

LGBT History Project of the LGBT Center of Central PA

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Title: *Lavender Letter (Harrisburg, PA)*

Date: September 2003

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Contact:

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LAVENDER LETTER

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PO BOX 266
MECHANICSBURG, PA. 17055

Volume 21 No. 9

A Calendar of Events for and by Womyn

September, 2003

Activities....

MONDAY, SEPTEMBER 1

LABOR DAY

SATURDAY, SEPTEMBER 6

5:30 PM...Benefit Dinner and Concert at Vision of Hope MCC in Mountville, PA. This benefit is for the church's building fund. The Spaghetti Dinner, to be cooked by Pastor Debbie Coggin starts at 5:30 and costs \$5. There will also be a silent auction, which includes a variety of items and services. The concert of local Christian music, consisting of MCC choirs, individuals and others begins at 7 PM. For more info please call (717) 285-9070 or e-mail visionofhopemcc@aol.com.

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.

SATURDAY, SEPTEMBER 13

6:30 PM...Lancaster Ladies Night Out meets for good food and fun. Singles and couples are welcome! For reservations please call Nancy at (717) 665-4234 by Wednesday, Sept. 10.

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 white-water 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!

SATURDAY, SEPTEMBER 27

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, September 24.

SATURDAY, SEPTEMBER 27

SUEDE

8 PM...Suede in concert with David and Max at the Nassau Valley Vine yards in Lewes, DE. near Rehoboth Beach. For more info please call: (302) 834-3732, or go to www.listeningpost.com, or to www.suedewave.com. Advance tickets are \$20. Make a weekend of it in Rehoboth!

SATURDAY, SEPTEMBER 27

4:30 PM...Lesbian Alliance of South Central PA Potluck and Coming Out session. It will be held at a private home in East York. It's a great opportunity for lesbians to meet new people and share their stories. At 6:00 there will be a potluck, so bring a dish to share. You can attend one or both of the events. Please call (717) 846-2089 for directions.

Upcoming Events....

SATURDAY, OCTOBER 4

10:30 AM...Bicycle ride on the York County Heritage Rail Trail. This trail starts in York City and connects with Maryland's Northern Central Rail Trail. The group will decide how far we will ride. There are porto-potties in Hanover Junction and New Freedom along the trail. Bring your lunch! The Lavender Letter will supply bottled water. If you need to have your bike transported to the Trail it can be arranged. For more information on the ride please call Judy at: (717) 232-8382, or e-mail: info@lavenderletter.com.

OCTOBER 13 - 19

18TH ANNUAL WOMEN'S WEEK IN PROVINCETOWN

It's that time of year again! Make your plans now to spend a great week in P'Town. Plenty to do and see. Womyn! Music! Workshops! Golf! Race Point Beach! Art's Dune Tours! Seafood! Sailing! Good times! The complete schedule for the week will be posted sometime in September at www.womeninkeepers.com.

SUNDAY, OCTOBER 19

TRET FURE IN CONCERT

4 PM Matinee...Tret is in concert at Godfrey Daniels in Bethlehem, PA. For more info please call: (610) 867-2390.

SATURDAY, NOVEMBER 22

8TH ANNUAL FALL ACHIEVEMENT BENEFIT

7 PM...This year FAB will be at the newly renovated Strand Capitol Theatre in York, PA. and will be catered by Accomac Catering. This year's featured entertainer is Suzanne Westenhoefer. Proceeds benefit the LGBT organizations serving the Central Pennsylvania community. Tickets are \$65 and \$125. For more information and tickets, please call Greater Harrisburg Foundation at (717) 236-5040, or visit: www.fab-pa.org.

FRIDAY, DECEMBER 5

CRIS WILLIAMSON & HOLLY NEAR

8 PM...See these 2 great women in concert at The Keswick Theatre in Glenside, PA. Tickets are on sale now! All tickets \$24.50. For more information please visit their website: www.keswicktheatre.com. They do have a directions page and also a listing of nearby restaurants.



**Susan Lerner
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Inspiring Quotes....

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that little spark of celestial fire,
called conscience.

- George Washington (1732-1799)

Farmer, Soldier, Statesman, 1st President of the U.S.

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/uchuuu/>.

...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>.

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Fax: (717) 213-4984
E-mail: derek1@blazenet.net

CENTER PIECE

LAVENDER LETTER

September 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 catholicslesbians.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 facilitators. 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 (717) 920-9534.

...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 commitment to building a powerful political movement. Please visit us at: www.nglft.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 liaison, & 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/index.html.

...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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Special Event....

SUNDAY, SEPTEMBER 28

JIM IN BOLD

2 PM...Exclusive area showing of the film documentary JIM IN BOLD, at the State Museum of Pennsylvania - 300 N. Third St. Harrisburg. Tickets are \$5 for students and \$10 for adults. Proceeds from this film will benefit the Common Roads youth group. Common Roads is honored to host the exclusive area showing of this film. The film examines the many complicated issues facing gay and lesbian teens. JIM IN BOLD braids the story of Lebanon Countian Jim Wheeler as told by family, teachers and friends; Jim's remarkable poetry; and footage of LGBT youth taken on Young Gay America's JIM IN BOLD National Road Trip. This is a powerful and moving film, not to be missed. For more information please call Common Roads at (717) 920-9534 or e-mail info@commonroads.org, or visit their website: www.commonroads.org.

