

PS OLOC miniNEWS

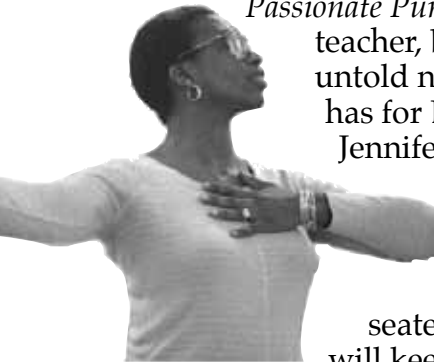
Connecting old lesbians throughout the Puget Sound area to form community and encourage participation in activities and causes that work to improve our lives and increase our visibility.

Our 40th Issue!

March 2016

Plans are Brewing for a Great Film Event...and Maybe More Than Once! Saturday, April 30, 1:30 - 4 pm, at The Bridge at Village Cove (Community Room) in Seattle

Arrangements have been finalized. Yipee! PS OLOC will host a showing of a new documentary *The Passionate Pursuits of Angela Bowen*. "For six decades Angela Bowen, classical dancer and teacher, black lesbian feminist activist, and professor, has influenced and inspired untold numbers speaking out as strongly for the Arts, Black and Women's Rights as she has for Lesbian, and Gay Rights." The film has been a true labor of love by her partner, Jennifer Abod. The event will be free but we will pass the hat to gather a contribution for Jennifer.



Tentative discussions about our wanting to show this film lead us to believe we needed a fairly large space, so we've arranged to use the community room at The Bridge at Village Cove in Seattle. The room seats 50, first come, first seated. We're looking at doing a second showing, at another location a little later and will keep you posted. If you have questions, contact Gloria. Directions appear on the last page... the one we tacked on after the real last page!

Believe It or Not!

How can it possibly be that this is the 40th miniNEWS??? It seems like not all that long ago when Janá LaGasa came home from a national OLOC event determined that we'd form a chapter in our area.

Even though Janá fell ill and couldn't follow thru herself, a handful of us set a meeting at a library in Tacoma and sent out the word every way we could think of. At the set time, we trundled into the library with a few snacks and liquids in our arms, only to be admonished: neither was allowed. We set up a couple of tables, pulled up some chairs, looked at each other and said, "Now let's see if anyone will show up."

Around 30 women came, some even driving down from Seattle. Little did we know that an exploratory meeting would lead to what it did.

That was January 27, 2007. The first issue of the miniNEWS came out in June 2008, and it really was mini! A single page was all we envisioned, a quick and simple update on what was planned. And, as you well know, since then, the only thing mini has been its name.



House Concert Ann Reed Saturday, May 14, 6:30 pm

You're gonna love this one! Ann has it all: a rich alto voice, song-writing and guitar skills, and a deep connection with her audience... we are incredibly lucky to have her join us in a house concert on Saturday, May 14, in Tacoma. Hosted by Pawprint Productions (Jolly, Casey, Mary & Margaret), and sponsored by PS OLOC and TLC, tickets for this one are bound to sell out quickly. Not only will you get a great concert, but a fun social hour where you can chat with Ann and nosh on some great eats! For tix, call Casey at 253-219-4662.



Opportunities! Opportunities! Opportunities!



Recurring PS OLOC Area Events

Here are the highlights for what is going on in the various geographic areas within PS OLOC. We encourage you to join the separate Yahoo groups – info on how is on the last page of this newsletter.

