

PS OLOC miniNEWS

Connecting old lesbians throughout the Puget Sound area to form community and encourage participation in activities and causes that work to improve our lives and increase our visibility.

Our 36th Issue!

Late June 2015

Upcoming Event: Backyard Picnic/Campfire Sunday, July 12, 1 pm until ???

Hope you have already marked your calendars for this event...if not, please go do so immediately!

Rain or shine, we're planning to gather at Mary and Margaret's in University Place for a laid-back afternoon. The date was selected because Arden and her sugar, Charlotte, will be here visiting from Houston. Many of you know them already and if you don't, this is your chance. Arden is the founder and guiding force of the Old Lesbian Oral Herstory Project.

A couple main course (protein) options will be

provided as well as herb tea and juice. And someone has already spoken up to bring the fixin's for s'mores, with extra marshmallows for those of you



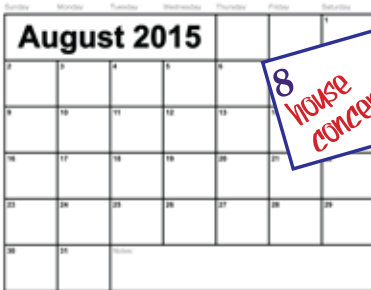
who prefer your pillows of toasty sweetness sans chocolate and graham crackers.

Besides good eats, the menu will include lots of time to chat

with friends, meet new folks, strengthen relationships, learn something new (a goal everyone should have for every day), and more.

We've invited some TLCers to join us as well, so unless the weather is awful, there should be a good crowd. And if it is awful, we can always hide out indoors and on the deck.

Carpooling is advised! As always, it's helpful to get a sense of who all is planning to come so we encourage RSVPs. Directions to M&M's is a bit tricky if you haven't been there before. Contact them and they'll give you all the d's.



Saturday, August 8, evening

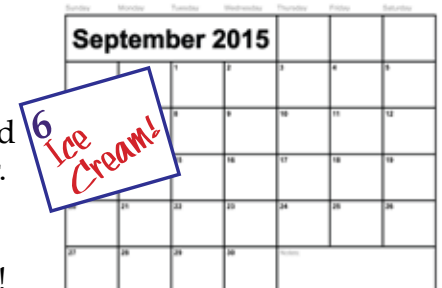
Remember Women's Music House Concerts?

There is something magical about house concerts... you can't beat an evening where you hear some great music from talented women, in a warm, intimate surrounding, and have a chance to mingle with the artists and your friends. **This event is for you!** PS OLOC is throwing their support to an effort by some of our group to bring a series of "women's music" house concerts to our area and we hope you'll be there. If you weren't at the first installment in May, music by Summer Osborne, you missed a great night. The next concert happens August 8 and it's a dynamic young duo, kRi & hettie. We've added a flyer to the end of this issue to give you the rest of the details.

Planning Ahead: Yeah! Another Ice Cream Social!

Sunday, September 6, afternoon

Visions of sugar plums – and ice cream sundaes – must have been dancing in Gloria's head, 'cause she's inviting you all to join in as she and Donna host another Sunday Ice Cream Sundae Social in early September. This will be the third or fourth time they've done it – and we can pretty much guarantee you they know what they're doing. We'll get the details out to everyone as the date gets closer, but for now, please circle the date!





Hey...Wait a Minute...

Yes, you're right. This is June. And we did promise an issue of the miniNEWS every-other month, and we did put one out in May. Are we math challenged, or what's the deal?

The deal is July is going to be too crazy to fit an issue in. Instead of coming to you late, we opted to arrive early! And chances are, the next issue will be early as well, because we'll want to let you know all the details for the September Ice Cream Social.

Makes you wonder what led us ever think we could stay on schedule longer than an issue or two! Good thing we didn't pinky swear or we'd have to do something yucky, like kiss a toad, or worse yet, not be allowed any toppings on our ice cream at the social.

About OLOC National

It's easy to get wrapped up in what we are doing in our own lives, and in our local chapter, PS OLOC – so how about a few reminders about what is going on in OLOC on a national basis.

