

**LAVENDER  
SENIORS**  
*of the East Bay*

# Lavender Notes

*A Project of the Tides Center*

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## A Special Memorial Tribute



**Ina Mae Murri, January 15 1935 to July 17, 2010**

**Stella Lopez-Armijo, March 21, 1934 to July 17, 2010**

It is with great sadness to announce that two pillars in the Lavender Seniors' community passed away within moments of each other on Saturday July 17, 2010 in South East Idaho near Preston. Ina Mae Murri and Stella Lopez-Armijo of Fremont were in Idaho for a family reunion. While on the road to the reunion after leaving their hotel, Ina Mae suffered a massive heart attack and died at the wheel. In a heroic and courageous act, Stella grabbed the wheel and drove into a pick-up truck to avoid pedestrians. Stella died en route to a hospital. Police say the driver of the pickup was transported to a hospital with non-life threatening injuries.

Ina and Stella were together for 35 years and pioneers in recognition for lesbian mothers as well as role models for the many in the LGBT community. Both were original founders of Lavender Seniors and Ina had been serving as a Lavender Seniors' Advisory Board member since the beginning. They were also very active in Women Over 50 and

Friends (WOFF) and Affirmation, an organization for Mormons who believe in the worth of every soul regardless of their sexual or gender orientation. In addition, Ina used to share her life story with health and human service providers as part of Lavender Seniors' cultural competency trainings. Both women were featured in the 1987 book by activist Cathy Cade, "A Lesbian Photo Album: The Lives of Seven Lesbian Feminists."

Ina will always be remembered for her compassionate and caring commitment to serving her community. She was once known for passing out cards that said, "You have been helped by a lesbian." Stella will always be remembered at Lavender Seniors for her sharp wit and humor. She always made people laugh hysterically with her jokes and outbursts at the San Leandro potlucks.

Bobbie Jarvis, Ina and Stella's long time friend and fellow Fremont resident says, "Stella & Ina loved comedians and drove from Santa Rosa to Los Angeles to see their favorites. Years ago when we first met, I was forever being surprised - you never knew who you were going to meet at their house - they had an open door policy for any one passing through Fremont who needed a place to spend the night and/or needed a meal. They enjoyed the Olivia Cruises (I think they had gone on 12 or 13 of the cruises!). They loved mingling with celebrities and were on a first name basis with many of them.

They added another wonderful dimension to our lives! We enjoyed sharing a meal, a movie, or a TV program with them. Ina had a large lending library of gay literature so sometimes we just sat around and read! When dining out, Stella always left the restaurant knowing everything about the waiter or waitress."

Ina and Stella are survived by children and grandchildren of previous marriages.

A funeral mass and reception is being held Friday July 30 at 10AM at the Transfiguration Catholic Church,

*(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, 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, Pat Skillen, Tomi Smith

### Photovoice Responds to Community Issues

Lavender Seniors was selected by Kaiser Permanente in July to implement Photovoice, a project that will address long-standing problems and emerging needs in Southern Alameda County. Photovoice has been referred to as "document photography" as it can best be described as a blend of a grassroots approach to photography and social action. The project utilized a team of volunteers who photographed issues such as unsafe streets, graffiti, and inaccessibility for the disabled in 3 sectors; neighborhoods, summer or school programs, and public recreation areas. The photographs will enable policy makers to make informed decisions about how to meet unmet needs of the greater south Alameda County area as well as guide Kaiser in future community improvement initiatives.

Special thanks to those who volunteered as Photovoice photographers!

**The Contemporary Jewish Museum** in San Francisco is offering gay seniors the opportunity to tell their life stories during a 40 minute professionally recorded interview. Each person will receive a copy of the interview. The other copy will be deposited in the Library of Congress in Washington, D. C.

For more information, e-mail [mayascot-tchung@gmail.com](mailto:mayascot-tchung@gmail.com). Maya is active in the quilt project of Marriage Equality USA.

-Frank Howell

## Advocacy

Recently Frank Howell and Marvin Burrows were interviewed for a gay program on radio station KFRC. They told their life stories in a one hour interview that was broadcast during Pride Week.

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.

