

## **2023 OLOC International Gathering Workshop Schedule at a Glance**

**Thursday 6:30 A.M.:** 30 Minutes of Movement (gypsy)

**Workshops A: 10:45 A.M.–12:15 P.M.**

- How Hierarchy Between Women Keeps the Patriarchy in Place (Sally Tatnall)
- Brave Space: Intentional Conversations about Race for Lesbians of Color (Arden Tucker)
- Missing and Murdered Indigenous Women (Patricia Bangert)
- Experiences of a Flag Waver through the Ages (Bea Jones)
- Introduction to Mindfulness (Ayesha Ali)

**Thursday Workshops B: 2:30 P.M.–4:00 P.M.**

- Our Home Movies, Our Lives (Sharon Thompson)
- Reflexology for Self Help: Hands (Janet Stetser)
- Reading Our Books (Carol Anne Douglas)
- Helping White People Understand that They are White (Barbara Grant)
- The Habit of DOMINATION: Delusion of Superiority Syndrome: My Theory of Everything (ABUSIVE) (Leslye Huff)

**Friday 6:30 A.M.:** 30 Minutes of Movement (gypsy)

**Workshops C: 9:00 A.M.–10:30 A.M.**

- Archives: Where Lesbians Live Forever (Angela Brinskele)
- Widowhood: An OLOC Support Group Experience (Nancy Polikoff, Deb Whippen, Sherry Sporn)
- Standing in the Fire (Barbara Grant)
- Feelings about Death (Carol Anne Douglas)
- Resilience: Taking Charge of the End of Your Life: in Loving Memory of Tish Sommers (Micki Beth Stiller)

**Friday Workshops C+: 3:45 P.M.–5:15 P.M.**

- Resonance: Women Singing Together (Robin Einzig)
- Five Gendered Cultures (Natasha Terry, Elena Higgins)

**Saturday 6:30 A.M.:** 30 Minutes of Movement (gypsy)

**Workshops D: 2:00 P.M.–3:30 P.M.**

- Ageism and Our Bodies (Sally Tatnall)
- Reflexology for Self-Help: Ears (Janet Stetser)
- Family Resemblance: Exploring Our Visual History (Robin Hanson)
- Defending Public Education from Right-Wing Assaults (Susan Chacin)
- Creative License Empowered To Create (Marianne Marchesano)

**Saturday Workshops E: 3:45 P.M.–5:15 P.M.**

- Lesbian Co-Housing and Retirement Communities: What's Next? (Patti Kardia)
- Intergenerational Discussion (Sylvia Brown)
- Lesbians and Law: Friend or Foe? (Patricia Bangert)
- Writing our Way through Love and Laughter to Resilience (Shirley Edmondson)
- Driving Resilience: Electric Cars, the True Buzz (Kim Jameson)

## Workshop Descriptions and Presenter Bios

### Thursday Workshop 6:30 A.M.–7:00 A.M.

*Workshop Title:* **30 Minutes of Movement**

*Presenter:* gypsy, 1952, Black/African Descent

*Presenter Experience:* past seven years have been exercising daily: aerobic, walking, flexibility, yoga, and strength training.

*Brief Bio:* a was born, went to school for 19 years, was a plumber for the air force, was never in the closet, been involved with gay and Lesbian organizations since 1991.

*Social Media Connections:* Facebook.

*Description of Workshop:* utilizing 20-minute and 30-minute segments of exercise.

### Thursday Workshop A: 10:45 A.M.–12:15 P.M.

*Workshop Title:* **How Hierarchy Between Women Keeps the Patriarchy in Place**

*Presenter:* Sally Tatnall, 1937, White/Caucasian

*Presenter Experience:* Radical feminist philosopher for 50 years.

*Brief Bio:* Mother, grandmother, great grandmother, and radical feminist Lesbian for 50 years.

*Description of Workshop:* Present how hierarchy influences our identity and why our identities don't necessarily connect.



### Thursday Workshop A: 10:45 A.M.–12:15 P.M.

*Workshop Title:* **Brave Space: Intentional Conversations About Race for Lesbians of Color**

*Presenter:* Arden Tucker, 1953, Black/African Descent

*Presenter Experience:* Arden Tucker, MS, AMFT, a Black Lesbian, is a clinician, healer, speaker, panelist, trainer, and facilitator. She's a certified facilitator of Emotional Emancipation Circles and Safe Black Space healing circles for the Black Community. Arden is experienced in providing racial healing groups, workshops unpacking stigmas related to mental health, suicide/suicide prevention, stress reduction through mindfulness, weekly women's groups at shelters. She works in collaboration with County Behavioral Health Departments, California LGBTQ Health and Human Services Network, colleges, and hospitals.

