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Volume 21 No. 8

A Calendar of Events for and by Womyn

August, 2003

Activities....

FRIDAY, AUGUST 1

10 PM...Female exotic dancers (strippers) appearing at the Pink Lizard. Don't miss these tit-alizing, ummm, I mean tantalizing dancers. Ohhh baby, a feast for the eyes! Woo hoo!

SATURDAY, AUGUST 2

8 PM...The 15th Annual Miss Gay Pennsylvania America Pageant 2004 at the Velvet Rope in York, PA. For more info please check their website: www.clubvelvetrope.com, or call (717) 812-1474.

SATURDAY, AUGUST 9

11 AM...9th Annual Gay Day at Knoebels Grove, sponsored by American Mosaic. Located in Elysburg, PA. Join us for the meal and/or the day. Bring a covered dish. Hot dogs and tableware will be provided. Meet at Pavilion T-10. Covered dish lunch and raffle at 3 PM. Registration begins at 11 AM. This event is sponsored by American Mosaic...not Knoebels Grove. For more info please contact Susan at (570) 322-7607.

SATURDAY, AUGUST 9

8 PM... "United We Sing!" -- a joint concert of the Central Pennsylvania Womyn's Chorus, MCC Gospel Choir, and the newly formed Central Pennsylvania Men's Chorus at the MCC Church, 2973 Jefferson Street, Harrisburg. Tickets: \$10 donation at the door.

AUGUST 12 - 17 MICHIGAN WOMYN'S MUSIC FESTIVAL

The mother of all womyn's music festivals! For more info and to see the great entertainment line-up go to www.michfest.com.

SATURDAY, AUGUST 16

6:30 PM...Lancaster Ladies Night Out meets for good food and fun. Singles and couples are welcome! Please call Nancy at (717) 665-4234.

SUNDAY, AUGUST 17

6 PM...GIG's (Gay In Gettysburg) next get-together at Pat's Pub & Grill, 6418 Chambersburg Rd. Fayetteville, near the Totem Pole Playhouse. Please call (717) 576-2724 to RSVP.

TUESDAY, AUGUST 19

7:30 PM...The Sunoco Performance Theater at the Whitaker Center in Harrisburg presents Suzanne Vega, featuring Patty Larkin in concert. Tickets are \$29.50 and are available by calling (717) 214-ARTS, or on-line at: www.whitakercenter.org.

THURSDAY, AUGUST 21

7:30 PM... The 6 - voice a capella women's vocal ensemble Marmalade will be performing in concert at the historic Union Church in Mechanicsburg, PA. The concert will include jazz, folk, sacred, pop, and women's music in a lovely, acoustic setting. For more information, please call (717) 691-2065, or e-mail: imamezzo@aol.com.

SATURDAY, AUGUST 23

6:30 PM...Harrisburg Ladies Night Out meets for a fun evening out at a local restaurant. Singles and couples are welcome! Please call Judy at (717) 232-8382 or e-mail: info@lavenderletter.com by Wednesday, August 20.

AUGUST 21, 22, 23, 24

GETTYSBURG BLUEGRASS FESTIVAL

For all you Bluegrass fans, this is the place to be! Check out the artist linup on their website: www.gettysburgbluegrass.com.

Upcoming Events....

MONDAY, SEPTEMBER 1 LABOR DAY

MONDAY, SEPTEMBER 8

7 PM...Central Pa Womyn's Chorus open rehearsal. Meet us, sing with us, and find out how much fun Monday nights can be! Temple Beth Shalom, 913 Allendale Rd., Mechanicsburg. For more info, please call (717) 234-4825, or e-mail: info@cpwchorus.org, or see the chorus website at: www.cpwchorus.org.

SEPTEMBER 19, 20, 21 WOMEN'S WEEKEND CAMPING TRIP AT MAUCH CHUNK LAKE PARK JIM THORPE, PA.

