



Lesbian Quarterly

Unfashionably Lesbian Focused

September 1 2006

Issue 11

Fall Edition

A Fall of Lesbians

Inside this issue:

Our wedding approaches and to our astonishment, half the guests will be relatives. It's amazing how transformative this process has been for us and our families.

My mother has come out to all her friends and co-workers as having a lesbian daughter. To hear her say it, she wants to be able to talk about her life, her daughter and her daughter's partner and people will just have to deal with it.

My older brother, who visits with me when I'm single, but has so far avoided meeting any of my female partners, will be attending with his wife and son. Since I've had the good fortune to be with Jeanette for awhile, I haven't seen him in six years. My younger brother has been incredible. He's planning a surprise honeymoon for us and is going to be the MC.

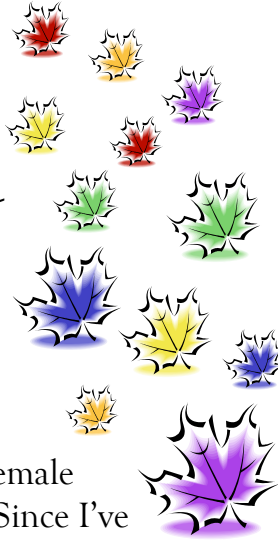
My beloved's family has really stepped up as well, which is a pleasant shock from a family she thought were essentially homophobic. Fourteen relatives on her side are attending, none of which have less than a five hour drive ahead of them to get here.

It's beyond words to describe what all this means to us. Despite, or perhaps because of all this good fortune, organizing a lower-budget lesbian Wiccan (but 'broom-closeted') wedding and reception for 60 guests is no picnic, even if we're not getting all Martha Stewart about it.

Accordingly, I am swamped and was grateful that my call put out to the e-subscription list turned up pieces by Claire Robson, Emily Boyce and mysterious writer 'Shep Wildwood'.

The resulting issue seems to have a distinct focus on a topic dear (and near) to lesbian hearts—breast health. We have butch bra shopping tips, a review of poetry about a woman and her breasts, a talk for lesbians on breast and other cancers and a piece on bicycle repair. Okay, bicycle repair isn't directly about breasts, but I'm sure bicycling is good for them. Healthy body, healthy breasts.

If you're a lesbian and are thinking about writing something for LQ for December's issue, contact me by November 1st for writers guidelines. You don't even have to use your own name—ask Shep Wildwood... - Sophia Kelly—Publishing Editor



From the Editor - Fall Edition	1
Butch Bra Shopping	2
The Lesbian Agenda	3
Ongoing Events	4
Bicycle Empowerment	5
Business Corner— Training for all learning styles	6
Betsy Warland Review	7
About LQ	8

Butch Bra Shopping

*-Guest writer Shep Wildwood * gives her solution for bra shopping for the butch gal.*

Have you ever taken a look through your drawers and wondered about the bras in there? You have six different sizes and none of them seem to fit right. An undershirt won't work for sports. You need a new bra.

You've tried and tried to go it alone... You went to the department store and surreptitiously took three or four different styles and sizes of sports bras into the dressing room, hoping to guess the right one. You tried them on and bought the one that seemed to fit the best. It wasn't right, you knew it at the time, but you didn't know what wasn't right or what you needed to do to adjust it to make it fit.

Well this could be a thing of the past.

I know a place where you can go and buy the right bra in the right size that will fit you and feel good. Not only that but you're in and out in less than 15 minutes. No more wandering aimlessly through the bras at the Bay. No more funny looks from the sales clerks at Sears wondering why that young man (oops young lady) is in this department.

