

**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

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Comedian Marga Gomez at November Potluck Honoring Ina & Stella!



In honor of Ina Mae Murri and Stella Lopez-Armijo, lesbian activists and original founders of Lavender Seniors who passed away together while on their way to a family reunion in July, Lavender Seniors is presenting a special story telling luncheon on Saturday November 13, 12 Noon to 2PM in the San Leandro Community Church, 1395 Bancroft Ave, San Leandro. Proceeding lunch will be a story sharing presentation in which members of

the community will be invited to share their favorite Ina and Stella story. The presentation will be lead by comedian Marga Gomez.

Marga met Stella and Ina when she was starting out as a comedian in the 80's. Marga would always be delighted to see Stella and Ina in the front row throughout her career coast to coast and on Olivia Cruises. Stella and Ina Mae would travel anywhere for a good time. At the luncheon Marga will also perform a couple of Stella and Ina's favorite routines.

You can see Marga's full show, "Ticklish!", Friday and Saturday November 19th and 20th in Berkeley at La Pena, 3105 Shattuck Avenue, 8pm.

Marga has been seen all over the planet via television and comedy clubs and Lavender Seniors is extremely lucky and grateful that Marga will be honoring Ina and Stella. Bring your favorite Ina and Stella story and a potluck item

to share. There will also be catered food courtesy of Kaiser Permanente sponsors of Lavender Seniors' Eat Well Age Well lunches. Please note that seating and standing room capacity is limited and on a first come basis.

November Statewide Ballot Measures

The ballot measures listed below affect the lives of everyone in our community especially seniors. Don't forget to vote Tuesday November 2!

Proposition 21 Vehicle License Fee Surcharge for State Parks California has lost billions of dollars from the reduction of annual VLF imposed by Governor Schwarzenegger. This small surcharge will bring over \$500 million annually to the state to make sure our parks stay open and are safe for the public to visit.

Proposition 23 Suspends Air Pollution Control Laws (AB 32) would suspend the implementation of AB 32 AB 32, (The Global Warming Solutions Act of 2006.) until the State unemployment rate is 5.5% or lower for 4 consecutive years.

Proposition 24 Repeal Corporate Tax Loopholes would roll back corporate tax cuts that were passed in "dark of the night" tax deals in 2008-09, costing the state over \$1.7 billion per year in revenues.

Proposition 25 Majority Vote Budget will give a majority of the legislature the ability to set the priorities for spending and give the minority less of a stranglehold on the process.

Proposition 26 Two-Thirds Vote Requirement for Fees

This measure would redefine taxes, and therefore require a 2/3 vote on any more government revenue decisions, including what are currently environmental regulatory fees.

(Continued on page 5)

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

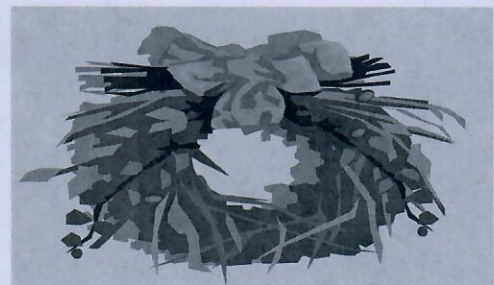
Marvin Burrows, Meg Bruynell, Gabriel Delgado, Frank Howell, Rob Mills, Pat Skillen, Tomi Smith

VOLUNTEER CORNER

Do you have 2-8 hours a month to assist in the mission of improving the lives of LGBT elders? Our volunteers are a dedicated and unique group of community advocates known in many places throughout the state and country of raising awareness about LGBT elders and delivering services to assist them. Currently Lavender Seniors is looking for advisory board members, friendly visitor volunteers, community outreach representatives, and panel speakers. If you are compassionate, enjoy working with people and are interested in a growing movement around LGBT elder issues please call Dan Ashbrook at (510) 667-9655 Ext. 3 or email dan@lavenderseniors.org. Personalized training is provided.

LGBT organizations are learning to disagree, move forward

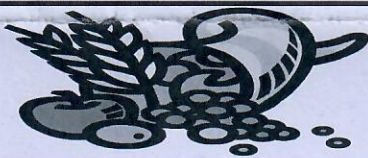
A survey of the leaders of 15 national LGBT organizations finds that most believe recent disagreements over strategy on moving major LGBT legislation in Congress is not indicative of any sort of schism in the movement. "What is bad, though, is if we allow those disagreements to become just a satisfying way to spend time disagreeing, rather than focusing on what we can do to move the ball forward," said Evan Wolfson, who heads Freedom to Marry. *Metro Weekly (Washington, D.C.)* (10/7)



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.

November Birthdays

Nov. 4 th Michael C. John M.	Nov. 13 th Grant P.	Nov. 25 th Wendy H. Melissa T.
Nov. 10 th Erick G. Peggy M.	Nov. 16 th Tamara S.	Nov. 26 th Leesa G.
Nov. 11 th Bill K. Robert Y.	Nov. 19 th Dan A. Nov. 22 nd Edd D.	Nov. 27 th Sheila K.



