



Lesbian Quarterly

Sound Advice From Solid Experience

Fall Edition

Welcome to the Fall edition of Lesbian Quarterly, the magazine by, for and about lesbians. In this issue we have two profiles of Lesbian Trailblazers—Sarah Sample of the BC Cancer Centre and Clasina, founder of the Women’s Outdoor Club, which is celebrating it’s 25th anniversary this fall. As usual we also have lots of events in the Lesbian Agenda, and more ‘sound advice from solid experience’ in our Computer Insider column.



100% Lesbian—take it or leaf it

September 1 2004

Volume 1, Issue 3

Inside this issue:

Women’s Outdoor Club	2
Lesbian Cancer Support Group	2
Computer Insider — Databases	3
Resources for Lesbians	3
About LQ	4
The Lesbian Agenda	4

Lesbian Trailblazer—Clasina

A special feature by Elena Underhill
This is a woman who does it.

If you say it's not possible something rises up inside of her and she will do it. I met Clasina at the home of Marsha, another member of the Women’s Outdoor Club. As the three of us talked over dinner I realized that the stories I'd heard about her were all true.

She was successful. She'd started the first gay weekend at the YWCA and it went national. She started businesses, ran them and left them in good shape for those that continued them. They are all vibrant and healthy and running today. She was voted business woman of the year in 1994.

One of her businesses was the Vancouver Trolley Company. They wouldn't let her bus signs be put around the city and she kept on going to City Hall every day until they agreed to install them.

I liked her right away. This woman focused on what she could do and did it. She has

integrity. She had a grade 7 education and speaks 4 languages. After she sold her businesses she pursued sculpture, making pieces that are scattered over the country and abroad



Manning Weekend 2004
Photo: Bonnie Gervan

in numerous public places. Her path changed later. Still following her heart, she now works with her spiritual teacher in India, helping to clothe, house and feed the poor. Here is my interview with her.

Why did you start the club and where?

“I was tired of planning outdoor activities for women and men. The men would do everything, lead the trips, organize and the women would be in the kitchen making food. I wanted to create a club where women could grow physically and mentally in a non-competitive supportive atmosphere.”

“The club was originally part of the

(Continued on page 2)

Lesbian Quotes:

“I have lived and slept in the same bed with English countesses and Prussian farm women...no woman has excited passions among women more than I have.”

Florence Nightingale

“We love men. We just don't want to see them naked.”

Two Nice Girls

Women's Outdoor Club—25th Anniversary

(Continued from page 1)

YWCA. It came out of what I saw as a need for women to have their own space to be able to support each other and be able to handle themselves in the outdoors.”

How did you start the Women's Outdoor Club?

“I planned a special event for September 19, 1979, to introduce the outdoor club. I invited Mrs. Joan Fiery from the all women's climbing team of Annapurna 1 in 1978, and Phyllis Munday of Vancouver (Mt. Munday is named after her). Joan Fiery accepted but what I didn't know at the time was that she had been really sick and we were lucky to have her. She died of a rare bone disease soon after her presentation at our club. Phyllis was in her 80's then, and we had to go pick her up. The place was packed, sold out. There the first 35 members signed up and a waiting list was created.



Then: Clasina on the left with Darlene, the first member of the club.

Later on, when the club was running smoothly, the waiting list was eliminated.”

Why do you think the club is still going strong?

“I think the reason the club kept going for 25 years is that it had real meaning for each person, maybe for somewhat different reasons, but still real meaning.

Women came, made new friends, had new relationships, fell in love.

They sometimes left the club and would later come back. Being in the

outdoors is being with your true self. When your life is not going well go to the woods and you will always feel better.”

Clasina is writing a book. She will be speaking at the **Women's Outdoor Club 25th Anniversary Dinner/Dance** on October 9th, two days after her 60th birthday. Please see the **Lesbian Agenda** for details.

Lesbian Trailblazer—Sarah Sample

The Lesbian/Bisexual Cancer Support Group is a monthly support group where women and their partners can talk openly about how cancer affects their lives. The group was started by lesbian social worker Sarah Sample in 1998, at the request of several lesbian patients, who needed a safe place to deal with their illness. As one woman put it, “It is hard enough to face cancer without simultaneously worrying about coming out to your health care provider and how that might effect one's care”.

