



**LAVENDER
SENIORS**
of the East Bay

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Lavender Notes

A Project of the Tides Center

Aging in Place Thursday October 7

Join Lavender Seniors at one of the East Bay's most notable senior outreach and educational events "Aging in Place, A Symposium and Resource Fair for Older Adults" on Thursday October 7 from 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd. San Leandro. This is your chance to hear the renowned Dr. Walter M. Bortz, Associate Professor from Stanford School of Medicine and author, marathoner and wellness expert, also Donna Christner-Lile, Author of the book "Aging in Place," and Diana Cosio-Sandino, Health Educator, Kaiser Permanente.

A variety of vendors and professionals in the field of aging will also be there to answer questions about health and wellness, long term care, legal assistance, civic engagement, adult day programs, and much more.

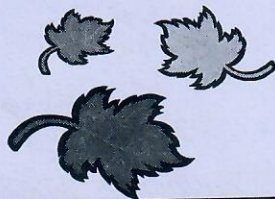
RSVP is recommended by calling Dan Ashbrook at (510) 667-9655 Ext. 3.

Lavender Seniors would like to thank our sponsor Kaiser Permanente for their generous grant! This is a free event and refreshments will be served.

California Alliance for Retired Americans (CARA) at Fremont Lunch!

On Friday October 22, CARA will be hosting a presentation on social security and health care reform at the Fremont Senior center lunch. Lunch is at Noon and the presentation at 1PM. Sign in at the reception window as a Lavender Seniors member to receive your free meal ticket.

The Fremont Senior Center is located at 40086 Paseo Padre Parkway in Fremont.



"Photovoice" a big success!

Thank you to all of the volunteers who helped make "Photovoice" sponsored by Kaiser Permanente a big success! Ten Lavender Senior volunteers took pictures of issues in South Alameda communities such as unsafe public recreation spaces, closed businesses and community eyesores, and inadequate accessibility for disabled persons in public spaces. The photos were mounted with captions on display boards and will be used for presentations to city officials. The project will be displayed at Aging in Place on Thursday October 7, 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. This display is a great example of how older adults can make a difference in their community through civic engagement. Photovoice volunteers will be invited to a special celebration and future Photovoice projects will be announced later this year. Stay tuned for more information about "Photovoice" and thank you to Kaiser Permanente for making this project possible!

Dr. Joan Margaret at October Oakland Lunch Bunch!

Don't miss Brain Fitness with Dr. Joan Margaret on Friday October 15 at the North Oakland Senior Center lunch from 12:30PM to 2:30PM, 5714 Martin Luther King Jr, Blvd. Way, Oakland.

Joan Margaret, Doctor of Chiropractic is a holistic doctor of natural healing who earned her degree as a Doctor of Chiropractic in 1989 from the Los Angeles College of Chiropractic. She is a member of the International College of Applied Kinesiology. Joan has also studied acupressure, allergy elimination (NAET), nutrition, Bio Geometric Integration, homeopathy and Wicca. She is the founder of the Labrys Healthcare Circle and the Labrys School of Self-Healing Arts for Women and Girls, and a board member of Associates for Community Education. Before becoming a doctor, Joan was a journalist for 20 years with KPFA-FM, magazines and newspapers. She served in the Peace Corps in Bolivia from 1963-1965 in community development and public-health projects.

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 for Human Rights, Sisters of Perpetual Indulgence and the Nona Hungate Equality Fund. We gratefully acknowledge the support of all Friends of Lavender Seniors.

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.

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>

Lavender Seniors welcomes all LGBT persons, 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.

ADVISORY BOARD

Mike Mora, Chairman, D'Anne Bruetsch, Vice-Chair, Bobbie Jarvis, Treasurer.

Members-at-Large

Marvin Burrows, Meg Bruynell, Gabriel Delgado, Frank Howell, Rob Mills, Pat Skillen, Tomi Smith

VOLUNTEER CORNER

Lavender Seniors has openings on its Advisory Board. Advisory Board members assist Lavender Seniors in organizing and implementing outreach efforts, fundraising, program planning, and representing the LGBT elder community at various community events. Interested persons should have an interest in carrying out the Lavender Seniors mission to improve the lives of LGBT seniors with outreach, advocacy, and education.