The Lehigh River carves through a steep-walled canyon. The deep gorge, thick vegetation, rock outcroppings, and many waterfalls characterize the entire park. it is one of the most scenic rivers in America and features whitewater rafting. Visitors who like adventure will also love hiking or mountain biking (rentals available) on more than 25 miles of abandoned railroad grade that follows the river. Fall color should begin at this time.

If you are interested in a white-water rafting trip, please send your camping registration form with check in by September 2, 2003. Add \$20 to the camping fee as a deposit (non-refundable) for white-water rafting.

Camping fee - Members \$20 and Non-Members \$25

Camping registration deadline is Friday, September 5, 2003. To register please go to: www.susq.org, click on trips in left column and scroll down to Women's Weekend in September, and click on Register Now!



Inspiring Quotes....

There is only one corner of the universe you can be certain of improving, and that's your own self.

- Aldous Huxley (1894-1963) Author "Brave New World" and 46 other books

Spirituality....

WORSHIP SERVICES

...MCC of the Spirit, 2973 Jefferson St. Hbg. Every Sunday 10:30 am & 7 pm. Call (717)236-7387 for information. We offer Christian educational sessions that nurture the whole person, call for details and special events. Website: www.mccofthespirit.org.

...Unitarian Universalists of the Cumberland Valley, Sundays, 10:30 am at the Meeting House, 2 Forge Rd. in Boiling Springs, PA 17007. Children's program runs concurrently. Fully accessible. Rev. Judy Welles & Rev. Duane Finkelsen, ministers. For info call (717) 249-8944, or write: PO Box 207, Boiling Springs, PA 17007. Web site: www.uucv.org.

...Unitarian Universalist Church of Lancaster, Sundays, 9 am & 11 am. Rev. Valerie Mapstone Ackerman. 538 W. Chestnut St., Lancaster. (717) 393-1733. E-mail: UUCL@epix.net. Website: http://members.tripod.com/~uulancpa/index.htm.

...Unitarian Universalist Congregation of York, 925 South George St. York, 17403. (717) 845-8212. Services Sunday 10 am. Rev. Robert Renjilian, Childcare & religious education for youth provided. Welcoming Congregation.

...Unity Church, 927 Wertzville Rd., Enola, PA 17025 Services: Sundays 9 & 11 am. (717) 732-9773. Unity is a culturally diverse spiritual community, promoting positive life transformation & recognizing that all people are one in God. Website: www.unitychurchharrisburg.com.

...Vision Of Hope MCC, 130 E. Main St. Mountville, PA. 17554. Services: Sunday at 10:30 am & 7 pm. Morning Children's Sunday School. Call (717) 285-9070. E-mail: REVDCOGGIN@aol.com

...Unitarian Church of Harrisburg, Sundays 10:30 am. 1280 Clover Lane, Harrisburg, PA. (717) 564-4761. We are a liberally religious "Welcoming Congregation". Our Interweave Committee promotes acceptance & affirmation of GLBT concerns. Please join us. E-mail: uch@paonline.com. Website: http://www.paonline.com/uchuua/.

...Unitarian Universalist Fellowship Of Pottstown, Sunday services 10 am. 1565 South Keim Street, Pottstown, PA 19465. (610) 327-2662. Website: http://members.aol.com/uupottstown.

Church Survey...

A survey is being conducted to determine if GLBT persons in Lancaster County have an interest in a place to gather in addition to the bars and churches that are available to our community. Surveys can be picked up at various locations in Lancaster County (like Vision of Hope MCC, Borders and The Green Room). Or, you can access the survey on-line at: www.Visionofhopemcc.com. Tell all your friends about this survey as well! WE APPRECIATE YOUR WILLINGNESS TO FILL OUT THIS GLBT AND ALLIES SURVEY!

This survey is being sponsored and conducted by Vision of Hope Metropolitan Community Church located in Mountville, which is a Christian church whose primary ministry is to the GLBT community. Yet, if such a place to gather were offered, it would be open for a variety of activities and events, most of which would be of a non-church nature.

If you are interested in more information about this survey or church services offered at Vision of Hope MCC, please contact Rev. Deb Coggin at (717) 285-9070, or via e-mail: visionofhopemcc@aol.com.



