

Around the Country

NATIONAL COMING OUT DAY: TAKE YOUR "NEXT STEP"

National Coming Out Day is a proactive response to the silence that is strangling the lives of millions of gay men and lesbians. Sponsored by National Gay Rights Advocates and The Experience Weekend, National Coming Out Day takes place on October 11, 1988, the first anniversary of the historic March on Washington which saw over 700,000 gay men and lesbians on the streets of our nation's capital. National Coming Out Day is designed to bring the spirit of that historic event home to our local communities.

The goal of National Coming Out Day is to increase the visibility of the more than 20 million gay men and women in this country. And because homophobia begins at home, this day will also focus on ourselves. There is a "next step" in coming out for each of us.

Thousands of gay men and lesbians taking part in National Coming Out Day are committing to their "next step". The ranks of those who choose to live openly as gay men and lesbians are being strengthened. New talents and resources are flowing into the gay movement and creating significant gains both in the emotional health and political clout of the gay community.

You can make it happen ... TAKE YOUR NEXT STEP!

Our silence is killing us. Our silence is allowing society to make the rules for us by defining who we are, and what we can hope to achieve in life. Our silence is allowing ignorance and intolerance to play decisive roles in such life-threatening matters as AIDS funding, research and patient care. And with silence comes invisibility.

Our invisibility is the core of our oppression. We experience hate, fear, and prejudice because people don't know who we are. But we know. We are their sons and daughters, brothers and sisters, and mothers and fathers.

The truth is that we are everywhere. We work within every professional field at every professional level. We touch the lives of millions of people whose negative view of homosexuality would change dramatically if they know who we are.

Your coming out can help turn fear into acceptance. One-to-one contact with gay men and lesbians is our most powerful tool to bring about a major shift in so-

ciety's attitudes. Coming out is the most powerful statement we can make - powerful in its political influence and personally powerful in releasing energy that is wasted in hiding the truth.

Coming out. Changing the tide of history. You can be an incredibly powerful force shattering the wall of silence. Together, we can assume the political might which could end discrimination forever. You can be a part of something very important. Only your personal involvement will make this possible.

Coming out is a continuum, a series of steps that often take place over the course of months or even years. Your "next step" must be appropriate and comfortable for you; but be willing to push yourself a little.

Included herein is a list of ideas for coming out. Find a "next step" on the list, or create one of your own, but PLEASE try to take your "next step" on National Coming Out Day - October 11th.

OKC COMING OUT DAY RALLY
See page 3

FOREST SERVICE SEEKS 1,300 GOOD WOMEN

WASHINGTON, DC - Under court order to increase the number of women in the nation's national forests, the U.S. Forest Service is seeking to employ 1,300 women. The federal jobs pay from \$23,000 to \$53,000 per year.

Project Outreach for Women, sponsored by the Department of Agriculture, is looking to hire at least 500 women immediately, to avoid being held in contempt of court and fined for discriminating against women in its hiring practices.

As a result of the court order the Forest Service must increase its number of female employees over the next few years to bring the percentage of women in its service up to 43 percent of its work force.

The women who are hired will be assigned to one of 18 regional offices in California. Over 70 occupational fields, including technical, administrative and professional and scientific positions, are available. Pay grades run from GS 9 through GS 13.

Women interested in pursuing a position with the U.S. Forest Service may call (916) 246-5115 for more information.

NESTLE BOYCOTT MAY BE REINSTATED

In 1984, after a seven-year worldwide boycott campaign, the Swiss-based Nestle company agreed to abide by the International Code of Marketing of Breast-Milk Substitutes (World Health Org., 1981), and change its practices of marketing infant formulas in Third World countries. Now the company is being accused of breaking the agreement, systematically "dumping" formula in Third World countries, and creating infant formula "addicts".

Although TV ads and bill boards always show healthy, smiling infants, the reality is that breast feeding is more nutritious and far safer than bottle feeding. And under the conditions of contaminated water, no way to sterilize bottles and nipples, and no refrigeration in poor communities, infant formula is deadly.

