This group of old dykes is about empowerment and visibility, moving into the next phase of our lives with panache and activism, talking about taboo and difficult topics including our inevitable deaths, long-term planning, community and connection. Open to old lesbians 60 and over.

Bay Area OLOC All-Day Gathering

Sunday, November 17, 2019 - 10:00 am to 3:30 pm
Back at our San Francisco location!
Francis of Assisi Community, 145 Guerrero St, San Francisco, CA 94103

Lesbians 60 and over are invited to join us for this all-day event. It’s accessible by public transportation and offers a homey environment. We hope you’ll be able to attend!

PROGRAM: After a welcome and announcements, we’ll do our usual check-in circle. What’s on your mind ... how are you? Then lunch, and an opportunity to mingle, followed by our afternoon activity:

“A FIT BODY HAS FUN – LAUGHING YOGA AND GENTLE MOVEMENT”

Long-time OLOC member Vickie Lew will encourage us to enjoy our old women’s bodies. We’ll start with focused breathing, move on to simple stretching, music, and a bit of charades. She’ll welcome requests for exercises to address parts of our bodies that could use movement help. Laughing will cheer us and get the endorphins flowing. Vickie has been gathering these tools and presenting at senior centers for years. She is eager to share her expertise with us.

We will end with a closing circle at about 3:30. Help with clean-up is always appreciated!

SNACKS & LUNCH: Bagels and cream cheese, coffee and tea will be available in the morning. Lunch will be a Southern-style feast: fried chicken, corn muffins, veggie red beans with brown rice, macaroni and cheese, green salad, cobbler and iced tea. (We always
provide vegetarian and gluten-free options.) Weather permitting, there will be both indoor and outdoor seating for lunch.

**COST:** Lunch/snack cost to OLOC is $15/person; pay what you can. The basket for lunch contributions will be on the table with name tags and other printed material.

**Please RSVP so we know how much food to order.** RSVP by Wednesday, November 13, email mslaura@earthlink.net or call Laura at (925) 980-3842 (cell/text/messages). Thank you! (If you discover you are available at the last minute – come anyway!)

**Getting there:**
If you need help with transportation, please let us know and we’ll do our best to assist you. Contact Ginny Garrett, ginnygarrett@hotmail.com or call, text, or message her at (510)495-4285.

Join us for this all-day event. We have all-day gatherings three times each year. At these get-togethers we do our best to offer our sisters a variety of entertaining and thought provoking content. We hope you can attend. **See you there!**

**September 13th - 15th Retreat**
Sunny weather, a warm pool and interesting women. Nice formula for OLOC’s fall retreat! Friday evening we shared supper. At nightfall, we celebrated a gorgeous full moon with some chanting. Luna’s reflection in the camp pond did her proud.

Our opening circle, Saturday night salon, and the Sunday morning members’ meeting provided opportunities for all to participate and get to know each other better.

Some early risers on Saturday were treated to a fascinating field talk at the pond on dragonflies and damselflies by Louise Mariana. The Saturday afternoon group discussion on ally-ship showed us the wide variety of ways OLOC members are engaged in both organized and informal social justice causes and support.
September Retreat, continued

Enchanted Hills Camp is continuing to make repairs and improvements following damage from the 2017 Napa fires.

If you haven’t yet attended a BA OLOC retreat, do consider it. We’ll help you get there and the fee is completely negotiable. Suggestions for program and activities are always welcome!

My First OLOC Retreat
By Terri Keith

Having no clue as to what to expect, I learned of the retreat by searching Facebook. I found it on the very last day of registration and knew I was meant to be there. I drove up with another old lesbian and after we got through the traffic it was not a bad ride. The road leading to the camp was a bit windy and mysterious however when we arrived at camp it all cleared up. The land was beautiful and welcoming. The cabins were delightful, with all fresh linens. I felt right at home. Having left in a rush, I forgot to bring dinner as suggested. But it was not a problem at all. Many women offered to share their food and I was completely nourished. Meeting the women was the best part. Everyone was kind and inviting. I immediately felt comfortable despite the fact that I was the only woman of color at the event. (Two other Women of Color showed up later, helping me to feel more at ease.)

That first evening we had an opening ritual. Then we spent time getting to know each other and what had brought us to this event. Everyone shared from the heart and it was wonderful. The next day were the workshops. There was a nice variety to choose from. I chose to join an exercise class for older women. I learned a lot of new exercises that I could do without hurting myself. I try to keep that going. Later that day we had a rip-roaring game of volleyball in the pool. Big fun! One evening there was a sharing of song, poetry and music. The food was terrific and plentiful, except one night we didn't have a vegetarian option for me. We ended with a closing and well wishes for a safe ride home. All in all I'd have to say, I thoroughly enjoyed myself. I plan to go back next year and bring some more women of color.

