

# out about town

## HOW TO CONTACT US

**Out About Town** is provided as a free community service by **just out**. Listings of events, announcements and groups that are specifically relevant to gay men, lesbians and bisexuals of every color in Oregon are provided free of charge.

**just out** prints a full groups listing in the second issue of the month; the deadline for that issue is the Thursday before the first Friday. In the first issue that comes out each month, **just out** will list only immediate care organizations.

**Announcements** are subject to editing, and inclusion is subject to space limitations, relevance and **receipt by deadline**. Submissions cannot be accepted over the phone. Please type your announcement.

**Send submissions to just out** Calendar, PO Box 14400, Portland, OR 97214-0400; or fax to 236-1257.

Items in **Out About Town** run for six months. If you wish to continue to run your group's information, please submit an updated announcement.

## ANNOUNCEMENTS

**It's My Pleasure** presents workshops to the community, designed to educate and inspire. A fee of \$3-\$5 will be charged for most workshops, on a sliding scale. All funds go directly to the presenter.

**Welcoming Lesbians Potluck**, a social network evening. Bring a dish to pass and your own service. All lesbians welcome (6:30 pm Saturday, Sept. 17, \$5). **Coming Out Support rap group**, for women only (Tuesday Sept. 20, free). **Aromatherapy** learn the basics, plus five essential oils that can support healing in your life. Presented by Jacki Galloway, regenerative therapist and healer. All welcome (Wednesday, Sept. 21). **Answers Within**, a workshop for women survivors of sexual abuse, with therapist Mira Boone of Phoenix Rising (Thursday, Sept. 22). **Bi and Bi Curious women's support group** (Friday, Sept. 23, free). **Butch-Femme-Androgynous** "How do I love you? Let me count the ways." An open rap for lesbians, led by B.J. Castleman, MSW (Saturday, Sept. 24). **Safer sex techniques**. All women welcome. Get a free kit (Tuesday, Sept. 27, free). **Sex Toys 101**: an educational introduction. Safe, light and respectful. Women only (Wednesday, Sept. 28, free). (Unless otherwise noted, all workshops start at 7 pm, 4526 SE Hawthorne Blvd., must preregister, 236-0505.)

"**Creating Our Own Futures**" is the title of a gay and lesbian estate seminar conducted by Cynthia Cumfer, Judy Rubino, and David Woodley. (7 pm, Friday, Sept. 30, Suite 100, 7931 NE Halsey, free, please preregister: 255-4900.)

**Jewish and new in town?** The Jewish Federation offers the booklet *Shalom Portland: A Newcomer's Guide to Portland, Oregon's Jewish Past and Present*. (Free, 245-6219.) (2/3)

**Bridges Vocal Ensemble** is looking for tenors and basses for the '94-'95 season. The group rehearses Wednesday evenings. (Schedule audition: 242-1675.) (10/21)

**Strike Back! The Course with the Padded Attacker** is a dynamic self-defense course for women, presented by One With Heart. Two upcoming sessions are offered (in September: 6 pm Friday, 1-6 pm Saturday and Sunday, Sept. 16-18; in October: 6 pm Friday, 1-6 pm Saturday and Sunday, Oct. 7-9). One With Heart also offers **Strike Back! The Basics**, teaching awareness and assessment skills in a 12-week course (7:30 pm Tuesdays, starting Sept. 27). A class for large women meets Thursday nights (7:30 pm, starting Sept. 15). (4231 SE Hawthorne Blvd., 231-1999.)

Hear Melissa Assilem discuss "**Womanspirit, Homeopathy and the Goddess**." Assilem is one of England's foremost practitioners specializing in the homeopathic treatment of women. (7:30 pm Friday, Sept. 23, Friends Meeting House, 4312 SE Stark St., \$7 door, 228-6851.)

"**Spiritual Renewal for Women**" is an autumn equinox retreat based on the newly published *A Woman's Guide to Spiritual Renewal*. The retreat will be led by authors Nelly Kaufer and Carol Osmer-Newhouse. Activities will include meditation, interactive dialogue and exercises for guided introspection. (6 pm Friday to noon Sunday, Sept. 23-25, Womanshare, Grants Pass, Ore., \$75-\$125, two scholarships available, 503-862-2807 or 510-547-0855.)

