

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

# Lavender Notes

*A Project of the Tides Center*

1395 Bancroft Avenue

San Leandro, CA 94577

Web: <http://www.lavenderseniors.org>

Phone 510 667-9655

Fax: 510-667-9909

Email: [director@LavenderSeniors.org](mailto:director@LavenderSeniors.org)

## HAPPY NEW YEAR

2011 brings with it new projects, a new sense of optimism, and the new Lavender Seniors' website at [www.lavenderseniors.org](http://www.lavenderseniors.org). Since March our web design team has been working hard to improve the sites' brand identity, information about programs, information for service providers and advocates, getting involved, and donating. Lavender Notes newsletter is also available on the website and backdated issues will remain posted throughout each year. New Lavender Seniors' participants can now sign up for the newsletter by clicking "Stay Informed" and following the prompt for submitting contact information. Persons interested in volunteering can download an application from the site and service providers can download instructions for becoming certified under the Emblem project which increases visibly welcoming LGBT senior service providers in our community. The Lavender Scrolls can also be viewed and there are links to LGBT aging research, senior service providers, LGBT organizations, and much more! Finally there are links to Lavender Seniors' pages on Facebook and Twitter where the community can stay connected, network, and post information. In the coming year Lavender Seniors will present workshops on Facebook and Twitter as social media is a great way to reduce the risk of becoming isolated.

Thank you to those who relied on the old website for program information and had to patiently wait for the new site to go live. Thank you also to Quinne Design and Associates, The Horizons Foundation, The California Wellness Foundation and to Bert Hendriksen our volunteer webmaster who will maintain the sites' events listings. Please note the new site was created for the latest in web browsing technology. Internet Explorer 8 or Firefox are preferred browsers. Web users using previous editions of Internet Explorer may encounter glitches in layout.

## Breaking New Ground with Mental Health Funds

Lavender Seniors is in the final stage of securing a contract with Alameda Behavioral Health Care Services. This is ground breaking in that it opens the door for Lavender Seniors to receive future funding from state mental health funds. The \$34,000 one year Prevention and Early Intervention (PEI) contract should begin February 1<sup>st</sup> for the purpose of increasing the capacity of Alameda County health and human service providers to better serve LGBT elders for the prevention and early intervention of serious mental health issues. Specifically funds will be used to create internal LGBT aging initiatives at Center for Elders Independence (CEI) and Salem Lutheran Homes in Oakland. Both agencies will be assessed on their current ability to identify and serve LGBT elders suffering from mental health issues. Based on those assessments a series of activities will be implemented including training and ongoing educational support for all personnel from the Board of Directors to front line healthcare workers. This project will create an LGBT eldercare alliance between Lavender Seniors and two Oakland agencies which together provide all inclusive health and mental healthcare for elders aging at home (CEI) or in a continuum of care retirement facility. It will also allow Lavender Seniors to appropriately refer its clients in need of those services as well as provide an expanded source of outreach for LGBT elders in Oakland. Upon completion of the initiative a final report will be created which should show improvements in outreach and care to LGBT elders receiving services from each agency. We are hopeful this report will demonstrate a need for future funding toward similar LGBT aging

*(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

## Volunteer Corner

Lavender Seniors are looking for volunteers who are willing to participate on the Advisory Board .

We are looking for people to fill several positions and who are willing to be diligent fund raisers for our organization.

If you are interested, please contact [tomi@lavenderseniors.org](mailto:tomi@lavenderseniors.org), or call (510) 667-9655, Ext. 2.



## Safety Tips for Seniors

Next time you come home for the night and you start to put your keys away, think of this:

1. Put your car keys somewhere near your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies. After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough, the criminal won't want that

2. Remember to carry your keys while walking to your car in a parking lot..

This tip comes from a neighborhood watch coordinator.

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.