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

MONTHLY POTLUCK

Saturday, Nov. 13th - 12 noon to 2pm

Program: Comedian Marga Gomez

- 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!

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

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

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

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- 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.

Eat Well Age Well Seminar Review

Wendy Albovias, RD

We had a great time at our seminar last month. In case you missed it or need a refresher, here are highlights of what we covered.

It is important to start with a goal in mind. Keep it simple and realistic. Include a time frame for achieving your goal, too. Writing down a short-term and long-term goal as well as your motivation for change will help you achieve your goal.

The food pyramid comes in many forms these days. We used the USDA pyramid to discuss the food groups in detail while looking at the actual serving sizes for each food group.

You can use your hands to measure out serving sizes and control your portions. For example, a closed fist equals ~ 1 cup and the tip of your thumb is ~ 1 teaspoon. Watch your portion sizes by dividing your plate like this...fill ½ with vegetables, ¼ with a starch or starchy vegetable, and ¼ with a lean protein food.

The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed below:

For women who are:

Sedentary (not active)	1,600 calories/day
Moderately active	1,800 calories/day
Active	2,000 calories/day

For men who are:

Sedentary (not active)	2,000 calories/day
Moderately active	2,200-2,400 calories/day
Active	2,400-2,800 calories/day

Components of a healthy eating plan:

Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products includes lean meats, poultry, fish, beans, eggs and nuts .is high in fiber and low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Monthly Wellness Recipe

Sample MyPyramid daily eating plan for a 1,800 calorie meal plan. For a personalized plan and more information, go to www.mypyramid.gov.

<u>Food Group</u>	<u>Amount</u>
Grains	6 ounces
Vegetables	2 ½ cups
Fruits	1 ½ cups
Milk	3 cups
Meat & Beans	5 ounces

Aim for 5 teaspoons of oils a day.

Limit extra fats and sugars to 195 calories/day.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Here are helpful links for more food and nutrition information:www.eatright.org (American Dietetic Association)

www.mayoclinic.org, www.calorieking.com

For healthful recipes check out:www.cookinglight.com

Diabetes Prevention Tips!

The following tips were presented at Aging in Place by Diana Cosio-Sandino, MPH

How can I prevent diabetes and improve my overall health and well being? Make healthy food choices by eating 2.4 servings of fruit and 3-5 servings of vegetables everyday and aim to be physically active for 30-60 minutes most days of the week.

Research shows that those who exercised for 2.5 hours (150 minutes) every week reduced their risk for developing diabetes by 58%.

How does physical activity help prevent Type 2 Diabetes?

Makes insulin more efficient

Improves your mood and energy level.

Increases your metabolism, helping your body use glucose and helping you lose weight.

Keep your glucose in your target range.

Improves health and efficiency of your heart.



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(Continued from page 1)

Prop 19: Legalize Marijuana,

Prop 20: Redistrict Congressional Districts

Prop 22: Prohibit State from Taking Local Funds

Prop 27: Eliminate Commission on Redistricting

Governor Vetoes LGBT Prisoner Safety Bill (AB633)

Sacramento – Governor Schwarzenegger vetoed the Lesbian, Gay, Bisexual and Transgender Prisoner Safety Act, on the grounds that the bill was too similar to a prisoner safety bill he vetoed last year. Introduced by Assemblymember Tom Ammiano (D-San Francisco), the bill was designed to prevent violence against lesbian, gay, bisexual and especially transgender people in the state prison system. The bill received bipartisan support in both the State Senate and Assembly and is co-sponsored by Equality California, the Transgender Law Center and the National Center for Lesbian Rights.

California Expands Unemployment Benefits for Same-Sex Couples

Sacramento – Governor Schwarzenegger signed the Unemployment Benefits Act (**AB 2055**), which ensures that same-sex couples in California have access to unemployment benefits. The bill was introduced by Assemblymember Hector De La Torre (D-South Gate Equality California).

Anthony Owen "Father Tony" Smith, 55, of Pittsburg, Calif., a longtime Redemptorist priest who had served at St. Gerard's Catholic Church and the then-College of Great Falls, died of cardiac arrest July 5 in California.

Along with his pastoral work, Father Tony served youth groups, HIV victims, and jail and prison inmates and was the founder and director of Rural Aid Services in Montana. He also was chaplain and director of the campus ministry program at the then-College of Great Falls in Montana and later performed similar services in Stockton, Calif.

-Published in Great Falls Tribune on August 8, 2010

Schwarzenegger Vetoes Civil Marriage Religious Freedom Act

SACRAMENTO – Governor Schwarzenegger has vetoed the Civil Marriage Religious Freedom Act (**SB 906**) on the grounds that he opposes insertion of the word "civil" before the word "marriage" within the California Family Code, despite the fact that the code already defines marriage as a "civil contract". The Governor incorrectly claims that the legislation, which would have underscored that a state-issued marriage license establishes a civil marriage, undermines the goal of marriage equality because it creates a distinct type of marriage in the state code

Proceeds Benefit Lavender Seniors

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Love Warriors: The Rise Of The Marriage Equality Movement

By Davina Kotulski,
Marriage Equality USA

Marriage is a fundamental human right declares Ms. Kotulski. But she does much more than that. In some 340 pages she produces a stunning combination of exhaustive encyclopedia and political analysis of a significant social issue.