Terri Keith Swam a Mile for the Women’s Cancer Resource Center!
New OLOC Member Terri Keith swam a mile on October 5th and raised $1256 for the Women’s Cancer Resource Center. Woo-hoo! Several OLOC women contributed.
RETURNING BY POPULAR DEMAND --

Sing Along with Us!
Our sing-along last year was such a success, we’re doing another one. Dana Vinicoff will be leading the singing and Jessie Ortiz will accompany us on piano. Song sheets will be provided and NO ONE will be judging your pitch. We’ll meet in the dining room at Strawberry Creek Lodge senior residence

Sunday, December 8th – 1:00 -3:00 pm

Strawberry Creek is located at 1320 Addison St. in Berkeley, one block south of University and a block and a half west of Sacramento.

Light refreshments will be provided and the location is fully wheelchair accessible. Please be scent-free so all can enjoy. Come one, come all, pass the word that it’s time to sing! All age women are welcome, and as we are meeting in a senior residence, a few men will probably happen by. Questions: Contact Pat at (415) 637-5002, voice or text.

♀ ♀ ♀

THE ART OF NAPPING
By Suzanne Gary

It takes years of practice. Or does it? Being retired helps. Being over 70 helps. The older the better, perhaps. I feel I am just getting the hang of it. There is no doubt that napping is one of the pleasures of my life now. Something I would have been appalled to hear myself say 10 or 15 years ago.

As with any art, faithfully pursued, there are certain requirements. But unlike being a painter or sculptor or musician, these tend to be minimal, and cost basically nothing. Lighting is important—less is best. At least a soft, unobtrusive hue. Solitude is desirable, or perhaps, if available, a comfortable companion of similar mindset, not necessarily human. A dog or cat, for instance.

Another requirement is time. Lots of it, however you define “lots.” Because people vary in their needs—some swear by the 20-minute power nap. Not I. This is basically a young person’s version of the nap, and is foreign to every self-respecting senior I know. A real nap lasts at least an hour, and is not accompanied by an alarm clock. A good nap ends when it ends, with a yawn and a stretch and a gradual return to consciousness. Emphasis on gradual.
The art of napping, continued

A comfortable sleeping place is essential, and at my age that probably means a bed, although I recall plenty of delicious naps on the ground, in a campsite, following a lunch of something grilled over a fire. Or lying on a beach lulled to sleep by the roar of surf. I get sleepy just remembering such interludes.

The most important prerequisite of successful, even championship napping, is the absence of guilt. Not even a small voice reminding me of chores to be done, people to be called, etc. I think this is the part that takes constant practice. In our culture, it is simply not okay to be down for the count for several hours after breakfast or lunch, even for seniors. It causes worry, apparently, i.e., something must be wrong, requiring a friendly phone call by a friend, which rudely interrupts what had been a delightful snooze.

After a lifetime of performing some kind of work—it doesn’t matter what kind, napping was not allowed—it seems we should have earned the right to let the train coast to a stop for a few hours each day, and enjoy the fact that we are no longer slaves to the clock and the workday. This is the most dependably happy thought I can imagine having, and although there are days when happy thoughts seem a bit scarce, this one seldom fails: that there is nowhere I need to be, nothing I need to be doing at this moment!

Bring on the stroll by the marsh, bring on the library book, bring on the Z-Z-Z-Z’s.
(End of Part One, interrupted by an extended nap. Part Two to be presented later).

Note: Suzanne died on April 2nd, 2019 and this piece was read at her memorial. Several OLOC sisters encouraged her partner Laura Bock to send it to us. We published another essay by Suzanne, “Aging on Wheels,” in our last newsletter. She will be missed!

♀♀♀

BAY AREA OLOC BENEFIT FOR QWOCMAP A BIG SUCCESS

On October 5, Bay Area OLOC co-sponsored a special showing of films produced by participants of the Queer Women of Color Media Arts Project. The event attracted an enthusiastic audience for shorts showing intimate and moving aspects of Lesbians’ lives in Latinx, African American, Native American, and Asian American contexts.