"**Women Ripening Through the Menopause**," a workshop with Melissa Assilem. This one-day seminar is for practitioners of homeopathy and those wanting to learn about more natural approaches to women's health care. (2-7 pm Sunday, Sept. 25, Friends Meeting House, 4312 SE Stark St., \$65 public and professionals; \$50 seniors and students, 228-6851.)

Organizers are **seeking survivors and supporters for a second production of "The Way Back."** Artists, singers, storytellers, actors, musicians, financial contributors, coordinators, technicians, workshop leaders, therapist support staff, and more are needed. Attend an organizing meeting and get involved. (11 am Saturday, Oct. 8, St. Francis Dining Hall, 330 SE 11th Ave., Naomi Morena 735-1476, or leave message 236-0855.)

The theme for this year's **Lavender Waves recovery retreat** is "Turning It Over." Recovery-related workshops, open 12-step meetings, speakers, a dance, and a talent show are all part of the festivities. (Thursday-Sunday, Oct. 6-9, Camp Westwind, north of Lincoln City, Ore., four days \$120; three days \$100, discount for early registration, contact: Lavender Waves, PO Box 44, Seal Rock, OR 97376, 563-3643.)

**Lesbian and Gay Couples' Enrichment Retreat** is a weekend designed to support and encourage couples in committed relationships to explore the many facets of intimacy. Retreat leaders are Sharon Bowland and Joyce McManus; they have been friends for 18 years and committed partners for 7 years. (Friday-Sunday, Oct. 28-30, The See Vue Inn, Yachats, Ore., \$300 includes lodging, some meals and materials, 284-3426.)

**Heart of the West Festival** is the first of what is planned to be an annual event, a combination woman's music festival and Las Vegas vacation—a hotel fest! A variety of workshops, daily dance classes and competitions, and a woman's craft area are part of the extravaganza. Among the slated entertainers: Lucie Blue Tremblay, JoAnn Loulan, Karen Williams and Dos Fallopa. (Friday-Sunday, Nov. 4-6, Hacienda Hotel and Casino, Las Vegas, Nev., \$299, 1-800-GET-PLUS.)

**The National Gay and Lesbian Task Force will hold its annual skills-building conference**, this year called "Creating

Change," in Dallas, Texas. Featured speakers will include Mel White, Letitia Gomez, Glen Maxey and Phill Wilson. (Nov. 11-13, Ivy Young 202-332-6483, ext. 3304, TTY 202-332-6219.)

The Multnomah County Health Department is currently conducting paid, confidential **interviews of African American gay and bisexual men**. The surveys are informal and address frequency of condom use, level of communication with sexual partners and methods of obtaining information. Participants will receive a \$15 gift certificate to Fred Meyer. (Jonathan 248-3030.) (2/17)

**Lesbian wannabe writers**: a support group is forming to explore and develop interest and skill in various types of writing—poetry, prose, nonfiction. The group will meet for the first time in the fall of 1994. An interest in writing is all that is required. (Marty 297-3480.) (3/17)

**The Lesbian Community Project's Speaker's Bureau** seeks interested lesbians wishing to enhance their public speaking skills. Topics cover a variety of issues. LCP will provide training. (Tina 282-2988, or LCP office 223-0071.) (12/2)

**Singers and instrumentalists** are invited to sing and/or accompany a vocal ensemble sponsored by Shalom Ministries. Music will include a variety of styles, religious and social comment, in support of civil rights for all. (760-4215.) (2/17)

**Cascade AIDS Project needs long-term volunteers to be Pals** for people living with symptomatic HIV disease and AIDS. Caring people are needed who are committed to help in a nonjudgmental, empathetic way. Pals talk with clients about their feelings and provide practical support such as light housekeeping, food preparation, transportation and/or respite care. Volunteers are asked to commit to one year in the program. CAP provides 32 hours of training (held over two weekends) and access to ongoing in-services and support groups for updated information. The next training will be held the last two weekends in September, so call soon. (Linda 223-5907, ext. 115.) (10/7)

