

**LAVENDER
SENIORS**
of the East Bay

1395 Bancroft Avenue

San Leandro, CA 94577

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Lavender Notes

A Project of the Tides Center

In Memory



Meg Bruynell, Founder & Board Member

Lavender Seniors lost a valuable member of its organization and community with the passing of "Meg" Bruynell.

Margaret Elizabeth Bruynell was born in Haddon Heights, New Jersey on August 10th 1938 and departed from her

home in Fremont, California on March 24th, 2011. Margaret was the oldest of four sisters as was "Meg" in Louisa May Alcott's *Little Women*. This inspired her beloved nickname of "Meg."

Meg graduated from Hamilton High School in Hamilton Township, New Jersey. She received her Psychiatric Technician training at the New Jersey Neuropsychiatric Institute in Princeton. She moved to San Jose, California in 1961, where she was employed by the State of California at Agnew State Hospital for 29 years, beginning her career as a Psychiatric Technician and ending it as a Developmental Specialist. During this period she served a term as president of the local chapter of the California State Employee Association (CSEA). Following her retirement in 1991, Meg joined Bobbie for the next 14 years in their income tax practice in downtown Fremont. In November 1994 Meg and Bobbie became two of the Founding Members of Lavender Seniors. Both served on the Advisory Board with Meg continuing to serve until her severe illness confined her to home. On Bobbie's 70th birthday, the couple decided that, since the opportunity of marriage was not available to them, they would celebrate their relationship with a commitment ceremony. Then when the State of California briefly allowed same sex marriage, with Meg's 70th birthday approaching on August 10th, 2008, her 34-year domestic partner (Bobbie Jarvis) suggested they take advantage of the opportunity to get married. And so they did! Meg's family flew in from New Jersey, Southern California, and Arizona joining almost 100 friends to witness the

(Continued on page 4)

Oakland Town Hall Addresses LGBT Issues

Volunteer Advocate Gabriel Delgado educates Oakland Mayor Jean Quan on LGBT senior



On Saturday, April 9 Oakland Mayor Jean Quan held a town hall meeting in the Fruitvale District to

prioritize work on local issues. There were individual break-out sessions with one on LGBT community issues in which Lavender Seniors' volunteer advocates were in attendance.

Volunteer Gabriel Delgado was instrumental in educating Mayor Quan and others about the need for more consideration and inclusion of LGBT seniors at Oakland events and human services such as senior centers. As a result of Lavender Seniors' volunteers being present and informing this meeting, this community forum recommended senior issues be a top priority for Oakland's LGBT community followed by outreach from the City to promote Oakland as a center for the LGBT community and recruiting LGBT volunteers from City events and activities.

Also during this town hall, Lavender Seniors volunteers met up with California Alliance for Retired Americans (CARA) volunteers, which was a great networking opportunity. Lavender Seniors is an affiliate of CARA, and supports efforts where our senior advocates can collectively raise their voices and make a difference.

The volunteers who attended the town hall felt very empowered to have made a difference! If it wasn't for their presence our issues would have gone unnoticed. Thank you to our volunteer advocates!

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 individuals' 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, Gabriel Delgado, Frank Howell, Rob Mills, Pat Skillen, Tomi Smith

VOLUNTEER CORNER

Volunteer Awards:

When: May 22, 2011

Where: San Leandro Community Church
1395 Bancroft Ave. San Leandro

Time: 4:00PM to 6:00pm

Please RSVP to tomi@lavenderseniors.org, or call (510) 667-9655, Ext. 2.

Lambda Youth Gay Prom

When: Saturday, June 18,

Where: Chabot College, Hayward

Time: 7 p.m.-12 a.m.

Please help support this event by volunteering for "our" teens attending! Call 510-274-8200 and ask them to send you a volunteer application form. This event gets better and better every year. Now we have expanded to Chabot College!

