



**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

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Aging Issues Can Be Tougher On Gays

By Tom Watkins, CNN

March 17, 2010 -- Updated 2212 GMT (0612 HKT)

STORY HIGHLIGHTS

- Elderly gays tend to be poorer, sicker, more alone than straight people
- Discrimination led to thinner paychecks, limited health care, smaller pensions
- Stigma keeps lesbian, gay, bisexual and transgender people out of retirement homes
- Surviving same-sex spouses may not get typical pensions or benefits

Denny Meyer, 63, knows all about being on his own. He joined the U.S. Navy in 1968 to pay his country back for welcoming his parents, both Holocaust survivors, after World War II. He stayed 10 years and loved it but remained in the closet until after he was discharged.

After a career in New York, where he was open about his sexuality, "I started to get old," he said. "I'm an old 63 because of bad luck with cancer and this and that."

Living alone on a limited income, with no close relatives, he was accepted to live in a senior citizens' home in the borough of Queens but turned it down. "I'm used to being out, so the idea of going into senior housing in a straight environment is horrifying," he said. "I knew that I would have to go completely back in the closet."

Though aging is tough for everyone, it tends to be tougher for people who are gay, according to a report presented Wednesday at the annual conference of the National Council on Aging and the American Society on Aging in Chicago, Illinois

(Continued on page 5)

Author Elaine Beale at Lunch Bunch!

Don't miss renowned author Elaine Beale at the North Oakland lunch bunch on Friday May 21 from noon to 2PM. Elaine will be discussing her new book *Another Life Altogether*. A keenly observed depiction of the effects of a mother's mental illness on her young daughter, *Another Life Altogether* is a profoundly moving, funny, and ultimately heartrending coming-of-age story. It was picked as one of the ten books to watch for in March 2010 by Oprah Magazine. The Feminist Review says "Another Life Altogether is an extraordinary true-to-life book, and Beale tells a number of important and poignant stories all at once with great skill." Elaine is also the author of *Murder in the Castro* a drama that plays out on Castro Street. More on her can be found at www.elainebeale.com

"Eat Well - Age Well" at San Leandro Potluck

The April San Leandro potluck was a real treat for those who attended! This was the first event in a series of "Eat Well - Age Well" activities that Lavender Seniors will be hosting to increase awareness about health promoting foods that prevent diabetes, cardiovascular disease and overweight and obesity. Fantastic vegetarian lasagna was served by Miraglia Catering along with an assortment of fresh fruit and green salads. Lavender Seniors' registered dietician, Wendy Albovias was on hand to provide free advice for improving dietary intake which was very helpful for many of those that attended.

Lavender Seniors Lesbian Book Group- seeking additional members.

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.

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, 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

This Volunteer Corner is dedicated to Mitchell Foudray for all of his years of service as an Advisory Board member. Mitchell will be stepping down as Board Secretary. Mitchell has been instrumental in providing the board and staff with technical assistance in the areas of gerontology and development of the Friendly Visitor program. He has also been successful at fundraising and a big help at our potluck and outreach events. Mitchell will still continue his service as a Friendly Visitor volunteer. Thank you Mitchell for all that you have done to assist the Lavender Seniors Advisory Board!

SF Pride Volunteers Needed!

If you would like to help Lavender Seniors collect donations at the entry gates to SF Pride, please contact Dan Ashbrook at 510-667-9655 Ext. 3 or at dan@lavenderseniors.org. This is a great way to help your community. SF Pride is on Sunday June 27. Shift times are every 2.5 to 3 hours throughout the day from 10AM to 6PM.

Advocacy Tip of the Month

Have you told your personal story to someone this month?

If not, why not share your experience with a straight person to help them better understand what life is like for a gay person. So many people do not know what problems you face every day, that straight people do not even have to think about. Educate them.

-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.

May Birthdays

May 1 st Ginny V.	May 11 th Alan B. Ginny G.	May 28 th Shirley S.
May 2 nd Justine C. Myra W.	May 14 th Rolland S. Morgan B.	May 31 st Marjorie K. Morningstar V.
May 6 th Edward M. Mary N.	May 20 th Arthur T. James E.	
May 9 th Shirley D.	May 21 st Joe H.	
May 10 th Andrea C.	May 27 th Shirley H.	