A butch and her spouse are finally successful in getting pregnant after years of insemination attempts. (How DOES a pregnant butch find maternity clothes that match her style?) Indigenous Lesbians create their own drum for ceremonies from which others have excluded them. A Korean-American couple bonds, finding comfort in the unexpected
**QWOCMAP Benefit, continued**

support of one of their mothers who has serious memory loss. An African American Lesbian affirms herself in beauty, overcoming messages that she was never supposed to survive or thrive.

QWOCMAP sponsors four-day workshops around the country. Lesbians, Queer, and Trans Women of Color participating in these events learn to work with cameras, develop a “story board” and produce a piece of work, gaining entry-level access to the world of filmmaking. This event raised $851 for QWOCMAP and Bay Area OLOC plans to continue to volunteer as a community partner at their free film festival next Pride season!

**A RADICAL WOMAN**

By Mary Nordseth

I met Florence C. in 1978 after I’d rented an Oakland apartment in a run down, sectioned house: one family on the ground floor; on the second floor, Florence’ apartment, room for a card table and kitchen sink, plus a back room she never mentioned. On the top floor was my apartment, with a view of the bar’s parking lot across the street, where a tipsy patron or unwary pedestrian could be relieved of his or her wallet or worse.

Florence’s cats came from an equally tough (feline) neighborhood, but were lucky enough to find refuge on her back porch. Fed daily, they were left alone to negotiate their pecking order in a new kind of family, where no one felt well enough to bite their neighbor. The day I climbed the weathered stairs that ran up the west side of the building, on Farnam Street, I saw the cats had the mezzanine, (Florence’s place) and I would have to be careful not to further injure the poor, despairing creatures. My daily traipse up the rickety stairs saw me with my bike on one shoulder, and a book bag on the other. Various injuries met me on the cat’s sad faces, torn mouths, noses, and ears, bandaged paws and legs, and some shortened tails that wagged gratefully as they fed.

One day an elderly woman stood at the door and gave me a shrewd look, as if she had seen every type of low-life in the Fruitvale District and I should be on my best behavior. “Well, hello!” Florence said, through a partially open back door. She wondered when I was going to take a moment to stop in and say hello! We enjoyed many adventures until the day I opened her door to find her sitting at her card table where she addressed an envelope to PG&E. I noticed the empty PG&E envelopes were falling on the floor. “But Florence,” I said,
A Radical Woman, continued

“Why are you addressing the envelope when you have so many to choose from?” She always addressed them herself, she said. She had written on the white envelope: “Pigs Go Eat.”

She told me to brush the clutter off her LOOK Magazine--there was something she wanted inside. When she found the article, she told me to fetch a cardboard box from the back room; as directed I placed it on the floor near her card table. The magazine’s article and picture of interest was of a woman named Elizabeth Cady Stanton.

Florence thought she “may be related to this one.” She compared her own genealogy tree from the cardboard box with the one in the magazine and found her ancestor’s name: Florence Cady was the great, (great) grand-niece of Elizabeth Cady Stanton. She brought out her father’s book, a large hard-bound book of his pilgrimage by covered wagon to the western state of Oregon or Washington.

© 2019

Note: The picture of Elizabeth Cady Stanton, women’s rights pioneer, shown above is from the Library of Congress, not LOOK Magazine. It was taken in 1848, the year of the Seneca Falls Women’s Convention. The sons pictured are Daniel and Henry.

♀ ♀ ♀

BAY AREA OLOC STANDS PROUD AT OAKLAND PRIDE

BA OLOC sponsored a booth at Oakland Pride for the first time this year. Our idea was to provide hang-out space with water, shade and lawn chairs so that Old Lesbians could take a load off our feet and enjoy the festival in comfort. It worked!

Marion Abdulla brought snacks and Devon Clare handed out our “Give this to your favorite Old Lesbian” cards. Patty Schamus helped set up, take down, and got passing Old Lesbians to give us their contact info. A number of local OLOC members appeared including Pat Cull and Cathy Cade. National OLOC Steering Committee members Maria Cora and Ali Marrero Calderon, and Steering Committee member elect Bethsaida Ruiz all stopped by. Ginny Garrett and Susan Chacin brought the shade and chairs, kept their puppy Frankie from barking too much and closed out the day vowing to use the festival’s shelter and chairs next year. It was a diverse and colorful event, much less corporate than SF Pride. (Pictured: Patty, Devon, and Susan)
OLOC: Committed and Progressing - Diversity and Intersectionality
By Susan Chacin, a white woman

The good news is that OLOC is making progress toward embodying our values of diversity and anti-racism at both the national and local levels. Call it “bad news,” or just honest reality: OLOC, like many organizations in the U.S., faces challenges in this area.