The WHO Code bans all forms of direct consumer promotion including free samples, because once bottle feeding is begun, the mother's breast milk dries up, and thus the baby is "hooked" on formula. Bottle-fed infants do not receive the protective antibodies found in breast milk. And because of the high cost of formula, mothers are forced to "stretch" it with too much water, leading to malnutrition in their babies. Combined with the lack of sanitation, the result is thousands of babies dying of infections, diarrhea, dehydration and malnutrition caused by the use of infant formula.

Action for Corporate Accountability (ACA) has monitored Nestle and other formula companies including American Home Products (Wyeth) for compliance with the 1984 agreement. They have accumulated evidence that these companies are violating the WHO Code, aggressively advertising directly to consumers with a child, romanticized image of bottle feeding, and continuing to flood hospitals in more than 20 countries with free infant formula samples.

ACA and the International Baby Food Action Network (IBFAN) have given Nestle and American Home Products an ultimatum: If they do not change their formula marketing practices, a new boycott will begin on October 4th of this year. This is being watched closely by pharmaceutical and tobacco companies as a test case on the real effectiveness of promotional restrictions where health and lives are concerned. Past experience shows that even a multinational company such as

Continued from page 1

Nestle has to bow to consumer pressure if it is strong enough. To support the work of ACA, write them at 3255 Hennepin Ave. S.; Suite 230; Minneapolis, MN 55408.

From Up & Coming, September 1988

LESBIAN RIGHTS TO BE FOCUS OF N.O.W. CONFERENCE

SAN DIEGO, CA - The National Organization for Women will sponsor a National Lesbian Rights Conference to be held October 7 - 10 at the Holiday Inn Embarcadero in San Diego. The purpose of the conference is to provide a forum for the development of a national plan of action.

Topics such as legalized discrimination, alternative families, health care, the politics of AIDS, portrayal of lesbians in the media, electoral politics, legislative issues, and educational issues will be discussed during a wide variety of workshops. Empowerment, visibility, and the dual problems faced by lesbians of color will be the underlying themes running throughout the conference.

Plenary speakers will include Jean O'Leary, executive director of National Gay Rights Advocates who was recently appointed to the Democratic National Committee by Michael Dukakis. The appointment marks the first time an open lesbian has been named to the governing body of the National Democratic Party. Other speakers include poet Robin Morgan; Renee McCoy, executive director, National Coalition of Black Lesbians and Gays; Carmen Vazquez, coordinator, Lesbian and Gay Health Services for San Francisco County; and Karen Thompson, an activist who has spent over four years fighting for the right to care for her severely disabled life partner, Sharon Kowalski.

Marcia Gomez will emcee a music concert featuring Deidre McCalla and Lucie Blue Tremblay.

For additional information, contact Nancy Buermeyer; NOW Action Center, 202/347-2279.

PARENTS RESPOND TO AIDS

SAN FRANCISCO, CA - The NAMES Project, sponsor of the National AIDS Memorial Quilt, has helped to establish a new resource in the fight against AIDS. Called the National Parents Council on AIDS, the group is made up of parents and others concerned about the AIDS epidemic and its impact on the future.

Undistracted by partisan political considerations and representing no special interest group but that of children everywhere, the Council will be a strong legislative advocate, helping the nation develop, as quickly as possible, an ef-

Continued on page 7



ANNOUNCES

THE NEW HERLAND CENTER IS NOW OPEN:
SATURDAYS 10 AM - 6 PM & SUNDAYS 1 PM - 6 PM
at 2312 NW 39th St.

COMING OUT DAY RALLY
on
October 9 (Sunday) at
Angles, 2117 NW 39th

ANNUAL YARD SALE

at 1630 NW 19
on October 29 & 30
8 am til 6 pm
(Call 794-7464 for info.)

ALIX DOBKIN IN CONCERT
on
November 18
at
Civic Center Little Theater
(Call 528-0020 for info.)

HERLAND BOARD MEETINGS ARE HELD THE 3rd SUNDAY OF EVERY MONTH AT 2312 N.W. 39th

Next Meeting: Oct. 16, 4:30 p.m.

PUBLISHED BY: HERLAND SISTER RESOURCES, INC.; 2312 NW 39th; Oklahoma City, OK 73112.