*Brief Bio:* Arden Tucker, a clinician, healer, speaker/panelist, trainer/facilitator, holds a Master's in Counseling and a BA in Psychology. She facilitates healing circles and works to lift voices of marginalized communities wherever she has a seat at the table. She's a firm believer: "If they won't give you a seat at the table, bring your own chair!"

*Description of Workshop:* This is a space to come together and create opportunities for Lesbians of Color to heal and thrive. Discuss some signs and symptoms of racial stress and trauma experienced by communities of Color. Many of us are experiencing trauma related to systemic racism and are feeling the impact of our humanity not being valued. Some of us are struggling with rage, frustration, and negative belief systems inherent in Black and Brown cultures. Those beliefs serve to shame, humiliate, demean, and exclude us with the explicit intention of devaluing our humanity.

Let's begin self-care for our souls and for ourselves. We'll explore culturally specific strategies and exchange resources to help us begin to heal from historical and current wounds, both individually and collectively. Discover how internalized homophobia and racism impact our self-image and how we can dispel those false beliefs. Let's explore engaging in culturally relevant restorative practices. Left unattended, we will continue to experience complex trauma and adverse impacts of lies fueled by the false beliefs of white superiority, which inhibit our communities' ability to thrive. Let's take our journey through adversity to resilience!

Home, Healing, Hope...



**Thursday Workshop A: 10:45 A.M.–12:15 P.M.**

*Workshop Title:* **Missing and Murdered Indigenous Women**

*Presenter:* Patricia Bangert, 1949, White/Caucasian

*Presenter Experience:* Civil Rights Litigator and Adjunct Professor. Attorney focusing on civil rights litigation, with specialties in constitutional law, civil rights statutes, and administrative and environmental law. Former Adjunct and Visiting Professor at both law schools in Colorado, focusing on Administrative Law for over 15 years, creating and teaching the Animal Rights course, and teaching Environmental Law, Torts, and Civil Rights. Extensive former high-level government experience, now in private practice.

*Brief Bio:* Represented members of the Crow Tribe in a suit against the FBI alleging that the FBI violates the equal protection and due process rights of Native Americans when it provides fewer law enforcement services to Native Americans than to non-Native Americans. The case was before the 9th Circuit Court of Appeals twice and the US Supreme Court once. Represented school social worker in a suit alleging that a school district harassed and discriminated against her because she practiced a Native American religion and retaliated against her after she reported school safety issues.

*Description of Workshop:* If Indigenous women would be kind enough to come to the workshop, hopefully they could testify about their own experiences. A look at the dire situation of missing and murdered Indigenous women in the US and the laws passed in recent years to address that situation. A report from the recent hearings by the Department of the Interior's Not Invisible Act Commission into MMPI. Testimony by Indigenous women about MMPI.



**Thursday Workshop A: 10:45 A.M.–12:15 P.M.**

*Workshop Title:* **Experiences of a Flag Waver through the Ages**

*Presenter:* Bea Jones, 1941, Black/African Descent

*Presenter Experience:* Teach Black History course for the last five years.

*Brief Bio:* Bea Jones, Watts native. Living in Garden Grove, California, for the past 48 years. Earned BS, MA, served as a WAC Captain US Army, taught at universities, was member of Daughters of Bilitis in San Francisco 69, worked in corporate management, operated Senoj American African Flags 28 years, and taught five years “Orange County Learning Black History” in Huntington Beach, California. Wrote several published papers on flags, influenced inclusion of red, black, green flag on Kwanzaa stamp and became well respected in vexillological [vexillology is the study of the history, symbolism and usage of flags or any interest in flags in general] circles. She is a senior Olympic swimmer, winning 58 medals. Is now single and enjoying a writing group.

