

Julie Diamond and Dawn Menken, Ph.D.s lead a **weekend seminar in process-oriented psychology**, focusing on unconventional and alternative relationships and life styles. (July 13 through 15, 228-0044 or 243-2143.)

The **Gay and Lesbian Alliance of PCC** will meet this summer at the Sylvania Campus. (12-1 pm, Pine Room, 244-6111, extension 4361.)

Body Moves presents Men, Motion and Meditation, a movement workshop with Vincent Martinez. No previous movement experience necessary. (11:15 am-12:30 pm, 918 SW Yamhill, July 7, August 4 and September 8, \$10, (part of which is returned to the gay community), 227-3578.)

Loving Men, A Weekend Workshop for Male Couples will be held at Breitenbush Retreat Center August 17-19. Participants will explore intimacy, sexuality and communication skills with other couples. Workshop led by Randy Fitzgerald, MS and Ed Swaya, MA. (206)463-2631.)

Phoenix Rising sponsors the seventh Women in the Woods. There will be workshops, hot springs, steam sauna, hiking and ovo-lactic vegetarian meals, all in a natural setting. (Breitenbush (10 miles North of Detroit, Ore.), \$110-\$165 per person sliding scale, 333 SW 5th Ave., Suite 404, 223-8299.)

Men by the Sea, sponsored by Phoenix Rising, facilitates meeting new people and sharing a weekend with friends. There will be hiking, workshops, games, boating and ovo-lactic vegetarian meals. (Westwind (North of Lincoln City), Nov. 12-14, \$95 to \$145 sliding scale covers housing, insurance and meals, 223-8299.)

Lesbian Community Project needs volunteer support for this year's softball tournament. Call if you would like to help with publicity, awards, t-shirts, umpires, scheduling, graphics and organizing a social. (Lesbian Community Project, 223-0071.)

The Oregon State Bar provides a **free legal information service** with recorded messages on a variety of topics including gay rights. The service is accessible from touch-tone phones. For information on a specific topic, press the four digit code when your call is answered. (In Portland call 620-3000; in Oregon call (800) 452-4776; for the gay rights tape, press "7068" when your call is answered.)

Outside In sponsors an **AIDS prevention needle exchange program**. Bring in a dirty hypodermic needle and receive a new one in exchange. You must be 18 or older. (3-7 pm, 1236 SW Salmon, 223-4121.)

A toll-free telephone service helps people with AIDS determine if they are eligible for **government-sponsored experimental treatment programs**. (Weekdays, (800) TRIALS-A.)

Positively Fourth Street presents Cramps by Carolyn Gage. It will be an evening of radical feminist theater with scenes from The Mother of us All by Gertrude Stein. (8 pm, Friday and Saturday, July 20 and 21, 265 Fourth Street, Ashland, OR, (\$7 at the door), 535-5267.)

Lesbian Community Project holds its fifth LCP Softball Tournament. Event is wheelchair accessible (assistance may be required for restroom use). (8:30 am-8:30 pm, July 21 and 22, Delta Park.)

G R O U P S

ACT UP (AIDS Coalition to Unleash Power) meets twice monthly to discuss the lack of attention, education, and research on AIDS and plan actions on this agenda. This month only meetings will be held on the second and fourth Wednesdays of the month. (7-8:30 pm, first and third Wednesdays,



Cris Williamson and Tret Fure are part of the entertainment at the Pacific Northwest Women's Music Jamboree July 6-8 in Bellingham, Wash. Call 232-9907 for more information.

Metropolitan Community Church basement, 1644 NE 24th, mailing address, PO Box 6352, Portland, OR 97228, 232-1038.)

Adventure Group meets in front of Lloyd Center Cinemas every Sunday morning for hiking, cross-country skiing or bicycling, depending on the weather. Activities are free of charge and are open to gay men and lesbians. (Recorded message, Friday through Sunday, 248-9474.)

Ample Opportunities organizes many activities for large women. Swimming Tuesday and Thursday evenings through June 12. Fee is \$2-3 sliding scale. Bike riding and instruction, first and third Saturdays. (645-0497.)

Asian Pacific Islander Lesbians and Gays is a local social support group for Asians and the Pacific Islanders community. (224-4647, 231-7906.)

Ballroom dancing for lesbians is for both beginning and advanced dancers. (Larinda, 236-9633.)

Bisexual Community Forum's Women Only Group meets twice monthly. (First Mondays, 7 pm, Dakota Café Egyptian Room, first Fridays, Café Mocha, 4108 NE Sandy Blvd., call for details, 236-7234.)

Bisexual Community Forum, a rap and social group for men and women meets second and fourth Mondays, third Monday planning meeting. (7:30 pm, Dakota Café, 239 SW Broadway, Egyptian Room, call for details, 236-7234.)

Café Mocha is an alcohol-free space where you can dance and play. Open Thursday through Sunday, Café Mocha has video games, pool tables, a dance floor and quiet spaces. (4108 NE Sandy Blvd.)

Cascade Guild—Health Care Chapter is a networking group for gay and lesbian medical, social, and mental health workers that meets monthly. (Hazel, 636-0509, or Chris, 297-4314.)

Cascade Union of Educators (CUE) is a social and support group for gay teachers and others involved in education. There are potlucks, parties, speakers and other programs. (Katie, 288-2943.)

Clatsop County AIDS Coalition is a community based organization for men to educate and give support to persons who are HIV-positive, their families and loved ones. (Daymon G. Edwards, 325-4321, extension 0400.)

Closet Cleaning Group is an ongoing coming out group with weekly meetings sponsored by Phoenix Rising. (Saturdays, 228-8299.)