The Cultural Forum at the University of Oregon is **seeking art for a November-December exhibition in honor of World AIDS Week**. Artists involved in the AIDS community, or those seeking to help put a face and a feeling on this disease and to educate through art, are encouraged to submit work. Deadline is Oct. 7, early responses given priority. (Inquiries, slides, statements and SASE to: Visual Arts Coordinator, EMU Cultural Forum, Eugene, OR 97403-1228, 346-4376.) (11/7)

**Artwork sought: by women, about women and cancer**. Little Apple Productions of Eugene is mounting an art show focusing on women and cancer, to run in conjunction with its production of Jane Chambers' play *Last Summer at Bluefish Cove*. The works will be hung in the lobby of the Lord Leebrick Theatre and will be on display through the four weekends of November. (Write: LAP, PO Box 5908, Eugene, OR 97405, or contact Luna Ray 334-3215, after Aug. 25.) (11/30)

**The Gay and Lesbian Quarterly** is a newsletter containing highlights of recent psychological and medical research on sexual minorities. (For a free sample contact Christopher J. Alexander, Ph.D., 459 Boulevard Way, Oakland, CA 94610, 510-869-4544.) (12/16)

Larry Dane Brimmer is seeking contributions from **lesbian and gay teens** for a book to be published by Franklin Watts, Inc., a publisher that markets books to school libraries. *Being Different* will collect first-person essays describing what it is like to be young and lesbian, gay or bisexual. Deadline is Sept. 30. (Contact Brimmer: 3175 Lincoln Ave., San Diego, CA 92104-3032, phone and fax 619-283-8412.) (9/30)



**Fear No Music 20th Century Ensemble plays Sept. 22 and 23.**

**Submissions sought for an anthology of gay "first time" stories**. Author Jack Hart is seeking true, first-person stories by men describing their first consensual same-sex experience for his book *My First Time*, to be published in 1995 by Alyson Publications. Deadline is Sept. 30. (For guidelines, send SASE to: *My First Time Guidelines*, Alyson Publications, 40 Plympton St., Boston, MA 02118.) (9/16)

**Lesbians Off the Rag! A Menopausal Anthology** is seeking personal narratives from women, including experiences of real or fictional lesbians who found the menopausal experience to be positive, who found ways to alleviate unwanted symptoms, and/or who never had children. Subjects of particular interest are the effects of the process on relationships and sexuality, menopause as a fact (not a problem), and butch/femme experiences with menopause. (Send submissions to Lee Lynch and Akia Woods, c/o New Venusia Publishers, Box 27, Norwich, VT 05055.) (12/2)

Have you experienced **violence in the workplace** because of sexual orientation, race or gender? OSHA, the Occupational Safety and Health Administration, in conjunction with the U.S. Department of Labor, is considering creating a new standard that deals with violence in the workplace. It must be educated to include a provision regarding hate crimes. Information is needed about physical attacks, harassment, etc., no matter when it happened or whether it was done by an employer, co-worker or outsider. (Contact Doug Young, 131 Hartford St., Suite C, San Francisco, CA 94114, 415-626-3137.) (12/16)

A local freelance photographer is interested in shooting **photos for a book about drag queens, cross-dressers and transsexuals**. Ten percent of the profits from the sale of the finished work will go to AIDS research. (Michelle 253-5860 before 9 pm; or pager 321-4736, leave your number after the tone.) (12/16)

The Gay and Lesbian Task Force of the American Library Association has issued a **call for nominations for its 1994 Gay and Lesbian Book Awards**. Books nominated must have been published in 1994. (Contact Ellen Greenblatt, Central Technical Services, Lockwood Library Building, Box 602200, State University of New York, Buffalo, NY 14260-2200, fax 716-645-5955.) (12/16)

"**Take the Mystery out of Home Selling**" seminar, presented by Linda Welch and Cathy Martins of Bridgetown Realty. (7 pm, free, call for reservations and location: 287-9370.)