For application information call Dan Ashbrook at (510) 667-9655 Ext. 3 or go to www.lavenderseniors.org, click volunteer opportunities, click volunteer pack, fill out the application and return.

Women's Book Group

We wanted to let you know that our book group has reached 8 women and we have decided to close it to new members at this time.

We had a very long talk about this and all of us felt that if the group gets any larger, we would be unable to have quality check in and book discussion time. We feel that the book group discussions are extremely important and we want to be able to hear everyone's opinion.

We want to keep a wait list and as people leave the group we could fill in with others interested in the group

- Ellen Gearson



Signed articles represent the opinion of the authors and 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.

October Birthdays

Oct. 2 nd Abigail G.	Oct 13 th Pamela E. Steven R.	Oct. 27 th Edward A. F. Caro M. Allen G.
Oct. 3 rd Tommie K.	Oct. 18 th Debra M.	Oct. 28 th Lorraine R.
Oct. 6 th Kenneth H.	Oct. 24 th Linda S. Judy S.	
Oct. 7 th Rose M. C.	Oct. 25 th Joe T.	
Oct. 10 th Dennis B.		
Oct. 12 th Reva R.		

MONTHLY POTLUCK

Saturday, Oct. 9th - 12 noon to 2pm

Program: Falls Prevention - Jody Gorski

- A thru K Bring a Salad
- L thru R Bring a Desert/Fruit
- S thru Z Bring a Main Dish

Donate to Lavender Seniors online! Now you can go to www.lavenderseniors.org and click the **Donate Now** link. This is an easy way to make a difference in your community.



Become a "Friend of Lavender Seniors" Today!

Lavender Seniors of the East Bay need your help! LGBT seniors are among the most overlooked and underserved population. Your donation provides general operating support for programs that help LGBT seniors live better lives by addressing issues of stigmas based on age and sexual orientation, limited biological families and social support, health disparities, insensitive health and human services providers, and economic insecurity exacerbated by ineligibility for spousal or survivor's benefits.

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 \$ _____

Annual Courtesy Giving Levels

Lavender Leader \$2,500 Lavender Supporter \$1,000 Lavender Friend \$500

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

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

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_____ I would like to make a monthly pledge of ____ Please send a monthly donation form and envelope. (Please fill out contact information above).

- 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

“Eat Well– Age Well”

“Eat Well Age Well” is a 10 month series of articles and events sponsored by Kaiser Permanente.

Crazy about Carbs?

Wendy Albovias, RD

Although the low-carb diet craze seems to have slowed down, many people are still reluctant to eat carbohydrates. Hopefully, this will help you feel better about incorporating this important nutrient into a well-balanced diet.

Carbohydrates are your body's main fuel source. They are broken down into sugar during digestion. Some sugar circulates in your bloodstream and is immediately used for energy. The rest is stored and used to fuel your muscles.

Your key carbohydrate sources are whole grains, fruits, and vegetables. Whole grains, such as oatmeal, 100% whole wheat bread, and quinoa, are important because your body doesn't digest them as quickly as it does refined carbohydrates. Whole grains tend to be high in fiber; keeping blood sugar levels more stable. This, in turn, reduces your risk for type 2 diabetes or helps people with diabetes control blood sugar levels all while helping to keep hunger in check. This may also help you lose or maintain weight. In addition, whole grains help keep blood cholesterol levels under control, keeping your heart healthy.

Other healthy carbohydrates are fruit and vegetables. It's no surprise that fruits and vegetables are good for you. These nutrient-rich foods are loaded with vitamins, minerals, phytochemicals and fiber. Eating plenty of fruits and vegetables each day can lower blood pressure, improve eye health, diminish digestive problems, and lower your risk of heart disease, stroke, and cancer. We recommend eating 5–9 servings of fruits and vegetables each day. This may sound like a whole lot. A simple way to reach that goal is to have a piece of fruit and a serving of vegetables at each meal and snack time.