The Gay Prom website is: www.gayprom.org

You can send them a tax deductible donation payable to Lambda Youth Project
22646 Second Street

Vital Statistics Modernization Act Advances in State Legislature

Sacramento – A bill that would alleviate the confusion, anxiety, and even danger that transgender people face when they have identity documents that do not reflect who they are, passed the Assembly Judiciary committee in a 7-5 vote. Authored by Assemblymember Bonnie Lowenthal (D-Long Beach), sponsored by Equality California and co-sponsored by the Transgender Law Center, the Vital Statistics Modernization Act (AB 433), would streamline current law and clarify that eligible petitioners living or born in California can submit a gender change petition in any jurisdiction in the State of California.

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.	

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.

MONTHLY POTLUCK

Saturday, May. 14th: 12 noon to 2 p.m.

Program: Tribute to Meg Bruynell

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



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

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”

Wendy Albovias, RD

Water Water Water!

Getting enough water is an important part of our daily routines. Our bodies are composed of ~60% water. Nearly all of the major systems in the body depend on water. Water regulates body temperature, moistens tissues such as those in the mouth, eyes, and nose, lubricates joints, protects body organs and tissues, helps prevent constipation, lessens the burden on the kidneys and liver by flushing out waste products, helps dissolve minerals and other nutrients to make them accessible to the body, and carries nutrients and oxygen to the cells.

You lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

According to the Mayo Clinic, these are the three most common ways of calculating the amount of water you need each day:

Replacement approach.

The average urine output for adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, sweating, and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace your lost fluids.

Eight 8-ounce glasses of water a day.

Another approach to water intake is the “8 x 8 rule” — drink eight 8-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, “Drink eight 8-ounce glasses of fluid a day,” as all fluids count toward the daily total. Although the approach really isn’t supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.

Dietary recommendations.

The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

As a general rule, if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

Spotlight on Springtime Fruits and Veggies

Strawberries are available year-round in most areas of the country, but their peak season is from April until June. Just 1 cup has 3.5 grams of fiber and meets 100% of your daily vitamin C needs. For the best flavor, buy strawberries grown close to home since they are likely to be fresher and suffer less damage in transit. Strawberries should be plump, firm, well shaped, and uniformly colored.

Monthly Wellness Recipe

Try this *Cooking Light* recipe for Strawberries Romanoff. It yields 4 servings.

Serving size: 3/4 cup strawberry mixture and 3 Tbsp whipped cream mixture.

Nutrition: 207 calories, 6g fat, 3.4g fiber.

Ingredients

- 4 cups sliced strawberries (about 1 1/2 pounds)
- 3 tablespoons powdered sugar
- 1/4 cup Cointreau or Grand Marnier (orange-flavored liqueur)
- 1/3 cup whipping cream, chilled
- 3 tablespoons powdered sugar
- 1/4 teaspoon vanilla extract
- Mint sprigs (optional)

Combine first 3 ingredients in a bowl. Cover and chill 3 1/2 hours. Place cream, 3 tablespoons sugar, and vanilla in a small bowl; beat with a mixer at high speed until stiff peaks form. Spoon over strawberry mixture. Garnish with mint, if desired. Serve immediately.

LGBT Folks in History

Gay Irish author and playwright Oscar Wilde, born in 1854, was widely renowned for his poisonous pen and razor-sharp wit. Wilde penned the witty, enduringly popular play, “The Importance of Being Ernest,” as well as an acclaimed novel, *The Picture of Dorian Gray*. But it was Wilde’s personal life that attracted the most attention, and for which he was eventually jailed in Britain. Though he tragically died in Parisian exile at the young age of 46, stories of his wit, courage, and idiosyncratic style inspire LGBT youth to this day.