OLOC’s National Gathering in Columbus OH last August started with a successful Old Lesbians of Color Day attended by 35 women from around the country, several from the Bay Area. You can read about the impact of the Old Lesbians of Color Day and its effect on the Gathering in the OLOC E-News editions sent out in September and October. (You will get E-News if you joining national OLOC; more info on these events appears at www.OLOC.org)

White members of Bay Area OLOC have been making efforts to be allies to Lesbians of Color for some time. A focus group several years ago decided to more intentionally support events sponsored by Lesbians of Color while working to attract and welcome Lesbians of Color to our events. This has led to partnering with Queer Women of Color Media Arts Project, attending the Asian Pacific Islander Queer Women and Transgender Community’s New Years banquets, showing films by and about Lesbians of Color at the SF Library in 2017-18, and supporting the Bay Area Lesbian Archives’ celebration of the African American journal Aché earlier this year. Last month we co-sponsored a showing of QWOCMAP films.

Bay Area OLOC members vigorously support anti-racist values. But studies show that most white people are still subject to unconscious bias and often interact with people of color in hurtful ways despite expressed intentions. OLOC is not exempt from these dynamics. It takes concrete action and willingness to hear feedback on the effects of our interactions and move forward. White Fragility by Robin DiAngelo describes how white people can be more accountable. There are many opportunities for ally-ship and action to strengthen Bay Area OLOC’s connections with women and Lesbians of Color. While some of us are already active in such settings, Bay Area OLOC could choose to do more as an organization, depending on the interest and energy of our members.

Another strategy available on both the national and local levels is to sponsor Lesbians of Color meeting and organizing their own activities under the OLOC umbrella. The idea of forming a national Lesbians of Color chapter has been raised. Locally, Bay Area OLOC could offer opportunities for Old Lesbians of Color to meet and discuss what they would like to do together. I hope that Old Lesbians of Color will be willing to discuss and express what our organization could do in support of their interests and needs. The National OLOC Steering Committee is working on founding a committee to move these issues forward at both the national and chapter levels. If you are interested in these ideas or want to participate in this process, please contact me at susanchnew@gmail.com, call or text me at (510) 332-8569.
Our newsletter needs you!
Your help is vital to this newsletter. The next edition will be in early January, so there’s time to get our heads together. Send articles, pictures, art, and announcements. Call or text (510) 332-8569, or send email: susanchnew@gmail.com.

Memorial Celebration for Marge Nelson
Marge Nelson, a founder of Bay Area OLOC, died on September 11, 2018. A group she was active in, “The Mortals,” invite us to celebrate her life and legacy:

**Friday, November 1, 2019 - 2:00 to 4:00 pm**
Coleridge Park Homes - 190 Coleridge Street, San Francisco (wheelchair accessible)

Marge loved potlucks, so bring finger-food or a beverage if you feel so inclined. (NO ALCOHOL IS ALLOWED IN THIS ROOM). We will have an altar for Dia de los Muertos. Bring something to represent Marge if you like. We’ll tell stories, sing some of Marge’s favorite songs, and nosh on snacks. Please RSVP to sally@sallygoldin.com.

There is a very small parking lot, and some street parking. MUNI buses 14,14R, and 49 stop about 2 blocks away on Mission St. Walk up a medium-steep hill on Virginia St to Coleridge. The closest BART stop is 24th Street

Marge Nelson, Presente!

---

**Upcoming OLOC Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 17, 2019</td>
<td>All Day Gathering</td>
<td>Assisi Ctr., San Francisco</td>
</tr>
<tr>
<td>December 8, 2019</td>
<td>Sing-Along</td>
<td>Strawberry Creek Lodge Berkeley</td>
</tr>
<tr>
<td>January 26, 2020</td>
<td>All Day Gathering</td>
<td>To be announced</td>
</tr>
<tr>
<td>February 2020</td>
<td>Women’s Dance Party ❤️</td>
<td>To be announced</td>
</tr>
<tr>
<td>March 22, 2020</td>
<td>All Day Gathering</td>
<td>To be announced</td>
</tr>
<tr>
<td>May 1 - 3, 2020</td>
<td>Retreat / Enchanted Hills</td>
<td>Napa</td>
</tr>
<tr>
<td>July 19, 2020</td>
<td>Annual Picnic</td>
<td>Berkeley</td>
</tr>
<tr>
<td>September 11 - 13</td>
<td>Retreat / Enchanted Hills</td>
<td>Napa</td>
</tr>
</tbody>
</table>