



**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

1395 Bancroft Avenue

San Leandro, CA 94577

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California Census 2010

The Census won't count all people in a community unless same-sex couples participate. We know from research on Census 1990 and 2000 that same-sex couples are under-counted on the Census and may choose not to participate because of privacy concerns or because they do not think they can be counted. So it's important that in same-sex couples know how to, and feel comfortable with, identifying themselves.

Accurate Census data about same-sex couples has allowed for a better understanding of LGBT people in various racial/ethnic, socio-economic, and geographic communities. For example, data from Census 2000 show that more than a third of men and women in same-sex couples in California are people of color. In addition, 66% of the children being raised by same-sex couples in California are non-white -- 50% of these children are Latino/a.

Other findings from California Census 2000 data include:

Almost one quarter of members of same-sex couples in California are Latino/a (24%).

Over one-third of all Asian and Pacific-Islanders (API) in same-sex couples in the United States live in California.

Almost one-fourth of African-American men in same-sex couples are U.S. veterans, a rate greater than the 20% of veterans among men in different-sex married couples.

African-American, Latino/a, and API parents in same-sex couples have fewer financial resources with which to raise their children than their heterosexual counterparts.

The basic information to share in the LGBT commu-

nity is that:

Census 2010 will not include questions about sexual orientation or gender identity.

Census 2010 will allow same-sex couples who live in the same residence to identify themselves. And, for the first time ever, **Census 2010 will allow these couples to either identify themselves as "spouses" or "unmarried partners."** The Census will leave couples free to choose either description of their relationship, whether or not they are in fact legally married.

Same-sex couples will be able to identify themselves on the relationship question (see below), which asks the person filling out the form to identify how all other individuals in the household are related to him or her.

Same-sex couples who have been legally married or consider themselves to be spouses should identify one person as a "husband or wife." Other same-sex couples may be more comfortable using the term "unmarried partner." In general, this "unmarried partner" designation is designed to capture couples who are in a "close personal relationship" and are not legally married or do not think of themselves as spouses.

This information was prepared by the Williams Institute at UCLA School of Law.

"Noted in Passing"- "Out at the Movies"

"A History of Gay Cinema" by Steven Paul Davies-Kamera Books-\$24.95-20008

Davies provides a stimulating view of gay films starting with "The Gay Brothers" (1895) via Thomas Edison with two men dancing together.

Davies details his take on such film classics as "Brokeback Mountain," "Boys In The Band," "Victim," and "Death in Venice."-Frank Howell

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, and Sisters of Perpetual Indulgence. 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, Mitch Foudray, Secretary, Bobbie Jarvis, Treasurer.

Members-at-Large

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

Volunteer Corner

My name is Cindy Thwaites-Smith, I volunteer with the monthly newsletter mailing, Potluck, North Oakland Lunch Bunch, and sometimes I submit a recipe for the recipe corner in the newsletter. I also help the staff in the office when needed.

I think my favorite thing when volunteering is helping with the monthly newsletter mailing because while we are working hard stuffing, sealing and sorting, we spend a few hours brainstorming. Sometimes we come up with solutions that could help solve some of each other's problems. (What happens at the mailing stays at the mailing.)

When I facilitate at the North Oakland Lunch Bunch, the topics are always informative and we all have a great time.

If you are not a volunteer, join today! You will not be sorry.



Advocacy Tip of the Month

Always be prepared to tell your story. It is the most powerful thing you can tell someone about being an LGBT person. Always be honest when telling your story. Introduce others to your significant other. Invite everyone to LGBT events including social events.

- Pat Skillen

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.

March Birthdays

Mar. 1 st Val K.	Mar. 9 th Betty W.	Mar. 23 rd Carrie O.
Mar. 3 rd Charlotte H.	Mar. 11 th Carol N.	Mar. 24 th Dee N.
Mar. 4 th Kelly V. Sue F. Steven M.	Mar. 14 th Margo D.	Mar. 27 th Robert C.
Mar. 5 th Patricia S.	Mar. 16 th Glen A.	Mar. 28 th Ken B.
Mar. 6 th Saundra F.	Mar. 17 th A.P.	Mar. 29 th Evelyn W.
Mar. 7 th Rita K.	Mar. 19 th Joe P. Jean C.	Mar. 31 st Violette H.
Mar. 8 th Edward S. Barry C.	Mar. 20 th Viola N.	
	Mar. 21 st Stella L.	