# January Birthdays

Jan. 1 <sup>st</sup> Ed. J	Jan 17 <sup>th</sup> R. DuB.
Jan. 2 <sup>nd</sup> Peg. P	Jan 22 <sup>nd</sup> Anna R. Mc.
Jan. 6 <sup>th</sup> George C.	Jan. 24 <sup>th</sup> Godfrey W.
Jan. 11 <sup>th</sup> Ellen G. Jim A.	Jan. 25 <sup>th</sup> Bob C. SR Clarice S.
Jan. 13 <sup>th</sup> William P.	Jan, 27 <sup>th</sup> Susan V.
Jan. 14 <sup>th</sup> Ann B.	Fran K.

# MONTHLY POTLUCK

**Saturday, Jan. 8th - 12 noon to 2pm**

**Program:** Davina Kotulski noted psychologist and motivational speaker. See page 5

- A thru K    Bring a Main Dish**
- L thru R    Bring a Dessert/Fruit**
- S thru Z    Bring a Main Dish**



**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.

## 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**

Please charge my (circle one):                      AMEX                      Mastercard                      VISA

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

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.

### Special Nutrient Needs

Wendy Albovias, RD

When you're over 50, nutrients, such as calcium, vitamin D, vitamin B12, iron, vitamin C, fiber and potassium, may need special attention

Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. Calcium is more bioavailable in food than in a supplement; but if you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Among older adults, low levels of vitamin B12 have been linked to memory loss and age-related hearing loss. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

A decreased appetite and poor diet may lead to deficiencies in iron and/or vitamin C. Iron deficiency causes anemia which can make you feel weak, tired and irritable. Sources of iron include iron-enriched cereals, beans, whole grains, lean meat, eggs and liver. Enjoy a vitamin C –rich fruit or fruit juice like berries or melon with your meal to boost your absorption of iron.

Fiber can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Eat more fiber-rich foods to help stay regular, too. Choose whole grain breads and cereals and include more beans, lentils, fruits and vegetables.

Increasing your intake of potassium along with reducing sodium may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

## Monthly Wellness Recipe

Try this Turkey and Bean Chili recipe from *Cooking Light*. 1 serving is ~1 cup chili and 1 lime wedge; ~211 calories, 6g fat, 1.7g saturated fat, 22g protein, 16g carbohydrates, 5g fiber.

Ingredients (yields 6 servings)

1 cup pre-chopped red onion  
 1/3 cup chopped seeded poblano pepper (about 1)  
 1 teaspoon bottled minced garlic  
 1 ¼ pounds ground turkey  
 1 tablespoon chili powder  
 2 tablespoons tomato paste  
 2 teaspoons dried oregano  
 1 teaspoon ground cumin  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 1 (19-ounce) can cannellini beans, rinsed/drained  
 1 (14.5-ounce) can diced tomatoes, undrained  
 1 (14-ounce) can fat-free, low-sodium chicken broth  
 ½ cup chopped fresh cilantro  
 6 lime wedges

Heat a large saucepan over medium heat. Add first 4 ingredients; cook for 6 minutes or until turkey is done, stirring frequently to crumble. Stir in chili powder and next 8 ingredients (through broth); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in cilantro. Serve with lime wedges.

### “Eat 5 a Day & Be Active”

If I should eat 5 servings of fruits and vegetables a day then how much is a serving?

1 medium-sized fruit or vegetable  
 1/2 cup fresh, frozen, or canned (packed in 100% juice only) fruits or vegetables  
 1 cup salad greens  
 3/4 cup 100% fruit or vegetable juice  
 1/4 cup dried fruit

This nutritional tip provided by the California Department of Health Services “Eat 5 a Day & Be Active” campaign and the Nutrition Network for Healthy Active Families.



**KAISER PERMANENTE®**

(Continued from page 1)

initiatives for the prevention of mental health issues such as depression caused by isolation. Funds will also be used to deliver an Alameda County regional training on Best Practices for Serving LGBT elders in mental healthcare settings. Licensed professionals that attend will receive continuing education units.

