

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

# Lavender Notes

*A Project of the Tides Center*

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## MAKING HISTORY

Gay Man Walking Rainbow Flag Across America asking for an LGBT Civil Rights Omnibus Bill.

On March 12, 2011 at 11 am, Richard Noble will begin a 3500 mile journey. He will literally march the Rainbow Flag, the international symbol for Lesbian, Gay, Bisexual, Transgender, and Queer people, from the Golden Gates in San Francisco to the Statue of Liberty in New York.

This will be the first time in history the Rainbow Flag, the pride of gay America; will be walked across America by an openly gay man all by himself.

Richard will be carrying blank FBI Hate Crimes Reports and file them when ever necessary. He feels without consequences, bullies will continue and the crimes against LGBT people won't stop.

He is walking in support of LGBTQI rights in America and hopes to raise awareness and gain national support for an LGBTQI Civil Rights Omnibus Bill. The walk will take him to cities such as Sacramento, South Lake Tahoe, Salt Lake City, Laramie, Denver, Topeka, Philadelphia, and New York City, which will culminate with a celebration rally and dinner in Washington DC; where he will be joined by other civil rights activists. LGBTQI community centers across the nation are invited to meet Noble along the national route. Supporters are encouraged to contact Noble to offer much needed resources, supplies, and fiscal support for the walk.

"How many suicides will it take for LGBTQI Americans to be treated with full equality?" says Noble, "It will take nearly a year of my life to complete this walk. I am walking especially for the youth. I am walking for those who feel they have no hope. I am walking for my fellow Americans to wake up and do what is right! This coast to coast walk is a call to action against discrimination, bullies, and injustice. And I will continue to walk until there is full equality for all."

Noble has recently submitted resolutions to many cities in

California, including San Francisco, West Hollywood, Oakland, and Palm Springs; and will continue to do so in other cities on the coast to coast walk. He will also be meeting with San Francisco Supervisor Scott Weiner, and separately Representative Barbara Lee's (D-Oakland) staff in Oakland, to discuss the strategy for an LGBT Omnibus Bill and the American Equality Bill, which would add sexual orientation and gender identity to the 1964 Civil Rights Act.

"The inability to legally marry, the injustice of having been fired for being who we are, being denied housing" says Noble, "The recent hate crimes in Texas and other states, the list goes on and on. But it is the deaths and suicides of our young people that finally broke the camels back. I knew immediately I had to walk across America for everyone."

Richard Noble, a founding member of Queer Nation Los Angeles and a legendary activist has been featured in both the Huffington Post and The Advocate, is also well known for his many confrontations with celebrities, sports figures and politicians gaining him a national reputation of publicly confronting homophobia and the bullies behind it. His work on the Hollywood Homophobia Campaign in Los Angeles helped break the silence and negative stereotypes of the 90's, when such movies as My Own Private Idaho and Paris Is Burning were not acknowledged by the Academy.

Noble's first major stop will be the Paiute Indian Reservation in Walker River Valley, Nevada, where the Paiute Cultural Affairs Department will hold a Pow-Wow dinner celebration in honor of the coast to coast walk. His sentiments on civil rights or sovereignty are shared by many who will be at this sacred gathering. "I had a vision of The Dance of the Two-Spirits, as LGBTQI people are referred to in Native American culture," says Noble, "I contacted their Cultural Affairs Chairman, and she put me in touch with their well traveled Pow-Wow dancers; which are writing and choreographing a sacred dance, collaborating with the vision, that will be performed for

*(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. Robert Hamner Secretary

### 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 Board of Directors.

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.

### Nation's first lesbian elected judge ready for slower pace

San Francisco Superior Court Judge Donna Hitchens isn't exactly hanging up her robe, but the trailblazer says she's ready to "pursue other loves and interests." Hitchens, who founded the precursor to what is now the National Center for Lesbian Rights, was first elected in 1990. [San Francisco Chronicle](#) (1/15)

**Cleaning for a Reason** If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides **FREE** housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment.

Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

<http://www.cleaningforareason.org/>

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 <sup>st</sup> Val K.	Mar. 11 <sup>th</sup> Carl N.	Mar. 23 <sup>rd</sup> Carrie O.
Mar. 3 <sup>rd</sup> Charlotte H.	Mar. 14 <sup>th</sup> Margo D.	Mar. 24 <sup>th</sup> Dee N.
Mar. 4 <sup>th</sup> Kelly V. Steven M.	Mar. 16 <sup>th</sup> Glen A.	Mar. 27 <sup>th</sup> Robert C.
Mar. 6 <sup>th</sup> Saundra F.	Mar. 17 <sup>th</sup> Al P.	Mar. 28 <sup>th</sup> Ken B. Dev B.
Mar. 7 <sup>th</sup> Rita K.	Mar. 19 <sup>th</sup> Joe V. Jean C.	Mar. 29 <sup>th</sup> Evelyn W.
Mar. 8 <sup>th</sup> Edward S. Barry C.	Mar. 20 <sup>th</sup> Viola N.	Mar. 31 <sup>st</sup> Violette H.

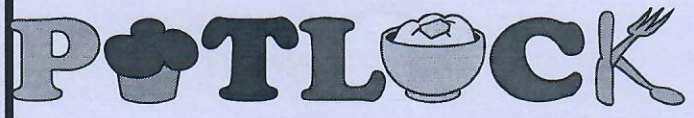
# MONTHLY POTLUCK

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

Program: Bev Scott—"3rd Act"

- A thru K    Bring a Dessert/Fruit
- L thru R    Bring a Side Dish
- 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     Lavender Supporter \$1,000     Lavender Friend \$500

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

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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”

### March is National Nutrition Month®!

Wendy Albovias, RD

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association (ADA) which focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This March, the ADA encourages us to “Eat Right with Color.” By eating a variety of food that covers the spectrum of colors, we can incorporate foods with different nutrients and boost the nutritional value of our meals. Below is a quick color guide provided by Karen Ansel, RD and ADA spokesperson.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

\*Fruits: avocado, apples, grapes, honeydew, kiwi and lime

\*Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

\*Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

\*Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

\* Fruits: blackberries, blueberries, plums, raisins

\* Vegetables: eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

\* Fruits: cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon

\* Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

\* Fruits: banana, brown pear, dates and white peaches

\* Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

## Monthly Wellness Recipe

Try this colorful Garden Salad with Citrus Vinaigrette recipe courtesy of *Cooking Light*. Per 1 cup: 101 calories, 2.6g of protein, 3.4g total fat (0.5g saturated fat), 3.6g fiber, 0mg cholesterol, 154 mg sodium.

Ingredients: (makes 4 servings)

Vinaigrette:

3 tbsp fresh orange juice  
 1½ tbsp fresh lime juice  
 2½ tsp extra virgin olive oil  
 2 tsp honey  
 1 tsp red wine vinegar  
 ¼ tsp salt  
 1/8 tsp freshly ground black pepper

Salad:

1½ C julienne-cut zucchini  
 1½ C julienne-cut yellow squash  
 1 C fresh corn kernels (about 2 ears)  
 2 tbsp finely chopped red onion  
 1 tbsp finely chopped fresh flat-leaf parsley  
 1 tbsp finely chopped fresh basil

To prepare vinaigrette, combine the first 7 ingredients, stirring with a whisk.

To prepare salad, combine zucchini and remaining ingredients in a large bowl. Add vinaigrette; toss well. Cover and chill.

### Hospital visitation rules take effect

Federal rules mandated by the Obama administration went into effect Tuesday that require most hospitals to allow same-sex partners to visit one another. Many hospitals previously allowed only relatives to visit critically ill patients. [KABC-TV \(Los Angeles\) \(1/17\)](#)

### **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.

These tips come from a neighborhood watch coordinator.

(Continued from page 1)

the first time at the ceremony. This beautiful act of kindness, generosity, and wisdom is happening the same week as their Gathering of Indian Nations."

Founder of the gay liberation movement and Noble's mentor, Harry Hay, knew the tribe well. When Harry was 13, in 1927, he was blessed by Wovoka - their wise elder who told Harry he was a friend of the people. Wovoka was also the one who had the well known vision of a dance known as The Ghost Dance, a frequently performed dance throughout the Americas today by many different tribes. The young boy Harry had no idea at the time he would grow up and be the founder of the first gay liberation society known as The Mattachine, in 1950.

"The value of the Two-Spirits, whether a boy cooks with his mother or a girl works on the car with her father, is something our young people have lost touch with. They have talents and contribute to the welfare of the family and their tribe and Noble's Walk Across America will be a platform for him to teach this; that suicide is not an option. Do not kill yourself! We need you, we want you, we appreciate you, our Two-Spirit kids. Please stop killing yourselves!" This is Noble's passionate plea.

