



LAVENDER SENIORS of the East Bay

Lavender Notes

A Project of the Tides Center

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Faith & LGBT Aging Event Review

Published online by the American Society on Aging (ASA), August 2011 at <http://www.asaging.org/blog/lgbtqi-elders-and-faith-communities>

Written by Betsy Dorsett, Betsy Dorsett, is Senior Coordinator for Website and Social Media at ASA, and also serves as staff liaison for LAIN.

On August 18th a group of faith leaders, lay persons, aging advocates and LGBTQI-identified older adults gathered in Oakland, Calif., for "Faith and Aging: A Conference for LGBTQI Spiritual Justice." The event was sponsored by [The Coalition of Welcoming Congregants](#) along with [Lavender Seniors of the East Bay](#), [Openhouse](#), [The Rainbow Community Center of Contra Costa County](#) and [National Center for Lesbian Rights](#). Conversations at the day-long conference highlighted not only the social inequalities and health disparities often faced by older LGBTQI (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex) people, but also the resiliency, strength and courage that LGBTQI folks often display. The conference fostered discussions about how faith communities can be leaders in creating communities that work to meet the needs of older LGBTQI people.

Amber Hollibaugh, the Executive Director of the New York City-based [Queers for Economic Justice](#), and a member of ASA and of the Leadership Council of its LAIN (LGBT Aging Issues Network) constituent group, gave the keynote address titled "The Role of Congregations on Providing Support for Elders." Hollibaugh's passion as an advocate for the most vulnerable members of the LGBTQI community was evident as she emphasized the important role that faith communities have in the fight for LGBTQI justice. She explained that because LGBTQI individuals often don't have the social supports that older straight people have (i.e. children and spouses) and because the social supports that do exist in this community (i.e. families of choice) are not recognized or protected as caregivers, older LGBTQI people generally age alone and in fear of going to a nursing home or other long-term care facility. Hollibaugh believes that faith communities will be the cornerstone of LGBT aging, because as she said "we need a community in order to get old." Importantly, Hollibaugh argued that race and class must be at the center of conversations within faith communities about social justice and LGBTQI elders so that no one is left out of this movement.

Following the keynote a panel of elders, and a panel of clergy and LGBT aging advocates, addressed the attendees. The discussion, "Lessons Learned from LGBT Elders," offered the perspective of three individuals from the Bay Area. The common theme seemed to be the preference for spirituality rather than religion, and finding faith communities that were accepting and welcoming. During the second panel clergy and LGBT aging advocates, including ASA member Michelle Alcedo, Director of Education and Outreach at OpenHouse, discussed the importance of strengthening networks and one-to-one advocacy in order to create safe environments and housing options for LGBT elders.

The capstone of the day was the screening of *Gen Silent*, a documentary that follows six LGBT-identified older adults in Boston over the course of a year. The film, which also screened at ASA's 2011 Aging in America Conference, highlights the challenges faced when LGBT people are forced back into the closet because they are fearful of discrimination in nursing homes, hospitals and other long-term-care settings. But the film also highlights the transformational difference that can be made by a community, families of choice, and health care providers who have been trained to be sensitive to LGBT issues. While LGBTQI people have traditionally been excluded from faith communities, open and welcoming congregations are bringing together multiple generations of LGBTQI people and their allies. In these settings, where everyone feels welcome, older LGBTQI people can serve as role models and keepers of history for younger members of the communities, while younger people can likewise provide assistance and advocacy to LGBTQI elders who are may otherwise remain isolated and vulnerable.



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 and 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, Carmen Chiong, Gabriel Delgado, Patrick Forte, Frank Howell, Mary McCall, Rob Mills, Tomi Smith

VOLUNTEER CORNER

Friendly Visitor volunteer training Saturday September 10 from 10AM to 11:30AM at San Leandro Community Church, 1395 Bancroft Ave.

Training will be provided by Nancy Flaxman MSW. Nancy is a pioneer in LGBT aging here in the Bay Area and has experience working with Friendly Visitor programs.

Big thanks to super volunteer Paul Woolley who has been working hard on our Emblem and other projects for the last 2 years. Paul's last day at Lavender Seniors was August 23. He will be greatly missed!



Doreen Brand, co-founder of Lavender Seniors of the East Bay, passed away in her sleep early July 26, 2011, from complications of ovarian cancer. She is survived by her long-time partner Beverly Hickok.

Condolences to Beverly Hickok, El Cerrito Royale, 6510 Gladys Ave-

nue #343, El Cerrito CA 94530.

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.