*Description of Workshop:*

1. Introduction of 3 Flags (USA, Universal African, Gay)
2. Purpose and Identity
3. Their Resilience through Time—Brief History
4. Get Flag Personal—Save Your Memory (draw, photograph, and even buy it)
5. Q&A



**Thursday Workshop A: 10:45 A.M.–12:15 P.M.**

*Workshop Title:* **Introduction to Mindfulness**

*Presenter:* Ayesha Ali, 1953, Black/African Descent

*Presenter Experience:* She is one of the founders of the Heart Refuge Mindfulness Community for People of Color. She has been engaged in mindfulness practice and work for over 20 years. She is an Affiliate Teacher at the Insight Community of Washington, DC, where she is the guiding teacher for the BIPOC Sangha and on the teaching team of Queer Sangha. She also facilitates the Heartwidth Sangha, an all-inclusive community. She is a visiting teacher at East Bay Meditation Center. She has published articles in several publications, including *Lion’s Roar Magazine* and *Tricycle*.

*Brief Bio:* Ayesha Ali is a storyteller, poet, writer, and mindfulness teacher who believes that the various meditation practices can confront the

delusion of separation that hinders the ability of connection between all peoples.

*Description of Workshop:* I will be offering an opportunity to practice mindfulness. The time together will include both talk and practice. We'll explore what mindfulness is and what it isn't. The focus will be on how to be present with what is going on in our lives, and self-compassion.



**Thursday Workshop B: 2:30 P.M.–4:00 P.M.**

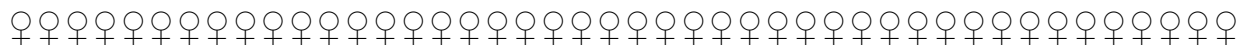
*Workshop Title:* **Our Home Movies, Our Lives**  
*Presenter:* Sharon Thompson, 1942, White/Caucasian

*Presenter Experience:* Executive Director, Lesbian Home Movie Project (LHMP) since its inception well over 10 years ago

*Brief Bio:* Sharon Thompson is Executive Director of Lesbian Home Movie Project (LHMP), which preserves, documents, and shares home movies and amateur films shot by Lesbians or documenting Lesbian lives.

*Social Media Connections:*  
On FB, Lesbian Home Movie Project (LHMP)  
[www.lesbianhomemovieproject.org](http://www.lesbianhomemovieproject.org)  
<https://vimeo.com/user14283982>

*Description of Workshop:* (*Love, Laughter, and Resilience* is at the core of what LHMP's Lesbian home movies and amateur films convey.) Sharon will screen a variety of Lesbian home movies, many shot by OLOC members, and brainstorm with participants about how to find more. She will present a diverse collection.



**Thursday Workshop B: 2:30 P.M.–4:00 P.M.**

*Workshop Title:* **Reflexology for Self Help: Hands**  
*Presenter:* Janet Stetser, 1937, White/Caucasian

*Presenter Experience:* I trained for and became a professional Reflexologist in 1979. I had a business of my own until 2007 when I retired and moved to Arizona. I have presented once previously.

*Brief Bio:* I completed college in 1959 and then taught PE. For 12 years, I was a professional Girl Scout and in 1979 completed my training for Reflexology in Harrisburg, Pennsylvania. Opened my own business in Maine and worked there until I retired in 2007.

*Description of Workshop:* Setting up and going through a routine for hand Reflexology to help maintain one's health. Self-help but also a good partner sharing experience.

“The one person we carry with us is ourselves.”



**Thursday Workshop B: 2:30 P.M.–4:00 P.M.**

*Workshop Title:* **Reading Our Books**

*Presenter:* Carol Anne Douglas, 1946, White/Caucasian

*Presenter Experience:* I've read from my work at a number of Lesbian conferences, including ReadOut and Golden Crown Literary Society. I've facilitated workshops on feelings about death at five OLOC Gatherings.

*Brief Bio:* Carol Anne Douglas worked on *off our backs*, a feminist news journal, for 35 years. She has published six novels, four of them Lesbian and two Young Adult, and has participated in several readings of her plays. Her books are available from Bella Books.

*Social Media Connections:*

<https://www.carolannedouglas.com/>

<https://www.amazon.com/Carol-Anne-Douglas/e/B001KCRC3K>

<https://www.BellaBooks.com>

<https://www.facebook.com/carolannedo.douglas.946>

*Description of Workshop:* Carol Anne Douglas will read from one of her novels and invite the first four women who ask to join her in reading from their work. Other women at the Gathering may comment.



**Thursday Workshop B: 2:30 P.M.–4:00 P.M.**

*Workshop Title:* **Helping White People Understand that They are White :)**

*Presenter:* Barbara Grant, 1964, White/Caucasian

*Presenter Experience:* lots... :) Guess that comes with the “old” part. Keynotes, conferences, trainings, workshops, university courses, etc., for about 30 years.