- If you enjoy lively debates, you may want to sign up for the National OLOC Yahoo group. You can do that by going to www.groups.yahoo.com/group/NationalOLOC/ or contact Susan@oloc.org and she'll work it out with you.
- Sign up for/join OLOC and you will receive the OLOC Reporter (in print or by PDF) published four times a year. Members of OLOC are Lesbians who have reached their 60th year or older. Everyone else is a supporter. You can request a sample issue of the newsletter from OLOC by sending an email to info@oloc.org
Member/supporter rates: For Lesbians 60 and over: \$25-50/year (sliding scale) and for supporters (everyone else) \$30-60/year (sliding scale).
- OLOC is cultivating chapters across the country. If you know other old lesbians who live in one of those areas, encourage them to join. The full list can be accessed at www.oloc.org. Stars on the map give you a sense of where chapters are... and anyone can start a chapter!
- The next OLOC National Gathering is set to happen in Atlanta, Georgia, October 5-9, 2016. Last October, the OLOC Steering Committee met with women from ZAMI NOBLA, National Organization of Black Lesbians on Aging. The two organizations will be working together to put on the Atlanta Gathering. As Alix Dobkin, OLOC Co-Director says, OLOC and ZAMI NOBLA are "elated and eager to work with each other."



QCCC (Queer Crone Coordinating Council) Check In

If you've ever wondered what the QC3 could possibly find to keep them busy in a meeting for 5 hours every-other month, we're here to tell you: plenty! In fact, it's usually a race to see if we can fit it all in before our time is up.

In a nutshell, time is usually evenly split among 1. members reporting on work they've been doing within PS OLOC 2. work with outside groups and 3. discussing plans for future work and events.

The June 5 meeting was no exception. Anyone is welcome at QC3 meetings... don't stay away in fear of being roped into a job! We're pretty easy going and appreciate all input. The next meeting will be on August 4, 10-3, at the Regional Library in Federal Way.



Who is Welcome in PS OLOC?

How about this: If you can say aloud, or at least to yourself, that you are a lesbian, and that you are old, then You Are Welcome! Best yet, here in PS OLOC, we don't define either *lesbian* or *old*! We've each come to recognize facets of ourselves at different stages in our lives. If you see yourself as an old lesbian, you're welcome to be a part of any and all that we do.

Opportunities! Opportunities! Opportunities!

PS OLOC-West Plays First & Third!

July 2: Something!

July 16: Cards/Games

August 6: Something again!

August 20: Cards/Games

As you may notice, we didn't get the details on what it is that the West group has planned for July 2 and Aug. 6, but they will do something interesting, we're sure. They continue to meet twice monthly, on first and third Thursdays at 12:30 PM.

Events are all to be held at Kathy K's farm in Olalla, just 5 minutes north of the Purdy Road exit from I-16. Easy, easy directions...call her.

The Cards & Games events are brown bag. Bring a favorite board / card game if you like.

The Something events are most likely films, and might be brown bag, too. Better check before you go!

Kathy K provides drinks at all events.

Contact coordinators Meg and Linda at d.darlene81@me.com or Kathy Knowles at (253) 857-4849.

"You don't stop laughing when you grow old, you grow old when you stop laughing."

— George Bernard Shaw

Recurring Seattle Events

Aganita sends us this update of what is planned: "We've been doing our best to alternate between north and south locations for Seattle dinners. I have made reservations for our Thursdays through October. I had hoped to have all the north end dinners at Spiro's, but they were already booked for some of the dates, so we will be meeting at Razzi's some of the time. Another snag is that The Flying Squirrel, a favorite south location, is going to start a \$500 minimum for their extra room! We do not have to pay for these next times because I already had them booked, but then we will have to find a new south end spot. Here are the times and dates. I will also post monthly reminders. All are Thursdays and all are at 6:30."

July 17th Flying Squirrel (4920 S. Genesee St., Seattle)

Aug 20th Spiro's (18411 Aurora Ave. N., Shoreline)

Sept 17th Flying Squirrel

Oct 15th RAZZI's, in the downstairs room, off of the parking lot. (8523 Greenwood Ave N, Seattle)

Please RSVP (if you are coming or have to cancel) to avark@comcast.net.

Book Club: The July book club meets on the 7th, at 7 pm at Couth Buzzard Books. The July book is *The Paying Guest* by Sarah Waters.

On Aug. 4th, it's *Nature Wars: the Incredible Story of How Wildlife Comebacks Turned Backyards into Battlegrounds* by Jim Sterba. Looking way ahead, on Sept. 1, it will be *The Long Way Home* by Louise Penny.