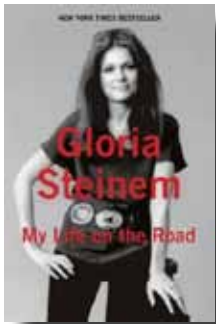
Seattle area:

- The Dinner Group continues to meet on the 3rd Thursday of each month. Location varies, but they always try to meet at 6:30. For more information, or to RSVP, contact Aganita. Here are their next few locations:

March 17 - El Sombrero, 4868 Rainier Ave. S., Seattle 98118

April 21 - Kezira Eritrean and Ethiopian Restaurant, 5100 Rainier Ave. S., Seattle 98118

May 19 - Spiro's Pizza and Pasta, 18411 Aurora Ave. N., Seattle (Shoreline?) 98133



- Don't forget, the Seattle PS OLOC Book Group has changed to daytime! As they began their third year, they changed their schedule to meeting the fourth Tuesdays at 1 pm. Aganita is your go-to person on the book group. The place they meet continues to be Couth Buzzard Books. Have an idea for a book you'd like the group to tackle? Send suggestions to Deirdre. Upcoming schedule:

March 22 - *Light Between Oceans* by M.L. Stedman

April 26 - *My Life on the Road* by Gloria Steinem

May 24 - *China Dolls* by Lisa See

Westies (Olalla, Gig Harbor, Longbranch, Shelton, etc.):

- West women try to meet on the 1st and 3rd Thursdays, generally at 12:30. Activity varies from discussions, films in private spaces, movies at theaters, picnics, games, etc., so locations vary a bit, too. Contact the Westies thru their yahoo group (info on the last page) or by reaching out to Kathy Knowles: 253-857-4849 or kjknowles@centurytel.net



South Sound:

- South Sound Lunch Bunch meets in the Tacoma area on the 2nd Tuesday of the month at 11:30. Locations vary, and occasionally they need to switch up the dates. You can keep in the know by... you guessed it... joining the South Sound yahoo group! The March Lunch Bunch drew 14 women. Interestingly, it was an even mix of women from Vashon and mainlanders. They agreed that when we get to Aug. 9, the event will be a picnic BBQ at Dockton Park on Maury Island (connected by an isthmus to Vashon Island. Details to follow, but for now, save that date!



Coming Out Women

- CO Women meets on the 1st and 3rd Wednesdays each month. This confidential support group is for women of all ages who are dealing with coming out issues. CO Women meets at the library in University Place. For more info, contact Kathy P. or go to www.comingoutwomen.org



Looking for contact info? Go to the last page.
We list phone and email for all the QC3.

Want to join one of the PS OLOC Yahoo groups? Go to the last page for how-to info.

The Disappearing Term: Senior! Ageism in Action


What's politically correct terminology today, may not still be tomorrow. For decades, the acceptable term for the group of people who have reached 60, or 65, plus years of age had been seniors. While no one is offering an alternative very many people can agree with, Senior Services in King county decided to abandon the term, changing their name to Sound Generations.

We've talked about this before, and some of us wrote to complain, or talked to the folks at "Sound Generations," but it seems to be a done deal. Ellen recently offered an insightful (and humorous) dissection of Senior Service's stated reasoning for eliminating the word Senior from their title. On the left is their reasoning. On the right is Ellen's commentary.

They wanted a name that:	Ellen says...
is distinctive	Not really.
provides a broader description of who we serve	They definitely don't serve children, may serve some disabled or disadvantaged under 55, but "sound" has two meanings... and one doesn't fit!
captures the essence of who we are and what we stand for	It captures nothing unless they are, indeed serving all of Puget Sound's residents, which they aren't.
is an evocative name that inspires people to ask questions rather than attempting to explain all we do	This one takes the cake; yes, people may ask questions because the name means nothing, not even that services of any kind are provided.
includes a geographic modifier to ground us and to allow for organizational growth	What would have been wrong with "Sound Senior Services, in that case?"

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.

 **If there is a question as to whom to contact about an event, you can always email info@psoloc.org**

QCCC (Queer Crone Coordinating Council) Check In

Yes, we met once again and stayed busy enough that we have pages of minutes. We talked about a variety of subjects, as usual, including the miniNEWS, how to get volunteers, allied groups, an upcoming event in Olympia called *Queer I Am*, and formulating plans for the film event we wrote about on the first page of this issue. Sue, who is now QC3 emerita, sat in on the meeting before she started off on her big driving adventure. Kathy Prez stepped down from the QC3 but given the list of things she will continue to do, she'll still be more than busy! We thank them both for all they've contributed to the Council over the past few years.