## August Birthdays

August 1 <sup>st</sup> Pat. Mc.	Karen A. August 10 <sup>th</sup> Margaret B.	Marcelina D. August 24 <sup>th</sup> Ron W.
August 4 <sup>th</sup> Natalie Z.	August 13 <sup>th</sup> Cal H.	August 26 <sup>th</sup> JoAnn D.
August 5 <sup>th</sup> Ben S. Tamar K.	August 15 <sup>th</sup> Cal H. Juanita O.	August 31 <sup>st</sup> Cheryl W.
August 6 <sup>th</sup> Cam J.	August 18 <sup>th</sup> Charles A.	August 26 <sup>th</sup> JoAnn D.
August 8 <sup>th</sup> James D.	August 22 <sup>nd</sup> Ruth M.	August 31 <sup>st</sup> Cheryl W.
August 9 <sup>th</sup> Calvin B.	August 23 <sup>rd</sup>	

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

## MONTHLY POTLUCK

Saturday, Aug. 14th - 12 noon to 2pm

Program: LGBT Elder Law

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



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## “Eat Well– Age Well”

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

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### Road to a Healthy Heart

Wendy Albovias, RD

It's no secret that heart disease is America's #1 killer. According to the Centers for Disease Control, 631,636 people died of heart disease in 2006 and half of the deaths due to heart disease were women. What's more, every year about 785,000 Americans have a first heart attack; and another 470,000 who have already had one or more heart attacks have another attack.

Only a few of the risk factors of heart disease CANNOT be controlled--gender, age and family history. Whereas, many of the risk factors CAN be controlled or prevented, such as smoking, hypertension, high cholesterol, diabetes, lack of exercise, overweight/obesity, excessive alcohol and stress. A healthy lifestyle, specifically a healthy diet, is the common thread in lowering your risk for heart disease and may prevent current heart problems from worsening. Here are a few guidelines for a heart-healthy diet:

3 tablespoons fresh lime juice

4 tablespoons honey

1 tablespoon balsamic vinegar

½ tsp salt

1/8 tsp cayenne pepper

6 tangerines (or 5 naval oranges)

1 Hass avocado, halved, pitted, peeled, and thinly sliced crosswise

3 tablespoons roasted sunflower seeds

Preparation:

-In a large bowl, whisk together lime juice, honey, balsamic vinegar, salt and cayenne pepper.

-With a vegetable peeler, peel 3 long strips of zest from 1 tangerine. Cut the strips into 1/8-inch slivers. Then peel the tangerines and separate into segments. Cut the segments crosswise into 2-3 pieces, discarding any seeds.

-Add the tangerines, zest and avocado to the dressing in the bowl and toss to combine. Chill until serving time.

-Sprinkle with sunflower seeds.

(Continued from page 1)

4000 East Castro Valley Boulevard Castro Valley. The entombment is being held Saturday, July 31, 2PM at Chapel of the Chimes, 32992 Mission Blvd. in Hayward.



#### **Ina & Stella from Marvin Burrows, Advisory Board Member**

Ina Mae was a fantastic representative for our community. She was a quiet, witty, spirited activist with a store house of information and when we shared our military stories we both cried. You could always count on Ina to be there, to be in charge if needed or to be of support if needed. I don't think I ever heard a harsh word from her.

Stella was the best raffle seller I have ever seen. She could sell ice cubes to an Eskimo.

The funniest story I have is when Ina and Stella and Bill and I attended the LGBT Film Festival in Hayward. Stella said on gay night she hoped she wouldn't have to look at a p.... She looked really concerned. Later I found out from Ina that she really didn't mind that much. I thought that was hilarious. I always tried to greet Stella like from the movie, "Streetcar Named Desire", 'HEY STELLA!', very loud like Stanley the Marlon Brando character. We will miss them.

**NOTED IN PASSING-Bill Press**, a liberal talk show host has produced "Toxic Talk: How the Radical Right Has Poisoned America's Airwaves" He attacks Rush Limbaugh, Bill O'Reilly and countless others who dominate the airwaves. He explains how this came about, how left wing radio commentators are fighting back and how we can reverse the trend of right wing tyranny of the airwaves. -Frank Howell

#### **Aging In Place Coming Thursday October 7**

**10AM to 1PM**

**Marina Community Center**

**15301 Wicks Blvd. San Leandro**

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#### **Clinton: Gay rights are human rights**

Secretary of State Hillary Clinton gave a speech at the State Department Tuesday in which she declared that "human rights are gay rights and gay rights are human rights." Clinton also outlined steps the U.S. is taking abroad to protect LGBT people. She urged openly LGBT professionals to remember that even though they have found success, the fight for equality is not over for many others. Washington Blade (6/22)

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## **Closet is Only Option**

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#### **Closet the Only Option for Many Gay Seniors**

The plight of many gay seniors is highlighted by the Chicago Tribune's profile of 85-year-old Victor Engandela, whose rich, challenging life journey has brought him to a seniors care facility in Evanston, Illinois, where he has been forced back into the closet:

"I always said when I retired, when it was no longer dangerous, I was going to come out.' And that's what he did, retiring in the 1970s and telling everyone he knew, including members of the YMCA men's club where he was president, that he was gay. It felt good to finally be fully open, and he savored those years.