(Continued from page 1)

official tying of the knot. Meg is survived by her loving spouse, Bobbie; one son, Jeff Jarvis (wife Lisa), four grandchildren, and two great-grandchildren. She is also survived by her three sisters and several nieces and nephews. Marvin Burrows, fellow board member, says, “I never heard Meg say a bad word about anyone ever! She either liked you or loved you. Meg loved to laugh and tell jokes and between BJ and Meg they kept me in the funny farm.” Tomi Smith, fellow board member and Lavender Seniors’ administrator, says, “Meg was one of the kindest persons I ever met. She appreciated the goodness in people.” Director Dan Ashbrook will always remember Meg for her vision and work towards creating welcoming services for LGBT elders in healthcare and social service settings. She was a regular speaker at Lavender Seniors’ trainings that educated healthcare workers about the needs of LGBT elders. Lavender Seniors is hosting a potluck in memory of Meg on Saturday, May 14, 12:00 p.m. – 2 p.m. at the San Leandro Community Church, 1395 Bancroft Ave.

SAGE Applauds Obama

SAGE Applauds the Obama Administration for Taking Steps to Improve the Health of All LGBT Americans
Department of Health and Human Services announces it will inform states about extending "spousal impoverishment" protections to same-sex domestic partners, along with other actions to support the health of LGBT people.

[Washington, D.C.] The Department of Health and Human Services (HHS) today announced steps to significantly improve the health and well-being of lesbian, gay, bisexual, and transgender (LGBT) Americans, including an announcement—effective immediately—to notify states that they are empowered to treat same-sex domestic partners the same as married heterosexual couples when it comes to protection from "spousal impoverishment" under Medicaid.

"SAGE applauds the important steps taken by the Administration to ensure that the basic health needs of lesbian, gay, bisexual and transgender (LGBT) are fairly met, including the long-term care needs of LGBT older adults," said Michael Adams, Executive Director of SAGE (Services and Advocacy for GLBT Elders). "We look forward to working with the Administration in continuing to improve the health of LGBT elders and other especially vulnerable members of our communities across the country."

Medicaid—the single largest payer of long-term care in the U.S.—requires an individual to spend down all of his/her assets in order to become eligible for long-term care coverage. For married heterosexual couples, Medicaid has exemptions to avoid forcing a healthy spouse to give up the family home and retirement savings and live in poverty in order to qualify a spouse for long-term care.

Unfortunately, these spousal impoverishment protections do not apply to same-sex domestic partners, who can be forced to choose between long-term care and poverty. The HHS action will notify states about their abilities to correct these inequities.

The steps announced today by HHS also include policies that explicitly prohibit discrimination on the basis of sexual orientation and gender identity in HHS employment and the administration of HHS programs; increasing the number of federally-funded health surveys that collect sexual orientation and gender identity data; and encouraging health profession training programs to include LGBT cultural competency curricula.

This announcement comes during LGBT Health Awareness week, the same week that saw the Institute of Medicine release its groundbreaking report, *The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding*. The Institute of Medicine found a scarcity in research on LGBT people and called on researchers to improve data collection and learn more about the health concerns facing our communities, including LGBT older adults.

National Survey

WASHINGTON — A majority of lesbian, gay, bisexual, and transgender (LGBT) older adults who answered a national online survey believe that staff of long-term care facilities would discriminate against an LGBT elder who was open about his or her sexual orientation, and more than half believe that staff or other residents would abuse or neglect an LGBT elder.

Released April 5, 2011, the groundbreaking report—*LGBT Older Adults in Long-Term Care Facilities: Stories from the Field*—utilizes survey results for the first glimpse into some of the issues faced by LGBT older adults in long-term care facilities. Of the 769 individuals who completed the survey, 328 people reported 853 instances of mistreatment in such facilities. The survey, conducted from October 2009 through June 2010, did not use a representative or scientific sample, but includes hundreds of personal comments offered by the respondents, ranging from reports of staff harassment to staff refusals to provide basic services or care.

Of the 769 individuals who completed the survey, 284 identified themselves as LGBT older adults. Others said they were family members, friends, social service providers, legal service providers, or other interested individuals.

"Our hope is that this report provokes thought, raises critical questions, and compels future systematic research that can be used to dive deeper into the issues raised by these findings and the many personal stories we received," says National Senior Citizens Law Center Executive Director Paul Nathanson.