CIRCULATION: 700
GENERAL INFO: (405) 794-7464
672-4141

VOLUNTEER INFO: 528-0604
ADVERTISING: 794-7464

DEADLINE on all advertising and submissions is the 15th of each month.
SUBSCRIPTIONS to this Newsletter are free upon request.

We encourage the exchange of information, personal opinions on issues of concern to the Oklahoma women's community, and your stories and experiences.

The editor reserves the right to edit and condense letters according to space limitations. Letters should be typed, doublespaced and signed by the author(s). Include your address and phone number. If you wish to be published anonymously, so indicate, but include your name, etc., for our information, in case the editor has questions.

Mail or deliver your letters to HSR; 2312 NW 39th, Oklahoma City, OK 73112. Deadline is the 15th of each month.

Around the Corner

COMING OUT DAY RALLY TO BE HELD AT ANGLES

To celebrate National Coming Out Day, a local rally will be held on October 9th at 3:00 pm at Angles. The purpose of the rally is serious, but it should also be a fun event. The rally will feature entertainers like Mary Reynolds, Peggy Johnson, Randall Powell, Mark Agnew, Live Water and a new group called Three of Hearts (Mary, Peggy, Elyse & Cindy).

During the event, suggestions for "coming out" will be offered. The Herland bookstore will be there, along with other organizations with items for sale. You must be 18 years of age or older to attend the rally.

Several gay and lesbian organizations in the community are helping organize the rally. "We hope to generate the same spirit of cooperation that we had last time at the Parade," said Darlene Burgess, OASIS Director.

National Coming Out Day is being endorsed by all local gay and lesbian organizations including the Oasis Community Center, Herland Sister Resources, and O.U Gay/Lesbian Alliance among others. Angles is located at 2117 NW 39th Street in Oklahoma City. For more information about National Coming Out Day or the local rally to be held at Angles on October 9th, call 525-2437 or 794-7464.

OASIS AND ITS NEW DIRECTOR: TRYING TO MAKE A DIFFERENCE

By Sondra Metzger

OKLAHOMA CITY - The Oasis Community Center has a new director as of their August board meeting, and her name is Darlene Burgess.

Located on the "Strip" at 2135 NW 39, in the same row of buildings that houses the Wreck Room and the Park, Oasis is a community center for gay people in need. Whether that need be for food, clothing, emergency funds (when available), or support, it may be met at the Oasis.

According to Darlene, "The Oasis is a way to unite the community, to help those of us who are in need and can't get help anywhere else, to be an alternate place to go, other than the bars. We have space where groups can meet and not be afraid. We try to organize things like the Gay Rights March in June. We have a central referral service that lists lawyers, doctors, etc. We have a kind ear for people who are having problems, whether it be gay or AIDS-related or family problems. We are here to be of service, but the people of our community have to tell us what they need so we can provide it."

The 40-year-old director brings a great deal of volunteer experience and a rough personal past to her new position. She started working on the AIDS Informa-

tion Line in 1985, and has been a volunteer at the Oasis and the Winds, the residence house of the people with AIDS. In 1972, Darlene was placed under observation in a mental institution for 90 days because she was gay. She was denied access to her children for six years, and has been recently fired from her job because of her sexual preference.

"I was a social services director in a nursing home," she said. "After they found out I was gay, I wasn't allowed to hug any of my female patients." Then she was fired. Her employers got around the potential litigation of her firing "by waving a moral statement under my nose that I had had to sign when I began working there," Darlene said.

Darlene was co-director at the time Director Jim Powell stepped down and was encouraged by the board, friends, and a very supportive and understanding lover that she could do the job.

"I took the position, not just because everyone thought I could do it, but because I like to see into the future, and I can see so many positive things happening that I want to be a part of," Darlene explains. "What better thing for a person to do than to work for something she really believes in instead of sitting on her thumbs and doing nothing?"

If you, as a concerned member of the community, would like to help the Oasis Center, here are a few ways of doing so: 1) You may volunteer your time which would require you to attend a training session that acquaints people with the telephone work, what Oasis does, and the various problems in the community that most people are not aware of. The session is held the first Saturday of each month at the Center from 10 A.M. until 12 or 1 P.M. and is open for anyone who wants to come even if they don't want to volunteer, but just want to learn more about Oasis.

