

# **LGBT History Project of the LGBT Center of Central PA**

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## **Documents Online**

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**Contact:**

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# LAVENDER LETTER

PHONE:  
(717) 232-8382

E-MAIL  
INFO@LAVENDERLETTER.COM

Volume 23 No. 8

A Calendar of Events for and by Womyn

August, 2005

## Activities....

**SATURDAY, AUGUST 13**

### 11TH ANNUAL PRIDE PICNIC AT KNOEBELS GROVE

Registration begins at 11 am at Pavilion T-10. The covered dish lunch and raffle begin at 3 PM. Everyone should bring a covered dish to share. Hot dogs and tableware will be provided. This is a family style get together. For more information please call Russ & Rick - (610) 379-9592 or Mike & Mike - (717) 572-9111.

**SATURDAY, AUGUST 13**

8 - 10 PM...Janie Womack will be performing at St. Thomas Roasters (new location) 7011 Allentown Blvd. Harrisburg. Sit back and relax listening to Janie's wonderful voice and drinking your favorite blend of coffee.

**SATURDAY, AUGUST 13**

7 PM...Chambersburg Ladies Night Out will meet at Montezuma Mexican Restaurant on Rt. 30 in Chambersburg. It's BYOB. Please call Beth Shupp-George at (717) 262-4328, or email: bshuppgeorge@hotmail.com.

**SATURDAY, AUGUST 20**

10 AM - 6 PM...Alta View Wellness is having a day long retreat called: Nature and Nurture - The Flight of the Monarch. This day of learning, insight, and reflection will be facilitated by Kathy Stewart, physical therapist, Sharon Muzio, massage therapist, and B.J. McNellie, yoga and meditation instructor, at the beautiful home of Kathy Stewart. Women attending this retreat will be given opportunities for gentle exercise, exploring nature, journaling, sharing and PLAY! There will also be time to learn about the life cycle of the monarch butterfly, and the chance to harvest and nurture your own butterfly into adulthood! Come learn to fly with the support of like-minded women! A healthy, light lunch & snacks will be provided. Call Sharon or BJ at (717) 221-0133, or visit us at: www.AltaViewWellness.com.

**THURSDAY, AUGUST 25**

7 PM...Financial Freedom 101 seminar at Forever Books in Steelton. Refreshments will be provided. Door prizes! You must sign up to attend. Please call: (717) 939-5507, or go to: www.foreverbooks.biz. This is a really great and interesting seminar.

**SATURDAY, AUGUST 27**

6 PM...Lancaster Ladies Night Out will meet at Bube's Brewery, Mount Joy, in the Biergarten. The Biergarten Restaurant is an outdoor Biergarten reminiscent of a drinking garden one may have found in Mr. Bube's Bavarian homeland. Relax and enjoy your meal outside under shade trees away from the hustle and bustle of the rest of the world. Sounds great doesn't it? Please RSVP to Shannon & Amy by calling: (717) 361-8740, or by e-mailing: sunshineshannon@dejazzd.com.

**SATURDAY, AUGUST 27**

6 PM...Harrisburg Ladies Night Out will join up with Lancaster Ladies Night Out this evening. Singles and couples are welcome. Please call Judy at (717) 232-8382, or email: info@lavenderletter.com.

**SATURDAY, AUGUST 27**

8 - 10 PM...Janie is at the Crimson Frog in the Cedar Cliff Mall, right off the New Cumberland exit of I-83. Please join Janie at this cozy coffee house.

**SUNDAY, AUGUST 28**

The Lesbian Alliance of South Central Pennsylvania is having a potluck picnic in the Dover area. Good food and conversation in a rural setting. Please call with your attendance plans by Saturday to: (717) 292-5998.

## Upcoming Events....

**SATURDAY, SEPTEMBER 17**

### FERRON IN CONCERT

7 PM...At the Tin Angel in Philly, 20 South 2nd St. (215) 928-0978. Tickets are \$20 pp. For more info: www.tinangel.com

**SATURDAY, OCTOBER 1**

### SHIPPENSBURG UNIVERSITY'S 1ST ANNUAL

### PRIDEFEST

Noon - ?...Free to the public! All are welcome! This PrideFest is hosted by Students Advocating LGBT Equality (SALE). Lots of food, entertainment, vendor booths, and fun!



## PINK LIZARD AUGUST EVENTS

FRIDAY- AUGUST 5 TH.- FREE POOL TIL 12PM.

DJ STARTS AT 9PM. ICETEAS ONLY \$3.00

FRIDAY- AUGUST 12TH.- FREE POOL TIL 12PM

MARGARITA'S ONLY \$4.00

FRIDAY- AUGUST 19TH.- DRAG SHOW 10PM

ICETEAS ONLY \$3.00

FRIDAY- AUGUST 26TH.- DJ STARTS AT 9PM

MARGARITA'S ONLY \$4.00

\*FRIDAY - AUGUST 26th - Natalie Darkes - 9 PM \*  
+ Friends

## EVERY THURSDAY IS BINGO

STARTS AT 8:30PM, ITS FREE TO PLAY!