Sept. Birthdays

Sept. 3 rd Sandra M.	Sept. 16 th Carol W.	Windsor Y. Sept. 21 st David H.
Sept. 11 th Donna M.	Sue C.W.	Sept. 23 rd Mary A.
Rosalind B.	Sept. 17 th Fred. B.	Sept. 25 th Jerry F.
Sept. 12 th Pat K.	Sept. 18 th David A.	Sept. 26 th Burton W.
Sept. 13 th Carol N.	Sept. 19 th Eugene R.	Sept. 29 th Diane G.
Irene E.	Pam S.	Marilyn G.
Sept. 14 th Maxine D.	Sept. 20 th Eugene M.	

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, Sept. 10th - 12 noon to 2 p.m.

Program: Rob Mills
Real Estate Presentation

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



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

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

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- 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”

Monthly Wellness Recipe

Have You Tried This?

Wendy Albovias, RD

We all know the general recommendations – eat more whole grains, fruits and vegetables and less salt, saturated fat and added sugar. What does this really mean on a day to day or choice to choice basis? I want to share a few interesting tips from an article in the July/August issue of *Nutrition Action Healthletter* called “Easy 50 Insider Tips to Keep You Healthy.”

Buy a bag of cut veggies. You can buy bags of fresh broccoli, carrots or cauliflower that you can eat raw or steam or microwave right in the bag. You can also buy veggies at a salad bar to help reduce waste in your kitchen.

Switch to “thins” or light bread. One way to stretch your grains is to try thin whole grain rolls that have 100 calories per bun; or light breads with 40-60 calories per slice.

Replace a side of rice, potatoes or pasta with beans. In the OmniHeart study, the higher protein (and higher unsaturated fat) diet led to lower blood pressure, triglycerides and LDL “bad” cholesterol than the high-carb diet. Half the protein came from plant foods. Beans are an “economical way to get a good protein-vegetable mix”, says Janis Swain, the dietitian who planned the OmniHeart study meals.

Eat fish twice a week. The omega-3 fats in fish may protect your heart. Fatty fish like salmon and trout are best.

Switch from tuna to salmon. Canned salmon has more healthy omega-3 fats than canned tuna, and the salmon is almost always wild.

Drink water before meals. Trying to lose weight? Many people believe that drinking water before meals helps them eat less. Researcher Brenda Davy has evidence that it works. She assigned 48 overweight men and women aged 55 to 75 to eat a low-calorie diet. Half were told to drink roughly 2 cups of water before each meal. After 12 weeks, the water drinkers lost about 16 pounds while the others

Here’s a recipe from Nutrition Action’s Kate Sherwood for a Grilled Corn and Red Onion Salad. If you don’t have a grill, you can broil the veggies on high on a lightly oiled baking sheet. Each 2 cup serving contains 150 calories, 7g total fat, 5g protein, 22g carbohydrates, 6g fiber.

Ingredients: (yields 6 servings)

- 5 ears of corn
- 1 red onion, cut in half-inch slices
- 1 green pepper, quartered lengthwise
- 1 red pepper, quartered lengthwise
- 2 jalapenos (optional)
- ½ cup low fat sour cream
- 2 tbsp lime juice
- 1 small bunch cilantro
- ½ tsp kosher salt
- 1 avocado, diced
- 1 head butter lettuce, washed and dried

Preparation:

Grill the corn, onions, peppers and jalapenos over a hot grill until lightly charred, turning once. When cool enough to handle, cut the corn from the cobs, chop the onion and peppers, and remove the stems and seeds from the jalapenos. Puree the jalapenos with the sour cream, lime juice, cilantro and salt in a food processor (or blender) until smooth. Toss with the corn, onions, peppers and avocado. Serve on the lettuce.

Save the Date for Aging in Place!

Lavender Seniors 5th Annual Aging in Place, Symposium and Resource Fair for Older Adults is Thursday October 6, 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd San Leandro. Sponsored by Kaisers Permanente this year’s event will feature a panel of long-term care experts and activists, vendor tables, refreshments, entertainment by Stagebridge Senior Theater Company, and much more. Don’t miss this important event on solutions for living longer and remaining independent in your own home! To RSVP contact Dan Ashbrook at 510-667-9655 Ext 1 or email dan@lavenderseniors.org

“All cases are unique and similar to others”

..T.S. Elliot

CARA Corner

Social Security and Medicare Spared In Debt Ceiling Deal

Social Security and Medicare escaped a first round of budget cuts in the debt ceiling agreement reached the first week of August week in Washington, but future threats loom on the horizon for these two programs. The agreement, which became law extends government borrowing power into 2013, immediately cuts \$400 billion in spending, and cuts \$1 trillion in discretionary spending by 2021. Prior to the vote, Alliance members sent nearly 5000 e-mails to Washington, urging lawmakers to not cut Social Security or Medicare. Medicaid also escaped cuts.