2) You can contribute to the Food Bank. Darlene said that the Center can take any kind of food.

3) Donations of clothing for those who have either lost everything or are just in need is yet another way to help. Sizes are not important, and they will accept childrens' as well as adult items.

And Finally, monetary contributions are the most needed. The Center is selling t-shirts from the gay rights parade and has just held a garage sale in an attempt to raise funds. With the funds they receive they not only cover their

overhead but also try to help people with AIDS with the cost of their medication. According to Darlene, Oasis is here to serve the community and will provide whatever the community needs at the time, but they can't do it without funds. They would also like to make some repairs to the building and make it into the kind of place the community can really be proud of when they walk into it.

The Gay Rights March last June proved to be their biggest success to date. Darlene reported that approximately 700 people turned out for the parade. "It was fantastic!" she said. "We had a good turnout, there were no problems, the police were cooperative, we had no problem getting the parade permit. Everything went off so smoothly that I was holding my breath every minute."

Darlene goes on, "I kept on telling myself that now is the time for it to happen. That's the only reason I can see why it went so smoothly. OKC is ready. The gay population is ready. I think seeing a bunch of us together shook up some people both in and out of our community. I think they were standing on the sidelines waiting to see if we were going to pull this off. I had nothing but positive phone calls for 3 weeks after that!"

Darlene credits both Herland and the Gayly Oklahoman for helping maintain a positive image during the parade by printing the suggestions for behavior for the Gay Rights marchers.

Currently, the Oasis and Herland are collaborating with other gay groups in planning festivities for Coming Out Day on October 11 (see related article on page 1).

When asked what she sees for the future of the Oasis and for herself, Darlene responded, "I would like to look out this window and see a group of people freer than they are now and less afraid of being themselves, less afraid of claiming themselves as individuals instead of a group. I would like to see us be recognized as a stable community in Oklahoma City and not be feared."

For Darlene, "To have a happy life and know that I have had a small part in all of this. I'm a simple person."

The telephone number for the Oasis Community Center is 525-2437. They are open Monday through Thursday from noon to 5 P.M. and 7 P.M.-10 P.M., and Friday and Saturday from noon to 10 P.M.

COUPON

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LESBIANS AND GAYS RETURN TO WASHINGTON

WASHINGTON, DC - Lesbians and gay men will be returning to Washington this October to celebrate the anniversary of the March on Washington for Lesbian & Gay Rights which drew over 700,000 participants last October.

Events planned for the commemorative week of October 5 - 13, 1988 include the following.