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CÉNTÉR PÍÉCÉ

LAVENDER LETTER

August, 2003



Support Groups...

...PFLAG YORK meets at 750 Kelly Dr. (the former Lutheran Home building) at 7 pm on the first Tuesday of the month. Call Don & Pat (717) 843-3793, or Charles & Judy at (717) 846-7633 for directions or to be placed on the mailing list.

...NETWORK and FORUM for lesbians of Catholic heritage. A web site of the "Conference for Catholic Lesbians" (CCL) is now up & running. CCL was organized in 1982, published a monthly newspaper, "Images" and held many national conferences in different parts of the country. IF YOU ARE SEEKING ... to connect with others on a spiritual journey for strength & support...to learn how other women celebrate being Catholic & lesbian...to express what's on your mind & in your heart to others who have shared your experience & understand...please join us at catholiclesbians.org. For other information from a member in the Harrisburg area, you can e-mail: cathlesRU12@aol.com, or leave a message in the CCL "Guestbook".

... The Unity Church has an Alternative Lifestyles Support Group that meets every 2nd & 4th Friday evening of the month. We start at 7 pm at the Unity Church at 927 Wertzville Rd. Enola. This is a spiritual as well as a social group. Interested folks can contact the church at (717) 732-9773, or Sandy at sansmagic@aol.com.

...Common Roads, is a support group for teens & young adults in the Central Pennsylvania area who need a place to fit in, a place where their sexuality will not be held against them. The group consists of many different people from ages 14-24 & is led by multiple facilitors. We meet every Friday at The Center, 1300-A Third St. Harrisburg, to talk about our problems, our good times, and to simply have fun! For more information visit our website: www.commonroads.org. or call

...PFLAG Central Pennsylvania meets monthly. For more information e-mail: pflagcenpa@yahoo.com, or call daytime (717) 795-0330. Their 24-hour hotline is: (717) 728-8800.

Activism....

...NOW, York Chapter, meets on the 3rd Wednesday of each month. Call Peg or Delma at (717) 846-2089, or Kathy at (717) 845-4086 for info/directions.

...HRC (Human Rights Campaign), is the largest national lesbian and gay political organization, with members throughout the country. We effectively lobby Congress, fight anti-gay initiatives, and educate the public to ensure that lesbian, gay, bisexual, and transgender (LGBT) Americans can be open, honest, and safe at home, at work, and in the community. Please visit us at www.hrc.org.

...Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, the transgendered, and people with HIV or AIDS through impact litigation, education, and public policy work.

... National Gay and Lesbian Task Force (NGLTF) is the national progressive organization working for the civil rights of gay, lesbian, bisexual and transgendered people, with the vision and committment to building a powerful political movement. Please visit us at: www.ngltf.org.

Social Groups...

... The Central Pennsylvania Womyn's Chorus rehearses at 7 pm on Monday evenings in Mechanicsburg. Find out how much fun Monday nights can be! For directions & more info, leave a message at (717) 234-4825, or see the chorus web site, www.cpwchorus.org. or e-mail: info@cpwchorus.org.

...The Lesbian Alliance of South-Central Pennsylvania. Activities include potlucks, bi-monthly newsletter, media liason, & any other event that the group is willing to take on. Membership dues are \$10 per household. To get on the mailing list or for more information, call Kate or Cindy at (717) 848-9142.

... HOWL (Hanging Out With Lesbians), is a diverse group of non-smoking womyn with various interests. They do just about everything from camping to concerts, frisbee, fireside chats, horseback riding, snow tubing, movie nights, you name it! These womyn know how to have fun! You can visit their website: www.homestead.com/howlofpa/

...BAGAL (Business Association of Gays and Lesbians) is a South Central Pennsylvania Association of Lesbian & Gay professional & business people offering networking, community service and social opportunities for its members & friends. BAGAL meets every other month & prospective members are invited to attend their first meeting free of charge. Annual dues are \$35 per year & payable to "BAGAL" For more information, address questions and/or payments to: BAGAL, PO Box 135, Harrisburg, PA. 17108-0135, or call (717) 612-8445.