South Lunch Bunches

Second Tuesdays, Tacoma

To stay in the know on where the South Sounders will be convening for their monthly lunch in the Tacoma area, join the South Sound Yahoo group. (Details on how are on the last page of this newsletter.)

The lunch is always the second Tuesday at 11:30. Marilyn V. finds locations for us and makes the arrangements ... Yea, Marilyn! For July, the group will be back at the AAA Buffet. It's at 100th and Tacoma Way, only a block or two west of the intersection of I-5 and Hwy 512. These lunches are a great way to meet new folks, and catch up with others that you haven't seen in a while. Get on their list (last page!) to keep updated and get reminders.

Coming Out Women

CO Women happens, no argument about it, because of Kathy Prez – but PS OLOC and TLC do play a role by co-sponsoring the group and putting out the word about meetings. Here are the dates for upcoming meetings:

Wed., July 1 • Wed., July 15 • Thurs., July 30

This is a support group for women of all ages dealing with coming out issues. Want a sense of who is going? There were 14 women at the last meeting, ages ranging from 22 to 77, with most of them in their 50s, 60s, and 70s. OLD LESBIANS RULE!!!

CO Women meets at the library in University Place. For more info, contact Kathy P. or go to www.comingoutwomen.org

ATM: Across the Mountains by Kathy Prez

Nine women from the South Sound and Seattle drove to central Washington for a mid-May weekend: Gloria, M & M, Jolly Sue & Casey, Kathy Knowles, Deirdre, Betty O'C, and Kathy Prez.

Lake Chelan's Lady of the Lake cruise offered a beautiful, breezy Friday, May 15. On the main deck women chatted, played cards, shared lunch, relaxed. The upper deck featured the warmth of sun, sounds of breaking waves, and views of changing topography from arid lowlands to evergreen-covered hills. Our 90 minutes in Stehekin allowed for a lakeside bus ride through the forest. Highlight: mama bear and two tiny cubs tree-climbing—first sighting of black bear this spring.

Appropriately, we did lots of apples: stayed two nights at the Apple Inn in Chelan and ate Saturday breakfast @ the Apple Cup Café. Thursday and Friday dinners featured prickly-pear margaritas and other memorable Mexican fare.

Saturday, late morning, we assembled in our Wenatchee motel meeting room, arranging M&M's PS OLOC/OLOHP display. Meanwhile, Mary and Gloria conveyed strawberry-mango smoothies. Yum! We took bets on how many women would attend – after contacts to seven Women's/Gender Studies Programs, five LC Contact Dykes, four PFLAGs, three Area Agencies on Aging, (the only) two eastern WA Meetups (Spokane and Kennewick), MCC, UU, United Methodist Churches--and 31 senior centers. Kathy bet ZERO; Gloria wagered ONE. Thankfully, Gloria was correct!

Margaret Pettibone (Kathy Knowles' contact) traveled from Ritzville, 50 miles from Spokane. Our goal had been to build our contacts and support the community of central and eastern Washington old lesbians. And we did--as we shared our stories. This new "MP" offered contacts for future meetings via three Spokane senior centers where she does art. Margaret hopes to move to the Olympic Peninsula – and we're keeping in touch.

A delightful gathering of Old Lesbian Washingtonians. Come venture east again next year!

What's Going on With the Story Telling Event?

It's beginning to look like we let our enthusiasm get ahead of us on this one. We still want to do an event about telling our stories, but after the planning committee met, more clearly identified what it is we want an event like this to look like, and then do a budget... well, bottom line is, it's been moved to the back burner for now.

And, as the graphic illustrates, it's not like that's the only burner that's on right now. We're all about as busy as we can be, and we don't want to take on something like this when we can't give the careful attention it deserves. Now, if you are thinking this is something you'd like to work on, speak up...we're listening!



Sharing

Instead of sharing reports from various women about the work they're doing in PS OLOC, we're going to simply let you know that everyone has been busy, busy, busy, and that they'd be glad to chat with you, or share their written reports, if you ask nicely!