SUNDAY, SEPTEMBER 28

DAY OF UNITY

12:00 Noon - 2 PM...Join your friends, neighbors, and the Common Roads Youth Group at the State Museum Plaza for a Day of Unity, a Peaceful and Proud Community Gathering. This Gathering is held in response to announced reports that Rev. Phelps of the Kansas-based Westboro Baptist Church, an anti-gay congregation, and members of his family will be coming to Harrisburg to protest the showing of the film JIM IN BOLD. For more information about the Day of Unity Program, please call Pride Festival of Central PA at (717) 574-1755, or e-mail info@harrisburgpride.org.

Golf Tourney....

SUNDAY, SEPTEMBER 14

3RD ANNUAL PINK LIZARD GOLF OPEN

Once again the Open takes place at the Silver Spring Golf Course, located on Sample Bridge Rd. in Mechanicsburg, PA. This Golf Open benefits the Susan G. Komen Breast Cancer Foundation. Pick up your registration forms at the Pink Lizard or at Silver Spring Golf Course. Registration deadline is September 8, 2003. This event is open to men and women. \$65.00 pp includes golf, cart, dinner, and beverages. For more information please call the Pink Lizard at (717) 939-1123, or Silver Spring Golf Course at (717) 766-0462.

New Group....

Connecting Single Womyn...Join us on the third Sunday of the month at 6 PM at the Velvet Rope in York, PA. The Velvet Rope is at 36 West 11th Ave. York. Phone: (717) 812-1474. This group was started as an opportunity for women with online personals to meet each other in a comfortable, relaxed setting. All singles are welcome, whether or not they have an online personal. Question? Call Flo at (717) 576-2724.

Coming in October....

I am in the process of organizing a group horseback ride through the Battlefields in Gettysburg in time for the fall foliage. I did this about 4 years ago and it was great. We spent 2 hours on horseback, and we were given headsets, through which a guide was telling us about different aspects of the Battle of Gettysburg that we didn't know as we rode through the battlefields. If you are interested, please call Judy at: (717) 232-8382, or e-mail: info@lavenderletter.com.

Apology....

During the month of August the Lavender Letter was having some e-mail and answering machine problems. These problems have been resolved. I apologize for any difficulty you may have had in trying to reach me.

New Advertiser....

The Lavender Letter welcomes Susan Lerner Photography. Please be sure to check out her ad and her website that is listed in the ad.

The Lavender Letter also welcomes back Becky Smith, LUTCF, the State Farm Insurance agent from Gettysburg. If you have insurance questions or need a quote, please call Becky.

Please check out the PIP Printing ad. Need an idea for a Christmas gift? How about making calendars for your family? How about mugs with a favorite picture on it? Mousepad? HUGE poster? PIP can do it all!

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8PM

TRIVIA'S BACK!!!

- Thu-Sep 4 8PM TRIVIA begins for the season!
- Sun-Sep 7 1PM SUNDAY FOOTBALL kicks off at the Lizard!...EVERY SUNDAY...Beer Specials
- Fri-Sep 12 9PM - 12AM THE QUITTERS- you loved them, we're bringing them back! (live band)
- Sun-Sep 14 PINK LIZARD GOLF OPEN FOR BREAST CANCER. Registration deadline September 8th
- Fri-Sep 19 10PM EVENING OF ILLUSION - DRAG SHOW...Special guest: FONDA LA FEMME

FALL HOURS

Sunday 1PM - ?
Monday & Tuesday CLOSED
Wednesday & Thursday 7PM - ?
Friday & Saturday 7PM-2AM

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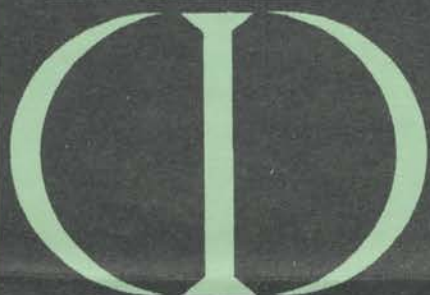


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Website of the Month:

WWW.BRIDGESGALLERY.COM

GAY & LESBIAN FINE ART PHOTOGRAPHY

This website features two talented local lesbian photographers, Deb Swanger from Mount Joy, and Jennifer Warner from Harrisburg. There are books that you can order here too. One of the books here is on my must have list: Lesbian Sacred Sexuality by Diane Mariechild and Marcelina Martin. It is a celebration of erotic love between women; an initiation into the female creative spirit, the feminine mysteries; a brilliant collection of photographs, poetics and prose exploring lesbian lovemaking at its most passionate and profound.



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Health Spotlight....