## AIDS & HIV

**AIDS Hotline**. (1-800-777-AIDS.) (11/4)

The **Aries Project** offers free group counseling by phone for men concerned about AIDS and unprotected sex. Confidential, anonymous groups of men share their experiences. (1-800-999-7511.) (11/4)

**Benefits Advocacy Clinic** is held every Monday to assist HIV-positive people with governmental benefits and housing forms. Sponsored by the Cascade AIDS Project and Multnomah County HIV Clinic. (10:30 am-noon, Cascade AIDS Project, Suite 300, 620 SW Fifth Ave.) Client service advocates can also assist HIV-positive people by appointment (223-5907). (11/4)

The **Buddy Network** is a nonprofit personal ad service for HIV-positive people only. (Send a SASE to PO Box 23251, San Diego, CA 92193.) (11/4)

**Cascade AIDS Project** provides counseling, support groups, advocacy, activities and information for people with HIV/AIDS and friends and family. The **Plus Club Social Hour** provides a relaxing space for people with HIV/AIDS to meet in a social setting. It is held the first and third Fridays of the month. On the first Friday the Plus Club will meet at Hobo's Lounge (5-8 pm, 120 NW Third Ave.) On the third Friday, the group will meet at Espresso coffee house (5-8 pm, second floor, 1026 SW Stark). The safer sex workshop **Speaking of Sex...** is offered the first and third Thursdays of every month. Open to all gay and bisexual men, the free workshop focuses on negotiating skills and eroticizing safer sex (6-9:30 pm, offices). CAP continues its **Drop-in HIV Testing Program** for gay and bisexual men which offers confidential and anonymous testing (6-8 pm every Tuesday, offices). (CAP offices, Suite 300, 620 SW Fifth Ave., 223-5907.) (11/4)

**CAP Support Group Program** hosts a Tuesday afternoon and Monday evening Family and Friends group; and Friday afternoon and evening Gay and Bisexual Men's Symptomatic and Asymptomatic groups. New groups are continually forming, based on interest. Potential topics include: Women's Symptomatic and Asymptomatic groups, HIV-Positive Caregivers group, and a Heterosexual Couples group. If you are interested in joining a support group or have an idea for a group you'd like started, call client services (223-5907). The following are ongoing groups: A **free grief support group** for people who have experienced any type of loss due to HIV/AIDS is being offered weekly (7-9 pm Thursdays, offices). A drop-in group for **HIV-negative gay and bisexual men** offers support and provides a safe place for HIV-negative men to communicate their needs around such issues as dating and intimacy, safe sex, and feelings of survivor's guilt. Meets every other Monday. (7-9 pm, offices, call Graham for details). (CAP offices, Suite 300, 620 SW Fifth Ave., 223-5907.) (11/4)

**Clackamas County AIDS Relief Effort** is a newly formed, community-based AIDS service organization in Clackamas County. Programs include HIV prevention education, support groups for people affected by HIV/AIDS, and a Personal Active Listener program for people with AIDS. (Call 653-8738 or write: CCARE, 4790 SE Logus Rd., Milwaukie, OR 97222.) (3/4)

**Club BBS** is a computer bulletin board with AIDS/HIV information, CDC daily summaries, AIDS newsletters from around the world, and support for AIDS/HIV affected individuals. Huge file base, and online text file information. Support for clinicians and lay people. This is a free bulletin board system. (24 hours a day, seven days a week, The Club BBS, PO Box 25954, Eugene, OR, 503-345-7988.) (3/3)

**Computerized AIDS Ministries Network** is a computer network designed to provide a medium through which people may obtain current information and resources to assist in ministering to persons impacted by HIV disease. A project of the Health and Welfare Ministries Program Department of the General Board of Global Ministries of the United Methodist Church. A modem is required to access this service. (212-870-3953 or 1-800-542-5921.) (11/4)

**Communitywide consumer group forming**: all people with HIV/AIDS in the metropolitan area, including those in Clark County, are encouraged to attend. (5-7 pm, fourth Friday of the month, Room 120, State Office Building, 800 NE Oregon St., 232-1710 or 284-6807.) (11/4)