If you're interested in what's going on with the housing subcommittee, contact Anne or Sue W. For an update on work with PSARA, get in touch with Aganita. What is Allyship up to? Ask Anne. All of them can tell you what's going on in the Sr. Care Provider's Network, too. If you want to know about our outreach, both near and afar, reach out to Kathy P. And we all know that Gloria tries to keep her finger on the pulse, so you can reach out to her as well.

Contact info for all of them are on the last page... better yet, talk to them at an event!

Success, Sort Of!

People (mostly women) campaigned to have a woman on US paper currency and it's been announced there is a plan in the works to put a woman on the next bill for redesign – the \$10 note... the campaign was for the \$20, and the \$10 may still be shared with Hamilton, and it won't be until 2020 or later, but \$10 is a start! www.womenon20s.org/

No word on who it will be yet. In the campaign more than 1/3 million people voted in the finals: top four vote getters, in order, were Harriet Tubman, Eleanor Roosevelt, Rosa Parks and Wilma Mankiller.





We'd love some help finding locations for South Sound Lunch Bunches, and for Seattle Dinners. In both instances, our preferences are for a separate space so we can comfortably make announcements and such. Beyond that, we'd like the meals to be affordable, the locations not too hard to find, and adequate parking. Contact Aganita with ideas for Seattle dinners... she having trouble finding a place that doesn't have a high \$\$\$ minimum, or charge for the space. Contact Marilyn (mjvogler@mtu.edu) if you have thoughts on lunch places in the Tacoma area.

See It to Be It!

Girls and women of all ages need to see themselves reflected in movies (not only as victims or help-mates), sports, TV, our government, on our dollar bills, and more, more, more! Speak out and demand gender equity.

Another Way to Go Green by Ellen K.

Lately, I've been to a few thrift stores, estate and moving sales, and the like, with a friend who is outfitting a new apartment. Maybe this represents the next-to-ultimate in the three R's: Re-use, Reduce, Recycle. The ultimate should be the re-use of what were green products to begin with.

Few of us are into full scale home remodeling, never mind new building, these days, but can still benefit from a few good ideas for more eco-friendly replacements and sustainable management. Some resources I saw listed recently might be worth a look, including:

- Sustainable Living Guide 2015 (2nd Annual Seattle Ed.)
- Green Home Solutions store in Seattle
- Second Use store – mostly building materials, but other items under Miscellaneous
- King County Green Tools – for outside Seattle



We just missed the 2015 Northwest Green Home Tour (April), but there's always another year.

Margaret adds...

In addition to Ellen's great suggestions above, don't overlook all the places like the Goodwill, but aren't the Goodwill. Many of these places not only do us a huge service by getting used things back into use again, they give us an easy way to move things on that we no longer need.

Here is an example. Right there on Vashon, you'll find Granny's Attic which resells a huge array of stuff that might otherwise end up in our landfills. In the case of Granny's Attic, they are raising funds to support something vital to the Island. Granny's consistently raises thousands of dollars a month that goes to support the Vashon Health Center. (Millions so far!)

For those of you off-islanders, we suggest building in time on your next visit to Vashon to shop Granny's Attic. grannysattic.org/

Mary says... Read this book! *Headstrong: 52 Women Who Changed Science-and the World* by Rachel Swaby

You'd think a prominent newspaper like the New York Times would know better, or at least have someone editing who knows better, but then things like this appear and make you wonder. The NYT printed a piece about the death of Yvonne Brill which tarted out by talking about her cooking, saying specifically how she made a mean beef stroganoff. Next, it tells how she followed her husband from job to job, and raised three kids. Only after those defining facts about her did they go on to share that she was an award-winning rocket scientist who invented a propulsion system that kept communication satellites in orbit. When was this? It wasn't printed back in the 50s or 60s – it was in 2013! The book is a great read. Check it out to learn more about Brill, and 51 other female scientists, you may never have heard about.



The Rainbow Center Says...

Join them at the RC 50+Lunches

The Rainbow Center's 50+ Lunch Bunch is a social and educational opportunity for LGBTQ individuals 50 and older. This program is co-sponsored by Tacoma Older LGBT. This is a brown bag lunch event that meets the 3rd Friday of every month, 11 am - 1 pm. Please bring your lunch, we will provide beverages and snacks. Your contact person at the RC is Laura. She can give you the lowdown on parking and any other details you might need.