Some of the comments point to possible violations of federal nursing home law, while others signify that far more training and awareness by staff is needed in addition to enhanced consumer awareness. The report also points to a wide array of policy remedies that could be enacted to support LGBT elders better and improve the facilities where they reside. The report's recommendations are directed toward policymakers as well as long-term care providers.

The survey, website, and the report were prepared by the National Senior Citizens Law Center in collaboration with Lambda Legal, National Center for Lesbian Rights, National Center for Transgender Equality, National Gay and Lesbian Task Force, and Services & Advocacy for GLBT Elders (SAGE). Survey results, comments, and personal videos from LGBT older adults can be found, as well as profiles of the authors, at www.LGBTLongTermCare.org.

Movie Corner

Empathy is key to understanding other people, but it seems in short supply today. I was very moved, then, by the 2003 documentary *Children Full of Life*. In it, remarkable teacher Toshiro Kanamori teaches his 4th graders more than just reading and math: He shows them how to deal with emotions, care for others, and ultimately cultivate happiness. You can watch for yourself on YouTube: <http://is.gd/empathy> Just keep a tissue handy! -A. Hall

May Book Review

It Gets Better: Coming Out, Overcoming Bullying, And Creating A Life Worth Living
 Edited by Dan Savage and Terry Miller
 Dutton, \$21.95

Dan Savage has made quite a name for himself with his popular sex advice column from his base in Seattle, Washington. His works include *Savage Love: Straight Answers from America's Most Popular Sex Columnist* and *Skipping Towards Gomorrah: The Seven Deadly Sins and The Pursuit of Happiness in America.*"

Now we have the challenge of student bullying, which has resulted in numerous youth suicides. But Dan and his partner, Terry Miller, decided to make a daring move by blazing a new trail on YouTube with what they call "It Gets Better." Thousands of teens responded with videos of their own, which garnered upwards of 20 million watches.

Dan and Terry have edited a collection of the most touching and revealing of responses from the public. Along with adolescent gay people, many adults also sent messages of warm reassurance that indeed, life does eventually get better.

Many famous personalities, including President Obama, Ellen DeGeneres, Hillary Clinton. Prime Minister David Cameron, and Nancy Pelosi are among the contributors. Alex Orue, from Mexico, confesses that he joined in student harassment as a means of survival; Gabriella Rivera gives a black view by observing that, "it doesn't get better, but you get stronger." We notice that no Republicans are included among the politicians commenting.

Other notable personalities include Michael Feinstein, Kate Clinton, and Suze Orman.

At the back of the book Savage and Miller include a helpful listing of organizations like the Trevor Project, GLSEN (Gay, Lesbian and Straight Education Network), and the ACLU LGBT Project.

Hopefully thousands of LGBT teens and others will see this book and press on into a brighter future. As one student puts it, "the great thing about high school is it doesn't last forever."

Healthy Aging Conference Report

Attending a conference is like grabbing hold of a three-ring circus: You absorb whatever you can. Many good workshops compete for your attention at the same time. You go for whatever seems to be the most relevant.

Petty Berg, former California Assemblywoman, who was chair of the Assembly Commission on Aging, did a marvelous job of setting the stage. She emphasized that California has lacked a master plan for the senior population. The Department of Aging needs restructuring. She has developed a timeline for future planning.

The baby boomer generation (1946-1964) will face challenging odds in the years to come. Elders want to stay in their own

homes and not be forced to move into institutional care facilities. California is simply not rising to the challenge.

There is also the rising threat of the diseases of aging: Alzheimer's, heart disease, cancer. That is a battle within itself. 75% of our gray-haired generation is now cared for at home by relatives. There will be a huge demand for professional help.

Ms. Berg emphasizes that we need to project positive images of those over age 60. In other cultures elders are revered and well cared for.

I attended the workshop on fund raising. The highlight of this thought-provoking session was a presentation by Rob Kusel, who works for Essex and Drake, a consulting firm that advises non-profit organizations. He observed that 90% of giving is from individuals, not foundations. Therefore it is vital that you tell your unique story in a highly dramatic and touching manner, but concentrate on those people who make major gifts to your group. Who are the top donors? Emphasize planned giving and make sure that your organization is included in personal wills.