We all agreed we want to emphasize that QC3 meetings are open to anyone who wants to attend! The next one is set for Tuesday, April 5, from 10-3 at the Valley View Library, near Seatac. Get in touch with any of us if you need more info. The meeting is always a brown-bag lunch affair.



LIGHTS CAMERA ACTION DVD Project Update

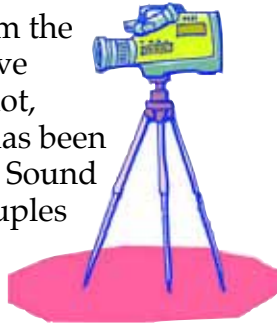


We may be progressing slowly, but we'll plead that's because we want to make sure it's done right! The final cut is ready, David (our guru at UDub) is working on prepping it so we can add captions, and we're finalizing the Companion Guide and handouts (for when the DVD is used in a group or class). Lots happening, but still a few more steps before we can say, "That's a wrap."

Laurie Fordham...

Making a Difference, Making Videos!

Some of you know Laurie, from the Olympia area. Others may not have met her. Whether you know her or not, you should be proud of her. She has been working on a project called South Sound Love Stories. SLS focuses on "couples in long-term relationships who represent the diversity of our community and enjoy telling their stories of love's challenges and rewards."



Unless you already caught it when it aired on TCTV, head over and watch the one that aired recently with lesbian couple, Deb & Cindy. <http://tinyurl.com/hsdoytt>

Welcome to Kamikatsu submitted by Ellen

I'd like to share some information about a small village in Japan that started a Zero Waste program in 2003, and recycles, composts or reuses 80% of its waste.

Head to <http://tinyurl.com/z6h7ora> to read about this unprecedented effort, and to watch a video about how this project is working. While it may be unrealistic in whole for where we live, it is a shining example of a goal, and the possibility of a will to make it happen. I particularly like the reuse part at the end. I learned about it from an organization called Zero Waste Vashon, which also included a posting containing information about a Vashon business called ReGenr8. The two founding women make bags and totes from found items, the first ones having been made from burlap coffee bags. If you get to Vashon you should check them out in their shared studio space, Studio V, next to the car registration office on Bank Rd., in the first block east of the main intersection, on the south side of the road.)



What can you do if you don't have good access to the internet to follow the links that appear in most issues of the miniNEWS? If you have email, drop a note to, or call, M&M... they'll do their best to help you out.

OLOC Membership: National OLOC welcomes as members Old Lesbians who have reached their 60th year. www.oloc.org

What is a Webinar?

You'll read on the next page about an upcoming webinar we thought you might want to be a part of, but some of you might be wondering what a webinar is. The term webinar is short for a web-based seminar. Typically webinars are seminar presentations, lectures, or workshops. The events are transmitted over the Web using video conferencing software. What sets them apart from similar events is that webinars are interactive, offering opportunities for those participating to ask questions or offer commentary in real time.



Some of us in the QC3 signed up for a webinar a couple years back... and it wasn't. It was a webcast, at best, where they send out the info and you watch, but there was no avenue to interact live. Yes, we could email questions later. It was irritating, and really a bait and switch situation since we had to pay to register. We complained loudly but it didn't do any good. Lesson learned.

You may also run into what essentially amounts to a rerun of a true webinar... it was done live, with interactive elements, but it is being offered for viewing after the fact.

Webinars are being used by lots of educational programs, trainings, organizations and businesses. You can even do a webinar to learn how to run a webinar! Next time the opportunity to attend a webinar presents itself, check it out and let us know what you think.

Daylight Savings Time

Confusing... irritating when you have to reset all your clocks twice a year... and ineffective. DST was started during WWI thinking it would save energy if it was lighter later. It's been in, it's been out, it's been expanded by a month (thanks to George W Bush) ...and it's been proven that in our modern culture, it doesn't save money. So why do we keep doing it? Who knows?