MONTHLY POTLUCK

Saturday, May. 8th - 12 noon to 2pm

Program: "Eat Well – Age Well"
– Cooking Demonstration by-
Wendy Albovias

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

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**

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

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Address: _____

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Referred by: _____ @

_____ 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.

The Facts on Fiber: “Nature’s Broom”

Wendy Albovias, RD

Fiber plays an integral part in maintaining good health particularly, digestive health. It includes all parts of plant foods that your body can't digest or absorb. Instead of being used for energy, fiber passes relatively intact through your digestive tract and out of your body. Fiber is found mainly in fruits, vegetables, whole grains and legumes.

There are 2 types of fiber, each having a different role. **Insoluble fiber**, also known as “roughage,” does not dissolve in water; rather, it holds on to water, adding bulk and softness to stools while moving waste through the intestinal tract, helping those who struggle with constipation or irregular stools. Good sources of insoluble fiber include whole wheat flour, wheat bran, nuts and many vegetables. **Soluble fiber** does dissolve in water and becomes gummy or viscous. It helps to lower blood cholesterol and regulate blood sugar levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Besides promoting regularity and preventing constipation, a high-fiber diet offers other health benefits, such as reducing your risk for diabetes and heart disease, helping to control blood sugar levels, lowering cholesterol, aiding in weight loss, reducing blood pressure and inflammation and lowering your risk of developing hemorrhoids and small pouches in your colon (biventricular disease).

The amount of each type of fiber varies among plant foods. So, eating a wide variety of high-fiber foods will provide the greatest health benefit. Men age 50+ should try to consume 30 grams/day and women, 21

Monthly Wellness Recipe

Try this Multi-Bean Salad recipe from Cooking Light to help get more fiber into your diet. It provides 85 calories and 4 grams of fiber per serving (1 cup).

Ingredients: (yields ~ 6 servings)

- 2 cups haricots verts (green beans)
- 2 cups wax beans
- 1 cup frozen shelled edamame
- 1 cup grape or cherry tomatoes, halved

- ½ cup finely chopped orange bell pepper
- ½ cup thinly sliced red onion
- 2 tablespoons sherry vinegar
- ½ teaspoon sugar
- ¼ teaspoon Dijon mustard
- 2 teaspoons extra virgin olive oil
- ¼ cup chopped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Preparation: Steam haricots verts, wax beans, and edamame, covered, 6 minutes or until haricots verts and wax beans are crisp-tender. Drain and plunge beans into ice water; drain. Combine beans, tomatoes, bell pepper, and onion in a large bowl.

Combine vinegar, sugar, and mustard, stirring with a whisk. Gradually add oil to vinegar mixture, stirring constantly with a whisk. Stir in parsley, salt, and black pepper. Drizzle vinaigrette over bean mixture; toss gently to coat

Eating Wellness Events

Event 2: San Leandro Potluck Saturday May 8, 12:00PM to 2:00PM

Cooking Demonstration with Wendy Albovias Registered Dietician

A variety of catered foods as well as potluck items will be served.

Potluck is optional but encouraged. Feel free to bring your favorite healthy dish!

Event 3: Fremont Senior Center, Friday May 28, 12:00PM to 2:00PM

Nutrition Education with Wendy Albovias Registered Dietician

Lunch will be served by the senior center. To receive your meal ticket, sign in at the reception desk as a Lavender Senior member.



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(Continued from page 1)

According to the report, improving the Lives of Lesbian, Gay, Bisexual and Transgender Older Adults, issues that disproportionately affect LGBT older adults include stigma, isolation and unequal treatment. Together, they translate into their being poorer and sicker and having fewer opportunities for social and community engagement than do their heterosexual peers, according to the report.

Many older LGBTs' financial woes can be traced to the fact that discrimination was legal during their working lives, which often meant thinner paychecks, limited access to health care, fewer chances to build pensions and smaller Social Security payments, the report said.

For example, lesbian couples' Social Security benefits are typically 31.5 percent smaller and gay couples' benefits are 17.8 percent smaller than are those of heterosexual couples, the report said, citing a 2009 study.

