Ave., Berkeley. Co-sponsored by Lavender Seniors and North Berkeley Senior Center

**Jan. 9<sup>th</sup> - 7:00 PM – 8:30PM – Lavender Seniors Board Meeting** – (Wed before potluck) 1395 Bancroft Ave., San Leandro

**Jan. 10<sup>th</sup> and 24<sup>th</sup> - Seniors Men's Afternoon.** (2<sup>nd</sup> & 4<sup>th</sup> Thurs) 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283.

**Jan. 12<sup>th</sup> – 12:00 PM to 2:00 PM –Lavender Potluck** (2<sup>nd</sup> Sat)1395 Bancroft Ave, San Leandro- Program: Judge Julie Conger (See pg 4)

**Jan. 13<sup>th</sup> – 5:30 to 6:30 PM – Fellows of the East Bay** –(2<sup>nd</sup> Sun) 1288 9<sup>th</sup> Street, Berkeley. Please Bring \$4.00 (Donation) Door Charge Plus, Food, Dessert or Drink to Share. Social Hour 5:30-Dinner 6:30

**Jan. 18<sup>th</sup> - 12:30 to 2:30 PM - Lavender Lunch Bunch**, (3<sup>rd</sup> Fri) North Oakland Senior Center, 5714 MLK Jr. Way. (58<sup>th</sup> St.) Oakland. Program: Stagebridge Theatre Co.

**Jan. 25<sup>th</sup> – 12:00PM – 2:00PM – South County Lunch Bunch and Talk About**, (4<sup>th</sup> Fri) 40086 Paseo Padre Pkwy, Fremont. Program: Sharing Holiday Memories. **FREE LUNCH** for LGBT Residents. Sponsor: City of Fremont, Human Services Dept. For more info. Contact Ina Mae Murri 510-490-5425.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Coming Out	3	4	5
6	7	8	9 Brd Mtg	10 Sr Men	11	12 Potluck
13 Fellows	14	15	16	17	18 Lunch Bunch	19
20	21	22	23	24 Sr Men	25 SoCounty Lunch	26
27	28	29	30	31		

### 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.

\* A one-page insert to Lavender Notes for one month may be purchased for the fee of: Non-Profits, \$250; For-Profits, \$500; ½ half page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.