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## EVERY SATURDAY IS DANCING

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## Spirituality....

### WORSHIP SERVICES

...Unitarian Universalists of Gettysburg, UUG holds weekly Sunday services at 3 PM at Trinity UCC, corner of S. Stratton & E. High Sts., Gettysburg, PA. Religious education for our young people is a top priority. Nursery care. Everyone welcome. For more information, call (717) 334-5141, or visit: [www.uugettysburg.org](http://www.uugettysburg.org).

...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](http://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 Finkeisen, ministers. For info call (717) 249-8944, or write: PO Box 207, Boiling Springs, PA 17007.

...Unitarian Universalist Church of Lancaster, Sundays, 9 am & 11 am. Rev. Valerie Mapstone Ackerman. 538 W. Chestnut St., Lancaster. (717) 393-1733. E-mail: [Churchoffice@uuclonline.org](mailto:Churchoffice@uuclonline.org) Website:[www.uuclonline.org](http://www.uuclonline.org).

...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. Website: [www.uucy.org](http://www.uucy.org).

...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](http://www.unitychurchharrisburg.com).

...Vision Of Hope MCC, 130 E. Main St. Mountville, PA. 17554. Services: Sundays at 10:30 am, Prayer and Praise Wednesdays 7 pm, Saturdays 6 pm starting in October. Morning Children's Sunday School. Call (717) 285-9070. E-mail: [PastorDebbieCoggin@aol.com](mailto:PastorDebbieCoggin@aol.com), or [visionofhopemcc@aol.com](mailto:visionofhopemcc@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: [office@uchuaa.org](mailto:office@uchuaa.org). Website: [www.uchuaa.org](http://www.uchuaa.org).

...Unitarian Universalist Fellowship Of Pottstown, Sunday services 10 am. 1565 South Keim Street, Pottstown, PA19465. (610) 327-2662. Website: <http://members.aol.com/uupottstown>.

...St. Michael Lutheran Church, 118 State St. Harrisburg, PA. (717) 234-0092. Sunday services begin at 10 AM. Fellowship follows the service at 11:15 AM. We are a welcoming congregation. Website: [www.paonline.com/stmike](http://www.paonline.com/stmike).

...Temple Beth Shalom, 913 Allendale Rd., Mechanicsburg, PA. (717) 697-2662. Website: [www.tbshalom.org](http://www.tbshalom.org).

...Market Square Presbyterian Church, 2nd and Chestnut Sts. Harrisburg, PA. (717) 257-1270. Church School at 9:30 AM, Sunday Worship at 11 AM. Handicapped access and free garage parking. We are a welcoming congregation. Website: [www.marketsquarechurch.org](http://www.marketsquarechurch.org).

## Inspiring Quotes....

It is better to be a lion for a day  
than a sheep all your life.

- Elizabeth Kenny  
1880 - 1952

An early leader in the fight against polio.

## Fundraisers....

...Common Roads...show your Pride and Support by ordering a lavender EQUALITY wristband. All proceeds benefit Common Roads, our Central PA LGBT youth group.

To purchase your wristband, contact Common Roads by emailing [luci@commonroads.org](mailto:luci@commonroads.org), or send a check payable to Common Roads for \$5.00 plus \$1.00 S&H for each wristband to: Common Roads - 1300-A Third St. Harrisburg, PA 17102. Write on a piece of paper how many wristbands you would like, and your name and address.

Wearing an EQUALITY wristband shows your support of our equal rights and supports LGBT youth who are the future leaders of our community.

## Forever Books....

August 4 - 7 PM - Thursday Night at the Movies: And The Band Played On

August 12 - 7 PM - Friday - Womyn's Relationship Group

August 13 - Noon - Saturday - Coffee House Party

August 18 - 7 PM - Thursday Night at the Movies: The Talented Mr. Ripley

August 19 - 7 PM - Friday - Just Write! Writer's workshop...must sign up to attend

August 26 - 7 PM - Friday - Womyn's Relationship Group

The store is located at: 41 Front St., Steelton, PA.

Hours: Wednesday - Friday 3 - 8 PM

Saturday - Noon till 8 PM

(717) 939-5507

Please support your local LGBT bookstore!