Marvin Burrows attended the workshop on LGBT Elders and Their Health Needs. Dan Ashbrook, the executive director of Lavender Seniors, was on the panel along with Seth Kilbourne, director of Open House, which deals with senior needs in San Francisco.

One of the major success stories is Triangle Square in Los Angeles. This program for gay seniors offers 104 units for elderly people of low income. LGBT seniors have higher than average health needs. 81% are uninsured. One third live with partners. Among lesbians one in four live alone.

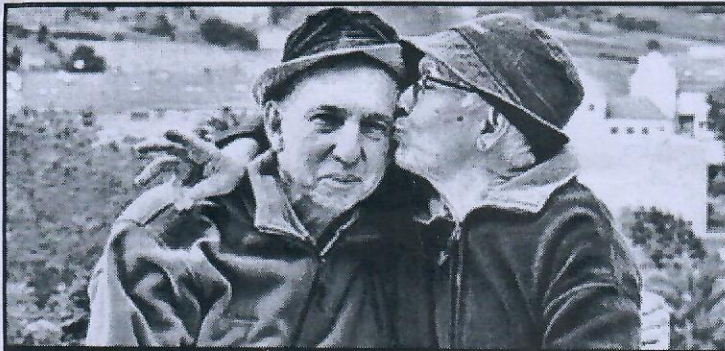
The afternoon general session focused on the Future of Social Security and Medicare. The highlight of this session was Nancy Altman, who represents the company known as Social Security Works. She gave a spirited defense of Social Security and Medicare. As she stated, SS has an excellent payout and is very affordable. It cannot burrow. It has a surplus of 113 billion dollars. All the public polls back SS.

Medicare serves 40 million people and only represents 15% of federal spending. The bad news is the looming high cost of Alzheimer's disease and caring for dying patients.

The final workshop revolved around a stimulating discussion of the Elder Index that is badly out of date, being based on statistics taken from the federal government figures of the 1960s. Insight, The Center for Community Economic Development, has been fighting for this update to be used in government planning. A bill was passed last year but was vetoed by the governor. Hopefully, with a new administration in power, the bill will pass this year.

At the Plenary Session we heard former Assemblywoman Patty Berg talk about the budget and how it would affect seniors and their challenges of aging in the future as the baby boomers start to retire.

"If we make a steady effort, I think we can overcome any form of negative conditioning and make positive changes in our lives." – The Dalai Lama



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Cindy Thwaites-Smith
Notary Public

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



May 2011

Schedule of Events

May 5th & 19th — 1:30–3:30 p.m. Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) - The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

May 10th — 7:30 p.m. (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

May 11th — 7:00 p.m. – 8:30 p.m. Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft, San Leandro

**May 12th & 26th — 1:30 p.m. – 3:30 p.m. Seniors Men's Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center
Co-Sponsor: Pacific Center 510-548-8283**

May 13th — 2:00 p.m. - 4:00 p.m. Lavender Women's Book Group (2nd Fri.), Reading: TBA

May 14th — 12:00 p.m. - 2:00 p.m. Lavender Seniors Potluck, (2nd Sat.) 1395 Bancroft Ave., San Leandro; Program: Tribute to Meg Bruynell – Board & Friends

May 20th — 12:30 p.m. to 2:30 p.m. 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: Bone Density – Colleen Campbell

**May 21st — Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley.
Social Hour 5:00, Dinner 6:30.**

May 27th — 12:00 p.m. - 2:00p.m. South County Lunch Bunch and Talk (4th Fri.) Program: Coming Out Stories – Dana Johnson, 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	4	5 Womens Group	6	7
8	9	10 PFLAG Newark	11 Board Mtg	12 Senior Men	13 Womens Books	14 Potluck
15	16	17	18	19 Womens Group	20 Lunch Bunch	21 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; 1/2 half page inserts are the same amount. Must be received by 10th of preceding month.