Diane's is a lingerie shop on Granville street. I finally bit the bullet and went in there. The lady asked me if I would like some help and I said "yes." She asked if I knew what size I was and I said "no not really". I used to be a B but that was a long time ago and now with menopause and the extra weight things aren't what they used to be. She took me in the back change room and pulled my shirt tight around my chest, eyed me up and brought out a couple of all purpose bras. She said "try these on and let's see". I got the first one on, a bra that I thought was much too large for me, what was she thinking? Oops, I guess she does know what she's doing, it fit pretty good. She came into the dressing room and did a few adjustments and loosened one strap and tightened the other. *"Wow, this does fit, how about that. I won't look at the size... I won't look at the size... I wonder what size it is? OMG I'm what? a D? no it can't be... well it does fit good and seems to be the right size. I know, it must be a European size, that's right... European sizes."* She said "I have this in a few colours, White, mauve and black." "Black please" I said.

Well that wasn't bad. In and out in less than 15 minutes. If I just slot it into the same spot in my mind as going to the doctor and getting that pap thing then having them size you up isn't so bad. So if you have ever need a bra and want to be in and out in less than 15 minutes try Diane's at 2950 Granville Street in Vancouver. (Diane's is owned by a straight woman)

*Shep Wildwood is a name composed of the name her first pet and a street she lived on.

TECHNOLOGY TAILORING



Helping You Do Good
Things Better

Databases, research, writing,
layout & designs that fit.

604-813-7674
www.sophiakelly.ca

The Lesbian Agenda—Places to Go, Women to See in BC...

Events are in Vancouver unless noted.

September 6th Dr. Kate O'Hanlan Lesbians and Cancer Lecture (see ad this page)

September 12 Representation Agreements Seminar 7pm barbara findlay QC and Joanne Taylor Must register at the Centre: 604-684-8449. Free. Wheelchair Accessible.

September 7-10 2nd Annual West Coast Gathering & Conference of Lesbians 50+ tix \$165-200 www.soundsandfuries.com or 604-253-7189

September 10 Cris Williamson & Friends Arts Club Theatre (Granville Island Stage) \$30 adv \$38 door. www.soundsandfuries.com

September Organic Apple Picking and Camping Fun - volunteer apple pickers wanted on beautiful gay-owned ranch near Vancouver. Quinn 250-458-2428

September—Feb 2007 Upcoming Tours for Lesbians & Gay Men:

La France Gastronomique, La Vita Italia, Women's Curacao Caribbean Scuba Diving, Festival Día de los Muertos, Mediterranean Cruise, Scuba in Fiji, Christmas and New Years Eve in Rio 1.866.525.5807 <http://www.lesbianluxuryvacation.com/>

November 11 the Fairy Prairie Fowl Supper—this queer version of a traditional prairie fowl supper with dancing has a very fun community feel. <http://www.fillmorefamily.ca>

November 24-26 Women's Winter Arts & Crafts Faire BC women artisans <http://www.soundsandfuries.com>

November—Dianic Wicca 101

Goddess-centred, eco-feminist spirituality based on early Goddess worship & mythology of western Europe. Class in early Nov. in Vancouver. Info 604-255-3450 dianic@vcn.bc.ca

Early December—Vancouver & Gibsons The Wyrd Sisters <http://www.soundsandfuries.com>

December 16-17 Women's Winter Arts & Crafts Faire do your holiday shopping from the work of BC's women artisans <http://www.soundsandfuries.com>



HOW FAR HAVE WE REALLY COME AND WHAT IS AHEAD?

Homophobia is a health hazard.

A PUBLIC TALK TO LESBIANS AND THEIR ALLIES WHO ARE DEALING WITH CANCER

Dr. Kate O'Hanlan is a leading activist in the Lesbian Health Movement. She is also the author of Homophobia as a Health Hazard, a medical report describing the health risks faced by gay and lesbian patients as a result of homophobia in the medical community and in the larger population.

Wednesday, September 6, 2006

7:00 pm (Doors Open at 6:30)

Chan Centre, Child & Family Research Institute

4480 Oak Street, Vancouver BC, located on the BC Children's Hospital and BC Women's Hospital & Health Centre campus. For a detailed map and more information about Dr. O'Hanlan, visit the website at <http://members.shaw.ca/lesbiancancer>.