But now Engandela feels as closeted as he's ever been. He often sits alone in the dining room, and has little to do with the various groups and clubs at his long-term care facility. He has a friend who comes by twice a week. On Saturdays they sit in his room and listen to opera on the radio. Engandela has been to the seniors program at the Center on Halted a couple of times, but it's hard for him to arrange transportation. Once, another man from the nursing home took him, but when the man realized it was a gay organization he stormed off to the Center's lobby, refusing to dine with Engandela and the other seniors. 'At this point in my life, I can't believe I have to feel this way,' Engandela said. 'I have a lot of memories I'd like to share, a lot I'd like to talk about. But I feel like I can't, and I shudder when I think I have to spend the remaining years of my life in this place.'"

[A COMMON EXPERIENCE]

- Grant F. Peterson

## Aug Book Review

### From Disgust to Humanity: Sexual Orientation & Constitutional Law

By Martha C. Nussbaum

Oxford University Press-\$21.95

There are currently a backlog of titles on the familiar subject of same sex couples and their struggles for recognition. Many are now on the remainder tables in used book stores.

But Martha Nussbaum, Professor of Law and Ethics at the University of Chicago confronts us with a novel thesis: The backlash against gay affection is based on what she has powerfully identified as the "politics of disgust." In the overheated debates of the 1950s, Lord Patrick Devlin referred to "the disgust of the average member of society was a sufficient reason to make a practice illegal, even if it caused no harm to non-consenting third parties." Leon Kass, chairman of President Bush's Council on Bioethics, employees the same "disgust argument." He goes on to observe that "disgust thus contains a 'wisdom' that lies beneath all rational argument."

Nussbaum counters with the politics of humanity. That is, we use the imagination to appreciate the other person's situation.

She then makes a crucial distinction between projective disgust vs. objective disgust. Classic examples of disgust psychology are anti-Semitism or racial prejudice. Objective disgust is scientific and precise. Tobacco smoking comes to mind.

John Stuart Mill saw a zone of freedom that could surround the individual "in order to work out their own course in life."

The sodomy laws that were recently declared unconstitutional by the Supreme Court challenged the whole premise of the ancient laws. Typically the state regulations were quite vague, ill defined and wrapped in highly emotional language.

Violence against gays receives an indirect sign of approval from society. One police officer boasted that he had beaten up seventeen gay men. Nussbaum's basic thesis is that the state should withdraw from marriage completely and offer only civil unions. This avoids a host of messy and complicated issues like tax laws and conflicts between the various states.

Our professor makes a compelling argument against the social damage belief when she observes that in Massachusetts and Connecticut where gay marriage is legal, the divorce rates are among the lowest in the nation. In the Bible belt of the South there are high rates of divorce among fundamentalist Christians.

Thus, we need to rid ourselves of the politics of disgust and replace it with a society of inclusion and freedom.

-Frank Howell

### EAST Bay Pride Picnic

Saturday August 21, 11AM

Join Lavender Seniors and a host of LGBT organizations from the East Bay at our annual Pride Picnic. This will be a day filled with food, swimming, games, and fun! **The location is Cull Canyon Regional Park, Castro Valley.** Parking is free with a small fee for entry into the Swimming Lagoon. This is a potluck picnic so bring your favorite dish!

## Eat Well-Age Well Workshop for LGBT Seniors Date Change

### Eat Well! Age Well! Training Moved to 9/25

Lavender Seniors is hosting a seminar on eating for the prevention of overweight, obesity, diabetes, and cardiovascular disease on Saturday September 25, **from 10AM to 1:30PM at the San Leandro Community Church, 1395 Bancroft Ave., San Leandro.** This seminar was originally scheduled for Saturday September 18 but is being moved in observance of Yom Kippur. The seminar will be facilitated by registered dietician Wendy Albovias. Participants will learn about the food pyramid, food combining, portion control, caloric and fat intake, reading nutritional labels, and much more. The seminar is free and a catered lunch will be served. For more information or to RSVP phone Dan Ashbrook at (510) 667-9655 Ext. 3.