Family members provide about 80 percent of long-term care in the United States, but that's not the case with LGBT elders, since they are more likely to be single, childless and estranged from their biological families, said the report

First Openly Gay Lawmaker Gets Sworn in As Speaker of the California State Assembly.

John Perez (D-Los Angeles) was sworn in today, March 1, 2010, by Supreme Court Justice Carlos Moreno, and is the first speaker of the California House who is openly gay. During his acceptance speech, he reached out to the minority Republican Party representatives for a new age of bi-partnership, and stated that "today is a day of great hope for the State of California and the LGBT community."

The Gay Men's Chorus of Los Angeles played a rousing rendition of "Brand New Day."

-ON Magazine

PFLAG BBQ JAMBOREE

For local GSA'S and Lavender Seniors

When: Saturday, May 15, 2010

Where: 38595 Becket Terrace, Fremont
Corner of Spetti Drive and Spetti Court,
near Mowry and Mission
(Private clubhouse-look for signs.)

Time: 11:00AM - 4:00PM
(Games begin at 1:30!)

Easy Walk from Fremont Bart, or call for free shuttle from the station:

(510) 684-6506

HEALTH CARE CORNER

Osteoporosis

It may seem like every time you visit your doctor he recommends another test or screening. You may wonder why since you are not having any noticeable problems. As a doctor who has treated hundreds of bone injuries over the years, there is one test I highly urge you to consider and that is bone density. Everyone is subject to bone loss in their lifetime. In early adulthood a person's bone mass is at its peak but it gradually declines with age. Within the first six years after menopause, a woman can lose up to 20% of her total bone mass. Men are at risk too especially if they have certain illnesses, low testosterone, smoke, or are sedentary.

Along with aging and change of normal hormones, osteoporosis is commonly the result of diets low in calcium and vitamin D.

There are several key things you can do to prevent osteoporosis and give your bones the care they deserve.

- Calcium is needed for your heart, muscles and nerves to function and for blood to clot. When calcium is lacking it contributes to the development of osteoporosis so make sure you get your recommended amounts either in foods or supplement form. Adults under age 50 need 1,000 mg and those over 50 need 1,200 mg.
 - Vitamin D is necessary to absorb calcium so without enough you cannot get the calcium you need from the foods you eat. When this happens your body takes the calcium from your bones. Vitamin D comes from direct exposure to sunlight and from your diet. Adults under age 50 need 400-800 IU of vitamin D daily, and adults over age 50 need 800 - 1,000 IU daily.
 - Exercise is a must in maintaining bone strength. The best type is weight-bearing such as walking, dancing, jogging, stair-climbing, racquet sports and hiking.
 - Avoid smoking and excessive alcohol.
 - Schedule a bone mineral density test (BMD) and take medication as prescribed by your doctor if you are diagnosed with osteoporosis.
- Although Osteoporosis is not curable you can easily find out if you are at risk by taking a simple test.
- Mark Bromson, M.D.

May Book Review

Comfort Me

By Louis Flint Ceci
Prizm Books, Torquere Press, Inc.
Box 2545 Round Rock, TX-78680
Paperback-

Once again we have the most time worn theme in American literature-the lonely adolescent who is trying to make sense of his life. Fortunately Louis Ceci has provided us with some new twists on the tortured gay adolescent.

Young Mally Jacobs has returned to Croy, Oklahoma to care for his rapidly fading grandfather. At school he faces constant harassment in the locker room at gym class and other areas. His mother works in television in Los Angeles and is seldom heard from.

But Mally finally forms a curious alliance with Randy, a star football player, and Joanie, Randy's girlfriend. For some odd reason this alliance, seemingly dysfunctional arrangement actually works.

At times a distant homoerotic haze hangs about the curious threesome. Mally makes a bold declaration about himself, "I am not so damned cheerful about myself...I just know my limitations, that's all. I'm not going to fake it to make people like me. I'll never be one of the guys and I know it."

Randy may suspect Mally is gay but he keeps it to himself. Joanie tries to reassure him and keep the relationship on an even keel. Somehow they manage to rise above the small town bigotry and support each other.