Richard Noble is an active and founding member of Connecting Rainbows - Civil Rights Walks for America: [www.connectingrainbows.ning](http://www.connectingrainbows.ning) a nationwide network which began in November of 2010, encouraging bold action and increasing support of the LGBTQI Civil Rights Movement. Their mission is to create a mass movement demanding FULL civil rights for Queer people in America. Other Connecting Rainbows activists will also be taking their own individual walks in America. Activists are encouraged to begin their own neighborhood civil rights walks, design and create a flag and join the Connecting Rainbows Civil Rights Walks network, where at the end of the year, a display will be set up representing the individuals civil rights walks. The nation is being encouraged to make possible the impossible. Civil Rights for All.

Noble plans on carrying a backpack, tent, and sleeping bag; and is using [couchsurfers.com](http://couchsurfers.com) for friendly places to stay. Media, supporters, friends, and family are welcome to stay in touch via Skype: richardnoble, and Twitter: richardnoble.

#### **HUD bans discrimination against LGBT program applicants**

The U.S. Department of Housing and Urban Development unveiled a policy forbidding discrimination against LGBT Americans in federal housing programs. "These are critically important reforms given that lesbian, gay, bisexual and transgender people remain particularly vulnerable in seeking or retaining housing due to widespread bias," said Rea Carey, executive director of the National Gay and Lesbian Task Force. [The Washington Independent](http://The Washington Independent)

## The Third Act!

### **Beverly Scott & The 3<sup>rd</sup> Act at March Potluck!**

The traditional notion of retirement fits with a worn out notion of aging that conceives of it primarily in terms of disengagement and decline.

Science and medical advances have extended our years with generally better health than previous generations. This gives us the opportunity to turn our dreams into realities, to consider options previously considered impractical, and to prioritize how we want to spend our time. Now, it's up to us to decide and plan for our continued vitality. 3rd Act uses the metaphor of the theater to ignite people's imagination.

Our growing up years constitute the first act, our second act includes our middle years focusing on career and family, and our third act (often for the first time) is ours to choose - we have an opportunity to create a better quality of life, leave a legacy or pursue our life-long dreams.

Researchers studying the lives of seniors have found that those seniors whose lives are happier and healthier include attitudes and activities which bring them more satisfaction and a more positive outlook on life. Some call it socially productive aging. Four specific areas seem to have the most impact: Positive Appreciation: Mindfully, experiencing the present moment without judgment, looking back with gratitude or looking ahead with optimism. Seeking Meaning: Using your signature strengths to belong to or serve something that is larger than yourself.

Active Engagement: Being "in the flow" as active rather than passive participants using skills and talents. Quality of Everyday Experience. Enjoying the simple daily pleasures of leisurely reading the paper, taking a walk, calling a friend, having a cup of tea, or taking a nap. It is never too late to revise the script for your 3rd Act.

To learn about 3rd Act please join me in my presentation to Lavender Seniors at the March 12 potluck, Noon to 2PM at the San Leandro Community Church.

- Bev Scott

### **Meet an unsung hero of the LGBT movement**

The autobiography of Minnesota State Sen. Allan Spear, one of America's first openly gay elected officials, has been published two years after his death. Spear writes about the struggle between radical activists and his decision to work within the political system as an elected official. "I agreed that [their] advances now had to be consolidated and that could only be done by winning a place at the table, electing gay people to office, changing the laws, and gaining acceptance for gay rights as a legitimate civil rights movement," Spear wrote. [BeyondChron.org](http://BeyondChron.org) ([San Francisco](http://San Francisco)) (1/20)

## Mar Book Review

### **Sin, Sex and Democracy: Antigay Rhetoric And The Christian Right**

By Cynthia Burack

State University of New York Press-  
Paperback

During the past thirty years the Christian Right has become increasingly active politically. The rebellion was sparked by the Rev. Jerry Falwell in the 1970s and 1980s. The Reagan years were golden for conservatives of all stripes. As Cynthia Burack points out, the Democrats have to share some of the blame. They have traditionally ignored the religious vote to their peril. Burack, who is a lesbian and associate professor of Women's Studies at Ohio State University, believes the tide is now beginning to turn. Younger evangelicals are far more attracted to fighting poverty and avoiding hot button issues.

Falwell rejected talk of any "new tolerance." He invited gays to meetings, but "I didn't invite them in to listen to them. I invited them in to talk to them."