CAREGIVER STRESS

First question....what is a caregiver? A caregiver is someone who is caring for another person, a friend or relative, who has health problems or disabilities and need help. Most people who need help are elderly. About one fourth of American families are caring for an older family member, an adult child with disabilities, or a friend. Studies have shown that more than half of the caregivers are women. Care receivers are about half women and half men.

Next question...what exactly is caregiver stress? Caregiving often takes a lot of time, effort and work. Many caregivers struggle to balance caregiving with other responsibilities including full-time jobs and caring for children. Constant stress can lead to "burnout" and health problems for the caregiver. Caregivers may feel guilty, frustrated, and angry from time to time. Caregivers often need help in caring for the elderly or disabled care receiver. Sometimes there are others around to help, but many of the caregivers do most or all of the caregiving alone. Research has shown that caregivers are at increased risk for depression and illness.

What can a caregiver do to prevent stress and burnout? First of all, you must ask for help. It's never easy to ask for help, but getting help from others will help you and the person you are caring for. You have to take care of you. Make sure you are eating right and taking vitamins. You need to make sure you are getting enough sleep and rest. Exercise. Regular exercise can help reduce stress. See your doctor for a checkup. Talk to your doctor about symptoms of depression or illness that you may be having. Get counseling if needed, it really helps. Find a support group for other caregivers in your situation. Many support groups are available online through the internet.

What other options do I have? Check with your local Area Agency on Aging and talk to them about your situation and what resources are available to help you and the care receiver. You can also call the National Eldercare Locator, it's toll-free, at 1-800-677-1116. Operators are available M-F, 9 AM-8 PM. The Eldercare Locator is also available online at: www.eldercare.gov. You can't do it alone, get the help you need.

Advertising Rates

Business Card Size 2" x 3 1/2"	Double Card Size 4" x 3 1/2"
One Month \$ 20.00	One Month \$ 40.00
Six Months ... \$ 110.00	Six Months ... \$ 220.00
One Year \$ 200.00	One Year \$ 400.00

Other Services:

Personal Ad (5 Lines)....\$5.00 Insert (1/3 page)....\$50.00
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The Women's Circle Presents
The 2nd Annual Women's Retreat
Peace and Healing
For The Individual and the Community
September 12-14, 2003
Registration Opens Noon On Friday

Located in Northern Lancaster County on a private 100 acre camp, Camp Shand is the perfect location to explore outside as well as inside our lives as lesbians and allied women. Combining fun outdoor activities and intensive workshops, we hope to have a little something for every woman. Choose among several interesting workshops, join in on some morning yoga, meditation, or even a pick up game of beach volleyball... (stretch first gals, we're not as young as we used to be.) Make your peace flag, garden mosaic or luminary. And let's not forget the Queen Mother Of All Bonfires Saturday night with a fireside sing from Bobbi Carmitchell and all of the talented women you have just met.

Partial Listing Of Workshops

"Seekers" "I'd Really Make A Better Aunt"

"A Walk In The Woods: Nature Journaling"

"Don't Sit On That Chair!" "Is Anybody Out There?"

"Turning Conflict Into Growth" "Yoga By The Lake"

"The Rhythm in your Soul" "Getting It Down On Paper"

"When Women Sing Together" "Trail Biking Made Easy"

"Working Towards Peace Through Spirituality"

"Meditation In The Morning"

Sleep like a baby in your favorite sleeping bag in the great screened-in cabins that sleep 10 with bunk style accommodations, and yes, there is electricity! Tenting area is available, as well as RV parking. All meals are included in the cost and prepared by our very own Kitchen Goddess! We know this is a lot to put on a small piece of paper, so... visit the website!

womenscircle.org

We hope to see you there! Really, it is wonderful.

Made possible from a grant from the EGAL Partnership of The Greater Harrisburg Foundation

REGISTRATION FORM

Name _____

Street Address _____

Town _____ State ____ Zip _____

Phone _____ E-mail _____

I/We will stay in a: Tent ____ Cabin ____ RV ____

Other Women In Your Cabin _____

~ Cabins are screened-in bunk style, with 10 per cabin.

~ Tenting area is available.

Sorry gals, no camp fires at tent sites.

~ RV parking is available, but have no hook ups.

__ Full Retreat ~Sliding Scale \$90-125 Per Person

__ Saturday Day ~\$45 Per Person

__ Saturday/Sunday~Sliding Scale \$75-90 Per Person

I would like to add \$_____ to help support the Women's Circle and make it possible for someone to attend who might not be able to afford the entire cost.

Please make checks payable to ICP

REGISTRATION DEADLINE IS SEPTEMBER 10, 2003

WORKSHOP SELECTION

To help us plan the schedule, please list the workshops you would be interested in attending. Just so you know gals...you can change your mind, but this gives us an idea of the interest. I am interested in:

1. _____

2. _____

3. _____

4. _____

Special Needs We Need To Know About: _____

About a week before the retreat, you will receive a packet with everything you need to know!

Send your registration form to:

Women's Circle Box 8301 Lancaster, PA 17604

We know you have questions....

so call Bobbi at 872.4512