Troubling, however, is that the new law creates a so-called "Super Committee" on Capitol Hill to find an additional \$1.5 trillion in spending cuts by Thanksgiving. Media accounts have suggested that Social Security and Medicare could be top targets for this new panel, including lower Cost-of-Living Adjustments (COLAs), an increase in the Medicare eligibility age, and higher Medicare co-pays and premiums. The 12 members of this panel are expected to be named in the coming weeks. If the committee cannot reach an agreement - which would have to be approved, without amendment, by Congress and signed by the President - a "trigger" mechanism in the new law would automatically cut \$1.2 trillion from federal agency budgets. Social Security and Medicare benefits would be exempt; however Medicare reimbursements to medical providers would be cut.

"Even though we averted a government default, and no Social Security payments were delayed, retirees should not think that this crisis is over.

We need to keep a close, wary eye on this new congressional panel. We cannot allow those who have never liked Social Security or Medicare to use this budget climate as political cover for attacks on programs that help millions of Americans," said Alliance President Barbara J. Easterling.

Immediately after the agreement was reached, Alliance state and national leaders held a conference call to plot strategy for the next round in this debate. Just one day after the debt ceiling agreement became law, House Majority Leader Eric Cantor (R-VA) gave an early indication of the direction the House leadership would like the "Super Committee" to take. Cantor told the Wall Street Journal that our nation needs to, "come to grips with the fact that promises have been made that, frankly, are not going to be kept for many."

East Bay Express Features Lavender Seniors in Cover Story!

The East Bay Express did a cover story on LGBT elders in long-term care facilities which ran August 17 and features Lavender Seniors. To read to article online go to <http://www.eastbayexpress.com/ebx/aging-back-in-the->



Former Lavender Senior

Board Member and SEIU

1,250 Retiree Remembered

Rose A. White.. born September 9, 1936; she was with us until September 18, 2010.....

It really doesn't feel like it has almost been a year since she left us all on our own. It has taken this long for me to feel comfortable enough to pay this tribute. She continues to influence my thoughts and some decisions. After twenty years with someone as learned and giving as Rose some of life's lessons are still playing themselves out according to Rose.

She often said that the second half of her life was the best part of her life. This is after she had her children and raised them. Put all she had into trying to make her marriage work. And finally being true to her self and actually stepping into who she really was, **a proud strong same gender loving woman.** For those who didn't know her let me tell you a little about her.....

Rose met the woman who was to become her life partner Linda Martin in 1990. Over the next twenty years she put what she felt most important in her life first. She studied theology and became a licensed minister. She sang with the Love Center Choir and on a couple of occasions was a part of the Love Alive recordings. She also sang with the Bay Area Chapter. Early in life she was an accomplished jazz singer. Music and arts were always important to her as was family and civic duty. She worked in the mental health field as a counselor at Gladman Hospital in Oakland, Ca for 20 years before retiring in the early 1990's.

Rose's mental health counseling skills crossed over into many areas of her life and interest. One rarely walked away from her not feeling like they received something special. She was a giver, from the small things to the magnificent and sometimes it was just a kind word. And she truly loved *words!*

Rose was an activist, and somewhat militant in her day, very civic minded and politically motivated. She campaigned for what she believed in and strived to make a difference where she could. Ones civil and personal rights were important to Rose. She worked in the HIV/AIDS community; substance abuses and mental health; pregnant and teen mothers; senior with disabilities and held seats on several boards over the years. Rose was a member and former board member of Lavender Seniors. She loved her social group African American Lesbians 40+ and over her long decline it was shown that they loved her too.

A friend recently said "I always think of the beautiful stepping stone in her garden, she was as strong as the stone and as gentle as a rose." He touched on the true essence of Rose.

From The Closet To The Courtroom: Five LGBT Rights Lawsuits That Have Changed Our Nation

By Carlos A. Ball

Beacon Press-Paperback-\$18.00

Many people in our community forget the significance of court cases that have helped to transform our lavender landscape. In a stylish and engrossing manner he grabs our attention and never lets go. He explores five landmark cases that advanced the cause of LGBT human rights.

The first case *Braschi v. Stahl Associates* dealt with the question: Should the rent control law of New York protect gay couples from eviction. How would the court define family in this instance? The court ruled in our favor.

The second case confronted the vexing problem of student bullying. Jamie Nabozny was a victim, in the 1980s of repeated harassment from fellow students in the Ashland School District in Madison, Wisconsin. The school administrators refused to protect Jamie and said it was his

fault because he appeared to be girlish and immature. After several years of court battles the judge ruled in Jamie's favor. The school officials were forced to pay our hero \$900,000 in damages. The case was closely watched by school officials across the country.

The third case unfolded in Colorado where Colorado for Family Values launched a campaign to repeal all pro gay laws. This was to be achieved by a state constitutional amendment. The voters approved the new law. The Colorado Supreme Court ruled against the new law and the U. S. Supreme Court echoed the same verdict by stating that sexual orientation was the moral (if not legal) equivalent of race and sex discrimination.