**Esther's Pantry** is a food bank for persons disabled due to AIDS. (5-7 pm Tuesdays and Thursdays; office hours, 12-3 pm Mondays and Fridays; 12-5 pm Tuesdays and Thursdays, Suite 123, 1101 NW Hoyt St., 274-0711.) (11/4)

**For the Women** is an education project offered by Cascade AIDS Project. This program is aimed directly at women and people that work with and for women. The program will provide home parties and staff education focusing on: women's issues, transmission risks, prevention, testing information, and local HIV and AIDS resources. (Ask for someone in the CAP speakers bureau, 223-5907.) (11/4)

**Friends of People with AIDS Foundation** is a nonprofit organization offering assistance to people with AIDS. (245-7428.) (11/4)

**HIV Day Center** offers unique hospitality, information and a variety of services to all persons with HIV/AIDS to help them cope intellectually, emotionally, spiritually and socially with the virus. Dinner is offered on Monday; lunches Tuesday through Friday. Specialized services include: Daily Bread Express for the homebound; Monday evening support group/relaxation techniques; Monday evening "Mass in the Time of AIDS" with the Rev. Gary McInnis; Tuesday morning spiritual issues discussion/support group; Wednesday afternoon AA meeting; Thursday morning stress management/support group. Additionally, the Day Center offers "Friday Flicks," Tuesday YMCA health/fitness classes, and seasonal parties and field trips. Nursing is available. The Day Center is interfaith sponsored. (2-8:30 pm Monday; 9 am-4 pm Tuesday through Friday, 3835 SW Kelly St., 223-3444.) (11/4)

**HIV 12-step meetings** apply the 12-step principles to coping with the epidemic. For persons with HIV or AIDS, support persons, friends, partners and caregivers. (7 pm Thursdays, 2005 SE 11th Ave., 230-9270.) (11/4)

**Living with HIV** is a safe place to share and gain support. Weekly meetings sponsored by Phoenix Rising. (223-8299.) (11/4)

**Ministry to People Living with HIV/AIDS** seeks to provide for the spiritual needs of families and individuals affected by the epidemic through prayer, worship and educational experiences. (Milwaukie Church of Christ, 4790 SE Logus Road, call M. Lee Burleson, 654-6770.) (11/4)

**Multnomah County HIV Clinic** gives anonymous HIV antibody tests by appointment only (248-3775). County services also include an HIV outreach program (248-5020). (11/4)

**The NAMES Project** Portland Chapter runs panel-making workshops the first and third Monday of every month at the HIV Day Center. Educational materials and a speakers bureau are also available. (6-8 pm, 3835 SW Kelly, 650-7032.) (2/17)

**Oregon AIDS Hotline**, a service of the Cascade AIDS Project, provides information and referral, treatment information, health provider resources and free theater tickets for people with HIV/AIDS. (223-AIDS or 1-800-777-AIDS.) (11/4)

**Our House of Portland** is a nonprofit, residential-care facility for men and women with AIDS. This agency provides 24-hour nursing care and quality living services to residents. Volunteer opportunities abound. (Call or drop by during business hours, 2727 SE Alder St., 234-0175.) (11/4)

**Positive Link** connects people who have tested HIV positive with trained HIV-positive volunteers for telephone support and information. Sponsored by Cascade AIDS Project. (223-2437 or 1-800-777-2437, ask for Positive Link.) (11/4)

**Positive Place** is a weekly gathering of HIV-positive youth and their friends. A safe place to talk about living with HIV. Free pizza! (6-7:30 pm Thursdays, Outside In, 1236 SW Salmon, 223-4121 or CAP 223-5907.) (11/4)

**Project Quest**, a nonprofit HIV and AIDS self-empowerment program, offers workshops in basic and advanced guided imagery, therapeutic touch, and other immune function enhancement programs. Project Quest's **organic gardening project** is looking for individuals to help with an organic garden. (Call to receive schedule and preregister for workshops, or to donate time, tools, etc., 241-6448.) (11/4)

