



Lesbian Quarterly

Sound Advice from Solid Experience

Welcome Back!

Welcome to the second edition of LQ, a magazine by, for and about lesbians.

New in this issue is an expanded Lesbian Agenda, including events of interest to lesbians and also a free networking section for housing and for sale/wanted postings. We also have the 'amazing offer' space for lesbians in business to offer samples of their wares to LQ readers.

LQ is self-funding through advertizing, so you can expect to find that here, but you will also find interesting and useful information from the expertise of working and professional lesbians.

This quarter's edition provides "how to" tips from the experts on how to set up a computer, choose an registered education savings plan and maintain your lawn for optimum health and water conservation. As well we have an article about a unique lesbian-led supportive housing program for women with addictions and about the single lesbian club, a social club for singles.

Lawn and Shrub Summer How-To

June, July and August is the time of drought and water scarcity, a slow time for gardeners but hard on the lawn according to **Celine Poirier**, owner of East-Vancouver based **Vertico Gardening**.

The key to keeping your lawn healthy, particularly during times of city watering restrictions, is to leave it longer than usual and cut it a little bit weekly rather than by a lot less frequently. "The length of the grass is the length of the root" says Poirier, so when the grass is left longer, the roots have more root to retain water with and the grass is hardier. She suggests leaving the clippings on the lawn to compost and fertilize the grass naturally.

Do not fertilize during this dry period, she advises. The single best thing you can do is to apply lime in February. A month or two later, fertilizing with a good lawn fertilizer will give the grass what it needs during its big growing season.

What about watering? Grass needs 30 minutes of watering twice a week to be healthy, no more is necessary. This means that you can keep your grass



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healthy even during watering restrictions. "Water put on grass and gardens stays more available than water that ends up on concrete and into the sewers." Water early or late in the day to reduce evaporation.

Around June 21st is the time to prune hedges and

shrubs that have finished flowering, but any time removing the "three 'D's" the dead, diseased and dying branches is a good thing to do. Just make sure you cut on an angle, close to the base of the branch rather than in the middle to keep your shrubs clean looking and healthy.

Céline Poirier drives her big green truck all around Vancouver's east and west sides. In her spare time, she paints and plays softball in the Mabel League. She can be reached at 604-719-1443

Her dog Pantouffe declined to be photographed for this interview.

How to set up your computer

One question people who are newer to computers commonly have is about how to put their computer together when they purchase a new one or have to move an existing one.

The good news is that computers have gotten a lot easier in the last few years, since the manufacturers have shifted to marketing them more to home users.

Generally a new computer's cords and ports (located at the rear of the computer cabinet) will be colour-coded. This means that the green cord goes into the green socket, the red cord goes into the red socket and so on. Even if your computer is not colour coded, it is normally the case that there is only one plug on the back of each shape. Plug

every cord into the outlet that fits it exactly and easily, and you'll be right 90% of the time.

For the other 10%, it can sometimes be confusing which 'port' to plug into. For example, the round mouse and keyboard ports are often identical. If you get a flashlight and look closely, you will often see a mini engraved mouse next to the mouse port, but it can be hard to see.

Getting the mouse and keyboard ports wrong won't do your computer any harm, it will just give you an error message when

you turn the computer on. Turn it off, switch the two plugs and it should fix the problem.



The keyboard and mouse ports sometimes look alike. In older computers, the mouse port may be larger, or square.

As well, there are a lot of items now that plug into the USB port, which looks like a wide metal phone jack. If you have more than one USB port and device with a USB cable, it doesn't matter which USB port you use.

Sophia Kelly is a computer geek who speaks 'regular person' fluently. In her spare time she works to put solar panels on Vancouver rooftops and produces LQ. She's online at sophiakelly.ca

Lesbian Trailblazer—Sheila Nyman of Chrysalis Society

The Chrysalis Society has been providing supportive housing to women recovering from addictions for 16 years. Their two houses, a 'first stage' supportive house called New Dawn and the 'second stage' called New Day, house women away from the streets in a supportive all-women environment that teaches and helps women practice the skills they need to stay clean and sober.

Executive Director Sheila Nyman has been instrumental in getting the

programs where they are today.

"Women-only programs like the one at New Dawn are rare" and uniquely

"Women-only programs are rare and uniquely helpful."

helpful for many women, according to Nyman. As well, unlike many other programs, New Dawn will re-accept women who have relapsed, and is a wholistic program integrating recovery methods beyond the 12 steps including

guided imagery, meditation and life skills training.

Nyman, an Okanagan Salish woman, integrates traditional teachings from her heritage into the program, allowing First Nations and other women to access those tools as appropriate. As well, residents, ex-residents and staff of New Dawn and New Day go to the Medicine Wheel first nations gathering in Chilliwack for a week of camping and healing in August of each year.

A number of over 30's women's 'fundraising' dances recently have raised funds for Chrysalis Society, a registered charity.

Single Lesbian Club (SLC)

The lesbian singles club was started in fall of 2003. An informal email announcement list ties this loose group together, with members posting events and get-togethers to the list administrator to send to the members.

"We thought that there were lots of events single women would like to go to, but they weren't going because they

didn't have anyone to go with. With the list, we can put together a group of women to go together." says Sheila, one of the co-founders. Members are mostly in their 30's, 40's and 50's.

A group of 'hard core birders' has formed from the group, and go bird watching regularly.