The Rainbow Center
2215 Pacific Ave.
Tacoma, WA 98402
Ph: 253-383-2318 Fax: 253-383-2978
laura.brewer@rainbowcntr.org

Want the Latest News?

Sign up for the various Yahoo groups. Learn how how on the last page of the miniNEWS.

M&M Want To Remind You...

Folk Music Rules at Vancouver!

It may be too late to get to the National Women's Music Fest, but it's not too late to make plans to go to the Vancouver Folk Music Festival. It's always a memorable experience in so many ways. It happens July 17-19. <http://thefestival.bc.ca/>



When we first started going, we looked at who was going to play there... then we learned that wasn't a deciding factor. We knew only three of the performers that first time we went, yet came home with a dozen new favorites. Go with an open mind – you'll be just as likely to find yourself experiencing global music from countries like Mali, Australia and Venezuela as you are old-timey bluegrass or Celtic tunes. Add some blues and spoken word to the mix and you won't return home the same person.

It can be a bit overwhelming the first time - contact M&M, or Gloria, if you want some tips on how to navigate the festival.

WomynRock Wants You to Know...

Women Keep On Rockin' in Olympia

PS OLOCer Pat M. regularly organizes dancing opportunities for the community. The next one is set for Sept. 19. They take place in Olympia, at Jakes on Fourth. Pat says, "Come join the fun, meet some new friends and party the evening away from 5-9 p.m. As usual we will have a little raffle to help raise funds for SAGE Olympia and Tacoma Older LGBT serving our community of older LGBT adults." Jakes is a cash only bar, so come prepared... or there is an ATM on site. WomynRock dances have a small cover charge of \$6/person. Make sure you don't miss a dance by following WomynRock on Facebook www.facebook.com/WomynRock2



Tacoma Older LGBT...

Happy Hours!

What could be better than a "Happy Hour" event? Two! Tacoma Older LGBT sponsors two each month in the south lounge at Pacific Lanes. These events are geared toward the 50+ LGBT older adults, but everyone 21 and older is welcomed. The event has proven to be very popular with women. Some play darts and some visit and get to know one another, but all have a great time at the "Draughts & Darts" and "Happy Hour Hangout" Happy Hour events. They are co-hosted by Pat & Carmel.



When: the 2nd Tues. & 4th Wed. of each month
Time: 5:00 -7:00 p.m.
Location: Pacific Lanes, 7015 S. "D" St, Tacoma

Tacoma Older LGBT Shares...

"Have you experienced a loss of a significant person in your life? Come join us at this drop-in group, the only group of its kind in the South Sound. We are not a therapy group, but individuals coming together to talk about our loss and our process."

This event is co-sponsored by Tacoma Older LGBT and SAGE Olympia. Co-facilitated by Cathy & Pat.

When: 3rd Wednesday of each month
Time: 5:30 - 7:00 p.m.
Location: The Firs, 426 Lilly Road NE,
Olympia, WA 98506

If You Aren't On Their List Already...

You ought to be! Triangles serves as a lesbian social group in the greater Olympia area. Some of you know Laurie Fordham... she often comes to the South Sound Lunch Bunch. Laurie deserves kudos for routinely sending out an amazing amount of information covering events that may be of interest to lesbians in our area. It isn't all just Olympia. The dozens of events in the June issue list ranged geographically from Seattle to Cle Elum to Portland. They also varied from an all gay singalong, to women's roller derby, to a breakfast out.

Click on any event on the list that starts out the Triangle newsletter and it jumps you down further in the document where you'll find all the info you need: descriptions, contact info, directions, links to websites, etc.

While Laurie and Triangles may have missed a few events, it can't be many! To sign up, contact TrianglesOfOlympia@gmail.com



Tracking Devices



You may have seen these little tracking things here and there. Or you may be getting dozens of spam emails about them. Or maybe you've never heard of them! Basically, they are small tags you can attach to your keys, clip onto your dog's collar, slip into your luggage, or drop in your purse to help you find them when they are lost.

How do they work? Glad you asked. First, understand that you need a smart phone. They all work with an app you'll need to install. If and when you are separated from the tracking device, you can go to the app and find out where it is... usually. These tracking devices use something called crowd GPS which boils down to the fact that the more isolated you are, the less likely they will track anything! But if you live in a metro area where lots of people are using similar devices, they may be the answer.