On the other hand, so-called “bad carbs” are sugars, “added” sugars and refined grains. Refined grains are those which have been processed; where the bran and germ have been stripped from the whole grain. The process gives foods a finer texture and prolongs shelf life, but it also removes important nutrients, such as B vitamins, fiber, and iron. Stick to eating more natural sugars like fructose (from fruit) and lactose (from milk) and keep the “added” sugars or caloric sweeteners, such as high fructose corn syrup, to a minimum.

Monthly Wellness Recipe

Try this simple, quick and fresh pasta dish from *Cooking Light*: Penne with Asparagus, Spinach, and Bacon. Use whole grain pasta to bump up the fiber and toss in any veggies you have on hand. Serving size ~1 ½ cups pasta mixture and 1 tablespoon cheese and has ~363 calories, 10g fat, 50g carb, and 5g fiber.

Ingredients

Yields: 4 servings

- 8 ounces uncooked penne pasta
- 2 bacon slices
- ½ cup chopped sweet onion
- 2 ½ cups (1-inch) slices asparagus (~1 lb)
- 1 ½ cups fat-free, low-sodium chicken broth
- 4 cups bagged baby spinach leaves
- ½ cup (2 ounces) shredded Parmesan cheese
- ¼ teaspoon black pepper

Cook pasta. Cook bacon until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; sauté 1 minute. Add asparagus and broth to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until asparagus is crisp-tender. Add pasta, spinach, 1/4 cup cheese, and pepper to pan; toss well. Sprinkle with remaining ¼ cup cheese and bacon.

5 Steps to Healthy Living

A Journey to Good Health

Select a Buddy so that you can support and encourage each other to keep your 5 Steps.

Eat at least 5-9 servings of fruits and vegetables every day.

Increase physical activity to at least 30 minutes a day.

Drink at least 6-8 cups of water every day.

Reduce Stress. At least twice a day take a mini-break. Breathe deeply three times, exhaling slowly. Get plenty of rest and give someone-especially you-a reason to smile.

- Healthy Living...for life!

Eating Wellness Events

Eat Well-Age Well Event

Saturday, October 9, 2010 - Eat Well-Age Well lunch and potluck. Noon to 2PM, San Leandro Community Church, 1395 Bancroft Ave. San Leandro, 94577.

Famous Lesbians

Celebrating Fabulous Lesbian Activists

40-year retrospective Exhibition of Fabled Asp on view in the San Francisco Main Library, Sept. 18-Nov. 21, 2010

For the past 40 years, San Francisco Bay Area lesbians with disabilities have been at the forefront of political, artistic and cultural change. Despite these significant accomplishments, most of this history has not been documented in any archive and is in danger of being lost.

Celebrating Fabulous/Activist Bay area Lesbians with Disabilities: A 40 Year Retrospective Exhibition on view Sept. 18 - Nov. 21, in the Skylight Gallery and the James C. Hormel Gay & Lesbian Center at the San Francisco Main Library, celebrates the contributions of disabled lesbians from the 1970s to the present.

This exhibition and related programs take place at an important time when October honors Disability Awareness Month and the recently enacted Disability History Week in California (ACR 162). San Francisco has also proclaimed 2010 as the year of the disabled lesbian.

Featured in the exhibition are photographs, a Memorial Quilt, archival materials and more that demonstrate the innovative contributions by disabled lesbians in the areas of art, dance, politics, civil rights and access.

Directed by Laura Rifkin, Co-curated by Cathy Cade and Lenn Keller, and including selections from the GLBT Historical Society's Resident Artist, E.G. Crichton's work -Lineage: Matchmaking in the Archives.

The exhibition is on view in the Skylight Gallery on the 6th Floor and the Hormel Center on the 3rd Floor at the Main Library, 100 Larkin Street, San Francisco.

Fabled Asp is a sponsored project of the GLBT Historical Society in collaboration with the James C. Hormel Gay and Lesbian Center of the San Francisco Public Library.

Related Programs:

Oct. 7, 6 p.m. Women of the Quilt and our Lineages Artist Karen Hampton discusses the Memorial Quilt she created in memory of the lives of lesbians with disabilities. Artist E.G. Crichton discusses her Lineage Project, which she created in conjunction with the GLBT Historical Society. These living artists give creative expression to their link with archival collections of people who have passed away. Latino/Hispanic Community Meeting Room, Main Library, San Francisco Public Library

Oct. 14, 6 p.m. Writing Our Word, Speaking Our Minds, Telling Our Stories: Readings By and About Lesbians with Disabilities Featured guests include

Elana Dykewomon, Barbara Ruth, Teya Schaffer, Dominika Bednarska, and the Mothertongue Feminist Theater Collective.