MONTHLY POTLUCK

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

Program: Film "Protecting Seniors"-
Frank Howell

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



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.

Donate on line. Go to www.lavenderseniors.org and click on the Donate Now Button.

Here's my gift of: \$20 \$35* \$50 \$100 \$250 \$1000 Other \$ _____

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(* 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

African-Americans and Alzheimer's Disease

In recognition of February as Black History Month, the Alzheimer's Association is raising awareness about Alzheimer's disease among African-Americans. African-Americans have a higher rate of vascular disease (diseases involving blood vessels, including heart attack and stroke) – one of the suspected risk factors for Alzheimer's disease.

We have new resources available for the African-American population online.

at lz.org/africanamerican.

This dedicated Web site includes the 10 Warning Signs of Alzheimer's, tips for brain, heart and body health, as well as information about how to get involved with the fight against this devastating disease. We also feature stories on African-American Champions in Alzheimer care and research.

Because African-Americans are more likely to have vascular disease (disorders affecting the circulatory system), they may also be at greater risk for developing Alzheimer's

We hope to increase awareness of Alzheimer's disease and reduce risk factors in the community.

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. To help, the Alzheimer's Association has created this list of warning signs for Alzheimer's and related dementias.

10 warning signs

Memory changes that disrupt daily life.

What's typical? Sometimes forgetting names or appointments, but remembering them later.

Challenges in planning or solving problems

What's typical? Making occasional errors when balancing a checkbook.

Difficulty completing familiar tasks at home, at work or at leisure.

What's typical? Occasionally needing help to use the settings on a microwave or to record a television show.

Confusion with time or place.

What's typical? Getting confused about the day of the week, but figuring it out later.

Trouble understanding visual images and special relationships.

What's typical? Vision changes related to cataracts.

New problems with words in speaking or writing.

What's typical? Sometimes having trouble finding the right word.

Misplacing things and losing the ability to retrace steps.

What's typical? Misplacing things from time to time, such as a pair of glasses or the remote control.

Decreased or poor judgment

What's typical? Making a bad decision once in a while.

Withdrawal from work or social activities.

What's typical? Sometimes feeling weary of work, family and social obligations.

Changes in mood and personality.

What's typical? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



LGBT Widows Forum

There is a unique resource for those who endure partner loss and wish to share their grief with others who have had the same experience. Go to: <http://gayandlesbianwidows.com>

A server-based forum, they carefully screen prospective members and offer a range of discussion topics.” (by Fern Leaf)

LGBT HISTORY

Bayard Rustin (March 1912-August-1987)...

Was a civil rights activist important largely behind the scenes in the civil rights movement of the 1960s and earlier, and one of the organizers of the 1963 March on Washington for Jobs and Freedom. He counseled Martin Luther King, Jr. on the techniques of nonviolent resistance.

For much of his career, Rustin lived in New York City's Chelsea neighborhood, in the union funded Penn South complex, from 1978 with his partner Walter Naegle. He became an advocate on behalf of gay and lesbian causes in the latter part of his career; however, his homosexuality was the reason for attacks from many governmental as well as interest groups.

A year before his death in 1987, Rustin said: "Twenty-five years ago, the barometer of human rights in the United States were black people. That is no longer true. The barometer for judging the character of people in regard to human rights is now those who consider themselves gay, homosexual and lesbian."

Throughout the 1970s and 1980s, Rustin worked as a human rights and election monitor for Freedom House. He also testified on behalf of New York State's Gay Rights bill and in 1986 claimed that the gay and lesbian community had become the "barometer" of human rights because it is "the community which is most easily mistreated." He also urged gay and lesbian organizations to stand up for all minorities.

-Wikipedia, the free encyclopedia.