...Susquehanna Club, Mid-Atlantic Lesbian & Gay Outdoors Club. was conceived for the lesbian, gay men, bisexual & transgendered community members & their friends. We go hiking and camping throughout the Mid-Atlantic region. We have and continue to provide a "safe space" for LGBT people. Participants are asked to respect fellow participants comfort as to the degree of "being out" both during activities and elsewhere. Membership is \$10 per year for individuals and \$15 per year for couples. Address: 503 General Sutter Ave., Lititz, PA. 17543, or visit us at:www.susq.org.

...Women Golfers, interested in meeting other lesbians for golf? Let's get together! Please contact Nancy at (717) 872-0148 or e-mail: nancy.smith@millersville.edu.

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Your future in focus.

New Advertiser....

Derek Cordier, Attorney at Law. Derek can do Wills, Powers-of-Attorney, Living Wills, and legal advice for gay and lesbian couples. Derek also did one of the first same name changes in Pennsylvania for a local lesbian couple, Beth and Kristi Shupp-George. Beth is the webmistress for the Lavender Letter.

Ms. Kleen sez....

HAVE YOU LOOKED UNDER YOUR REFRIGERATOR LATELY?

That's right! UNDER the refrigerator. Have you EVER looked under there? If you haven't, you're in for a surprise. Are you ready to take a look? OK, here we go!

Stand in front of your fridge. Do you see that plastic thing at the bottom under the door? That is called a kick plate. You can pull it off, one side at a time. Get your flashlight and take a look under there. What do you see? If you have pets, you'll see lots of pet hair, dirt, dust and god knows what else. Looks pretty bad doesn't it? Dust and stuff just sticking to the metal coils under there.

Those metal coils are called heat-condenser coils, and they transfer heat from inside the fridge to the outside air. Because dust acts as an insulator, dusty coils cannot get rid of heat as easily and your refrigerator has to work harder to keep the inside cool.

It's time to clean it out. You'll need to vacuum that stuff out of there. You'll also need a long skinny attachment in order to get under there. There is not a lot of room under there. You can buy a special attachment at Wal-Mart or someplace, or a special long wire brush for refrigerators. You can find these in some catalogs, or even online. OR, you can use a long wrapping paper tube made out of cardboard. Take the wrapping paper tube and smash it down enough that it will fit under there easily and still be able to suck that stuff up. Attach one end of the tube to the end of your vacuum hose, turn the vacuum on, and work your way around under there till you have all the dirt and dust sucked up.

You should clean under there at least every two months or so. More often if you have more than one pet. By cleaning under there you are improving the effiency of your fridge, AND saving money and energy.



MONEYtalk....

BEAR MARKET BARGAINS - SMART SHOPPERS TAKE ADVANTAGE OF MARKET LOWS

(Provided by AIM Mutual Funds and Janney Montgomery Scott, LLC)

We can all appreciate the wisdom of the old maxim: "Buy your straw hats in winter, for summer will surely come." Smart shoppers hunt for scarves and Christmas lights in the weeks just after Christmas and swimsuits when summer is over. Why? Because real bargains emerge out of season. The same holds true for investors looking to stretch their dollars, and seasoned investors know that market lows may represent excellent buying opportunities.

What goes down... The Stock market can be volatile at times, wracking the nerves of skittish investors. The recession of 1973-1974 saw the S & P 500 Index drop from its high of 120.24 on January 11, 1973, to a low of 62.28 on October 3, 1974 - a decline of more than 48%. Many fearful investors pulled money out or resisted placing money in the market, hoping to avoid greater losses. But some investors saw the downward trend in the market as an opportunity to buy shares at lower prices. They believed that what goes down might also come up. A hypothetical example illustrates how three investors reacted differently to market lows in the 1973-1974 recession.