Latino/Hispanic Community Meeting Room, Main Library, San Francisco Public Library

2010: **The Year of Honoring Lesbians with Disabilities is HERE! Come Celebrate with us!**

Raeanne Malfatti Keliiaa Nov. 3, 1950 Sept. 6, 2010

Resident of Hayward, Raeanne Malfatti Keliiaa of Hayward passed away peacefully on September 6, 2010. She graduated from Mt. Eden High, UC Berkeley and obtained her J.D. at UC Hastings. Raeanne's passions for social justice lead her to work in civil rights, Federal American Indian Law and disability rights law. She was a true advocate. Her greatest pleasures came from cooking for her family, painting, sewing gowns for the annual Ashland Portuguese Holy Ghost fiestas; and vacations at her cabin in Arnold, CA. Raeanne loved the outdoors and being with her family. She is survived by her loving husband Robert Keliiaa, daughters Mara Malfatti, Megan Keliiaa, Caitlin Keliiaa and Jacqueline Keliiaa; sisters Barbara Simboli, Debra Easley, Beverli Johnson, brother Ronald Malfatti, and mother Margaret Malfatti.

Raeanne was a member of Lavender Seniors Friendly Visitor Program, and will be missed.

My Inspiration Woman

Women learn so much from one another, be it friend, sister, daughter, or mother.

Each person comes into your life for a reason. Some stay a lifetime, some stay a season.

We learn so much sometimes even in silence But listen well for their experienced guidance.

Raeanne fought a hard fight and bounced back against all odds. She even took college exercise classes for damaged bodies. Her knowledge was great and she shared it willingly.

Her mothering nature smoothed everything fulfilling.

For the disabled and disadvantaged she was a strong advocate. Her many gifts and skills are just too awesome to elaborate.

My inspiration lady from heaven looks down.

I look up & wave as she dips her crown.

Eternal love,

- Nancy Strange

Oct Book Review

Gay American Autobiography: Writings from Whitman to Sedaris

Edited By David Bergman
University of Wisconsin Press
Paperback-\$29.95

Gay and lesbian autobiographies have for many years held little appeal to the broad reading public. But after 1970 the number of such intimate confessionals increased to a notable degree. David Bergman, professor of English at Towson State University, has performed a monumental job of gathering together excerpts from journals, letters, essays, and selections from full length books. He is the winner of the 2001 Lambda Literary Award for Best Literary Anthology.

Minority groups are fully represented including Blacks, and Hispanics. The artistic sweep glides from Walt Whitman and his passionate letters to Peter Doyle to Henry James and his letters to Hendrick Anderson ("I wish I could go to Rome and put my hands on you (Oh how lovingly I should lay them!), but that, alas, is odiously impossible).

Other samples include Russell Cheney and F. O. Matthiessen in "The Rat and the Devil," Lincoln Kirstein, Sam Stewart (letters from Gertrude Stein) Ned Rorem and Martin Duberman in his "Cures: A Gay Man's Odyssey."

There are other strange observations (Michael Rumaker, "A Day and a Night at the Baths") and we must not neglect the classic, John Rechy, "City of Night" (1964) an unforgettable portrait of a desperate hustler. Then there is Edmund White, Andrew Hollerna, and Paul Monette and his explorations of AIDS.

Thus we have a huge, mixed bag of life tales from the 19th and 20th century Americana. Enjoy!

-Frank Howell

Rose White—Sept-9,1936-Sept-18,2010

Linda Martin's beloved life partner left this earth on Saturday, September 18th. She was a member of 40+ and on the Board of Lavender Seniors for many years. Viewing & Reflections will be on Sept. 30th, 2:00PM to 7:00PM at the Colonial Chapel, 2626 High Street, Oakland, CA. Home-going Service will be Oct. 1, at 11:00AM at the same address. The Repass will follow the services at DeFremery Park Recreation Center, 1651 Adeline St., Oakland. Cards and notes of sympathy can be sent to Linda Martin, 2548 High St., Oakland, CA. 94607.