*Brief Bio:* Barbara is CEO of Crux Consulting, which is certified by the NGLCC [National LGBT Chamber of Commerce]. She came out at the University of Notre Dame, graduated, turned left, and moved to Seattle, in the free republic of Washington state. She has worked in prisons and at Microsoft (where she was a co-founder of the company’s LGBT employee group), and run her own business for the last 23 years as a consultant, strategist, and coach in a variety of international, national, and regional organizations. She’s been a strategist for, and member of the GSBA [Greater Seattle Business Association], the world’s largest LGBT chamber of commerce, and is a parent of two fascinating young men, one of whom, thanks to Governor Hobbs’ veto, is still allowed to use the bathroom here in Arizona.

*Social Media Connections:*

<https://www.linkedin.com/in/barbaragrandleadership/>

[https://cruxnw.com/our-team./](https://cruxnw.com/our-team/)

*Description of Workshop:* Being of Irish heritage and having survived parenthood, I have a well-developed sense of humor. I remember clearly as an adult, the first time I spent a week working in Ireland when I had the startling revelation that there was an Irish culture, which was passed down through generations, and I was steeped in it. I also remember pretty clearly as an adult, the first time I realized that there was a White culture, and I was steeped in it, too! One of the more challenging aspects of working for change in the world is realizing that we all start in different places but somehow expect us all to have the same level of understanding about systemic injustice. Too often, those of us involved in justice work are frustrated and impatient with others who are “well-meaning” but whose actions and understanding fall short of being useful to our work. Sometimes



it's our own “Oh, shit” moment when we realize we stepped in it. Happens all the time—but then what can we do about it? Without spending a lot of time lecturing about a liberatory vision and the cycle of socialization (whew!), let's spend some time together working on effective ways to create common understandings, some “short cuts” to help people move from “color-blind” to deeper awareness of the privilege of getting to be “color-blind.” I have generally found that once we learn how to “see” ourselves, our systems, our past and present with more clarity, almost all of us are better able to be more useful to each other and to the work that we care about. Come tell stories, laugh a little about ourselves and how none of us really “hold the same truths to be self-evident,” and get a few good, effective strategies to help ourselves and other well-meaning humans be more continually aware and usefully responsive to the incredible and often invisible-to-us privilege of whiteness in the US culture.



**Thursday Workshop B: 2:30 P.M.–4:00 P.M.**

***Workshop Title: The Habit of DOMINATION; Delusion of Superiority Syndrome: My Theory of Everything (ABUSIVE)***

*Presenter:* Leslye Huff, 1950, Black/African Descent

*Presenter Experience:* BS, Education; BA, Psychology; JD; and M.Div. I have presented at other OLOC Gatherings in the past: Oakland, California, and Cleveland (Independence), Ohio.

*Brief Bio:* A multi-talented social justice activist; an attorney; a priest of IFÁ, a Yoruba West African originated world religion; a graduate of IFÁ University and a Master of Divinity (M.Div.) degree from Pacific School of Religion, with a BA in psychology, human development, and a BS in education.

*Description of Workshop:* After introducing my theory of everything abusive to operationalize the pertinent definitions (a way to start on the same page regarding the meaning of the words we use in this context), together we will explore analyzing various forms of abuse through the lens of this syndrome to look for a cure.



**Friday Workshop 6:30 A.M.–7:00 A.M.**

*Workshop Title:* **30 Minutes of Movement**

*Presenter:* gypsy, 1952, Black/African Descent

*Presenter Experience:* past seven years have been exercising daily: aerobic, walking, flexibility, yoga, and strength training.

*Brief Bio:* i was born, went to school for 19 years, was a plumber for the air force, was never in the closet, been involved with gay and Lesbian organizations since 1991.

*Social Media Connections:* Facebook.

*Description of Workshop:* utilizing 20-minute and 30-minute segments of exercise.



**Friday Workshop C: 9:00 A.M.–10:30 A.M.**

*Workshop Title:* **Archives: Where Lesbians Live Forever**

*Presenter:* Angela Brinskele, 1961, White/Caucasian

*Presenter Experience:* Director of Communications at the June L. Mazer Lesbian Archives for 17 years. Published photographer in the LGBTQ community for 40 years.