[WWW.FOREVERBOOKS.BIZ](http://WWW.FOREVERBOOKS.BIZ)

...Unity Church, 37 East Main St., Palmyra, PA. 17078 Sunday services at 10:30 AM. Phone: (717) 838-7808, or e-mail: [untioffhershey@cs.com](mailto:untioffhershey@cs.com). Dial-A-Prayer (717) 520-9710, changed daily by Pastor Julie Vance. Based on positive, practical Christianity, Unity Church's purpose is to know and express God's peace, joy and love. We have frequent class offerings, guest musicians and special events, in addition to weekly worship services. We welcome you. Please visit us: [www.unityofhershey.org](http://www.unityofhershey.org).

...St. Macrina's United Church of Christ, Lebanon Optimist's Building, 14th & Washington Streets, Lebanon. Sunday services are at 10 AM. We are a progressive worshipping community honoring Rich Traditions, Honest Questions, Shared Experience. Whoever you are or wherever you are on life's journey, we invite you to St. Macrina's UCC. We are Open and Affirming of all God's people. Our Liturgy includes singing, prayer, conversation, silence, simple dance and Eucharist. Inquiry: (717) 272-7844.

# CENTER PIECE

## LAVENDER LETTER

August, 2005

### Support Groups...

...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](http://catholiclesbians.org). For other information from a member in the Harrisburg area, you can e-mail: [cathlesRU12@aol.com](mailto: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@comcast.net](mailto:sansmagic@comcast.net).

...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](http://www.commonroads.org), or call (717) 920-9534.

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

...PFLAG YORK meets at the Unitarian Universalist Congregation of York, 925 South George St. at 7 PM on the third Tuesday of the month. Please call Charles (717) 846-2560, or email: [chuckdk753@aol.com](mailto:chuckdk753@aol.com), or call Cheryl at (717) 266-4530. for directions or to be placed on the mailing list.

...PFLAG Warrington, PA. meets on the third Thursday of every month at Buxmont U.U. Church in Warrington, PA. For more information about this group, please contact Corinne Thornton at (215) 545-4331, ext. 48.

### 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](http://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.nglftf.org](http://www.nglftf.org).

### Social Groups...

...The Central Pennsylvania Womyn's Chorus brings together a diverse group of women, united by the joy of singing to celebrate and empower women and to affirm a positive image of lesbians and feminists. We welcome new singers, board members, volunteers, and contributors. Rehearsals are every Monday night in New Cumberland. For directions and more information, email [info@cpwchorus.org](mailto:info@cpwchorus.org), or call (717) 234-4825. Want to know more about us? Visit our website: [www.cpwchorus.org](http://www.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 Cindy at (717) 848-9142.

...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 and 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.

...HOWL (Hanging Out With Lesbians), we are lesbians from Central Pennsylvania (Harrisburg - York - Lebanon - Lancaster) who enjoy activities in non-smoking environments. Activities include: concerts, dinners, brunch, movies, camping, golf, picnics, hikes, plays, game nights, femme flick fest, and anything else that sounds fun! If you'd like to join us, please send an email to: [howlofpa-subscribe@yahoo.com](mailto:howlofpa-subscribe@yahoo.com).

...The Women's Circle is a group of lesbians and allied women whose mission is to foster a community in which lesbians are empowered to live to their fullest potential, to create a unified community while offering a safe place to gather and build confidence, skills and connections. Participants include a broad spectrum of women ranging in age and life experience. Activities include our annual retreat and mentoring for the young women at Common Roads. Check us out at: [www.womenscircle.org](http://www.womenscircle.org).

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## Theatre....

### OYSTER MILLPLAYHOUSE THE BEST LAID PLANS AUGUST 19 - SEPTEMBER 3

Ada Westbrook is an elderly author who writes James Bond-type novels. She is called upon to act as a liaison between our government and enemy powers. During her Caribbean vacation, a spy dies in Ada's house. He has secret plans every government is after - and because the plans are on the body - everyone tries to steal it. And it's moved all over the place until no one knows where it is. When the body's twin brother shows up - there are even more complications. In this fast-paced story of bizarre twists and turns that is "all mixed up with spies and plans and everything," laughter is the ultimate winner. Tickets are \$12 and available by calling (717) 737-6768.

### EPHRATA PERFORMING ARTS CENTER WHO'S AFRAID OF VIRGINIA WOOLF AUGUST 18 - 27, 2005

George, a college professor, and his wife, Martha, have just returned home (drunk) from a Saturday night party. Martha announces that she has invited a young couple - an opportunistic new professor and his new bride - to stop by for a nightcap. The drinks flow and suddenly inhibitions melt. Underneath the edgy banter, which is crossfired between both couples, lurks an undercurrent of tragedy and despair. George and Martha's bitterness toward one another is provoked by the enormous personal sadness that they have pledged to keep to themselves: a secret that has seemingly been the foundation for their relationship. Edward Albee's dramatic vision combines the banal, the vulgar and the poetic into a harrowing and unforgettable masterpiece of the American stage.