The two most common are TrackR and Tile, but there are others out there as well including Duet. If you're thinking about giving this a go, you may want to ask Gloria how hers are working. We noticed she had them on a couple of her electronic devices.

Costs range a bit, and keep in mind that some have replaceable batteries, others do not. For a good overview and review, go to: <http://tinyurl.com/nqxb477>

#HowWeFamily We Need to Take Time to Say Thanks!

Several PS OLOCers have commented on our Yahoo list how much they appreciate Tylenol's recent commercial that includes a young lesbian couple and two gay dads, as well other non-traditional families – posting it to our Yahoo group is great. Without those posts, some of us, especially those who tune out commercials, wouldn't have even noticed. But who we need to be contacting is the makers of Tylenol! We know for sure the other side is loudly complaining. (The AFA wants people to say "continuing to air this ad and other offensive advertisements in the future will force your family to make the decision to no longer purchase Tylenol or Johnson & Johnson products.")

Tylenol isn't just doing this one commercial. Go to <http://tinyurl.com/pts64v3> and you can see more about their campaign to show us for what we are... loving families.

They say an unhappy person tells, on average, ten people about what they're unhappy about and a happy person tends to share it with two or three. We need to be a part of changing that equation! We have a perfect opportunity to do that here and now. Reach out to Tylenol and thank them! Leave feedback at their website, or on Facebook, Tweet, or post to Instagram... or call toll free to 1-877-Tylenol.



Remarkable Life by Kathy Prez

Stephen Hawking's life – in the film, *The Theory of Everything* – brings to light the condition of ALS, Lou Gehrig's disease. ALS stands for amyotrophic lateral sclerosis. Deciphering a medical term works well if you start from the end and work forward. In the case of ALS, the -osis refers to "a condition of," and scler- means "hardening or scarring." (Similarly, arteriosclerosis is "a condition of hardening of the arteries.") In ALS, the motor neuron ("nerve cell") pathways that begin in the brain then travel "southward" within the sides (lateral regions) of the spinal cord, harden or scar. As a result, muscles (myo) atrophy (a- means "no"; -trophy means "nourishment") because they lack the necessary "nourishment" of nerve stimulation.

The muscles that move the eyes (extraocular muscles, or EOM) are formed from different regions in the developing embryo compared to most other muscles. EOMs are distinctive in that they contain "satellite cells" that permit growth of new muscle cells throughout life as old ones die. When virtually all other skeletal muscles (those attached to the bones) die, they cannot be replaced. So in ALS, "muscle wasting" or atrophy results in paralysis of arms, legs, and muscles used for breathing, speaking, swallowing. But the persistence of EOMs allows ongoing communicating via eye movements of the person living with ALS. The heart and digestive system contain muscle that is not under voluntary control so those organs are also not affected in ALS.

One to two Americans per 100,000 persons (or 5,600 new cases) are diagnosed each year, and the same number die annually from ALS. Average time from onset of symptoms to death is 2 to 4 years. Remarkably, Steven Hawking, born January 8, 1942, has lived over 50 years – of profound productivity – since his ALS diagnosis at age 21.

Expiration Dates on Meds

Starting in 1979, the law mandated drug manufacturers put an "expiration date" on their products – but they don't really expire. What that really means is that at that date, they are still guaranteed to have at least 90% of their original potency. Many are still 100% effective at that date! The FDA did a study with the military – they were literally throwing out tons of drugs. They tested 100 drugs, both scripts and over-the-counter. Turns out, almost all of the 15 years old drugs were still in perfect condition. There are exceptions, of course. With drugs such as digoxin or insulin, and EpiPens, you need to watch those dates. Liquid meds are less stable, generally. To find a list of the 8 or 10 drugs where expiration dates are important, you can go to <http://tinyurl.com/ptn2ub6> And when in doubt, ask your pharmacist.



Keepin' Up With PS OLOC Events

Each group has two addresses listed here. If you belong to the group, use the first address to post. If you are new, send your initial query to the second address, the one with "subscribe" in its address. It's the least expensive subscription you'll ever have – and no renewal notices!

For all PS OLOC

psoloc@yahoogroups.com
psoloc-subscribe@yahoogroups.com

For the South Sound Lunch Bunch & the Westies (Gig Harbor, Olalla, Longbranch, etc.):

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