*Brief Bio:* Angela Brinskele is a professional Lesbian and a photographer who has documented Lesbians and the LGBTQ community through photography for over three decades. She worked as a photographer for many organizations including the Los Angeles LGBTQ Center, the City of West Hollywood, Outfest, and the *Lesbian News*.

*Description of Workshop:* I will be talking about Lesbians from the Archives that show the resiliency of Lesbians throughout history. I will also talk about special projects at the Archives with a special focus on oral histories. Audience participation will come in the second half of the talk where we pair up and record a short interview with each other, sharing a story of resiliency.



**Friday Workshop C: 9:00 A.M.–10:30 A.M.**

*Workshop Title:* **Widowhood: An OLOC Support Group Experience**

*Presenter:* Nancy Polikoff, 1952, Jewish; White/Caucasian

*Co-Presenter:* Deb Whippen, 1958, White

*Co-Presenter:* Sherry Sporn, 1948, White

*Presenter Experience:* I have presented many times, both at professional conferences and at NGLTF [National LGBTQ Task Force] Creating Change.

*Brief Bios:* Nancy Polikoff is a lawyer and retired law professor. For the last 50 years, she has been working on litigation, legislation, and scholarship in support of LGBT families, especially on behalf of Lesbian mothers and their children. She has a 40-year-old daughter and was widowed in 2020. She divides her time between Washington, DC, and Los Angeles.

Deb Whippen has worked in medical publishing for >35 years and founded Editorial Rx, Inc., with her wife Lori Alexander in 2005. Lori died in 2021 at the age of 63 from an inoperable glioblastoma. A primary support in Deb's life since then is a widows' group offered by OLOC.

Sherry Sporn is a semi-retired School Psychologist in the Bay Area. She has always enjoyed working with children and families. Two and a half years ago, she lost her wife and partner of almost 30 years. The OLOC widows' support group has been enormously helpful in processing and coping with the grief and adjusting to her new life.

*Description of Workshop:* Losing a life partner is one of the biggest transitions we may have to make as we age. The presenters have found being in an OLOC widows' support group very helpful to their healing process. We will share our experiences and create an opportunity for other widows to share from their own lives. Twelve participants plus the three of us would be ideal but we do not want to turn anyone away so we will make do if there are more.



**Friday Workshop C: 9:00 A.M.–10:30 A.M.**

*Workshop Title:* **Standing in the Fire**

*Presenter:* Barbara Grant, 1964, White/Caucasian

*Presenter Experience:* lots... :) Guess that comes with the “old” part. Keynotes, conferences, trainings, workshops, university courses, etc.—for about 30 years.

*Brief Bio:* Barbara is CEO of Crux Consulting, which is certified by the NGLCC [National LGBT Chamber of Commerce]. She came out at the University of Notre Dame, graduated, turned left, and moved to Seattle, in the free republic of Washington state. She has worked in prisons and at Microsoft (where she was a co-founder of the company’s LGBT employee group), and has run her own business for the last 23 years as a consultant, strategist, and coach in a variety of international, national, and regional organizations. She’s been a strategist for, and member of the GSBA [Greater Seattle Business Association], the world’s largest LGBT chamber of commerce, and is a parent of two fascinating young men, one of whom, thanks to Governor Hobbs’ veto, is still allowed to use the bathroom here in Arizona.

*Description of Workshop:* Working for change means working in, for, with, and to disrupt systems. Change based in justice or anti-racism is unlikely to be met with joyous acclaim. Maintaining your own grounding, emotional regulation, and sense of humor, as well as figuring out how to stay connected in relationships across differences is helpful to persisting. Come spend some time examining the concepts of system forces and emotional fields, and how to keep a hold of your own senses (including a sense of humor) while in the midst of persisting through systems change. Let’s take a look at some of the common traps we can get snagged in, where we get overwhelmed or sucked into the drama that we are trying to change, and how to better recognize and extract ourselves while persisting.



**Friday Workshop C: 9:00 A.M.–10:30 A.M.**

*Workshop Title:* **Feelings About Death**

*Presenter:* Carol Anne Douglas, 1946, White/Caucasian

*Presenter Experience:* Presented workshops about feelings about death at five OLOC Gatherings. They were well received.

*Brief Bio:* Carol Anne Douglas worked on the feminist news journal *off our backs* for 35 years. She taught Feminist Theory as an adjunct at GWU [George Washington University]. She writes novels and plays. She has been active in OLOC since 2010. She lives in Washington, DC, and at Carefree, a Lesbian community in Florida.