**Tod's Corner** provides free clothing for people with AIDS. A service of the Friends of People with AIDS Foundation. (245-7428.) (11/4)

**Trinity Episcopal Church** invites all who are affected by or concerned about HIV/AIDS to attend a monthly **Healing Service and Evensong**. The service, which follows the Episcopal tradition, lasts 35 minutes and is followed by a free, simple evening meal and social time. Wheelchair accessible. (5 pm, second Sunday of each month, 147 NW 19th Ave., 222-9811.) (11/4)

### Central Oregon

**Central Oregon AIDS Support Team** provides emotional and practical support services for people with HIV/AIDS and education and outreach to the Central Oregon area. (Write to: PO Box 9184, Bend, OR 97708, 389-4330.) (11/4)

### Coastal Oregon

**Clatsop County AIDS Coalition** is a community-based organization formed to educate and give support to persons who are HIV-positive and their families and loved ones. (PO Box 445, Astoria, OR 97103, or call 338-7501.) (11/4)

**Coastal AIDS Network** is a group of HIV-positive and HIV-negative people who meet twice a month for support. (Tillamook, 842-4375; Lincoln City, 997-4694.) (11/4)

**Meditation and Chat with Ishvara**, Enlightened Master, at Shambhala. Ishvara's philosophy includes everyone, and the gay, lesbian and bisexual community is invited and welcomed. (10 am Sundays; 7 pm Wednesdays, 2154B NW Mast Place, Lincoln City, 503-994-2488.) (11/4)

### Eastern Oregon

**Blue Mountain AIDS Task Force**. (PO Box 701, Pendleton, OR 97081, 278-1529.) (11/4)

### Southern Oregon

**Douglas County AIDS Council** sponsors meetings and educational activities. (3035 Laurel Springs Drive, Roseburg, OR 97470, 440-2761.) (11/4)

**OnTrack/The Allan Collins AIDS Project**. (221 W Main St., Medford, OR 97501, 776-3021.) (11/4)

**Rogue AIDS Awareness Network** offers an HIV and AIDS support group 7:30 pm Tuesdays as well as a gay and bisexual support group 7:30 pm Wednesdays. (1215 SW "G" St., Grants Pass, OR 97526, 471-0979.) (11/4)

**Ruby House** is a residence in Douglas County for people with AIDS. Housing, energy assistance and other services are provided. A project of the Douglas County AIDS Council. (3035 Laurel Springs Drive, Roseburg, OR 97470, 440-2761.) (11/4)

**Southern Oregon Lambda Association** is a Rogue Valley-based organization of lesbians and gay men that does AIDS education outreach. (Hotline 773-8146, 7-11 pm; PO Box 4387, Medford, OR 97501, 773-8146.) (11/4)

### Willamette Valley

**HIV/AIDS Resources** provides free emotional and nonmedical practical support services to persons living with HIV, their family and friends, and those grieving. (3477 E Amazon Drive, Eugene, 342-5088.) (11/4)

**HIV and AIDS Support Group for Women** meets at The Center in Eugene for discussion of the physical, social and economic issues involved. (363-4963.) (11/4)

**Mid-Oregon AIDS Support Service** provides information and support to men and women with HIV/AIDS, and to their friends, family and caregivers. Support groups include: "Shoulders" for friends, family and caregivers (7 pm Mondays), "Open Door" for persons with HIV/AIDS (7 pm Thursdays), "Women Positive" for women with HIV/AIDS (7 pm Fridays), and "Friday Affair" (10 am-3 pm Fridays). (1410 SE 12th St., Salem, OR 97302, 363-4963.) (11/4)

**This Moment** is a support group meeting in a home setting in Salem, open to people with HIV or AIDS and their families. Social, emotional and referral support are provided. This program is an outreach of the Sweet Spirit Metropolitan Community Church. (363-6618.) (11/4)

**Valley AIDS Information Network** operates a 24-hour AIDS hotline for information and support, and provides referrals, informative brochures, speakers, and support groups for persons with AIDS and their families. (128 SW Ninth Street, Corvallis, 752-6322.) (11/4)