### Obama Addresses LGBT Youth at Pride Reception

President Barack Obama, at a White House reception to celebrate LGBT-pride month, made a point to speak about the young activists invited to the event. "They've shown incredible courage and incredible integrity, standing up for who they are. They've refused to be anything less than themselves," Obama said. Some attendees said they hoped to see federal action on anti-bullying measures to protect LGBT students. Metro Weekly (Washington, D.C.) (6/23)

### Navratilova bags another Wimbledon trophy

AFP, Jul 4, 2010, 11.14pm IST

LONDON: Martina Navratilova, who won 20 Wimbledon titles during her career, added another All England Club gong at the age of 53 when she won the ladies' invitation doubles on Sunday.

Navratilova and Jana Novotna beat Tracy Austin and Kathy Rinaldi-Stunkel 7-5, 6-0 in the final on Court One.



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# August 2010

## Schedule of Events

**Aug. 4<sup>th</sup> - 12:30 PM to 1:30 PM—Coming Out Again Group-** (1<sup>st</sup> Wed. 1901 Hearst Ave. Berkeley, The Game Room – 1<sup>st</sup> Floor, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

**Aug. 5<sup>th</sup> and 19<sup>th</sup> 1:30 - 3:30 PM – Support Discussion Group for Aging Queer Women,** (1<sup>st</sup> and 3<sup>rd</sup> Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

**Aug. 6<sup>th</sup> - 2:00 PM – 4:00 PM - Lavender Women's Book Group** (1<sup>st</sup> Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58<sup>th</sup> St.) Oakland – **Reading: "Learning to be Old" Continued**

**Aug. 10<sup>th</sup> – (2<sup>nd</sup> Tues. .) PFLAG Meeting, 7:30 PM,** Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

**Aug. 11<sup>th</sup> - 7:00 PM to 8:30 PM – Lavender Seniors Board Meeting** (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

**Aug. 12<sup>th</sup> and 26<sup>th</sup> - 1:30 PM to 3:30 PM - Seniors Men's Group.** (2<sup>nd</sup> and 4<sup>th</sup> Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

**Aug. 14<sup>th</sup> – 12:00 PM to 2:00 PM –Lavender Seniors Potluck** (2<sup>nd</sup> Sat.)1395 Bancroft Ave, San Leandro; **Program: LGBT Elder Law—Bay Area Legal Aid**

**Aug. 20<sup>th</sup> - (3<sup>rd</sup> Fri.) 2:30 to 2:30 PM – Lavender Seniors Lunch Bunch,** (3<sup>rd</sup> Fri.) North Oakland Senior Center, 5714 MLK Jr. Way. (58<sup>th</sup> St.) Oakland. **Sponsored by City of Oakland Aging and Adult Services: Program: Falls Prevention—Jody Gorski**

**Aug. 21<sup>st</sup> - Fellows of the East Bay** (3<sup>rd</sup> Sat.) 1823 9<sup>th</sup> Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

**Aug 21. East Bay Pride Picnic** 11AM, Cull Canyon Park. See article page 6.

**Aug. 27<sup>th</sup> - 12:00 – 2:00 PM - South County Lunch Bunch and Talk About** (4<sup>th</sup> Fri.) 40086 Paseo Padre Pkwy, Fremont, **Program: "Eat Well-Age Well" - Wendy Albovias**

**FREE LUNCH** for LGBT Residents. Sponsor: City of Fremont, Human Services Dept. For more info, contact dan@lavenderseniors.org.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Coming Out	5 Womens Group	6 Book Group	7
8	9	10 Newark PFLAG	11 Board Mtg	12 Senior Men	13	14 PotLuck
15	16	17	18	19 Womens Group	20 Lunch Bunch	21 PICNIC Fellows
22	23	24	25	26 Senior Men	27 South County	28
29	30	31				

## ADVERTISING RATES\* FOR LAVENDER NOTES

Ad Size	1 month	3 months	6 months	1 year
Classified Ad	\$2 per line (per month) on a 3-column page			
Business Card	\$30	\$75	\$140	\$250
Quarter Page	\$50	\$125	\$225	\$400
Half Page	\$90	\$220	\$400	\$750
Full Page	\$200	\$450	\$800	\$1400

\* Individuals and non-profit organizations who have made an annual contribution of \$25 or more are entitled to discounts of 40% on classified ads and 20% on ads of other sizes. Lavender Seniors reserves the right to accept or reject any ad submitted.

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