TIPS FOR EARTHQUAKE SAFETY

"The Triangle of Life" Method

By Doug Copp, Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI), the world's most experienced rescue team.

When buildings collapse, the weight of the ceilings falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call the "triangle of life".

- 1) Most everyone who simply "duck and cover" when buildings collapse are crushed to death.. People who get under objects, like desks or cars, are crushed.
- 2) Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake... It is a natural safety/survival instinct. You can survive in a smaller void. Get next to an object, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.
- 3) Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks. Bricks will cause many injuries but less squashed bodies than concrete slabs.
- 4) If you are in bed during the night and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes, simply by posting a sign on the back of the door of every room telling occupants to lie down on the floor, next to the bottom of the bed during an earthquake.
- 5) If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and curl up in the fetal position next to a sofa, or large chair.
- 6) Most everyone who gets under a doorway when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling above. If the door jam falls sideways you will be cut in half by the doorway. In either case, you will be killed!
- 7) Never go to the stairs. The stairs have a different "moment of frequency" (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are chopped up by the stair treads - horribly mutilated. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs are not collapsed by the earthquake, they may collapse later when overloaded by fleeing people. They should always be checked for safety, even when the rest of the building is not damaged.

8) Get near the outer walls of buildings or outside of them if possible - It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.

9) People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles; which is exactly what happened with the slabs between the decks of the Nimitz Freeway... The victims of the San Francisco earthquake all stayed inside of their vehicles. They were all killed. They could have easily survived by getting out and sitting or lying next to their vehicles. Everyone killed would have survived if they had been able to get out of their cars and sit or lie next to them. All the crushed cars had voids 3 feet high next to them, except for the cars that had columns fall directly across them.

10) I discovered, while crawling inside of collapsed newspaper offices and other offices with a lot of paper that paper does not compact. Large voids are found surrounding stacks of paper.

Spread the word and save someone's life... The Entire world is experiencing natural calamities so be prepared!

Chantal Salkey-1964-2009

Party promoter, Ms. Salkey died suddenly Friday, January 22 in her Potrero Hill apartment after several months of being treated for chronic obstructive pulmonary disease, said June Johnson, her best friend of 25 years. She was 45.

Born in Jamaica on October 6, 1964, Ms. Salkey grew up next door to Reggae legend Bob Marley, where she watched him play football in his front yard. At home, Ms. Salkey would dance all night long with her parents as they "rocked the house" with their parties, said Johnson.

Ms. Salkey moved to Washington, D.C. with her family as a young child in the 1970s, but Jamaica remained in her heart, friends said. She returned to the country annually.

She revolutionized the West Coast's queer women's party scene that infused her own blend of hip-hop, salsa, and world music. Her afternoon Mango tea dance parties came complete with barbecue.

Lavender Seniors Lesbian Book Group- seeking additional members.

Hey ladies, we've got a fabulous, interesting, stimulating, funny book group going and we'd like to invite you to join us! Lesbos of all types, shapes, sizes, and opinions welcomed!

We meet on the first Friday of the month at the North Oakland Senior Center, from 2PM to 4PM.

We warmly welcome all newcomers!

Please call Ellen, at 510-658-8713 with any questions.

Erotic City: Sexual Revolutions and the Making of Modern San Francisco

By Josh Sides

Oxford University Press

Hardbound-\$30.00

Since the days of the gold rush the city by the bay has been viewed as a special place for experimentation in social mores. It was the end of the line for those seeking special answers to their problems.

Conservatives from the southern part of the country tended to move toward the southern end of the state. More liberal, New England immigrants settled in Northern California.

The Barbary Coast atmosphere set the tone. San Francisco has swung from conservative to liberal throughout its restless history. During the 1940s and 1950s emphasis was on button down conformity. But in the 1960s working class folks sensed that the younger generation was growing restless. In 1974 a survey revealed the generation gap. Minority

groups were moving in-Blacks, Hispanics, and gays. The sexual revolution had arrived.

Josh Sides, Professor of California History, challenges the idea that race was the root of change. Instead it was a major cultural shift. Sally Stafford was finally forced to close her exotic enterprise and Mayor George Christopher ordered a police crackdown on prostitution.

