



Lesbian Quarterly

Unfashionably Lesbian Focused

Summer Edition

This quarter LQ is back with lesbian pride!

Lesbian pride is expressed in its solidarity amongst women who fall in love with women and prefer women as partners. Lesbian pride is the willingness to be true to one's own heart and soul and to support oneself and others in our lesbianism.

In this double-size issue we profile research by BC lesbians, on lesbians. These researchers studied with the aim of making lesbian lives better. There is information on funding for lesbian-topic health research and research on lesbian education in nursing. As well, LQ reprints results of a survey, conducted in 1997, which, among other things, discusses how important formal recognition of same sex couples is for lesbians in small and northern communities. Given that same-sex marriage is now a reality (whatever Mr. Harper may want) and hasn't always been fully supported by queers in urban communities, it is useful to look at a study describing how formal state recognition, along with other measures, were expected to make life safer for lesbians in communities like Prince George. As well, as this is the season of the sun, we also have information on a lesbian-co-founded cooperative that helps people afford to help the planet with solar-powered energy systems.

Summer 100% Lesbian



By the way, what's with that all-male pride logo this year for Vancouver? (check it out at www.vanpride.bc.ca)

June 1 2005

Issue 6

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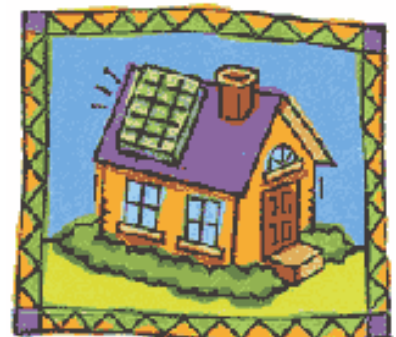
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Solar-Powered Lesbians?

What is a better time to talk about solar energy than summer solstice? I may be a bit obsessed—it seems like any time is a good time. Aside from publishing LQ and earning a living, getting solar panels on roofs has been my main priority for the past year, since I co-founded the Vancouver Renewable Energy Coop (www.vanrenewable.org) to help make doing the right thing for the earth more affordable.

VREC is an activist cooperative made up of one lesbian and five straight men. We offer lower prices on equipment, installation or help with installation, and volunteer opportunities for people who'd like to learn about renewable energy and conservation hands-on.

We will be installing a photovoltaic system on the roof of the Society Promoting Environmental Conservation this spring. This system will generate renewable electricity from the sun, and be connected to BC hydro to sell any excess to the grid. **If you have roofing, construction, or electrical experience and/or would like to learn about solar energy, we'd love more volunteers to help with this installation**, which will be supervised by an electrician. The roof involved is flat, has stairwell access and safe to work on whether



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And they lived happily every after—Lesbians in Prince George

Community debate on the value of same sex marriage in larger cities often misses the impact of formal recognition of same-sex couples on lesbians in rural and northern communities. This research study, conducted eight years ago, had recommendations to help lesbian women in northern communities. How far have we come? Where can we do more to make life better for lesbians?

Source: Sorrell, Sue and Watson, Janet. (1997). *And they lived happily ever after. Prince George: University of Northern British Columbia Women's Centre.*

“Two researchers conducted interviews with sixty lesbian and bisexual women in nine communities in Northern BC. 46% of the participants lived in the Prince George area. 36% lived in communities with populations of five to ten thousand. The remaining 18% lived in communities of less than five thousand people. Nine women identified as bisexual. The report concludes with recommendations for specific actions identified by the participants that would help to improve the quality of their support systems.

1. **Come out** - A consistent thread running through many of the interviews was an urgency to “come out.”
2. **Create positive and accurate reflections** - Many of the recommendations involved having their lives, as lesbian and bisexual women, reflected back to them through a film festival, a community anthology, an art exhibition, a documentary, etc.