March: Women's History Month

March is Women's History Month and this year an interesting mix of events has been planned, locally and nation-wide. Here are the details about one yet to happen that you might want to get in on, as well as some other resources.

Webinar: Women Who Served: Stories from the Veterans History Project, March 23, 11 am PDT

This webinar, lead by members of the Veteran History Project at the Library of Congress, will share stories of female veterans documented in their own words and voices. From the WACs, WAVEs and WASPs of WWII to the integrated forces serving in the recent conflicts in Iraq and Afghanistan, women occupy a key role in America's military past. The webinar will also give info on how to do research, and participate in, this oral history project that collects accounts of American war veterans.

If you've not participated in a webinar before, you might find this an interesting format. Register at: http://loc.gov/rr/program/web-discussions_form.php Confirmation and log on instructions will be sent via email. Participants must have access to an Internet-connected computer with speakers or a headset. There is also a telephone option for audio.

Works In Progress...

The NWHM is spearheading an effort to establish a national women's history museum in the DC area. You can follow their progress at www.nwhm.org

The group's first major achievement was spearheading the effort (with other women's organizations) to raise \$126,000 and generate public support to move the monument of Lucretia Mott, Elizabeth Cady Stanton, and Susan B. Anthony out of its 76-year confinement in the Capitol Crypt (surrounded by mops, buckets and such) to the rotunda of the U.S. Capitol.

The monument depicts the three women listed above, but has a forth, unfinished form. The woman artist said she left it to remind everyone suffrage was far from finished, but wouldn't it be perfect for someone to transform the fourth form into Sojourner Truth?

From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often, the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

**President Jimmy Carter, as he designated
March 2-8, 1980 National Women's History Week**



FIRST TIME IN BALTIMORE!

HEAR!— MRS. ROSA PARKS

Whose arrest, because she refused to be segregated, led to the Bus Boycott in Montgomery, Alabama.



BALTIMORE BRANCH N.A.A.C.P.
**KICK-OFF
MASS MEETING**

SUNDAY, SEPTEMBER 23, 1956 - 3 P.M.

SHARP STREET METHODIST CHURCH
Dolphin and Etting Streets
Music by Famous BALTIMORE CHORALE
under direction of Gerald Burkes Wilson

**RENEW YOUR MEMBERSHIP TODAY!
And Get One More!**

Good Music **Admission Free**
Mrs. Lillie M. Jackson, President Dr. Charles Watts, Treasurer

The Rosa Parks Collection Library of Congress

Hope you have lots of free time when you follow this URL, 'cause you're likely to get lost, realizing hours later that you missed your dentist appointment! <http://tinyurl.com/zwhwlc9>

In the Library of Congress archives you're given access to the amazing collection of materials about Rosa Parks. They range from the expected, like the poster above advertising a meeting where she was speaking in 1956, to family papers, financial information, photos, interviews, notes, letters and more, including a handwritten recipe for featherlite pancakes! (we'll add it to the last page of the miniNEWS)

Those of us who grumble regularly about where all our tax money goes can see it here... what an invaluable gift to us all.

A \$20 Bill Update...

Last year, about this same time, we wrote an article in the miniNEWS about a campaign called A Woman's Place is on the Money. The Treasury had announced it was redesigning some of its paper bills and was actually seeking some input. Womenon20s.org launched their campaign, urging everyone to submit their suggestions, and then even had a run-off of sorts.

When they did their final balloting between Eleanor Roosevelt, Harriet Tubman, Rosa Parks, and Wilma Mankiller, Harriet Tubman won out. As you might imagine, it didn't take long for the critics to come out of the woodwork. Some were thoughtful, speculating that placing a black woman on the \$20 might be perceived as hush money, doing nothing to deal with ongoing racism in our country. And some were, as expected, just plain misogynistic, including criticisms of her looks!



Over 600,000 people weighed in on this and the results were shared with Jack Lew, Secretary of the Treasury. And what did he do? Announced that they would, at best, add Harriet Tubman to the back of the \$10 bill (Hamilton would remain on the front) and leaving Hamilton, known for slave-trading and killing of Native Americans, on the \$20, the most commonly circulated piece of US currency.