According to the BC Cancer Agency, epidemiological research suggests that lesbians may have an increased risk of mortality from cancer. This is in part because we tend to visit doctors less frequently and therefore get diagnosed and begin treatment later. Support groups like this one improve stress levels in patients and their family, which in turn improves immune system functioning. “While many of the cancer-related issues may be the same, the way they impact on lesbian families is different because their partner's role is often unacknowledged by the medical system.”

Starting the group effectively outed Sarah to her coworkers at the agency, and gave her the opportunity (and need) to

do some work educating staff members about heterosexism. A poster for the group is now displayed prominently alongside the other services at the Centre and throughout the building.

The support group currently runs once a month and is facilitated by Sarah Sample and Sydney Foran. The group members would benefit from meeting more frequently, but funding is not available for the extra facilitator hours. If you're looking for a way to make a difference to lesbian health, donations to the Lesbian/Bisexual Cancer Support Group can be made via the BC Cancer Centre by letting them know where you'd like your donation spent.

For more information about the support group, and

“It is hard enough to face cancer without simultaneously worrying about coming out to your health care provider and how that might effect one's care.”-group participant

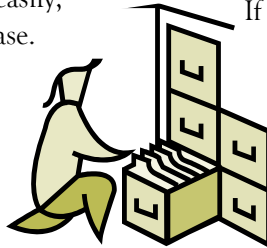
other services for people with cancer and their families, contact Sarah Sample at Patient and Family Counselling at (604) 877-6098 Local 2192.

Computer Insider – What are Databases?

Databases make it easier to find and compile specific information, particularly when you need to store and process a lot of it. If you want to print out summaries of information or find specific bits of information simply and easily, you will most likely want to use a database.

A database is like a filing cabinet for information. The drawers are called 'tables' and the file folders are 'fields'. Fields can be thought of as containers that hold one piece of information each, like first name, last name, city etc... Related fields are grouped together in tables. Fields also hold links to other tables whose fields hold related information (amount purchased, membership join date, last invoiced etc...). A

good database will organize information in a way that makes data convenient to put in, view and compile for reports and other printouts. A well designed database will also prevent data from being entered incorrectly.



Databases are a way of filing information so that it is easy to find and use

If a person's needs for a database are fairly common to others in the same industry, there is usually a database software already created for that purpose. MLS systems for Realtors are examples of such industry-specific databases.

However, if an organizations needs aren't met by pre-packaged software, they will commission a custom database. This is similar to having a suit made by a tailor or dressmaker—it may cost more, but should fit much better. Common software used in 'custom' databases are Access, Filemaker Pro and Visual Basic. An intermediate solution is to have an existing package database customized—databases such as Outlook have been designed specifically to permit this type of alteration.

A sample database, custom designed to be used to track clients, billable time and invoices for a small consulting practice is available for download and free use at sophiakelly.ca.



Sophia Kelly
Technology Tailoring
 Databases, Training, Support
 604-813-7674
www.sophiakelly.ca

Helping regular people do good things better

We've been proudly serving the Lesbian Community since 1976.



Come Out & Join Us!

2250 Commercial Drive, Vancouver, BC V5N 5P9 www.ccec.bc.ca



Sounds & Furies
 PRODUCTIONS

Pat Hogan
 603-253-7189
path@lynx.net
soundsandfuries.com

Resources for Lesbians

Greater Vancouver

Alcohol & Drug- New Dawn Recovery House for Women 604-325-0576 | **Cancer**

Support- Patient & Family Counselling, BC Cancer Agency, (See article pg 2) Sarah Sample, Sydney Foran (604) 877-6098 |

Social / Recreational- Menopausal Old Bitches (MOB) lesbians over forty 604-684-9872 x 2118 |

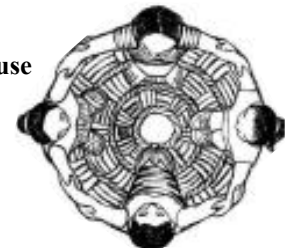
Single Lesbian Club (SLC) email list to organize social outings sheilanyman@telus.net |

Women's Outdoor Club—see Lesbian Agenda pg 4 | **Mildred Women's Volleyball League** (season starts in Sept) 604-684-9872 x2002 | **Thompson-**

Okanagan Social- Rainbow Womyn's Group she19992003@yahoo.ca email list: lj@dignatis.com see also:

www.noglo.com

Know of other lesbian-operated resources in or outside of the lower mainland? Send them to lq@sophiakelly.ca



vertico

gardening

Céline Poirier
 604.719.1443
celine@verticogardening.com



Editor: Sophia Kelly
Logo design: Jayde Ly
Advertising rates:
Business Card Size:
\$30
3"x4": \$50
Winter Issue Deadline:
November 15 2004
Lq@sophiakelly.ca

100% Lesbian.