Co-dependents Anonymous for Gay Men and Lesbians meets weekly. (Sundays, 8-9:30 pm, Live and Let Live Club, 2403 SE Ankeny, 231-3760.)

Coalition for Human Dignity is a group of concerned citizens dedicated to actively combatting hate-group activity. (7 pm, first and third Thursdays, King Neighborhood Facility, 4815 NE 7th, 287-6334 or 235-4211.)

Columbia AIDS Resources. (PO Box 1103, Hood River, Oregon, 97031 or call 386-3381 or 296-3700.)

Columbia Gorge Social Group is for gays and lesbians of all ages. Activities include potlucks, outdoor activities and recreational functions. Meetings are twice a month, and support group discussions are weekly. (Contact Jon, 296-5700.)

Corvallis AIDS Support Group is a counseling and support group for people diagnosed as HIV-seropositive. New members may join at any time. (4-6 pm, Thursdays, Call Liz, 754-4317, or Karen, 758-3000.)

Cowlitz-Wahkiakum Heath District AIDS Program provides services for people with AIDS or who are HIV-positive. Included are counseling, testing and support groups. (Delores M. Kropf, (206) 425-7400.)

Employees Association of Gays and Lesbians of US West (EAGLE) is an informal group of gays and lesbians who offer one another support. The group is for all phone company employees. (621-3233.)

Esther's Pantry provides food and clothing to those who have AIDS or ARC. As an additional service, Tod's Corner, established in memory of Tod Hutchins, provides clothing and other household items for clients. (Bonny Johnson, 289-3370.)

Equity Foundation is an Oregon based non-profit, public foundation, existing to ensure the prosperity of gay and lesbian health, cultural and service organizations. (PO Box 8607, Portland, OR 97207, 228-5825.)

Feminist women's book discussion group is hosted weekly by Laughing Horse Bookstore. (7:30-9:30 pm, 1322 NW 23rd Ave.)

Forest Group. All Forest outings are cooperative ventures. Participants are responsible for providing their own equipment and choosing outings appropriate for their skill and fitness level. Women only. **July 6:** Potluck and planning meeting, backpacking trip. **July 11:** Urban evening walk. **July 15:** Hike up King Mountain. **July 20:** Backpacking trip. **July 28:** Hike in Silver Falls State Park. **July 29:** Rafting on the Gilbert River.

FREEDOM is a discussion and support group for lesbians committed to living outside the limits and structures of monogamy. All woman loving women striving for emotional and sexual freedom are welcome. (Diana, 287-8102 or 282-3621.)

Funny Ladies Afternoon Tea and Posey Society is a social organization of gay women 35 and over that offers monthly get-togethers, including trips to the theater, concerts, skiing, swimming and potluck dinners. (231-8712.)

GALA of Eastern Oregon State College meets twice each month. (7 pm, second and fourth Tuesdays, Hoke Hall Rm 309, La Grande.)

GALA of Oregon State University meets every Tuesday. (7 pm, Women's Center, Benton Annex.)

Gay and Lesbian ABC/WIBC Sanctioned Bowling Leagues meet weekly. New members always welcome. (7 pm, Fridays, call Rich, 231-0571.)

Gay and Lesbian Helpline is operated by the Lavender Network out of Eugene. (4 pm-8 am, TDD, 4 pm-10 pm, (Eugene) 683-CHAT or (800) 333-CHAT.)

Gay and Lesbian Youth Forum meets weekly. All those 21 and under who wish to learn more about themselves and what it means to be a part of the gay community is welcome. (Thursdays, 8 pm, City Nightclub, 13 NW 13th Avenue, 224-2489.)

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Gay Men's ACOA meetings are for men who were raised in alcoholic or other dysfunctional homes. (7:30-9 pm, Tuesdays, Live and Let Live Club, 2403 SE Ankeny, 231-3760.)

Gay Scuba Group is for everyone interested in scuba diving in the Northwest. (Gay Scuba, P.O. Box 512, Tualatin, OR 97062.)

Gay Sports Fans, group discount tickets are now available for the 1990 Oregon Duck football season. (Brant, 236-1252.)

Gentle Giants of Oregon is a new social club started for fat gay men and their admirers. A monthly newsletter is available for members and prospective members. (Write Jim c/o Gentle Giants of Oregon, PO Box 412, Wilsonville, OR 97070.)

Homophile is a gay, lesbian and bisexual support group for the Lewis and Clark College community. (Fridays, 5:30 pm, Library Conference Room.)

HUB is an organization formed to serve the sexual minority community by facilitating better sharing of community resources, both human and material. Many opportunities to be involved with the community. (Call 235-1356 for meeting places and times.)

Jewish Lesbian/Feminists holds monthly activities. (Call 231-7383.)

K-9 Club is for gay men who enjoy outings with other gay men and their dogs. Meets second and fourth Sundays. (285-2986.)

KBOO 90.7 FM, community radio, broadcasts Bread and Roses, a weekly feminist/lesbian public-affairs program; Womansoul, a program of women's music; Defour, an international gay and lesbian public-affairs show and "51%", a show about women and society. (Bread and Roses, Tuesdays, 9-10 pm; Womansoul, Fridays, 10 pm-1 am; Defour, Wednesdays, 4-4:40 pm; "51%", Wednesdays, 3:30-4:30 pm, 231-8032.)

L-9 Club is for lesbians who enjoy outings with other lesbians and their dogs. (Second Sundays, 1 pm, Mount Tabor Park, Salmon Street entrance, near Water Bureau building, bring ideas for outings.)