*Social Media Connections:*

<https://www.carolannedouglas.com/>

<https://www.facebook.com/carolannedouglas.douglas.946>

<https://www.amazon.com/Carol-Anne-Douglas/e/B001KCRC3K>

*Description of Workshop:* Carol Anne will facilitate a discussion of feelings about death, our own and the deaths of those we love.



**Friday Workshop C: 9:00 A.M.–10:30 A.M.**

***Workshop Title: Resilience: Taking Charge of the End of Your Life—in Loving Memory of Tish Sommers***

*Presenter:* Micki Beth Stiller, 1947, Jewish

*Presenter Experience:* I have presented at many legal workshops and conferences over the decades.

*Brief Bio:* I am a “mostly retired” disability attorney. I also serve on the boards of various organizations to support causes ranging from homelessness to chamber orchestras. I’m a philanthropist, a feminist, and a progressive. I also run Cotton Belt, a gallery featuring self-taught, southern artists.

*Description of Workshop:* After a brief summary of Tish Sommers’ life and accomplishments, I will discuss advance directives, living wills, and durable medical powers of attorney; the impact of marriage, wills, guardianships, and conservatorships; and special needs trusts. Then we will have time for general questions and discussion among the workshop participants, including Death with Dignity—Euthanasia.



**Friday Workshop C+: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Resonance: Women Singing Together**

*Presenter:* Robin Einzig, 1958, Jewish

*Presenter Experience:* 20 years with feminist choruses; 40 years teaching and working with children and families, and professionals who serve them.

*Brief Bio:* Robin is a self-employed child development specialist, originally from the San Francisco Bay Area, currently living in the Midwest. A proud Lesbian feminist for more than 40 years, she is a lover of travel, adventure, singing together, laughter, and justice.

*Description of Workshop:* It is well documented that singing together is empowering, connecting, and great for our health! And what could be better than singing with other women? Come join us as we sing and share familiar and easy-to-learn songs of comfort, justice, hope, and power! No experience required!



**Friday Workshop C+: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Five Gendered Cultures**

*Presenter:* Natasha “Tash” Terry, 1968, Indigenous

*Co-Presenter:* Elena Higgins, 1970, Maori/Samoan

*Presenter Experience:* As a BIWOC [Black, Indigenous, Woman of Color], I refer to myself as Two Spirit (2S), and I had been searching for role models and meaning for my existence as a young woman. In my late 40s, I came upon an MFA Creative Writing program at the Institute of American Indian Arts (IAIA) and applied. Upon acceptance, I gave myself permission to explore my ancestors’ oral and pre-colonial gender identity. In those two years, I read 32 Indigenous queer anthologies. This helped me to understand and accept myself with wholeness and balance.

*Brief Bio:* My name is Tash and I come from the Navajo Nation. I identify as a 2S [Two Spirit] Navajo and French/Irish woman. I was raised with a

strong matrilineal presence and my grandmother left lasting stories with me. I have three careers: ASL interpreter, musician, and co-founder and artist director for IndigenousWays, a non-profit 501(c)(3) I co-founded with my wife (Maori/Samoan from New Zealand). We work, travel, love, and create together for a more equitable planet we all call home.

*Description of Workshop:* I would like to share stories of our Indigenous ways of being; all people had a place in our cultures: first, second, third, fourth, and fifth gendered people. I will present my research findings, along with my personal stories and experiences and how we can all have a better understanding of 2S queer her/history, and take questions.



**Saturday Workshop 6:30 A.M.–7:00 A.M.**

*Workshop Title:* **30 Minutes of Movement**  
*Presenter:* gypsy, 1952, Black/African Descent

*Presenter Experience:* past seven years have been exercising daily: aerobic, walking, flexibility, yoga, and strength training.

*Brief Bio:* i was born, went to school for 19 years, was a plumber for the air force, was never in the closet, been involved with gay and Lesbian organizations since 1991.

*Social Media Connections:* Facebook.

*Description of Workshop:* utilizing 20-minute and 30-minute segments of exercise.



**Saturday Workshop D: 2:00 P.M.–3:30 P.M.**

*Workshop Title:* **Ageism and Our Bodies**  
*Presenter:* Sally Tatnall, 1937, White/Caucasian  
*Presenter Experience:* 86-year old Lesbian

*Brief Bio:* Mother, grandmother, great grandmother, and radical feminist Lesbian for 50 years.