James Dobson, conservative psychologist, in his book, "Marriage Under Fire," attempts to link homosexuality with Nazism. He claims that defending heterosexual marriage is more important than waging war on international terrorism. He employs the term "cultural terrorism."

Judge Robert Bork, in his passionate book, "The Tempting of America: The Political Seduction of the Law," proclaims that, "moral outrage is a sufficient ground for prohibitory legislation."

Cynthia Burack does a credible job of exploring and defining the compelling political and social issues that fan the flames of theological controversy. She feels that the gut arguments surrounding lavender civil rights do not require a major religious debate. Human rights stand alone and don't need to be propped up by endless and tiring debate.

-Frank Howell

### **Federal judge allows another DOMA suit**

Oakland, Calif., District Judge Claudia Wilken has rejected a Justice Department request to dismiss a lawsuit filed by married gay and lesbian couples who were prevented from purchasing long-term care insurance for their spouses. Wilken said prohibitions affecting same-sex couples contained in the Defense of Marriage Act and the Internal Revenue Code "do not bear a rational relationship to a legitimate government interest." San Jose Mercury News (Calif.) (1/20)

### **FOUNTAINGROVE LODGE**

The LGBT Community faces difficult issues as they age. They are less likely to have adult children to care for them and some may have been ostracized by family, friends or their religion. Some LGBT seniors feel the need to go back into the closet to survive their golden years. Housing options for LGBT seniors, should they wish to live surrounded by their own community, are currently very limited.

Oakmont Senior Living is building Fountaingrove Lodge, an LGBT Active Independent Retirement Community with five star services and amenities. With activities and excursions to enhance wellness and enrich life, Fountaingrove Lodge will provide peace of mind for LGBT seniors who want to live independently now, but would like to have health care services close at hand should the need arise.

Located on 10 lush acres in the heart of Sonoma County, Fountaingrove Lodge will offer 6 bungalow style free-standing homes and 64 apartment homes. In addition, there will be an onsite care center which will provide support care for Alzheimer's or dementia.

Their goal is to provide a beautiful, secure, social and dynamic community for LGBT seniors with the dignity and respect they deserve.

For more information call 707-576-1101 or visit [www.fountaingrovelodge.com](http://www.fountaingrovelodge.com).

### **Redistricting matters to LGBT Americans**

Legislative districts with large LGBT populations can be a source of political power for the community, which is one reason why the upcoming redrawing of those districts is so important, according to this article. "There are still densely populated LGBT communities that have never elected someone who is openly gay. It's time that they start to get counted," said Paul Mitchell, a Democratic political consultant. The Advocate (1/2011)

### **More People Qualify For Food Stamps!**

Effective February 1st, the government waived the financial asset limit for food stamps for the rest of the year for ALL households. This means it no longer matters how much money people have in the bank (e.g. savings/checking accounts, CDs, IRA/401K retirement accounts etc). This change is significant and will make it easier for some persons to qualify.



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- Internet Wit

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# March 2011

## Schedule of Events

**Mar. 3<sup>rd</sup> & 17<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**

**Mar. 8<sup>th</sup> – 7:30 PM - (2<sup>nd</sup> Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark**

**Mar. 9<sup>th</sup> - 7:00 PM - 8:30 PM – Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro**

**Mar. 10<sup>th</sup> and 24<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**

**Mar. 11<sup>th</sup> - 2:00 PM - 4:00 PM Lavender Women's Book Group (2<sup>nd</sup> Fri.), – Reading: TBA**

**Mar. 12<sup>th</sup> – 12:00 - 2:00PM - Lavender Seniors Potluck, (2<sup>nd</sup> Sat.) 1395 Bancroft Ave., San Leandro; Program: Bev. Scott – “3rd Act”**

**Mar 18<sup>th</sup>-12:30 - 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: Health Care Reform and Medicare: What it means for you—Sue Han**

**Mar. 19<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.**

**Mar. 25<sup>th</sup> -12:00-2:00 - South County Lunch Bunch and Talk (4<sup>th</sup> Fri.) Program: Navigating Health Insurance - Sue Graham - 40086 Paseo Padre Pkwy, Fremont. Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook – 510-667-9655**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Queer Women	4	5
6	7	8 Newark PLAG	9 Board Meeting	10 Senior Men	11 Womens Books	12 Potluck
13	14	15	16	17 Queer Women	18 Lunch Bunch	19 Fellows
20	21	22	23	24 Senior Men	25 South County	26
27	28	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.