- Fri., 10/7/88 LESBIAN/GAY COMMUNITY CONCERT TO BENEFIT NAMES PROJECT. Lisner Auditorium. With Holly Near, Cathy Fink, Patti Larkin, Julia & Co., and others. Info: 415/863-5511.
- Sat., 10/8/88 NAMES PROJECT AIDS MEMORIAL QUILT. Dawn: Unfolding begins; reading of names all day; refolded at dusk. Capitol Mall.
- Sat., 10/8/88 NATIONAL AIDS ACTIVISM CONFERENCE begins with Teach-In. Info: ACT NOW (AIDS Coalition To Network, Organize, and Win). Info: Scott Sanders 202/234-8801 or John Fall 213/668-2357.
- Wed., 10/5/88 NAMES PROEJECT PRESS CONFERENCE. Announcing Names Project events, goals, etc. Info: Names Project, 415/863-5511
- Thurs., 10/6/88 NATIONAL LOBBY DAYS FOR GAY/LESBIAN RIGHTS Organized by National Gay & Lesbian Task Force. Briefing at 10:00 AM- 12:00, Rayburn House Office Building, lobbying to follow. Constituents planning to be in DC should call Peri Jude Radecic, NGLTF 202/332-6483.
- Fri., 10/7/88
- Sat., 10/8/88 CANDLELIGHT MARCH FROM CAPITOL MALL TO LINCOLN MEMORIAL Organized by Names Project immediately following display of the Quilt. Info: 415/863-5511.
- Sun., 10/9/88 NAMES PROJECT AIDS MEMORIAL QUILT Dawn: Unfolding and display begins and continues till dusk. Capitol Mall. Info: 415/863-5511.
- Sun., 10/9/88 KENNEDY CENTER GALA BENEFIT FOR NAMES PROJECT. Info: 415/863-5511.
- Sun., 10/9/88 INTERFAITH MEMORIAL SERVICE. National Cathedral. 6:30 PM. Sponsored by: Episcopal Caring Response to AIDS.
- Mon., 10/10/88 NATIONAL PARENTS CONFERENCE ON AIDS 9:00 AM - 4:30 PM. Crystal City Sheraton. Info: Sandy O'Rourke, Names Project, 415/863-5511.
- Mon., 10/10/88 DEMONSTRATION AT THE DEPARTMENT OF HEALTH & HUMAN SERVICES to protest AIDS policies. Sponsored by ACT NOW (AIDS Coalition To Network, Organize & Win). Info: Sue Hyde, National Gay & Lesbian Task Force, 202/332-6483, or Scott Sanders 202/234-8801.
- Tues., 10/11/88 DEMONSTRATION AND CIVIL DISOBEDIENCE ACTION at the Food & Drug Administration (FDA). Sponsored by ACT NOW. Info: Sue Hyde, NGLTF, 202/332-6483.
- Tues., 10/11/88 LESBIAN & GAY COMMUNITY PRESS CONFERENCE/BREAKFAST ON THE G/L MOVEMENT 8:00 AM. National Press Club. Sponsored by: National Gay & Lesbian Task Force. Info: Urvashi Vaid, 202/332-6483.
- Tues., 10/11/88 NATIONAL COMING OUT DAY A nationwide mobilization to challenge the closet and discrimination, and to raise lesbian/gay visibility. Supported by all national gay/lesbian organizations. Organized by: National Gay Rights Advocates. Info: 213/650-6200.

Dr. Susan Albert in Bertram, Texas is conducting a research project focussed on the highly-successful woman who has elected to leave her career and turn to a different kind of life. These women will have reached high levels of professional achievement, power, and compensation in the fields of business, finance, education, government, and so on, but for a variety of reasons, they have decided to do "something else" with their lives. This "something else" may include a turning to different kinds of relationships, to a different kind of work, to a new living environment, or to the pursuit of artistic or spiritual values. It satisfies needs that are not easily met in the competitive world of careers and professions. I am interested in identifying such women and learning why they have made such significant changes in their lives.

If you wish to participate in this project, or if you know someone who might like to participate, please contact me to receive further information and an initial questionnaire: Dr. Susan Albert; P. Drawer M; Bertram, TX 78605; 512/355-2799.

Expressions

POST-RETREAT BLUES

By Rhonda Smith

Once again I find myself suffering from a malaise that seems to afflict me twice a year, once in the Fall and again in the Spring --- the post-HSR-Retreat Blues. This year it was especially hard to come away from such a wonderful weekend and face my regular, busy, crazy life.

What is it about the retreats that's so great? Is it sleeping in those funky cabins? Is it staying up until all hours talking or playing cards or singing? Is it dragging yourself up out of bed after not enough sleep and groggily chowing down on Mary's pancakes in the dining hall? Is it the Saturday night potluck, or the performance that follows? Is it getting to skinny-dip 4 times in 2 days? Or, the enlightening workshops?

It's indeed all of these things. But for me the key that makes it all magical is the sense of community. I'm not talking about that "cosmic" community stuff that sometimes gets overused. I'm talking about community in the literal, ancient sense of the word. Being part of a minority in our society, if we want interaction we have to actively seek it, and then there is always a beginning and an end to the interaction (ie. a date, party, dinner engagement, ballgame, etc.)

But, in the "village" of the HSR Retreat, we get to interact in a very natural way. We can either talk or not.

Play or not. Bump into someone and either smile and walk on, or hug, or wander off and take a long walk together. If you're in a bad mood, there's room to get off by yourself, or get a hug right when you need it. If you're in a good mood and wanting to play, chances are pretty good that you'll find someone else in the same mood with whom to share tomorrow's pleasant memories.

My own mood this weekend varied a lot. I was not having an easy time, and walked around with my heart on my sleeve most of the time. But, nevertheless, my experience of the retreat was very positive. And, ... I'm looking forward to Spring.