The fourth case involved the first time gay marriage was officially recognized as a legitimate issue in Hawaii in 1993. Three gay couples tried to obtain marriage licenses but were denied. The court ruled in favor of the couples by the voters in Hawaii. But issue of gay marriage was not firmly implanted in the public mind. Case number five was *Lawrence v. Texas* which finally destroyed the sodomy laws in America. Texas was especially guilty of bias when sodomy was legalized for straight couples but gay couples were still penalized. Only thirteen states still retained such laws on their books. Justice Kennedy wrote the majority decision and declared that moral judgments were not enough to enforce the law. He noted that the European Court on Human Rights had also declared that sodomy laws

violated basic human rights.

Justice Scalia predicted that the ruling would pave the way for gay marriage. Carlos Ball, professor of law at Rutgers University and author of "The Morality of Gay Rights," has brilliantly brought to life these classic cases with a suspense filled narrative.

Noted in passing-Last month - I mentioned the book by Bill Dakota on Hollywood scandal but neglected to mention the title which is "The Gossip Columnist."

-Frank Howell

Citing New Research, psychology group supports gay marriage in UNITED STATES

ILGA/ASIA News - 08/08/2011

The world's largest organization of psychologists took its strongest stand to date supporting full marriage equity; a move that observers say will have a far-reaching impact on the national debate.

(Sharon Jayson, USA TODAY) - The policymaking body of the American Psychological Association (APA) unanimously approved the resolution 157-0 on the eve of the group's annual convention, which opens here today.

The group, with more than 154,000 members, has long supported full equal rights for gays, based on social science research on sexual orientation. Now the nation's psychologists — citing an increasing body of research about same-sex marriage, as well as increased discussion at the state and federal levels — took the support to a new level.

"Now as the country has really begun to have experience with gay marriage, our position is much clearer and more straightforward — that marriage equity is the policy that the country should be moving toward," says Clinton Anderson, director of APA's Office on Lesbian, Gay, Bisexual and Transgender Concerns.

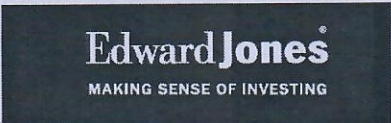
The resolution points to numerous recent studies, including findings that "many gay men and lesbians, like their heterosexual counterparts, desire to form stable, long-lasting and committed intimate relationships and are successful in doing so."

It adds that "emerging evidence suggests that state-wide campaigns to deny same-sex couples legal access to civil marriage are a significant source of stress to the lesbian, gay and bisexual residents of those states and may have negative effects on their psychological well-being."



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Get Involved in Photovoice!

Would you like to make a difference in services for LGBT elders while having fun? Come to the "Photovoice" dinner meeting on Monday September 12 at 6:30PM at the San Leandro Community Church, 1395 Bancroft Ave. During the next year Photovoice volunteers will be writing letters to city officials and raising awareness of the need for South Alameda County senior centers to provide visibly welcoming spaces for LGBTs. Our goal is to get a senior center to pass a resolution to recognize LGBT pride month in June or Harvey Milk day in May and display LGBT exhibits such as rainbow flags, LGBT history displays, and our Lavender Scrolls project. Photovoice volunteers will also be photographing the positive social change they will be bringing to the community on behalf of LGBT elders. This is a groundbreaking project funded by Kaiser Permanente. For more information contact Dan Ashbrook at 510-667-9655 Ext. 1. No RSVP necessary to come to the meetings and free dinner will be provided.

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September 2011

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

Schedule of Events

Sept. 1st & 22nd - 1:30 - 3:30 PM – Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

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

Sept. 8th & 22nd - 1:30 PM to 3:30 PM - Seniors Men's Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Sept. 10th - 12:00 - 2:00 PM - Lavender Seniors Potluck, (2nd Sat.) 1395 Bancroft Ave., San Leandro; Program: Rob Mills—Real Estate Presentation

Sept. 13th – 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

Sept. 16th - 12:30- 2:30 PM – Lavender Seniors Lunch Bunch, (3rd Fri.), North Oakland Senior Center, 5714 MLK Jr. Way. (58th St.) Oakland. Sponsored by City of Oakland Aging and Adult Services. Program:

Rebecca Kaplan

Sept. 17th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. Social Hour 5:00, Dinner 6:30.

Sept. 23rd – 12:00 – 2:00 - South County Lunch Bunch and Talk (4th Fri.) Program: Carole Stuart - American Song Book Classics - 40086 Paseo Padre Pkwy, Fremont. Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook – 510-667-9655

ADVERTISING RATES* FOR LAVENDER NOTES

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

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

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