

Feminist folksinger Joanna Cazden, brings country and pop ballads, wistful romances, punning mischief, and gritty social comment in her songs. Proceeds go to benefit the Nicaragua Chamber Orchestra and Music School. Interpreted for the deaf. Wheelchair accessible. (8 pm, Metropolitan Community Church, 1644 NE Broadway, \$5-\$10 sliding scale, [tickets: A Woman's Place Bookstore, Artichoke Music, and at the door.]

18 • SATURDAY

Colette Gardiner presents a workshop on **Women's Health and Herbs** which focuses on herbal gyn/ecology. Reclaim the herbal traditions of the foremothers. (10 am-5 pm, \$25-\$30 sliding scale, reservations and information, 233-7923.)

Singer and actress **Joanna Cazden** presents **The Voice of Your Life**, a workshop on an integrated body-energy approach to vocal expression by song and speech. (1 pm, \$10-\$20 sliding scale, pre-register by calling 243-2257.)

Over Our Heads plays in Portland. Produced by Howie Baggadonutz. (8 pm, Northwest Service Center, 1819 NW Everett, \$7 in advance [tickets: A Woman's Place Bookstore and Music Millenium], \$8.50 day of show.)

The **Portland Central America Solidarity Committee (PSASC)** holds local protests, joining other organizations nationwide confronting the United States' war in Central America. Today in El Salvador the US is waging the largest counter-insurgency war since Vietnam, causing 70,000 deaths and displacing 1.5 million people from the homes. Despite \$3.5 billion of aid, the US backed government is confronted by a strong grass roots movement demanding peace with justice. You can be a part of that movement in Portland. (PSASC, 3558 SE Hawthorne Blvd., 236-7916.)

19 • SUNDAY

Herbalist Colette Gardiner leads an **urban herb walk through Macleay Park**. Learn about locally growing herbs and the healing powers. (12-2 pm, \$5, 233-7923.)

Join **herbalist Ariel Waterwoman** when she leads an urban herb walk. Learn to identify medicinal plants in their budding stage. (2 pm, People's Food Store, 3029 SE 21st Ave., \$5, 642-5259.)

Bring your kids for informal socializing and to plan an ongoing group for **Moms With Elementary Age Children**. The kids can have a great time in the large playroom. (3 pm, 2717 NE Hancock, 282-1529.)

20 • MONDAY

Does taking care of yourself mean making coffee in the morning and setting the alarm at night? **Serena Barton, M.S.** facilitates **Life Outside the Office**. This ten-week self-discovery and growth group for lesbians will focus on self-care skills, self-esteem, and having fun. (6:30-8 pm, Mondays, March 20 through May 22, \$20 per session, Serena Barton, 226-7803.)

22 • WEDNESDAY

After a morning training session and a forum with legislators, you can visit with your representatives during **Lobby Day**. Several bills of interest to the lesbian and gay community are under consideration this legislative session, including an omnibus gay rights bill, an anti-harassment bill, and several bills endangering the confidentiality of HIV tests. This is your chance to make your voice heard. (8:30 am-5 pm, Bill Space, 234-4364 or Chris Wright, 232-5826.)



PHOTO BY IRENE YOUNG

Over Our Heads: Annie Larson, Marion Damon, Teresa Chandler and Karen Ripley.

Orandan presents a women-only, full-moon ritual entitled **Ritual Ethics and Your Book of Shadows**. (7-9 pm, Crone Magic, 1405 NE Broadway, \$5 donation, 249-0444 or 230-9088.)

25 • SATURDAY

Jewel Murphy facilitates a workshop on **Herbs for the Dreamtime**. Participants will put together herbs for two dream pillows and will learn which herbs to use for restless sleepers, nightmares, and improved dream recall. (11 am-2 pm, \$15, call Healing Crystals, 234-2224.)

29 • WEDNESDAY

Mara Nesbit, LMT leads a **Yoga Stretch Class for Large Women** for women size 18 and up only. This is not designed to be a weight loss program, but to encourage women to be comfortable in the bodies they have. Emphasis on learning to breathe, stretch, and ease pain of stiff muscles and arthritis. (8-9:30 pm, Wednesdays through May, Portland Community College, Rock Creek Campus, \$17 for the eight week series, 244-6111, ext. 7308.)

30 • THURSDAY

Listen to a mix of bluegrass, swing, and rock and roll from **Robin Flower and Libby McLaren**. (8 pm, Wildrose, 1021 E Pike, Seattle, \$6, call the Wildrose Theater, 206-324-9210.)

The women's land project, the lesbian food project and the Heartsong Estate are all in turmoil in the **Foofy Open-Toed Shoe**. Did the butler do it? Follow the fearless detective and her sidekick as they unravel this mystery with only a foofy shoe as a clue. (8 pm, March 30 through April 22, Stark Raving Theatre, 1900 NW 27th Ave., \$0-\$15 sliding scale, 239-0944.)

31 • FRIDAY

Dianne Davidson and Band bring you a spring concert. This smashing new Olivia Record artist has a style of blues, jazz, rock, and gospel. Opening performance by Nan Collie and Kathleen Fallon of Motherlode. Wheelchair accessible. Interpreted for the hearing impaired. (8 pm, Northwest Service Center, 1819 NW Everett, \$8

advance [tickets: A Woman's Place Bookstore], or \$10 at the door, 231-9351.)