Call 604-877-6000 ext 2194 to register. Seating is limited.

Ongoing Lesbian Events (in Vancouver unless noted)

Tuesdays: Surrey Coffee Group 7PM @ Java Hut @ 64th Ave & 152

1st Wednesday of the Month: Vancouver Outdoor Club Monthly Meetings 7:30 pm, common room of the Sitka Women's Housing Coop at 1550 Woodland St. Lesbian outdoor activities. Event planning, presentations, socializing & meeting new members.

<http://www.outdoorwomen.ca>

Wednesdays—Mildred Women's Volleyball League Women's volleyball league running from October to February. Games are played on Wed nights in Burnaby. Register in August. 604-684-9872 x2002

Alternate Thursdays: The Women's Business Group of the Gay & Lesbian Business Association 7:30 am East Side Vancouver info Sandra sandrag@countingonus.com

Last Thursday of the Month Valleygirls Dinner at Frogstone Grill in Maple Ridge Connect via yahoogroup: <http://groups.yahoo.com/valleygrrls>

Last Friday of the Month: Queer Women on the Drive 7-9 pm Seniors Lounge of Britannia Community Centre. All ages, including children if supervised by an adult. 604-684-5307

Friday Nights: Fruity Flick Fridays 103-1033 Davie St. for LGTB folks aged 45+. Free movie night hosted by the Centre's Generations Project.

Biweekly Saturday—Women's Dance @ Waldorf— dates vary so check <http://flygirlproductions.com> \$5 before 10 \$10 after

Saturdays & Mondays—Not So Strictly Ballroom same-sex dance classes <http://www.gayvancouver.net/nssb>

Saturdays—Country Dancing—quarterly hoe-down for same sex dancers who like country music. Get on the mailing list at cnwdance@telus.net

First Wednesday of every month

Vancouver Front Runners Women's Run once a month Women's Run. Meeting place is the lobby of the Roundhouse Community Centre at the corner of Davie and Pacific Boulevard at 6:30 p.m. <http://www.vancouverfrontrunners.org>



Sounds & Furies
PRODUCTIONS

Pat Hogan
Concerts & Special Events

**Women's Winter Arts & Crafts
Faire (see page 3-4)**

www.soundsandfuries.com



Vancouver
Renewable Energy Cooperative

Green Energy—Democratic Economics—Locally Based

www.vanrenewable.org
778.869.8333

Empowering Women, One Bicycle at a Time

-Guest writer Emily Boyce is a big fan of grrls on bikes

Jett Grrl Bike Studio is Commercial Drive's newest bike shop - and Vancouver's only lesbian owned and operated one. Jett Grrl was started in the summer of 2005 by Tracy A. Myerson, a certified bicycle mechanic, whose mission is "to make the world a friendlier and more equitable place for women cyclists". She started it as a reaction against a male-dominated, profit driven industry.

"Who you are walking into a shop determines what type of service you will get." Myerson says. "Women are automatically assumed to know nothing about how a bicycle works, given that mechanics is an historically male dominated subject. As such, we are often treated with some degree of condescension, kept in the dark about what is being done, sold parts we don't really need, and generally getting second rate service. Layer onto that being a visibly queer gender-bending dyke. I think we all know where that is going to get us!"

As if that is all not enough, add to that what type of bike you are riding - walk into a shop with an old or inexpensive bike, and you can be sure you will NOT get the same attention as someone with some fancy bling bling machine. Then there is the next question - are you a "roadie", or a "free-ride dude", do you have a "fixie" or a "cruiser bike"? WHO CARES!

"The bike world has so much "Attitude", it's ridiculous. Most people have 2 wheels, with a seat to sit on, handlebars to steer, and pedals to make it go. The bicycle is one of the most amazing inventions of all time. It affords people - for very little money - a HUGE amount of freedom to move thru the world. They make no impact on this planet, are great for your health, and are relatively simple to maintain."