---

## Trans Discrimination

---

**The National Transgender Discrimination Survey...** ranks as the most comprehensive study of transgender discrimination, and includes data from 6,350 participants from all 50 states and several territories. Its most recent report released by the National Gay and Lesbian Task Force and the National Center for Transgender Equality reveals that transgender individuals face an unacceptable amount of inequality when it comes to health care.

The statistics are baffling. Nearly one in five transgender or gender non-conforming individuals report being outright refused healthcare while 28% experienced harassment in medical settings. Respondents were over four times the national average for HIV infection, and more than a quarter admitted to misusing drugs or alcohol to cope with the pain of discrimination. Beyond these numbers, the participants' own testimonials proved even more heart rending. One survey respondent said, "Finding doctors who will treat, will prescribe, and will even look at you like a human being rather than a thing has been problematic. I have been denied care by doctors and major hospitals so much that I now use only urgent care physician assistants, and never reveal my gender history."

The report also includes public policy recommendations—such as how to train medical professions to respectfully and effectively take care of transgender and gender-nonconforming patients—in hopes of remedying these atrocities. After all, as Mara Keisling, executive director of the National Center for Transgender Equality, put it, "Health care is a fundamental human right."

- Gay Travel Blog - Passport Magazine

---

## Potluck Speaker

---

Davina Kotulski, a clinical psychologist and motivational speaker will be the guest at the monthly Lavender Seniors potluck on January 8th at the San Leandro Community Church. We will potluck at 12:00 and the program will begin at 1:00.

Davina worked as a prison psychologist for 12 years and then went into private practice.

She is the author of "Love Warriors" a sweeping survey and history of the gay, lesbian and transgender marriage movement. She and her partner Molly McKay have been deeply involved in the efforts to change social attitudes towards the gay marriage issue. Davina is a former Director of Marriage Equality USA.

-Frank Howell

---

## In the Closet - Part 2

---

The phrase was first used in the early 1800s. The first reference I can find in print is a figurative one in a piece by William Hendry Stowell, in the UK monthly periodical *The Eclectic Review*, 1816. The 'skeleton' in this case was the desire to keep a hereditary disease secret:

Two great sources of distress are the danger of contagion and the apprehension of hereditary diseases. The dread of being the cause of misery to posterity has prevailed over men to conceal the skeleton in the closet...

The dramatic device of a hidden body was used widely in the Gothic novels of the Victorian period. Edgar Allen Poe was the master of such tales, for example, this extract from *The Black Cat*, 1845:

"Gentlemen, I delight to have allayed your suspicions", and here, through the mere frenzy of bravado, I rapped heavily upon that very portion of the brick-work behind which stood the corpse of the wife of my bosom. The wall fell bodily. The corpse, already greatly decayed, stood erect before the eyes of the spectators.

It has been suggested that the phrase derives from the era of the notorious body snatchers, i.e. prior to 1832, when the UK's *Anatomy Act* allowed the more extensive use of corpses for medical research. The theory goes that, in a scenario like that of the concealment of Catholic priests in priest holes in domestic houses in Elizabethan England, doctors would conceal in cupboards the illegally held skeletons they used for teaching. There's no evidence at all to corroborate that theory. Concealed skeletons are occasionally found walled-up in houses but they are usually those of unwanted infants.

(Continued on page 6)

**Homophobias: Lust & Loathing Across Time & Space**

Edited By David A. B. Murray  
Duke University Press-2009

Homophobia is a term created by Dr. George Weinberg, a psychologist in the early 1970's in his pioneering boo, "Society & The Healthy Homosexual."

Dr. Murray, Associate Professor of Anthropology at York University in Toronto, casts a wide net and explores hatred of gays and lesbians in other societies than our own.

Muslims and other conservative Middle Eastern and Asian groups view homosexuality as a symbol of western decadence. This point was dramatically emphasized recently when a vote was taken at the United Nations to remove "sexual orientation from a resolution that protects people for arbitrary executions".

In Jamaica, popular singer Don Kulick, merrily sings, "I'm dreaming of a new Jamaica, come to execute all the gays."

This thought provoking anthology of views from around the world analyzes cases in several countries. Authorities in several cases attempt to associate homosexuality with pedophilia. The blame for child prostitution is shifted to gays.