“Most participants said that certain fundamental changes in their lives experience as lesbians or bisexual women will only occur if both the provincial and federal government officially recognize same-sex couples, giving them the same rights and responsibilities as heterosexual couples”

3. **Celebrate achievements and role models** - Resources need to be put toward celebrating individual and collective accomplishments.
4. **Create gay or gay-friendly establishments** - Women said they need safe places to meet outside of their homes, especially for youth.
5. **Create gay or gay-friendly programs** - Several participants were concerned with how an assumption of heterosexuality affects clients accessing programs who are not heterosexual. Programs under discussion included drug & alcohol programs and seniors residences.
6. **Organize political groups** - Many women advocated the organization of groups committed to political action.
7. **Initiate support groups** - Few lesbian and bisexual women with children have been able to access formal support services for their children, or for themselves in their role as parents. Coming out groups need to be available as well as support for lesbian teachers and school support staff.
8. **Support gay-friendly establishments, organizations, events and individuals** - Participants stated it is important to support those individuals who stick their necks out in order to support equality for gays, lesbians and bisexuals like the minister at a local church who boycotted an antihomosexual conference.
9. **Boycott unsupportive establishments, organizations, events and individuals** - A local health food store was identified for its explicit support of homophobic literature.
10. **Demand the formal recognition of same sex relationships by the federal & provincial governments** - Most participants said that certain fundamental changes in their lives experience as lesbians or bisexual women will only occur if both the provincial and federal government officially recognize same-sex couples, giving them the same rights and responsibilities as heterosexual couples.
11. **Implement the GALE recommendations in public schools throughout BC** - The public school system was one of the problem areas most frequently mentioned by women in all communities visited. The Gay and Lesbian

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Solar Power (toolbelts, anyone?)

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they be beginners, super butches or power-femmes. We are also in the first stages of a project to put solar hot water systems on housing cooperatives in Vancouver, and have a 25% federal subsidy available to help pay for them.

People put renewable energy systems on their homes for a variety of reasons, ranging from environmental to economic. The Natural Step, a Swedish business planning methodology (used by Ikea and the municipality of Whistler to help them be more environmentally sustainable) likes to refer to changes that are easy and pay for themselves as 'low hanging fruit'. Recycling or conservation measures often fall into this category. Some examples include switching to compact fluorescent or led lighting, energy efficient appliances, low-flow shower heads and a timer on your furnace to lower the heat at night or when you're not typically home. Generally, these are the best measures to start with, as they have a high impact relative to effort.



Wireless Nuclear Fusion Transmission!

Not far up the branch—Solar Thermal: Solar pool heating, solar domestic hot water and solar space heating systems also pay for themselves in energy savings, albeit over a longer period. When replacing oil or gas heaters, they also avoid consumption of fossil fuels and production of greenhouse gasses. Both systems use heat-concentrating panels to pre-heat water going into your pool or hot water tank. Solar pool heating systems are very efficient and cost effective. Combined with a transparent pool cover (such as a large sheet of plastic, or a bubble/solar cover which is more insulating) when the pool is not in use, a properly sized and sited solar pool heater can supply all the heat necessary for the pool. The solar collector is mounted on a sunny roof or ground location and is normally the same size as the pool surface area.

“VREC will be working next to install solar hot water systems on housing cooperatives. A 25% federal subsidy is available to help pay for them.”

Domestic hot water is the second-highest energy cost in the typical household. In fact, for some homes it can be the highest energy expenditure. Solar water heating can reduce domestic water heating costs by 40-65%. Similarly to a pool heating system, collectors are mounted on the roof in a sunny location, and water (sometimes containing antifreeze) is pumped through them and into a second hot water tank located next to the regular hot water tank. A heat exchange coil transfers the heat between the two tanks. When there is not enough sun, the conventional water heater will bring the temperature in the regular tank up the rest of the way. A typical system costs between \$1600-\$5000. For a household with high hot water usage, this savings can be significant. There are also relatively inexpensive solar air space heaters, which concentrate the winter sun to add heat to the air in your home, reducing heating costs.

“As of spring 2004, BC Hydro now allows homes with renewable energy systems to be connected and sell electricity to the grid. VREC, a local workers cooperative, plans to install the first residential grid intertied system in Vancouver.”

The sky's the limit / Be the first in Vancouver... 'Wireless Remote Nuclear Fusion', otherwise known as a photovoltaic solar electricity generating system, uses the sun to generate electricity. Sun shines on a roof-mounted solar panel, generating DC electricity, which gets fed through an inverter and into your home. The home can remain connected to the BC Hydro grid or, with the addition of batteries, be self-sufficient off grid. In economic pay-back, photovoltaics are roughly equivalent to buying a Prius hybrid car. The extra cost of a Prius, which is very fuel efficient, does not balance out the savings unless you have very high use, like a taxi. However, there is a high demand right now for Priuses, because people like the technology and the idea of making a difference. If you live where it is expensive or hard to connect to the electrical grid, then micro-hydro, wind or solar electricity is a cost

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



Lesbian events coming up fast...