Myerson founded Jett Grrl to be different from all that. While Jett Grrl is a full service repair shop, Myerson's first love is teaching. She runs a series of bike repair workshops for women, aimed at educating - and empowering - women on their bicycles. As we all know, knowledge is power. Myerson feels that even if you don't actually want to do the repairs yourself, at least you should be armed with enough information to walk into a shop and feel confident about what you do need. "It leaves us far less susceptible to be taken advantage of." she notes.

Information on Jett Grrl bike studio's classes and services is available at <http://www.jetgrrl.com>, or by phone at 604-255-5097.



B.C. Reg.# 3743

Lesbian Luxury Adventure Vacation

Luxury Outdoor Vacation Packages and customized trips for affluent lesbian travellers. Subscribe to your 'Specials Newsletter' online. Contact Vivian & Dagmar

www.lesbianluxuryvacation.com - talk2us@gayluxuryvacation.com
phone/fax +1.604.740.5807 - toll free 1.866.525.5807

Business Corner—All Kinds of Learners

Good training, combined with good quality instruction or help documents, can make all the difference in whether the software or database you've purchased actually gets used effectively.

Unfortunately, businesses often skimp on this important step. No matter how well-designed the software is, if staff avoid using it or don't use it effectively, it will be considered a failure. Training specific to your workplace and written instructions of procedures for new staff or infrequent tasks can save a lot of headaches.

It's important to remember when training someone on a new task, that learning styles vary. People tend to have one sense that they prefer to use to take in information—their sight, their hearing or their sense of touch. It's a good idea to ask people how they learn best.

Visual, or sight oriented learners will prefer to see a diagram and/or watch someone do the new task before attempting it themselves.

Auditory, or hearing-oriented people will want to talk over how the program works and ask lots of questions. A verbal mnemonic (memory phrase) will work well for them.

Kinesthetic (physical) learners often prefer to have someone nearby to ask questions while they perform the same task repeatedly to get it into 'body memory'. This style of learning is sometimes misunderstood as a learning disability. An effective way to teach physical learners is to walk the learner through a key process step by step, while the learner writes down detailed instructions in their own words. The learner then can retype this information and give it to the trainer to review. The key thing is that in order to learn, this type of learner needs to interact physically with the information over a period of time. Professions that value physical skill tend to attract this type of learner.

To write instructions that are useful to all kinds of learners, here are some suggestions:

- 1) Use pictures—Windows comes with the ability to copy screen captures (pictures) of whatever is currently on the screen to the clipboard by pressing the 'print screen' button. These can be pasted into a document to show what the screen looks like at each stage.
- 2) Test the document by watching a person who hasn't done the procedure before try to do it from the sheet only, with no help from you. (kinesthetic)
- 3) Include brief memory phrases or mnemonics for remembering key information.

-Sophia Kelly has over 14 years of experience in database programming, training and writing instructional and other documents for non-profits and business.

TECHNOLOGY TAILORING



Helping people do good things better with databases, research, writing & training.

604-813-7674

sophia@sophiakelly.ca

Only This Blue: Betsy Warland

Reviewed by guest writer Claire Robson.

Only This Blue dips its knees and jumps off the diving board. It twists, somersaults and knifes into the water. Holding its breath, it fights up through the bubbles, then shakes the water from its hair, throws back its head, and laughs out loud for the sheer joy of being alive.

This single long poem, the latest from Vancouver author Betsy Warland, opens with the description of a woman watching her own diagnostic ultrasound, and moves quickly on to reveal the bleak reality of cancer.