Norman W. Terry, a dear friend to many, passed away in the quietest hours of this morning – Tuesday, Sept. 14th, about 3 AM. By his side was a member of the wonderful nursing team at Salem Lutheran Home in Oakland. Randy and I were with him daily since Friday when he entered hospice care. Norman became increasingly calm and centered through the weekend. He enjoyed telephone calls from several life-long friends including a neighbor from his childhood and a friend from his days in the Army.

We are extraordinarily grateful to have known him the past 11 years, which is such a short period of his 90-year life.

Since April, until when he lived independently, we watched him cope with tremendous life changes and periods of seemingly crushing hardships. Through it he remained emotionally honest and available to us and the many caregivers around him. Through those experiences leading to his passing today, we are truly humbled at his strength and courage. As you remember him today, we invite you to add your blessing and caring energy toward Norman as he soars into a new experience of life beyond this life. We also hope you will join us in reflecting on the profound lessons in living that each of us can gain from simply being present with the people each of us holds dear.

Randy and I will be arranging a memorial service in his honor. The tentative date is Saturday, October 16.

It would be lovely to share that event with you.

Thank you,

-John Keathley & Randy Lind

Jill Johnston, Critic Who Wrote 'Lesbian Nation,' Dies

By WILLIAM GRIMES

Published: September 21, 2010


She mirrored the avant-garde art she covered and whose book "Lesbian Nation: The Feminist Solution" spearheaded the lesbian separatist movement of the early 1970s. She died in Hartford on Saturday, September 18th of a stroke. She was 81 and lived in Sharon, Conn.

Although she later said that she regarded "Lesbian Nation" as "a period piece," Ms Johnston held fast to her version of feminism and reaffirmed it in "Admission Accomplished" (1998).

She is survived by her Spouse, Ms Nyeboe, children and grandchildren.


African American Lesbians 40+

Monthly meetings for social activities, potlucks, card & board games, theatre outings and sports events. For more information email tsmith3565@comcast.net



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October 2010

Schedule of Events

Oct. 6th - 12:30 PM to 1:30 PM - Coming Out Again Group (1st Wed. 1901 Hearst Ave. Berkeley, The Game Room - 1st Floor, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

Oct. 6th - 7:00 PM to 8:30 PM - Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

Oct. 7th - 10:00 AM- 1:00 PM - Aging In Place Marina Community Center, San Leandro. See Page 1

Oct. 7th and 21st - 1:30 - 3:30 PM - Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

Oct. 8th - 2:00 PM - 4:00 PM - Lavender Women's Book Group (2nd Fri.), North Oakland Senior Center, 5714 MLK Jr. Way, (58th St.) Oakland. **Reading: "A Restricted Country by Joan Nestle."**

Oct. 9th - 12:00 - 2:00 - Lavender Seniors Potluck, (2nd Sat.) 1395 Bancroft Ave., San Leandro; **Program: Falls Prevention-Jody Gorski**

Oct. 12th - 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

Oct. 14th and 28th - 1:30 PM to 3:30 PM - Seniors Men's Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Oct. 15th - (3rd Fri.) 2:30 to 2:30 PM - Lavender Seniors Lunch Bunch, (3rd Fri.), North Oakland Senior Center, 5714 MLK Jr. Way. (58th St.) Oakland. **Sponsored by City of Oakland Aging and Adult Services: Program: Dr. Joan Margaret**

Oct. 16th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

Oct. 22nd - 2:00 - 2:00 PM - South County Lunch Bunch and Talk About (4th Fri.) 40086 Paseo Padre Pkwy, Fremont, **Program: Social Security - CARA for LGBT Residents.** Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook - 510-667-9655

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Coming Out BrdMtg	7 A.I.P. WomenGrp	8 Womens Book	9 Potluck
10	11	12 Newark PFLAG	13	14 Senior Men	15 Lunch Bunch	16 Fellows
17	18	19	20	21 Womens Group	22 South County	23
24	25	26	27	28 Senior Men	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; 1/2 half page inserts are the same amount. Must be received by 10th of preceding month.