*Description of Workshop:* Discussion about how we feel about the oppression of ageism and how our bodies respond to being old.



**Saturday Workshop D: 2:00 P.M.–3:30 P.M.**

*Workshop Title:* **Reflexology for Self Help: Ears**

*Presenter:* Janet Stetser, 1937, White/Caucasian

*Presenter Experience:* I trained for and became a professional Reflexologist in 1979. I had a business of my own until 2007 when I retired and moved to Arizona. I have presented once previously.

*Brief Bio:* I completed college in 1959 and then taught PE. For 12 years, I was a professional Girl Scout and in 1979 completed my training for Reflexology in Harrisburg, Pennsylvania. Opened my own business in Maine and worked there until I retired in 2007.

*Description of Workshop:* Setting up and going through a routine for ear and hand Reflexology to help maintain one’s health.

Self-help but also a good partner sharing experience.

“The one person we carry with us is ourselves.”



**Saturday Workshop D: 2:00 P.M.–3:30 P.M.**

*Workshop Title:* **Family Resemblance: Exploring Our Visual History**

*Presenter:* Robin Hanson, 1962, White/Caucasian

*Presenter Experience:* I have taught at the collegiate level for over 20 years, presented at both international and national conferences, and was the keynote speaker for the State Library of Arkansas.



*Brief Bio:* Dr. Robin Hanson, Ph.D. in American Studies, researches and writes on various areas of American cultural history with a focus on the formation of cultural identity and the process involved for reconciling the social and personal interpretation of culture.

*Description of Workshop:* Women, in general, have existed on the fringe of history since the beginning of recorded history. As Lesbians, our very existence is often ignored, overlooked, or simply dismissed. In this workshop, I explore the visual representation of women-loving-women in American history.



**Saturday Workshop D: 2:00 P.M.–3:30 P.M.**

*Workshop Title:* **Defending Public Education from Right-Wing Assaults**  
*Presenter:* Susan Chacin, 1945, White/Caucasian

*Presenter Experience:* I facilitated a workshop on white ally-ship at the last OLOC in-person Gathering. I have taught a class on union peer counseling, organized several conferences, and presented on many topics.

*Brief Bio:* I've been active in progressive political causes since the war in Vietnam, joining with others working for social justice in feminist, socialist, and LGBTQ organizations. My spouse and I are core members of Bay Area OLOC.

*Description of Workshop:* Old Lesbians can help defend and improve public education wherever we live. Racist and homophobic attacks on teachers, administrators, curricula, and school boards are rampant. We'll share resources and brainstorm about stepping up to resist this reactionary movement.



**Saturday Workshop D: 2:00 P.M.–3:30 P.M.**

*Workshop Title:* **Creative License Empowered To Create**  
*Presenter:* Marianne Marchesano, 1964, White/Caucasian

*Presenter Experience:* International stand-up comedian profiled in the *Los Angeles Times*. Developed stand-up comedy classes at the Improv Comedy Club in Southern California.

*Brief Bio:* Create now; no fear imagine; write; act. I am Marianne Brenna Kelly, 30 years director and facilitator of original theatre. Internationally performing stand-up comedian and entertainment producer. My work has been featured in the *Los Angeles Times*. Performance venue on my guest ranch in Mancos, Colorado, Mustang Sally's Saloon at Story Tree Ranch (<http://www.ConspireToInspire.us>).

*Description of Workshop:* Experiential 90-minute adventure into the Individual and Collective Creative Being. Utilizing improvisational framework and up off your energy, call to action behavior and mindset. We will access and cultivate Creative License. Participants will receive two golden keys to kick aside self-imposed, bloated nothingness (to borrow from Emerson). Procrastination, be gone! Create with joy and abandon! Up off your energy!



**Saturday Workshop E: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Lesbian Co-Housing and Retirement Communities: What's Next?**

*Presenter:* Patti Kardia, 1959, White/Caucasian

*Co-Presenter:* Suzanne Gray, 1964, White/Caucasian

*Presenter Experience:* University teaching, workshop developer and leader, manager of FB group with 5,000 Lesbians engaged with topic, previous workshops on the topic.

*Brief Bio:* Patti Kardia spent 20 years in a cohousing community, as well as seven years working to promote cooperative communities, including housing. She's currently isolated in rural mid-Michigan but loves thinking about and developing intentional community, especially with other Lesbians.