She touches on a broad range of controversies ranging from separation of church and state, major court decisions, and personal sagas of gay couples who have been forced to bear unjust legal and financial burdens.

Many of the battles are caused by fundamentalists and their desire to make all laws confirm to ancient biblical laws. But as Kotulski points out, the battle ultimately is about emotions rather than hard facts.

The Supreme Court stated in Lawrence vs. Texas, "Moral disapproval of a group does not justify discrimination."

At the international level you see that ten countries already have offered gay marriage to their citizens. Several others have civil unions.

Among the compelling stories related here is the dilemma of Marvin Burrows and Bill Swensor, a couple together for 51 years. When Bill died Marvin was unable to collect any social security and he was also denied Bills pension. But Bills union finally voted to award the pension to Marvin.

Kotulski is at her peak of discerning analysis when she addresses the question of how the gay organizations opposing Proposition 8 dropped the ball. They failed to humanize the LGBT community in television commercials and depended on straight allies to do the talking. Gay couples and their children were never given a voice. They also neglected to utilize the powerful voice of the liberal religious community. There was no outreach to the ethnic community, such as the Hispanics, with foreign language ads. They also allowed the opposition to frame all the issues. Gays operated in a strictly defensive mode.

The most daunting challenge looms heavily: DOMA, the federal defense of marriage act. This potent legislation denies marriage in all fifty states and declares that marriage is strictly between man and woman. Hopefully Ted Olson and David Boies will succeed in persuading the Supreme Court to destroy the last remaining barriers.

Davina Kotulski is a clinical psychologist, with twelve years in the prison system. She is currently in private practice. She and her partner Molly McKay have been a powerful force in Marriage Equality USA.

Those of us who value the concept of same sex marriage should use "Love Warriors" as our Bible in the continuing struggle for human rights

-Frank Howell

The housing market has been tough...

and in the LGBT community, we face added insecurity because there are no legislative federal fair housing protections for marital status, sexual orientation, gender identity or expression.

No one should be evicted, be kept from living where they want to live or pay more rent simply because of who they are. And no one should have to lie about who they are in order to have safe housing.

Recent studies by the Task Force show that's exactly what is happening in the LGBT community:

- 11 percent of transgender people reported having been evicted and 19 percent reported becoming homeless due to bias.
- While the general population has a home ownership rate of 68 percent, only 32 percent of transgender people do, and they are missing out on the stability and security of owning their own home.

Due to the lack of equality in federal safety net programs like Social Security and the lack of LGBT-friendly elder housing, LGBT seniors face even higher rates of housing insecurity.

Simply put, everyone – including LGBT people – should have equal access to safe housing.

And while many states prohibit discrimination on the basis of sexual orientation or gender identity, robust federal protections are still needed.

-The Task Force

Teen Suicides

In memory of Eric Mohat 17 (NY), Seth Walsh 13 (CA), Asher Brown 13 (TX), Tyler Clementi 18 (NJ), Justin Aaberg 15 (MN), Billy Lucas 15 (IN), and Raymond Chase 19 (R.I.), and all the other Teens who have been affected by these actions.

Gay bashing and bullying is the cause of these deaths.

Lets all try to make it better for these youngsters who are in pain.

When I was 15 I tried suicide too but as you can see, I was not successful and had a wonderful support from a psychiatrist that showed me how to survive the bullying and name calling and to protect myself better.

I wish the above youth had some help to save them from this terrible way out.


Not many know that I tried to kill myself but I started a few years ago talking about it when I do speaking engagements.

Each death of a young person diminishes us and makes me sad.


-Marvin Burrows

African American Lesbians 40+
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 For more information email
 tsmith3565@comcast.net

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Schedule of Events

10
November 2010

Nov. 4th and 18th -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

Nov. 9th – 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

Nov. 10th - 7:00 PM to 8:30 PM – Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

Nov 11th - 1:30 PM Only - Seniors Men’s Group. (2nd Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283.

Lavender Women’s Book Group not meeting this month.

Nov. 13th – 12:00 - 2:00 - Lavender Seniors Potluck, (2nd Sat.)1395 Bancroft Ave., San Leandro; Program: Marga Gomez – Comedian. See Page 1.

Nov. 19th - (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: Ken Stofft, MA, CSB —"Sexuality & Sexual Vibrancy".

Nov. 20th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. Social Hour 5:00, Dinner 6:00.

South County Lunch Bunch and Talk About cancelled. Senior Center closed for the Holiday (4th Fri.) 40086 Paseo Padre Pkwy, Fremont. 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	Womens Group 4	5	6
7	8	PFLAG 9	Board Meeting 10	Seniors Men 11	12	Potluck 13
14	15	16	17	Womens Group 18	Lunch Bunch 19	Fellows 20
21	22	23	Thanks-giving 24	25	26	27
28	29	30				

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 10th of preceding month.