June 3-4 - LIL Lesbian Softball Tournament and Fair. Local and visiting teams, t-dance/beer garden, vendor fair. Trout Lake Park, Vancouver www.mabelleague.com

June 18 Mixed Surrey Pride Dance featuring DJ Susan Y 50's Burger & Pizza in Surrey at 10028 King George Hwy. Full menu and bar. 9pm-1am \$5 cover at the door

July 2 The Wyrd Sisters Place/Time TBA www.soundsandfuries.com

July 9 Women's dance featuring DJ Susan Y at the Royal Canadian Legion in Aldergrove at 26607 Fraser Hwy. 9pm-1am \$10 cover at the door. Call 514-3549 to reserve tickets.

July 16 Women's dance with DJ Susan Y, Surrey (see June 18)

July 31 Women's Pride Dance featuring DJ Susan Y at the Vancouver Rowing Club in Stanley Park. Call for tickets. \$20 advance or \$25 at the door. Call 514-3549 to reserve tickets.

July 16-17 and June 23-24 Organic Fruit Picking Work Bee—Spences Bridge—food, fun and accommodation provided. Jean sn1138@uniserve.com

July 21-25 Wild Wise Women's Camp Out at Hoo Doo Ranch for Lesbians and their

women friends (Spences Bridge, BC) www.mypage.uniserve.ca/~sn1138

July 22-24 Mabel League Final Tournament Vancouver www.mabelleague.com

June 24-July 3 Victoria Pride Festival www.victoriapridesociety.org

July 30th Vancouver Dyke March www.vancouverdykemarch.com

August 13 Mabel League Wrap-Up Party www.mabelleague.com

Ongoing Events:

Tuesdays:

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

1st Wednesday of the Month: June 1 July 6 August 3

Vancouver Outdoor Club Monthly Meetings 7:30 pm, common room of the Sitka Women's Housing Coop at 1550 Woodland St. Vanc. Meetings include event planning for day trips and weekend getaways, presentations on club related topics, socializing and meeting new members. www.outdoorwomen.ca

Thursdays: The Lesbian Show—Lesbian-produced radio: Thursdays 8-9 pm on 102.7 FM (Lower Mainland).

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

Plan Ahead

September (no dates yet) Ferron & Band New CD Release celebration concert www.soundsandfuries.com

Sept 8 - 11 The 1st Canadian Lesbian Gathering/Conference. For lesbians 50 and over. Younger lesbians more than welcome too! Coast Plaza Hotel www.soundsandfuries.com

Oct 15 - 29 Women's Tour in Greece: Athens, The Peloponessus, Isles of Santorini and Aegina Visit: www.soundsandfuries.com or call 604-253-7189

October 1 Research Grant Deadline for Lesbian Health Fund www.glma.org/programs/lhf/guidelines (see article this issue)

October 7-10 WomenFriends Music and Creativity Camps www.womenfriends.com



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

Lesbian Quote:

Some women can't say the word lesbian... even when their mouth is full of one.
--- Kate Clinton

LQ Events listings are free, and must be submitted by email. Events both inside and outside the lower mainland are welcome. See back page for deadline. Priority is given to events organized by &/or for lesbians. Editor reserves the right to post or not post anything she wants for any reason. Club-crowd and mixed queer listings are more reliably found at www.superdyke.com or Xtra West

Lesbian Health Research Grants

Want to get paid to pay attention to lesbians health?

The Lesbian Health Fund, part of an American organization called the Gay and Lesbian Medical Association offers a grant funding research into lesbian health. This grant has two deadlines—May 1st and October 1st. Since 1992, \$370,000 has been awarded, including a grant to Carla Randall, an former instructor of Nursing at the University of Victoria who studied ways of improving nursing education on care issues specific to lesbian patients. (see story in this issue)



If you're interested in lesbians (and who wouldn't be?), LQ encourages health researchers to apply for this grant and help increase the body of knowledge about and for the benefit of lesbians.