*Social Media Connections:*

<https://facebook.com/groups/lezcohouse>

<https://facebook.com/groups/midmichlez>

*Description of Workshop:* Let's discuss what's next in creating housing for Lesbians. This workshop will provide an opportunity for those interested in the topic to network and discuss housing and community needs as we age. Updates on existing and planned projects welcome.



**Saturday Workshop E: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Intergenerational Discussion**  
*Presenter:* Sylvia Brown, 1939, White/Caucasian

*Presenter Experience:* Old and young Lesbians discuss their life experiences. Three–four Old Lesbians and three–four young Lesbians in their 20s. Lesbians of Color and white.

*Brief Bio:* Sylvia is the Arizona Chapter Coordinator.

*Description of Workshop:* Round table discussion between a panel of Old and young (20-something) Lesbians, followed by a Q&A session among all in attendance.



**Saturday Workshop E: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Lesbians and Law: Friend or Foe?**  
*Presenter:* Patricia Bangert, 1949, White/Caucasian

*Presenter Experience:* Civil Rights Litigator and Adjunct Professor. Attorney focusing on civil rights litigation, with specialties in constitutional law, civil rights statutes, and administrative and environmental law. Former Adjunct and Visiting Professor at both law schools in Colorado, focusing on Administrative Law for over 15 years, creating and teaching the Animal Rights course, and teaching Environmental Law, Torts, and Civil Rights. Extensive former high-level government experience, now in private practice.

*Brief Bio:* Trish is a queer civil rights litigator who loves to sue the bastards. She has taken on the FBI on behalf of members of the Crow Tribe, as well as the DOJ [Department of Justice] on behalf of a person wrongly put on the no-fly list. She is also an adjunct professor teaching courses such as Animal Rights and Constitutional Law. She has been a high-level official in both the federal government and the state of Colorado. As an attorney at the Department of the Interior, she helped implement the Endangered Species Act and wrote regulations for demonstrations outside of the White House.

*Description of Workshop:* Brief history of women and the law (from property to personhood). More detailed look at recent Supreme Court and other cases and laws impacting women in general (bodily autonomy) and Lesbians in particular (same-sex marriage, banned books, “Don’t say gay,” etc.). Look into future laws affecting Lesbians. If there is time, age discrimination.



**Saturday Workshop E: 3:45 P.M.–5:15 P.M.**

***Workshop Title:* Writing Our Way through Love and Laughter to Resilience**

*Presenter:* Shirley Edmondson, 1959, Black/African Descent

*Presenter Experience:* 40+ years as a High School English teacher. Extensive interest in journaling as a way to healing. World traveler, especially among Indigenous communities. Published poet, currently writing memoir.

*Brief Bio:* Shirley Edmondson is a poet and memoirist. She has been a career Reading Specialist and ELA [English Language Arts] teacher for 40 years. She currently lives in Santa Fe, New Mexico, with her wonderful canine familiar, Bibi. Her interests include hiking, travel, museums, concerts, and discussions on a range of topics.

*Description of Workshop:* Writing workshop that focuses on how to make our way to resiliency by drawing attention to love and laughter in our lives.



## **Saturday Workshop E: 3:45 P.M.–5:15 P.M.**

*Workshop Title:* **Driving Resilience: Electric Cars: the True Buzz**

*Presenter:* Kim Jameson, 1963, White/Caucasian

*Presenter Experience:* Dr. Kim studied and researched for over a decade before she starting driving fully electric cars over a decade ago. When COVID-19 hit and she was forced into early retirement because of medical conditions, she could no longer work. Having an electric car meant that she and her family were not limited due to an inability to pay for gas to get around; limited income didn't matter as long as she could plug in. And she had an advantage: she chose a car that lets her charge for free for the life of her car. Want to know her secrets to driving the most resilient way ever? It's easier than you think.

*Brief Bio:* Dr. Kim Jameson, DC, grew up in a suburb of Dallas, Texas, and worked on her own vehicles as a teenager and well into adult life. She changed her own brakes all through graduate school in California and performed minor car repairs while going to Chiropractic College. Practicing in Silicon Valley for 14 years, her office was only a few miles away from the Tesla manufacturing plant in the early 2000s. Started driving electric cars in 2011 and has had them as her only car since 2013.

*Description of Workshop:* Did you lose a job during the pandemic? Loads of life changes can lead to your family getting more and more homebound because, well, gas is expensive. What about as you get older? What is the best car to build in resilience for your driving life as you grow older? Electric cars! I'll tell you why.