Investor 1 knew that as the price of shares dropped, the purchasing power of her dollars increased. She viewed the 1973-1974 recession as an excellent time to bargain shop and invested \$10,000 in the market as of December 31, 1974. She was confident that the market would rebound and that buying in at a low point and having patience would probably allow her investment to grow with the next upward trend. This investor would have seen her investment grow to \$333,429 as of December 31, 2002.

Investor 2 saw the market lows of 1973-1974 and hesitated. She watched other nervous investors pull out of the market and was unsure about putting her money in at a low point. She waited just one year, when share prices began to escalate, and invested her \$10,000 in the market on December 31, 1975. This investor would have seen her investment grow to \$242,983 as of December 31, 2002.

Investor 3 balked at the recession of 1973-1974. On December 31, 1974, she placed her \$10,000 in a certificate of deposit (CD) instead. This investor would have seen her investment grow to \$68,000 as of December 31, 2002.

What a difference a year can make... By waiting just one year, Investor 2 missed out on growth that resulted in a \$90,446 difference - 27% less - as of December 31, 2002. Investor 3 thought she was playing it safe by avoiding the market, but she received 80% less on her investment than Investor 1, a \$265,429 difference, on her investment as of December 31, 2002. Viewing bear markets as after-Thanksgiving Day sales may prompt the investor with a long-term focus to buy more shares at "drastically reduced prices" - an opportunity that presents tremendous growth potential.

Source: Copyright 2003 TowersData Inc.

Past performance cannot guarantee comparable future results. The S&P Index is an unmanaged index considered representative of the U.S. stock market. Performance reflects reinvestment of dividends. An investment cannot be made directly in an index. Certificates of Deposit (CDs), which are insured by the FDIC for up to \$100,00, are short-term investments that pay fixed principal and interest but are subject to fluctuating rates and early withdrawal penalties. Fund shares are not insured and their value will vary with market conditions.

FILM FESTIVAL....

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Website of the Month:

WWW.SENSUALVENUS.COM THE EROTIC WOMEN WRITER'S HOME

Looking for some steamy erotic literature? This is the place! There are stories and poems by straight, bisexual, and lesbian women on this site. Mysterious Mel has steamy lesbian stories, and Jasmine has bisexual stories.

I didn't get a chance to check out all the writers on this site because I got too steamy just reading a couple of these stories. LOL!

Happy reading!



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Health Spotlight....

FEELING TIRED?

Feeling tired, zapped of energy? You could be suffering from fatigue. Fatigue has many origins. Heavy menstrual cycles may cause anemia, which leaves you feeling tired. An under-active thyroid could be to blame too. Colds, sinus infections and viruses can really drag you down, sometimes for weeks. Diabetes, cancer, lupus, fibromyalgia and other diseases have fatigue as a symptom. Talk to your doctor about your fatigue.

How about stress? Don't forget anxiety and depression. These are 2 biggies for women in their 30's and 40's. Anxiety puts your body into over-drive, and can cause medical symptoms like chest pain, racing heart, heart palpitations, and wears down your immune system. Feeling extremely moody, trouble concentrating on things, can't get pleasure, withdrawn, feeling suicidal sometimes, feelings of hopelessness and despair? You could be suffering from depression.

Talk to your doctor about pyschotherapy and antidepressants. Your doctor should be able to recommend a good therapist for you. If not, check with your friends, maybe they know of a good therapist. Antidepressants alone are not the answer. You could be struggling with some problems that only a therapist can help you with. It's not easy trying to be SuperWoman and a lesbian these days!

What it really boils down to is this - are you taking care of yourself? Or are you too busy being SuperWoman? Are you getting enough sleep? Eating right? If not, you aren't taking very good care of yourself. Do you know what to do? STOP! Take a good look at your life right now. You have to assess what your priorities are and rank their importance, and then make some tough decisions.

What else can I do? Exercise is a great stress reliever. So is sex, unless you're not getting enough of it, which can give you stress. Ooops! Let's get back to exercise. Moderate amounts of exercise can help lift your mood and give you more energy. Exercise will make you more tired at night, which will help you fall into a deeper, more restful sleep.

A well-balanced diet will also help, one that is low in sugars and fats.

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