Tickets are \$20 and available by calling (717) 733-7966. For more information please visit: [www.ephrataplayhouseinthepark.org](http://www.ephrataplayhouseinthepark.org).

## Benefit for PPSV....

### COME OUT FOR COMEDY Featuring the outrageous & hysterical comedienne SUZANNE WESTENHOEFER OCTOBER 7, 2005 7:30 PM

Come see Suzanne at the Whitaker Center for Science and the Arts, Sunoco Performance Theater in Harrisburg. For ticket information, please call Stephanie at (717) 234-2479, ext. 116. This is a benefit for Planned Parenthood of the Susquehanna Valley.

Call for your tickets soon! They will be going fast!

## Pennsylvania Renaissance Faire....

Saturdays, Sundays and Labor Day Monday, August 13 - 14 through October 29 - 30, 2005, AND Labor Day Monday, September 5. Times are 10 AM to 7 PM. For more information please visit: [www.parenfaire.com](http://www.parenfaire.com)

### MUSIC AT GRETNA

They have a fantastic Summer Schedule this year. Please visit them at: <http://mtgretna.com/music/index.asp>. Mount Gretna is a wonderful place to visit for theatre, music, art show, ice cream, hiking, biking, roller skating, mini-golf and swimming. Don't forget to stop at the Jigger Shop when in Gretna for the best ice cream, sundaes, and root beer floats. Gretna is the best in the summer!

Anna has taken  
control of her life.  
As a lesbian, she has  
taken a major step  
toward protecting the  
future that she wants.



### If you could do the same, would you?

Working with her financial professional, Anna was able to:

- Ensure that she remains financially secure;
- Potentially reduce the amount of taxes she pays;
- Pay for medical needs, without depleting her savings, should she become ill;
- Retain control over her decisions, even if she becomes incapacitated.

As a lesbian financial professional, I understand the unique concerns facing gay men and lesbians. We will assess your present situation, explore your future goals, and develop a financial strategy that can help you get to where you want to be.

To set up a free consultation and to find out how I can help you achieve your dreams, please give me a call for more information.

*\*Consult your professional tax advisor before making any decisions.*

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### FIFTH ANNUAL CENTRAL PENNSYLVANIA CELEBRATION OF LIFE! HOLISTIC EXPO & CONFERENCE SATURDAY & SUNDAY AUGUST 20 & 21, 2005 10 AM - 5 PM BOTH DAYS

York Expo Center, York Fairgrounds, Horticulture Hall, 334 Carlisle Road, York, PA. Admission is \$5 for one day or two days for \$6. Bill Trivett & Bob Hall are Co-Hosts from New Visions Books & Gifts, York, PA.

For more information: [www.newvisionsbooks.com](http://www.newvisionsbooks.com)

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### Health Centers

R. Eric Doerfler, CRNP, MSN  
Lorraine W. Bock, CRNP, MSN  
Pamela Parson, CMT, BA

## Website of the Month:

WWW.PPSV.NET

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E-mail: [ridges@ptd.net](mailto:ridges@ptd.net)



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## Health Spotlight....

### HEALTH PERILS OF GUM DISEASE

Gum disease has been linked with heart disease, diabetes, lung problems, and premature and low-birth-weight babies. With bulimics (people who induce vomiting), a dentist can see the acid wearing away the inner surface of their teeth. Osteoporosis can be seen in dental X-rays.

Most people worry about cavities, but periodontal disease can also be a big problem for people with poor oral hygiene. Gum disease is an infection of the tissues supporting the teeth. When plaque develops, bacteria irritate the gums and cause them to swell. In the beginning, the disease is called gingivitis and only affects the gums. In more advanced phases, the disease is known as periodontitis. The bacteria goes under the gum line, eventually attacking the tissues and bone around the teeth. This can lead to tooth loss.

Besides poor oral hygiene, other factors can raise the risk of periodontal disease: smoking - genetics - stress - medication use - poor nutrition - diabetes - pregnancy - crooked teeth - defective fillings - clenching or grinding teeth. Regular dental check-ups can help detect, prevent and treat gum disease and the disorders that go with it.

Periodontal bacteria can also enter the bloodstream, and can thicken the walls of the arteries, which is an early sign of hardening of the arteries, which can lead to heart problems, such as heart attacks. The presence of bacteria in elevated levels causes inflammation in the bloodstream. Inflamed arteries and blood clots are hallmarks of heart disease. People with gum disease are twice as likely to have coronary artery disease, compared to people without gum disease.

What can you do? Brush your teeth twice a day, floss your teeth daily, eat a balanced mix of foods and limit between-meal snacks, and visit your dentist regularly for professional cleanings and oral exams. Also, avoid sharing toothbrushes and change brushes often.

## 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

Events & News....Free

Information must be received by the 20th of each month.

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Lavender Letter

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