Lesbians do not necessarily have the same health needs and concerns as non-lesbian women and gay/bi/queer/trans men. Focus on lesbian needs and concerns by lesbian researchers may help us understand and correct the impact on lesbians of amalgamating resources for the non-straight into a one-size-fits-all package.

Here is a rare funded opportunity to focus on lesbians and study things that will improve our health and add to the body of knowledge about lesbians specifically. For more information and for application materials, please go to <http://www.glma.org/programs/lhf/guidelines.shtml>

Northern Lesbians

(Continued from page 2)

“One of the biggest themes to emerge from the project was just how much lesbian and bisexual women rely on each other for support. In order for this informal support system to continue working, women said individuals and communities need to develop and improve methods of communicating with each other through existing newsletters, email, web-sites, information phone lines.”

Educators of BC have made informed recommendations regarding the development and distribution of relevant educational resources, as well as for the integration of gay, lesbian and bisexual issues into school curriculum at all levels.

12. Create awareness among professional communities and the general public through educational materials, workshops and public events - The groups which were frequently cited are the police, teachers and school administrators, lawyers, physicians and nurses, mental health professionals, social workers and parents of school age children.

13. Network within and across communities in the central interior - One of the biggest themes to emerge from the project

was just how much lesbian and bisexual women rely on each other for support. In order for this informal support system to continue working, women said individuals and communities need to develop and improve methods of communicating with each other through existing newsletters, email, web-sites, information phone lines.”

Note: LQ attempted to contact the researchers for their permission to reprint this article, but was unable to as of press time. Given that the research is already published on the internet, LQ decided that reprinting it here would likely be acceptable to the authors.

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Resources for Lesbians

Greater Vancouver

Health: BC Centre of Excellence for Women's Health - Lesbian Health Information & Research www.bcccewh.bc.ca/Pages/pubspdflist2.htm

New Dawn Recovery House for Women 604-325-0576 les-friendly supportive recovery houses for women with addictions.

Support Groups -

Les/Bi Cancer Support Group—Patient & Family Counselling, BC Cancer Agency Info Sarah Sample or Sydney Foran 604-877-6098

North Shore Women's Centre (www.vcn.bc.ca/nswc) Resource centre, drop-in group for lesbians and bi women Free/confidential. 944 W 16th Street (Hamilton Ave Entrance) N Van 604-984-6009

Women's Coming Out Groups Free@ the Centre (lgtbq) 604-684-5307 www.lgtbcentrevancouver.com

Social / Recreational / Sports—

Menopausal Old Bitches (MOB) lesbians over forty 604-684-9872 ext 2118

Vancouver Women's Outdoor Club—See article in LQ3 & Lesbian Agenda for monthly meetings

Mildred Women's Volleyball League 604-684-9872 x2002

Mabel League Women's Fast Pitch Softball League www.mabelleague.com (season runs April-August, with new players accepted till Mid-May)

Gazebo Connection- professional lesbians social group. 604-438-5442

In the Company of Womyn Lesbian social group with monthly meetings. Surrey/Langley -activities extended to the Fraser Valley. Jill: 604-881-2155

Lesbi Friends Support & social group for lesbians in the Fraser Valley c/o Women's Place 604-536-9611

Not So Strictly Ballroom www.gayvancouver.bc.ca/nssb Same-sex couples dancing. Partners not necessary.

Thompson-Okanagan

Rainbow Womyn's Group sher19992003@yahoo.ca email list: lj@dignatis.com www.noglo.com

Vancouver Island

Vancouver Island Lesbians In Progress Society—social, support vilipsnews@hotmail.com 250-756-0769

Hill House Transition House Temporary safe place for women and children leaving abusive relationships. Lesbians welcome. 250-479-3963

Know of other lesbian-operated or lesbian oriented resources in or outside of the lower mainland? Send a brief description to lq@sophiakelly.ca (publication subject to editorial discretion)

Lesbian Resource Profile—The Centre's Coming Out Groups for Women

Downtown Vancouver. Offered 4 times a year, free coming out support groups for lesbian/bi/trans or questioning women. Call 604-684-5307 for info and to get on a wait list for the next available group. <http://www.lgtbcentrevancouver.com/Groups.htm>

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



Improving Health Care for Lesbians

Carla Randall's research looked at ways to address and prevent anti-lesbian prejudice in health care through nursing education.