LQ is a magazine about lesbians – our achievements, our knowledge, our events and interests.
Circulation: As many as we can afford, distributed by email subscription and at women's events.

LQ is self-supporting through advertizing. Help us grow by advertizing in LQ.

Subscriptions:

Postal subscriptions can be ordered by sending a donation to cover postage & envelope costs—\$1 min. per issue in Canada, \$2 min. per issue in US. Send to: 1938 Charles St. Vancouver, BC V5L 2T9

To receive multiple copies for distribution in your community contact lq@sophiakelly.ca

Editorial Guidelines:

Submissions from lesbians are welcome. Intended audience for writing is lesbian-identified women over 30. Articles and story ideas are welcomed at lq@sophiakelly.ca.

The editor reserves the right to edit content, and to print or not print anything she wants.

A word about the 'L-Word':

Dykes are debonair, bi's are beautiful, queer women are quirky, and gay women are gorgeous.

LQ is unfashionably lesbian-focused, but welcomes readers with other choices.

The Lesbian Agenda—places to go, women to see...

Wed Sept 1 Vancouver Outdoor Club Monthly Meetings 7:30 pm Sitka Coop meeting room @ 1550 Woodland also Oct 6th, Nov 3rd outdoorwomen.ca

Thurs Sept 9 GLBA Women's Business Group Early morning networking and peer business mentoring. lisa@lisamacintosh.com 7:30 am in East Vancouver Also held: Sept 23, Oct 7, 21, Nov 4, 18

Fri Sept 10 Blues guitarist Ellen McIlwaine 8 pm @ the ANZA Club, Vancouver tix: \$15 - \$20 sliding scale @ Urban Empire, Little Sisters, Women in Print soundsandfuries.com ellenmcilwaine.com

Wed Sept 15 Sacred Drum Circle for Women Drum for peace, for healing, for our sacred Earth Mother. Open to all regardless of experience or type of drum. N. Vancouver. 7:30 pm \$10-20 sliding scale carolweaver.com 604-434-0888 Also Oct 20, Nov 17.

Fri Sept 17 Commercial Dr. Potluck & Video Casual East Van community potluck & video party for lesbians. Call 604-255-4423 for details.

Sun Sept 19 Jenica Rayne, Bonnie St Croix, Chelle Jardine doors 7 show 8 pm Railway Club tix \$10 jenicarayne.com cherellejardine.com

Fri Oct 1 Doria Roberts 8 pm with Yvette @ Anza Club tix \$15 @ Little Sisters & Kokopelli. doriaroberts.com award-winning out folk/pop/jazz

Sat Oct 9 Vancouver Women's Outdoor Club 25th Anniversary Dinner/Dance—doors 6:30 pm, dinner 7-9:30pm @ Vancouver Rowing Club with DJ Tracey D tix: \$38@ Little Sisters, Sophie's Pet Palace outdoorwomen.ca (see article pg 1-2)

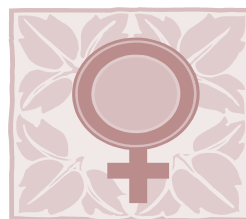
Oct 8-11 Womenfriends Creativity Camp 4 day camp, complete with hot tub, celebrating it's 10th anniversary. \$260-\$450 womenfriends.com

Sun Oct 17 Pamela Means 8pm Railway Club tix \$10 pamelameans.com door 7 pm

Oct 20–Nov 2 Women's Sacred Trip to Scotland \$2500-2900 CND soundsandfuries.com

Nov 26-28 Women's Arts and Crafts Faire Heritage Hall Main & 16th A wonderful place to buy work from women artisans. Check the website or next quarter's LQ for dates in December in Vancouver and Nanaimo. soundsandfuries.com

Networking & Announcements



Free space is available in LQ for notices and announcements by/for lesbians. Housing? garage sale items? wedding announcements? Send to: lq@sophiakelly.ca

Events listings are free, and must be submitted by email. Priority is given to events organized by/for lesbians. Club-crowd and mixed queer listings are more reliably found at www.superdyke.com or in Xtra West