



Welcome to LQ

Welcome to the first edition of LQ, the Lesbian Quarterly.

This magazine is published to provide useful information and news and to raise awareness of lesbian-owned businesses and activities. In this issue, we hope that you will find interesting and useful information from the expertise of some local working and professional lesbians in business for themselves.

Inside LQ you will find a range of articles offering experience on everything from computers to personal growth, from accounting to web design. This edition's features are from the fields of accounting, coaching and computer consulting.

Plus we also introduce in this edition 'the Lesbian Agenda' posting events of interest hosted by our contributors or of interest to our community.

Saving Your Money

Life isn't complicated enough, right? The government has to step in and create a situation where each individual and small business must remain accountable for their financial activities and taxes!

Saving You Money!

It is hard to imagine that such a thing is possible, and indeed, the task of setting money aside in a "savings" instrument is something that only 10% of the Canadian population seem to be able to do these days. After all, how can anyone think about putting aside money for the future when the present is financed from paycheck to paycheck? Some can, many cannot.

Well, there are other ways to think about "saving you money" than just the traditional methods of setting money aside.

For example, everyone in Canada should be aware that, even while earning income from employment, an individual may operate a small side-business. This allows you to claim deductions for expenses that you are already incurring, and reduce your taxes owing on your total income. These side-enterprises do not necessarily have to be profitable either. There simply has to be a reasonable expectation of profit. So you are spending money on cell phones, internet, cable, vehicle, magazines, education, and more! Why not deduct these expenses from your income?

Self-Directing Your Taxes!

The tax treatment of charitable donations is a very complicated issue to present and understand, and is misunderstood by almost every Canadian except those wealthy enough to have Tax Accountants explain it to them. Let's put it this way:

- for every \$1 you contribute, you effectively get a \$1.29 tax credit for everything over \$200 contributed in the year.
- so, if you were to contribute \$1000 to charity, you would get an effective tax credit of \$200 for the first \$200, and \$1032 for the subsequent \$800 contributed, for a total tax credit of \$1232.

• so why send your dollars to the government in the form of taxes, when you can fund the programs and services that you care about through charitable donations? (Just be sure that the donation is made to a federally registered organization and you get an "official" receipt).

We don't understand this because of where the tax credit appears on the tax form. That's how simple it is.

Sandra Gibbs at Counting On Us is available for consultation on these and many other small business issues

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Volume 1, Issue 1

Inside LQ

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About LQ 4

The Lesbian Agenda—up
coming events
by or of interest
to lesbians 4

Spring Clean for the Soul

Sounds & Furies is a small yet diversified business producing concerts, workshops, retreats and special events throughout the year, mostly in Vancouver, British Columbia, Canada.

Pat Hogan is the producer/dreamer behind these events, working with a large circle of friends who help in many and varied ways.

Occasionally, a Sounds & Furies event works in collaboration with a community group to raise money for some worthwhile organization. For instance, the very popular annual Women's Winter Arts & Crafts Faire, over the past 9 years, has raised over \$25,000 in total for local women's, gay/lesbian and music organizations

www.soundsandfuries.com



It's spring and I recently moved, so I have been doing a thorough spring cleaning of my home. It occurred to me that just as we need to clean our homes, so could we benefit from periodic cleanings of our lives. Just as we dust away cobwebs, and clean out closets, we can tidy up our activities and relationships. Here are some tips on how to spring clean your life:

Look at the activities you are doing, and ask yourself, why am I doing this? Am I performing this task because I feel that I should, to fulfill another's expectations, or out of habit? If the answer is yes, is this something I want to continue doing?

Of course, there are some things that most of us have to do, like clean our homes and work for money. But these necessary tasks can be fun and fulfilling too... if you don't have a job that you love, ask yourself why?

You can also look at your relationships and ask yourself if they are juicy and fulfilling, then tidy them up or sometimes throw them out all together. Tidying relationships up might involve looking at where are you not honoring yourself, setting boundaries, or empowering someone else. And even if your relationships are juicy and fulfilling, there is always a next level of intimacy and connection that you can't even imagine.

When we spring clean we often add things to our homes as well as putting things in the trash. Likewise, in a

spring cleaning of your life you could also look at what are you not doing that you want to be doing. Are there things that you wish you were doing but you are not? Things you always mean to do like exercising and writing to out-of-town friends, and life dreams that are on hold like that trip to Prague or having a baby. Now that you have cleared out of your schedule some of the things you are doing out of obligation or habit, you will have space to do some of these things. Look at which dreams you not at work on, and get to work!

Now that "no time" is not an excuse, you may need to confront what else is stopping you from fulfilling your dreams. All of us have been hurt or have tried something before that didn't work out. So spring cleaning your life can also involve sweeping fears developed in the past out of your future.

Just as we often have friends, family, or professional cleaners assist us with our spring house cleaning, so is it powerful to have trusted people in your life to help with our spring life cleaning. We all need trusted friends and confidants to help us sort out what we want out of life. Remember, you are not alone. The people in your life can support, challenge and inspire you have a life you love.

Dana Brunanski of Impact Coaching can help you do a spring cleaning of your life.

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Jayde A. Ly
Creative

Crystal Clear Media is a small Web Design company with 5+ years of experience. We also build Flash marketing ads & snazzy business logos. We install streaming video, create streaming audio, and handcraft dynamic product presentations. We build owner-managed sites and custom install online-shopping sites. Plus we optimize for searching and setup low-cost Pay-per-Click Google Ads.

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LQ Masthead.

LQ is a magazine written from the experience of lesbians in business— our achievements, our knowledge, our events and interests. It is published by the collective of contributors and advertisers featured here.

LQ is a publication of the *lesbian breakfast business networking group*, whose members meet way too early in the morning on alternate Thursdays, and who seldom eat breakfast.

A word about the L-Word:

Dykes are debonair, bi's are beautiful, queer women are quirky, and gay women are gorgeous. If you don't identify as a lesbian, you can still read this paper.

Circulation: As many as we can afford, but at least 1000, distributed at women's events and queer locations.

The Lesbian Agenda (March, April & May)

<i>Event</i>	<i>For More Info</i>	<i>Location & Cost</i>	<i>Date</i>
Annie Gallup	soundsandfuries.com	Railway Club \$10 at door	March 2-7 pm
Over 30's Women's Dance Singles Power Dating 8-9, Non-singles welcome after 9, Dance with DJ Susan Y 9-1		WISE HALL \$10-20 at door	March 12
Tret Fure with Mary Barry	soundsandfuries.com	WISE Hall \$14-19 Tix: Little Sisters, Women in Print, Urban Empire.	April 3- 8 pm
Judy Small	soundsandfuries.com	WISE Hall Ticket info: soundsandfuries.com	April 25- 8 pm
Small Business Bootcamp™ Destination learning and planning seminar for small business.	info@sbbc.ca info@countingonus.com 604-431-0445	Whistler, BC \$700 includes hotel and meals. Expert keynote speakers in all business areas. Hosted by Counting On Us.	May 13-15
Lesbians on the Loose	DJ Susan Y	Club 23—23 West Cordova St. (Music with a beat that changes...)	4th (& 5th) Saturdays

Events listings are free. Priority is given to events by and/or for lesbians. To list your event, email sophiak@telus.net