Lew got some blowback, and tried his own campaign to get input on the redesigns, but it got him little more than public criticism. The new designs won't be out for several more years, and it's still unclear what will happen.

It may not do any good at this point, but we urge you to contact your senators, cc'ing Jack Lew, telling them/him how you feel about this all. The year 2020 will be the 100th anniversary of women's suffrage. High time to recognize the invaluable role thousands of women have played in American history!

Think Your Voice Doesn't Matter?

Your voice may not always matter, but sometimes, when women speak loudly enough, we are heard. When the Womenon20s.org group started out, they had 100 suggestions of women to feature on the \$20 listed. A quarter-of-a million votes later, it was trimmed down to these 15 deserving women.

Susan B. Anthony
Patsy Mink
Rachel Carson
Rosa Parks
Sojourner Truth
Alice Paul
Eleanor Roosevelt
Shirley Chisholm

Clara Barton
Elizabeth Cady Stanton
Margaret Sanger
Harriet Tubman
Betty Friedan
Barbara Jordan
Frances Perkins

If you were following this at all, you might have wondered how it happened, that when it came down to a final vote, it was to be between Tubman, Roosevelt, Parks. Then there was a fourth name, not one noted on that list of 15: Wilma Mankiller. Apparently, lots of folks spoke up, LOUDLY, decrying the lack of a single Native American woman on the list and asking that Wilma Mankiller be added. Despite her late entry into the race, she received a significant number of votes, almost equal to Rosa Parks.

Remembering our history, it would have been especially appropriate that she be selected, given her heritage. Hamilton was the president to enforce the 1930 Removal Act, which led to the Trail of Tears, where 4000 Cherokee died. Wilma Mankiller was the first female chief of the Cherokee Nation and received the Presidential Medal of Freedom in 1998.



Lesson: Speak up.
And if you don't think
anyone is listening, say
it again!

The secret of our success is that we never, never give up. We must trust our own thinking. Trust where we're going. And get the job done.

Wilma Mankiller

Our Vashon Friends Suggest...

A Free Range Folk Choir Concert

Come join with friends for a Free Range Folk Choir Concert featuring guest artist Kat Eggleston on Saturday, April 2nd, 7pm at the Vashon High School (9600 SW 204th St). This concert will feature several of Kat Eggleston's most beloved songs in honor of her father, performed with full choral accompaniment by the Free Range Folk Choir. It will be an evening of storytelling and song, from intimate solos to rich choral harmonies of the world folk music from the heart of our human experience. An audience sing-along will round out this evening of joyful music. Family friendly!

Suggested donation is \$5-10. No one turned away for lack of funds. All are welcome.



Did you know?

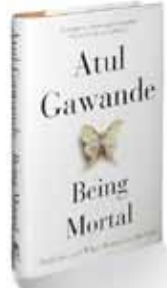
According to Project Visibility in Boulder, Colorado, LGBT elders are four times less likely to have children, and twice as likely to live alone – yet they are five times less likely to access senior services than their heterosexual peers.

Kathy Prez Wants to Share This...

From the National Resource Center (NRC) on LGBT Aging: www.lgbtagingcenter.org

- There are currently 3 million LGBT seniors in the U.S. As baby boomers age, that number is expected to more than double by 2030. People over 65 years of age are the fastest growing segment of both LGBT and non-LGBT populations, especially seniors over the age of 85.
- Quick computer tip from the NRC: If You're Using a Mouse with a Scroll Wheel, an easy way to increase the font size is to hold down the Control (CTRL) key while rolling the scroll wheel on your mouse. Rolling it away from you will make the print size bigger, and rolling it toward you will make the print size smaller.

Ellen wanted to let you know...



I just finished a book called *Being Mortal* by Atul Gawande, and I couldn't put it down! It is written by a surgeon, who, over many years of practice came more and more to realize how doctors failed the elderly and those with terminal illnesses by always being in "fix-it" mode, what a sense of well-being means, and how doctors need to help patients deal with what medicine cannot do.