The gay theme is fairly subtle until the conclusion, but Mr. Ceci implies that the lavender implications of "Comfort Me" will blossom in the sequel which is currently under development. We look forward to such an event.

-Frank Howell

Our Family Coalition Report

Dear Families, Friends and Allies, We have made history!

After four years of parents, educators and administrators collaborating to make their schools welcoming and inclusive for all families, the Berkeley School Board voted this week to adopt the vibrant Welcoming Schools Guide as official district curriculum.

When my son Kobi was in first grade, he came home and told me that kids at school were using gay in a "bad" way. Kobi is not alone. Children in elementary schools all over the country hear anti-gay slurs like "that's so gay" and are subjected to bullying when they step outside of accepted gender norms. As parents and caregivers, we know that this impacts all our kids.

If we are truly committed to addressing societal stigma against LGBT people and gaining full equality, we need to begin by making schools safe, accepting and inclusive. Our Family Coalition works with educators not only to end bullying, but to help them convey to their students that instead of being separate, LGBT people are a part of the community. We seek to shift fear and uncertainty to understanding and inclusion.

I want to commend the many Berkeley Unified principals, teachers, parents, school board members, union representatives and district administrators for their collaboration in, and commitment to this work. In these past four years:

- The school board passed a policy that supports family diversity curriculum.
- In January, OFC teamed up with the teacher's union and several PTAs to provide a staff development training for over 50 Berkeley teachers and after school staff from every public elementary school in the district.
- The lessons have been tested in at least four of the eleven school sites.
- And then finally, this week, they adopted the Welcoming Schools curriculum, with a commitment to train staff, purchase books and most importantly, get the lessons into the classrooms.

The Welcoming Schools Guide is a fantastic resource offered by the Human Rights Campaign. Welcoming Schools is a new, comprehensive guide for administrators, educators, parents and guardians who want to strengthen their schools' approach to family diversity, gender stereotyping and bullying. It is specifically designed for use in K-5 learning environments and is inclusive of Lesbian, Gay, Bisexual, and Transgender families and individuals in the broader context of diversity.

We savor the victory and at the same time know it is just one step on a long road. Please let me know if you want to do work like this in your school

Judy Appel
Executive Director



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AAL 40 PLUS-Spring Affair

20th Anniversary Dinner & Dance

When: May 29, 2010— 7-11PM

Where: Lakeside Park Garden center
666 Bellevue Ave.
Oakland, CA 94610

Tickets—\$35.00

Includes Dinner, Entertainment, DJ, and Raffles.
Please contact Tomi Smith (510) 421-5336 for ticket purchase as these will not be sold at the door.

Fierce Sistahs!

The Activism, Art & Community of Bay Area Lesbians of Color 1975-Present: (An Exhibit of Photographs & Memorabilia)

When: March 20—May 20,

Where: James Hormel Gay & Lesbian Center
100 Larkin St., 3rd Floor, SF
- Cathy Cade

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May 2010

Schedule of Events

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

May 5th - 7:00 PM to 8:30PM – Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

May 6th and 20th - 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

May 7th - 2:00PM – 4:00PM - Lavender Women's Book Group (1st Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58th St.) Oakland – **Reading: "A Gift of Age": Old Lesbian Life Stories"**

May 8th – 12:00 PM to 2:00 PM –Lavender Seniors Potluck (2nd Sat.) 1395 Bancroft Ave, San Leandro; **Program: "Eat Well – Age Well" – Cooking Demonstration-Wendy Albovias**

May 11th - (2nd Tues.) PFLAG Meeting, 7:30PM, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

May 13th and 27th - 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

May 15th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

May 21st - 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: Author Elaine Beale**

May 28th - South County Lunch Bunch and Talk About (4th Fri.) 40086 Paseo Padre Pkwy, Fremont, **Program: "Eat Well – Age Well"- Nutrition Education – Wendy Albovias. 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	3 Coming Out	4	5 Board Mtg	6 Womens Group	7 Womens Books	8 Potluck
9	10	11 Newark PFLAG	12	13 Senior Mens	14	15 Fellows
16	17	18	19	20 Womens Group	21 Lunch Bunch	22
23	24	25	26	27 Senior Mens	28 South County	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 10th of preceding month.