Gay bars and other provocative establishment's arose-Mona, Finochios, and the Black Cat. In 1961 one hundred gays were arrested at the Tay- Bush Inn. In 1957 Allan Ginsberg's "Howl" was acquitted, a major victory. The Mitchell Brothers opened the O'Farrell Theater in 1972, featuring Marilyn Chambers in "Behind The Green Door." Customers were white, middle class businessmen, not hippies, as we all assumed. The Irish Catholic police didn't know what to make of it, but social upheaval pushed forward.

There was a price to be paid. In the 1980s the wild party came to a halt when AIDS protruded. A mighty struggle against death itself erupted. In the 1970s the gay scene moved from the depressing Polk Street scene to the more colorful and inviting Castro. Lesbians established their solid presence in Oakland. Venues such as the Twin Peaks Bar displayed big picture windows. No more secrets!

The defeat of the Biggs Initiative in 1978 marked a turning point. Lavender liberation came of age. The hippies were gradually replaced by yuppie professionals of the 1990s. The middle class pink set had quietly arrived.

Today the internet has transformed the whole scene and gay marriage is now considered a respectable political issue. Pat Califia expresses it best-"The City is a map of the hierarchy of desire."

Josh Sides provides us with a thought provoking map of a unique American city. It is worth your time to take the stimulating tour he provides.

-Frank Howell

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's family name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country, but NOT to where the guilt is.

Tell the people you love that you love them at every opportunity.

AND, ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



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East Bay Runners & Walkers Group

When 4th Saturday March 27th

Where: San Leandro Marina.

At the end of Neptune Dr.

Time: 9:00 a.m.

The meeting is every 4th Saturday of the month for about an hour and some people walk, some people run, and some people walk their dogs. Afterward everyone has brunch at La Piñata around 10:30. For more information visit:

www.eastbayfrontrunners.org/Schedule.html

Bay Area Rainbow Team
at Keller Williams Realty

We are proud to support and salute the
Lavender Seniors of the East Bay



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Schedule of Events

March

Sun <input type="checkbox"/>	Mon <input type="checkbox"/>	Tue <input type="checkbox"/>	Wed <input type="checkbox"/>	Thu <input type="checkbox"/>	Fri <input type="checkbox"/>	Sat <input type="checkbox"/>
	Coming Out <input type="checkbox"/>			Womens Group <input type="checkbox"/>	Womens Book <input type="checkbox"/>	
		PFLAG Newark <input type="checkbox"/>	Board Mtg <input type="checkbox"/>	Senior Men <input type="checkbox"/>		Potluck <input type="checkbox"/>
			St Patrick <input type="checkbox"/>	Womens Group <input type="checkbox"/>	Lunch Bunch <input type="checkbox"/>	Felows <input type="checkbox"/>
				Senior Men <input type="checkbox"/>	South County <input type="checkbox"/>	

Mar. 1st - 1:00 PM to 3:00PM—Coming Out Again Group- (1st Mon.) 1901 Hearst Ave. Berkeley, Dining Area, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

Mar 4th and 18th - 1:30PM to 3:30PM – Support /Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

Mar 5th - 2:00PM – 4:00PM - Lavender Women’s Book Group (1st Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58th St.) Oakland – **Reading: “Sinister Wisdom #78, 79”.**

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

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

Mar. 11th and 25th - 1:30PM to 3:30PM - Seniors Men’s Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Mar. 13th – 12:00 PM to 2:00 PM –Lavender Seniors Potluck (2nd Sat.)1395 Bancroft Ave, San Leandro; **Program: Protecting Seniors-Frank Howell**

Mar 19th - 12:30 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: Outlook Theater Presentation**

Mar. 20th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

Mar. 26th - South County Lunch Bunch and Talk About (4th Fri.) 40086 Paseo Padre Pkwy, Fremont, **Program: TBA FREE LUNCH** for LGBT Residents. Sponsor: City of Fremont, Human Services Dept. For more info. Contact Ina Mae Murri 510-490-5425.

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.