He also has travelled the country researching new models of nursing homes and assisted care. Apparently the very first vision for how to help the elderly and still have them independent and in charge of their lives was started by Keren Wilson in Portland. Named Park Place, it modeled on the concept of a home. Another was in upstate New York, where the director looked at all the people slumped in their wheelchairs and brought in a pair of parakeets and live plants for each room, dogs and cats, a pre-school for the staff children, after-school programs – and what an incredible difference it made. People started to live again! And with much less medication. And other examples. It is a book I urge you to read.

We've got twenty women in the Senate. Twenty women in the Senate? We are 52 percent of the population. Apparently women do suck at math. Paula Poundstone

Pat McIntyre reminds us...

Pat stays busy nurturing and leading a group effort called Tacoma Older LGBT. www.tacomaolderlgbt.org TOL is a non-profit LGBT organization in Tacoma and Pierce County "specifically geared to advocating for, serving, supporting, and working with older LGBT adults in Tacoma, Pierce County and surrounding areas." Visit their website and you'll get the dates and times for a couple of ongoing events they host including happy hours, walks, a grief group and more.



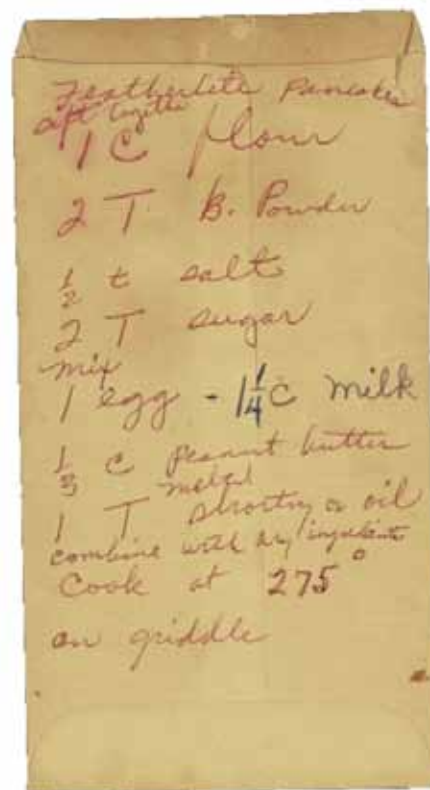
Be sure to check for their next Womyn Rock dance. They've moved it up to Tacoma. www.facebook.com/WomynRock2

Rosa Parks: A Sample from the Archives

As we mentioned earlier in this newsletter, when you browse Rosa Parks' papers, you have access to read handwritten notes she wrote over the years. Below are two sample of writings she left. And to the right is the image of a recipe she'd written on the back of a small envelope.

About her grandfather: *He died when I was six years old. Mother taught school in the rural community where we lived. The KKK moved through the country burning Negro churches, schools, flogging and killing. Grandfather stayed up to wait for them to come to our house. He kept his shotgun within hand reach at all times. My aunt, a widow, and her five small children came to our house at night. We could not undress and go to bed at night. The doors and windows were all boarded and nailed tight from the inside. I stayed awake nights, keeping vigil with Grandpa.*

Circa 1958, she wrote about Jim Crow: *Time begins the healing process of wounds cut deeply by oppression. We soothe ourselves with the salve of attempted indifference, accepting the false pattern set up by the horrible restriction of Jim Crow laws. Let's look at Jim Crow for the criminal he is and what he had done to one life, multiplied millions of times over these United States and the world. He walks us on a tight rope from birth to the end of life's span, whether it be long or of brief duration.*



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PS OLOC has been slowly growing a select collection of DVDs of films of interest to our group. They're available to show in groups, or to borrow. Contact Gloria for details.