Homophobia always increases whenever new gay rights groups emerge. For example, In Greece a cafe owner orders two gay men from his restaurant because they are kissing. We then ask, "Is this homophobia?"

In 1993 in Indonesia the first National Gay & Lesbian Congress was held. There was no opposition at that time. But in 2000 thugs attacked gays and 25 people were injured. No charges were filed. Police often turn a blind eye to such attacks. Indonesia has the largest Muslim population worldwide. Since that violent incident, all gay organizations have ceased to meet and all gay publications have ceased. Gayness is viewed as a direct insult on Indonesian manhood.

In Barbados gays are widely discussed in the media but no lavender voices are heard anywhere.

In India, in an area known as Lucknow Noir, five teenage boys were sodomized and strangled. Government officials were said to be involved, but by 1997 the case was unsolved and forgotten.

Murray concludes that homophobia must be fought at the international level, but thus far the trends are not encouraging. We must not only continue to advance the cause here at home but actively cooperate with our brothers and sisters around the world

-Frank Howell

**In the Closet - Part 2**

(Continued from page 5)

The notion of a skeleton in the closet as shorthand for the grim evidence of a murder was widely adopted into the language due to the writings of the popular Victorian author William Makepeace Thackeray. He referred to 'a skeleton in every house' in a piece in 1845 and explicitly to 'skeletons in closets' in *The Newcomes; memoirs of a most respectable family*, 1854-55:

Some particulars regarding the Newcome family, which will show us that they have a skeleton or two in their closets, as well as their neighbors

The close-at-hand domestic imagery of a closet or cupboard gives a sense of the ever-present risk of discovery. What isn't clear is whether the origin of the phrase lies in fiction or with real life, so to speak, skeletons

Two great sources of distress are the danger of contagion and the apprehension of hereditary diseases. The dread of being the cause of misery to posterity has prevailed over men to conceal the skeleton in the closet.

- M. Burrows.

**Raffle Winners!**

Congratulations to our Annual Fundraiser raffle winners. This year our raffle brought in around \$3000 for the Ina and Stella Memorial Fund. We had a good showing at the December potluck event with wonderful music and lots of good eats, fun, and prizes. In addition to the main prize drawing, we had door prize drawings for the floral arrangements and some donated wines.

1st Prize \$750 Travel Certificate  
Brendalynn Goodall #00795

2nd Prize Hand made quilt  
Jo Cazanale (?) #00168


3rd Prize Margarita Basket  
Barbara Faulkner #00393

4th Prize Wine Basket  
Tiffany Woods #00011

5th Prize Good Vibrations Gift Bag  
Kuniest (?) #00284

6th Prize Rainbow Scarf  
Laurel Robinson #00048

7th Prize Purple Scarf  
Roberta Tracy #00587



The Last Love Letter to your Loved Ones  
Is a Will  
Have you updated your Will yet?


**PREPAID LEGAL SERVICES, INC**  
Affordable Legal Services  
**Barbara Jue**  
Independent Associate 510 220-2452

**DAVID TRUJILLO** ddtru@att.net  
CERTIFIED MASSAGE THERAPIST



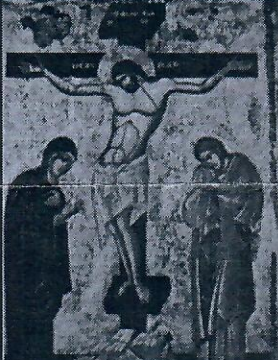
**510 301-0045**

**Monica Z. Nowakowski-Carlson, L.C.S.W.**  
*Psychotherapy & E.A.P.* Ca Lic #13419



*Individuals and Couples  
Relationship, Grief, Caregiver Issues  
East Bay Offices & Home Calls*

*Insurance Accepted*  
Geriatric Mental Health Consultation **510.234.4100**



**Orthodox Catholic Church**  
Old Catholic Apostolic Succession  
**The Very Rev Fr. Michael Anthony Gifford, ofsf**  
+ Vicar + Diocese of California +