1 • SATURDAY

New members are especially welcome to come to the **Portland Frontrunners introductory party**. Portland Frontrunners is a non-profit fitness and social club, open to all. (Write to Frontrunners, PO Box 2164, Portland, OR 97208-2164, or call 281-4747.)

The **Portland Lesbian Choir** presents its first major concert. Proceeds will allow the Choir to attend the 1989 National Festival of Gay and Lesbian Choirs in Seattle this July. Wheelchair accessible. Interpreted for the hearing impaired. Childcare available, reservation required, 231-9105. (7 pm, First Congregational Church, Southwest Madison Street and Park Avenue, \$7-\$9 sliding scale. [tickets: Artichoke Music, Catbird Seat Bookstore, and A Woman's Place Bookstore], or \$8-\$10 sliding scale at the door, \$5 for low-income, senior citizens, and children under 2.)

ANNOUNCEMENTS

A **Bisexual Women's group** is forming. Participation and suggestions for future activities are welcomed. (Gloria, PO Box 14033, Portland, OR 97214, include SASE.)

Two paintings by local artist David Strough are on sale to **benefit the Brinker Fund**. Both paintings were donated by the estate of Steven Dunkleburg who recently died of AIDS. The bid currently stands at \$250 for each of the framed and matted paintings which can be seen at C.C. Slaughters. (Bids can be made at the Brinker Fund, 245-7428, or at C.C. Slaughters.)

G R O U P S

Gay Men Together (GMT) is a social, rap group open to Portland State University students, faculty, and the general community. (7:30-9:30 pm, Wednesdays, Room 465, Neuberger Hall, Portland State University, 228-6935.)

March 1: The Gay Games — Fun, Frolic, and Frivolity. Special games night with no topic whatsoever! Bring your favorite game or play one of the many we'll provide.

March 8: Policing the Gay Community. Police Captain Roberta Webber and guest police officers discuss how to protect yourself within and from

the law, what to do if you're arrested, how to deal with gay bashers, and other important issues.

March 15: Coming Out Right. Share your experiences, fears, questions, and answers about coming out and help break down those closet doors!

March 22: Protecting Your Health: Medical Concerns and STD's. Representatives from the Multnomah County Health Clinic talk about health concerns affecting gay men including sexually transmitted diseases other than AIDS.

March 29: Young Guns: Yough in Gay Culture. Ideals, differences, and relationships between younger and older gays. Where do young gays fit in and where do they go?

Cascade Guild — Health Care Chapter is a networking group for medical, social, and mental health workers that meets monthly. (Hazel, 636-0509, or Chris, 297-8490.)

A **support Group for single parents** meets weekly for discussions on parenting, referrals, resources, discipline techniques, and finding adequate day care. (Sue Kaastad, 238-8819, or Debi McFeron, 249-2825.)

Lesbians Enjoying the Sciences is a non-technical field trip-oriented group interested in both life and physical sciences. (Lynn, 777-8819.)

Men who like to sing are urged to audition for the **Portland Gay Men's Chorus**. (Auditions, contact David York, 235-4241; rehearsals; Mondays, 6:30-9:15 pm, 453 Cramer Hall, Portland State University.)

A **support group for abused lesbians** meets regularly at Bradley-Angle House. It is facilitated by lesbians and is confidential; childcare is provided, donations are accepted. (232-7805.)

Portland Power and Trust is an informal support group for lesbians interested in safe, consensual S and M. (PO Box 3781, Portland, OR 97208.)

Forest Group Events

All Forest outings are cooperative ventures. Participants are responsible for providing their own equipment and choose outings appropriate for their skill and fitness level.

March 3, Saturday: Forest Potluck (6:30 pm) and meeting (7:30 pm) (235-3765.)

March 12, Sunday: Bicycle day trip, possibly to Sauvies Island. Perhaps 15-20 miles, depending on the interest of the group. (777-2339.)

March 15, Wednesday: Slides of European bicycle trip. (288-2893.)

March 18, Saturday: Cross country ski trip, intermediate level. (238-2759.)

March 19, Sunday: Silver Falls Hike. (235-3765.)

March 25-26, Saturday and Sunday: Nisqually Nature Center (near Olympia) boating and bird-watching trip. Canoes, kayaks, inflatables and sea kayaks can go on this flat water outing. There may be sightings of seals and eagles. (Call 283-5926 by March 17.)

April 1-2, Saturday and Sunday: Snow Camping in Broken top area. (288-2893.)

The **Third Sunday Portland Lesbian Brunch Group** holds monthly potlucks. Guess when? Open to all lesbians. (11 am, 231-0350 for location.)

Windfire is a social and support group for people under 21 who are gay, lesbian, bisexual, or unsure. (Thursdays, 7-9 pm, Multnomah County Central Library, 801 SW 10th Ave.; Saturdays, 2:30-4:30 pm, Old Wives' Tales, 1300 E. Burnside St., newcomers' meeting, fourth Tuesday, 223-8299.)

Lesbian Gardening Club meets monthly to share plants and advice, tour public gardens and visit nurseries. (Susan, 287-9697, or Connie, 775-3919.)

The **Medford Gay Men's Support Group** meets weekly. (Wednesdays, Bob, 779-7324.)

A support group for **women with adolescents** meets monthly for a potluck and discussions of parenting. (5 pm, third Sundays, Stevie or Marge, 282-2956.)