Carla Randall, R.N. knew that there was “lots of evidence that lesbians haven't recieved safe healthy healthcare”. She believed that nursing educators were in a good position to actually do something about that through educating the next generation of nurses. Carla conducted her doctoral dissertation research on “an attempt to address ways in which nursing education can overtly undermine the prevailing status quo of heterosexism, heteronormativity, and homophobia”. Her research involved working with heterosexual and lesbian nursing faculty to come up with ways to include lesbian examples and content into their teaching. She wanted to understand what concerns, barriers, and resistance the instructors would experience when they attempted to integrate lesbian content into their teaching, as well as responses from students, clients, peers, and administrators.

The participating faculty were from a total of five different schools of nursing located in the Lower Mainland. These instructors taught core nursing clinical skills and theory courses for beginning and advanced students as well as maternal-child, community health, psych/mental health, adult health, research, data analysis, and nursing issues courses. Carla met with participants and asked them to come up with three ways to introduce identifiable lesbian content into their class instruction. Faculty “were challenged by it. They didn't have experience to draw on. It came up that they didn't know they had cared for any lesbians. They realized they probably had and just didn't know it.” They didn't feel they had any experience to share with students about caring for lesbians. However, this fit in with Carla Randall's goal of raising the consciousness of nursing educators. They realized they needed help to integrate lesbian education into into other topics.

Most of the faculty chose to add additional content rather than including lesbian examples into existing lessons. Typically instructors invited a lesbian nurse as a guest speaker, assigned articles or to had some class discussion. One participant introduced a discussion of lesbians in a course looking at issues that hindered people from accessing health care and made the parallels with other barriers such as violence, race and class. “She made the point that these factors are interrelated and collectively impact women's health.”

Participants were starting from different points. One participant had already been regularly including lesbian content in teaching. She focussed on smoother integration. She was surprised at how easy it was for class to get off topic and go into other barriers and she became aware of needing to get people back to that topic. At the other end of the scale was a participant who inserted no lesbian content. She said that she thought the conversation would come up, and was surprised that it never came up. Randall makes the point that if instructors don't make a effort of bringing lesbian health care issues up, it won't happen on it's own. The results said a lot about the impact of lesbian invisibility on healthcare. Les-



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100% Lesbian.

LQ is a magazine about lesbians – our achievements, our knowledge, our events and interests.

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LQ is self supporting through advertising. Help us grow by advertising in LQ.

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Editorial Guidelines: LQ is committed to 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. Lesbians with professional or trade knowledge to share are encouraged to contact LQ for an interview at lq@sophiakelly.ca. Lesbian writers, artists or poets interested in contributing may contact the editor for more information. 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. LQ’s use of ‘lesbian’ includes legally-identified women who label themselves lesbian.

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Solar Powered Lesbians

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effective and elegant solution. If you are already on the grid, you won’t save a lot of money from this system until electricity prices go up. Buying a photovoltaic system is pre-purchasing 20-30 years of clean, emission-free electricity, rather than the combination of hydro and coal-fired electricity we currently consume in BC.

For more information visit www.vanrenewable.org. The site includes an online catalog with lots of equipment and information.



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Helping regular people do good things better

Educating Nurses about Lesbians

(Continued from page 7)

lesbians with sick or dying partners, lesbian adolescents with suicidal ideation, lesbian moms and other lesbians needing healthcare can’t be helped effectively by nurses who don’t know lesbian-specific issues exist.

How would Randall, herself a nursing instructor, integrate education about lesbian factors into nursing education? “Bring it up as a normal part of growth and development. As nurses, we study male theorists and the heterosexual norm. We have to be educated about lesbian health and we’re not. We can note in child development, for example that exploration of same sex thinking is normal no matter how the the kid will turn out to be. We can talk about sexual orientation concerns being the primary reasons kid attempt suicide.” She found that instructors and students got scared to talk about lesbian issues and barriers, and slide off into other topics. Integrating lesbian content into teaching on death and dying could be as easy as using the example from the film “If These Walls Could Talk” about an elderly closeted lesbian who is left destitute when her late partner’s family evicts her from their home. She also recommended the song “No tears for the widow “ by Judy Small.

Carla Randall is a former instructor at the School of Nursing at UVIC and now teaches at the University of Southern Maine. She defended her doctoral dissertation recently on May 30th, 2005 at the UVIC School of Nursing.