Sts. Francis & Clare Hermitage  
4421 Steele Street  
Oakland, CA 94619-2471  
(510) 531-7634

mgif7634@aol.com  
Pax et Bonum + Peace & Goodness

**Cindy Thwaites-Smith**  
Notary Public



Oakland, CA  
Phone: 510-421-5261  
Fax: 510-261-8212  
ctsmith1959@comcast.net

**RING IN THE NEW YEAR WITH**  
**\$1,000<sup>00</sup> Off**  
**First Month's Rent**



Call for a tour reservation and receive a **FREE LUNCH**

**Marymount Villa**  
Retirement Center  
*Independent, Assistant Living and Memory Care*

**(510) 895-5007**  
[www.marymountvilla.com](http://www.marymountvilla.com)

**345 DAVIS STREET • DOWNTOWN SAN LEANDRO**  
NEXT TO ST. LEANDER CHURCH & HISTORIC CASA PERALTA  
LIC. # 015601083

**Bay Area Rainbow Homes**  
at Keller Williams Realty

Proudly supporting and saluting the  
**Lavender Seniors of the East Bay**



**bay area real estate professionals**



**ROB MILLS** Real Estate Broker  
415.980.7565 925.323.8985 707.540.1510  
[info@BayAreaRainbowHomes.com](mailto:info@BayAreaRainbowHomes.com)

*Experience and Knowledge put to work for you and those you care about*

Additional expertise with:

- > Wills and Probate
- > Living Trusts
- > Irrevocable Trusts
- > Selling the Longtime Home
- > Coordinating Simultaneous Sell and Purchase
- > Downsizing / Going Smaller
- > Short Sale Consultations
- > Pre-Foreclosures
- > REOs / Bank Owned

**Proudly Serving the Real Estate Needs of our Diverse Clients around the Greater Bay Area**

SENIORS Real Estate SPECIALIST | REALTOR | GRI The Mark of Excellence | **KELLER WILLIAMS REALTY**

Each KW Office is Independently Owned & Operated / CA Real Estate Broker License #01315322

# January 2011

## Schedule of Events

**Jan. 5<sup>th</sup> - 7:00 PM to 8:30 PM – Lavender Seniors Board Meeting** (Wed. before Potluck) 1395, Bancroft Ave, San Leandro

**Jan. 6<sup>th</sup> & 20<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

**Jan. 8<sup>th</sup> – 12:00 - 2:00PM - Lavender Seniors Potluck**, (2<sup>nd</sup> Sat.)1395 Bancroft Ave., San Leandro; **Program: Davina Kotlusi**

**Jan. 11<sup>th</sup> – 7:30 PM - (2<sup>nd</sup> Tues.) PFLAG Meeting**, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

**Jan. 13<sup>th</sup> and 27<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

**Jan. 14<sup>th</sup> - 2:00 PM - 4:00 PM Lavender Women's Book Group** (2<sup>nd</sup> Fri.), – **Reading: "Crones Don't Whine"** - by Jean Bolen

**Jan. 15<sup>th</sup> - Fellows of the East Bay** (3<sup>rd</sup> Sat.) 1823 9<sup>th</sup> Street (at Hearst), Berkeley. **Social Hour 5:00, Dinner 6:30.**

**Jan. 21<sup>st</sup> -12:30 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: TBA**

**Jan/ 28<sup>th</sup> South County Lunch Bunch and Talk** (4<sup>th</sup> Fri.) **Program:** 40086 Paseo Padre Pkwy, Fremont. **Program: TBA.** Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook – 510-667-9655

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Board Mtg	6 Womens Group	7	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
<b>Classified Ad</b>	\$2 per line (per month) on a 3-column page			
<b>Business Card</b>	\$30	\$75	\$140	\$250
<b>Quarter Page</b>	\$50	\$125	\$225	\$400
<b>Half Page</b>	\$90	\$220	\$400	\$750
<b>Full Page</b>	\$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.