Other activities are to go as a group to a play, concert, or other event, go hiking or even just to the bar. Lick has been very supportive, offering a special rate and music requests for SLC members.

The contact email was not available at press time, but interested women can send an email to lq@sophiakelly.ca to be referred to the SLC list.

Federal Election June 28

Definitely a lesbian event! Call your local returning office or go to elections.ca to find out what riding you're in and how to get on the voters list. The "Voter Information Service" area is a good one, but a little hard to find. Here's a link: <http://www.elections.ca/scripts/pss/finded.aspx?L=e&page=newsearch> (tip: enter your postal code with no spaces)

Questions LQ would like to ask candidates: Based on your past behaviour only (rather than promises), why would women, specifically, want to vote for you? Again based on past behaviour why would women, specifically, **not** want to vote for your competitor?

Special Offers!

Are you a lesbian selling a great product or service? Post your special offers and gifts to readers here for free! Email lq@sophiakelly.ca for more info.



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Helping regular people do good things better

How RESP's Work

In 1989 the federal government instituted The Canadian Education Savings Grant program, which adds a 20% grant to money saved in a registered Education Savings Plan (RESP) for children under 17 to a limit of \$400/year. The money grows in RESP's tax free until required. The donation limit is \$4000 per year. Depositors can back-date their contributions, however, so that a portion of this year's contribution can be applied to a previous year's amount, obtaining that year's grant.

When required for education, the money can be drawn out to pay for tuition, books and living expenses, as long as the

beneficiary is in a program of full time study of a minimum duration.

There are three main types of RESP plans according to Michele Dore, an RESP

"Contribution to RESP's are topped up with a federal grant of 20% to a maximum of \$400/year."

agent with Global Marketing Corporation. They vary in terms of risk, return and restriction. Self directed RESP's are the most flexible but, like other investments are either not guaranteed (Mutual funds) or are low risk with low interest.

"Individual pooled" plans have higher

interest and are guaranteed (you don't lose money). The plan Dore sells most has the ability to put the plan on hold (not contribute) for several years if required and flexible withdrawal without fees, similar to a self-directed plan.

The most restrictive type is the "group pooled" plans, which have a higher rate of return than a self-directed plan, but more restrictions and fees on removal of funds or failure to keep up with regular payments.

Michele Dore has a long history of teaching & feminist organizing & a passion for grassroots, community based education. She lives with her honey Wendy of 24 years & their sweet dog Millie.

Networking and Classifieds (New Feature!)

Looking for a housemate or employee? Trying to sell your truck? Postings are free, are limited to 70 characters and are printed at the discretion of the editor. Business postings \$10. Postings can be sent to lq@sophiakelly.ca

FOR SALE			
RollerBlades, Pads and Guards, Men's 7 1/2 Hard Shell / Mint Cond \$60/OBO 604-828-6572			



Editor: Sophia Kelly
Logo design: Jayde A. Ly
Advertising rates:
 Business Card Size: \$30
 3 by 4": \$50
 Business Classified: \$10
Deadline for Fall Issue
 August 15th 2004
Contact: lq@sophiakelly.ca

100% Lesbian.

LQ is a magazine about lesbians in business—self-employed trailblazers or wage-earners—our achievements, our knowledge, our events and interests.

Editorial Guidelines: Submissions from lesbians are welcome. Intended audience for writing is lesbian-identified women over 30. Articles and story ideas may be sent to 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.

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

The Lesbian Agenda—not just for baby-dykes...

Event	Location & Cost	Date
Lesbian Idol Part 2 —Lesbian performers compete before a panel of judges. Singles meet & greet 8 pm. Dance & contest after featuring DJ Susan Yeager. Open to all gay supporters. Interested performers contact: djsusandyeager@hotmail.com	Aldergrove Royal Canadian Legion 26607 Fraser Hwy (Route 1A) Send cheque to: Diane Driver #53 - 20176 - 68th Avenue Langley, BC V2Y 2X7	Sat June 16th
LIL Lesbian Softball Tournament & Cultural Festival —featuring sweaty women, artists and artisans, fun and frolic.	Trout Lake 14th @ Victoria Dr. Vanc. (near Trout Lake Community Centre)	June 3, 4, 5
Elvira Kurt —Canada's Funniest Lesbian Comic—Stanley Theatre, Vancouver soundsandfuries.com elvirkurt.com	Urban Empire, Women in Print, Little Sisters, Ticketmaster \$22, Door \$25	Mon, June 14
Federal election —definitely a lesbian event! Call your local returning office (federal blue pages) or go to elections.ca to find out what riding you're in and how to vote.		June 28
Lesbian Idol Part 3 —the last qualifier before the final.	See Part 2 for details	July 10th
Vancouver Folk Music Festival —okay, not a lesbian event, but lesbian friendly and staffed by lots of lesbian staff & volunteers. http://www.thefestival.bc.ca/	Jericho Beach Park \$90 by June 19th, \$120 after, \$130 at gate. Less for single day/eve tickets.	July 16-18
Indigo Girls —Zulu, Highlife, Ticketmaster.ca from May 28	Commodore Ballroom Vancouver \$35	Tue July 20
Lesbian Idol—the Final —The selected performers from parts 1, 2 and 3 compete. See Part 2 for ticket information.	Vancouver Rowing Club—Tickets are \$10 (\$8 US) in advance or \$15 door	Sunday August 1
Ferron and Jamie Sieber in concert—details at www.soundsandfuries.com		Thurs Aug 5

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