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 the Seattle metro area:

SeattlePSOLOC@yahoogroups.com
SeattlePSOLOC-subscribe@yahoogroups.com

psoloc.org • info@psoloc.org

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

SouthPSOLOC@yahoogroups.com
SouthPSOLOC-subscribe@yahoogroups.com

For all PS OLOC

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



The PASSIONATE PURSUITS of ANGELA BOWEN

An Exciting New Documentary by Award Winning Director Jennifer Abod

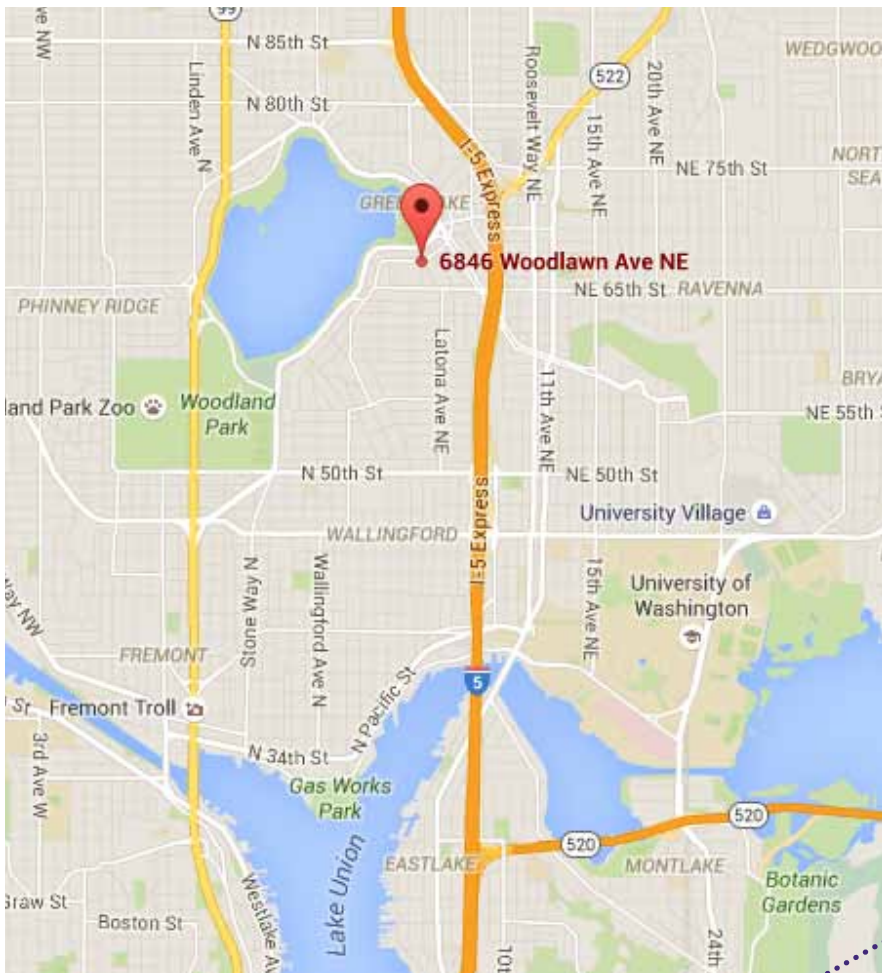


The Bridge at Village Cove (Community Room)

6846 Woodlawn NE Seattle, WA 98115

(East side of Greenlake, 1 block behind Spud's Fish and Chips)

Saturday, April 30, 1:30 - 4 pm



Downtown Seattle south of here...

We're excited to try out this new venue, to see how it fits our needs. We know going in that parking will be a big issue. The location is close to Green Lake and if the weather is even half way decent on that Saturday afternoon, parking may be non-existent. So, mass transit is always a good idea. Car pooling is a good idea.

If you can manage it, walking-wise, you may want to try parking about 2 1/2 blocks away at PCC. They have underground parking for (?) a buck or two an hour. You can get the first 90 minutes validated if you buy some good stuff, too. You can enter that garage on both N.E. 71st St. and N.E. 72nd St.

For non Seattle / Puget Sound natives, PCC is the largest consumer-owned natural food retail co-operative in the United States. Started in 1953, PCC stood for Puget Consumers Co-op, but it's simply gone by PCC for decades.