“just well enough to run for the bus
i move with surprising exuberance
unusual ease
- then body reveals itself -
this is me
before
I had breasts”

ki Living Art



indoor living plant design for
offices, homes & weddings
Kyona Wylie

604-253-2029

778-227-2029

ki.plants@gmail.com

Without minimizing the ghastliness of the disease, Warland presents cancer as a kind of Buddhist koan rather than a place to dwell. During chemo, her protagonist receives a red hat in the mail, a joyful red hat that wants to “catch its tail”. This gift serves as a wake up call to life, and life, she learns, is full of surprises. From three drug dealers who leave a rifle on the grass outside her corner store, to a “red-buoyant tow truck” which pulls “a tilted black hearse” the poem is rife with shock and colour, sharp with observations of spring as it unfurls throughout the woman’s recovery. Absurdly, delightfully, this poem in praise of awareness culminates in the axis of the poem – one word on an otherwise blank page: “Hello”.

A free form meditation on the perpetual act of consciousness, *Only This Blue* unfolds from first person narrative to expand into an omniscience and authority that is well-earned along the way. It’s a feast that Mercury Press has served up on just the right platter too. The five by six and a half inch pages of this handy little volume allow Warland the perfect opportunity to experiment with white space, or, as she calls it, ‘scored space’. Much of the poem’s visceral energy is generated by these silences, or ‘inhalations’.

In the essay that follows *Only This Blue*, Warland suggests that “Poetry is change in the act of. Like beauty, its fluidity surprises and transforms us.” Take the plunge.

Only This Blue: Betsy Warland. The Mercury Press. 2005. ISBN # 1-55128-118-X Review previously published in sub-Terrain.

Lesbians experiencing cancer and their families may be interested in the upcoming talk by Dr. Kate O’Hanlan (see page 3) or the support group for lesbians and their supporters at the BC Cancer Agency (contact Sarah Sample MSW in the Patient and Family Counselling dept for details at 604-877-6000 ext 2194)

Lesbian Quarterly

Publishing Editor: Sophia Kelly

Advertising rates: Business Card Size: \$30 (2"x3.5"), 3"x4": \$50; Repeat ads to the same audience are more effective in encouraging action. Discount for repeat ads: buy 4 get the 5th free

LQ is published on March 1, June 1, September 1 & December 1.

Content & ad deadlines are two weeks before each publication date to allow time for production.

LQ is edited, formatted & produced by Technology Tailoring, a lesbian-owned business.
lq@sophiakelly.ca

100% Lesbian. LQ is a magazine about lesbians – our achievements, our knowledge, our events and interests. **Circulation:** Distributed by email subscription and in print at The Centre, Little Sisters, and at women's events. LQ is self supporting through advertising, which pays for printing costs and determines the size of the print run.

Subscriptions: Email subscriptions are free—request one at lq@sophiakelly.ca. Postal subscriptions are no longer available. If you can distribute several copies at a lesbian-positive place or women's event anywhere in BC, please email lq@sophiakelly.ca to make arrangements.

Editorial Guidelines: LQ is committed to building lesbian pride and visibility by showcasing the knowledge and achievements of BC women who describe themselves as lesbian, and to being 100% lesbian written. Intended audience is lesbian-identified women over 30. **We love interviewing lesbians who wish to share professional or trade knowledge, who practice a visual or performing art, or who have their own business, so contact us at lq@sophiakelly.ca.** Lesbian writers (and artists) who would like to contribute to LQ are also welcome. To avoid disappointment it is recommended that you check out story ideas and angles with the editor first. The editor reserves the right to edit content, and to print or not print anything she wants. The text contains no paid endorsements.

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. LQ's use of 'lesbian' includes both legally and biologically defined women who label themselves lesbian.

Subscribe to the colour electronic version of **Lesbian Quarterly**—It's free and it comes to you, usually a few days before the print edition is available. With clickable links to resources and information and artwork and design in full colour, it's a whole new way to enjoy LQ. Just send an email to lq@sophiakelly.ca to subscribe.

TECHNOLOGY TAILORING



Client-centred databases, research, writing, layout, technical support & web designs that fit.

604-813-7674

sophia@sophiakelly.ca