COMEDIENNE ENJOYS RETREAT AND WILD SOUTHWEST

By Sondra Metzger

"I had a great time here and the women are fabulous. I'd certainly come again!"

Karen Williams took the floor and charmed a group of 75 women who attended Herland's Fall Retreat at Sequoyah State Park September 17. Her descriptions of the sights and sounds of an area she had never been exposed to kept everyone laughing from the beginning to the end of her performance.

The next day, Karen expressed her appreciation for the women who attended the retreat.

"I was really flattered that some women drove so far," she said. "I met a lot of people and made a lot of connections. In a way I feel sad to leave."

Among those connections was Elizabeth,



who just happened to have a wonderful sense of humor and added an unprintable dimension to the comic's routine. Sally blended in her own spicy wit to create a mixture that gave Karen a positive energy throughout her performance.

"There's always at least one person in every crowd that gives you that energy," she explained. "I really enjoy that. It lets me know that people are alive and breathing, otherwise there's a tendency to get real quiet and shy."

Quiet and shy are not words I would use to describe that audience. Herland seems to have her own fair share of comediennes. For those of you who are interested in that line of work, Karen suggests that you just go for it.

"Do what you need to do," she advises, "do the ground work and the rest comes pretty naturally."

"The retreat was great," she added. "Elizabeth came to the retreat not knowing anyone and now everyone knows her! We have something in common now because no one knew me and I didn't know them. Now I have a fan and have made connections with some pretty wild women!"

Karen spent the daylight hours Saturday wandering around the campsite jotting down ideas for her act. She also took a trip into Wagner in search of greater understanding of the area. The trip was a success for the Berkeley resident.

"I found some fun things," she said. "I don't compare places to Berkeley; I take things at face value and take it for what I get out of it, and I got a lot out of Wagner!"

Karen came to Oklahoma and gave those of us who attended the retreat something very special; she gave herself. Her gift of laughter and her ability to help people see the funny side of life and themselves is priceless. Her warmth and compassion will never be forgotten.

Thank you, Karen, for traveling so far to share something so special with all of us.

HERLAND THANKS YOU ALL

Herland would like to thank all of the very special people who made this Fall's retreat a wonderful success: People like Laura the Camp Director, without whom the retreats would not have happened. And, Chris C. the versatile vegetarian chef who produced marvelous morsels for the masses. And, Mary R. who bestowed Babylonian breakfasts upon same. The Rev. Beau McD. and Sasha & friend for enlightening workshops. Nancy Scott for sharing her music and making us laugh. And, Karen Williams for making us laugh alot with her unique, apropos, community-oriented humor.

And, thanks to the 75 women who came to share themselves, their talents, their love, and friendship with 74 other amazing women.

THANK YOU ALL !!!



Karen Williams: Making us laugh.

ONE BY ONE

To five very special women in Stillwater.

One by one her tears fell.
Her broken heart lay in pieces among
her shattered dreams.
One by one she picked up the pieces
and carried them into a room
A room full of other broken hearts....
And shattered dreams
One by one the pieces were put back
into place
Using warmth, understanding, love,
and support for glue.
One by one the days progressed.
One by one the angers subsided.
One by one she healed
with your cheers for her accomplish-
ments
your tears for her disappointments
your laughter at that empty chair
your joy and pride at her gains.
You made that room a haven of hope,
But it carried over to her heart.
Now that heart wants to thank you for
your faith
your encouragement
your support
your love,
but all it can do is
hope
that your life is filled with as much
warmth and love as that room.

Sondra

P.S.: You're all in my journal!!!!

is charmed by the now-(in)famous Elizabeth.

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

October 1988

★-Peggy Johnson ♀-Mary Reynolds							1
	DAY of UNITY at MABLE BASSETT CORRECTION ★ CENTER						
2	232-7681	3	DOMESTIC VIOLENCE WEEK →				8
OKC COMING OUT DAY ♀ RALLY 3pm at Angeles 2117 NW 139th 525-2437	NEW MOON	10	NATIONAL COMING OUT DAY	11	Columbus Day	12	13
HERLAND BOARD MTG. 4:30pm 2312 NW 39th							
794-7464	16	17	18	19	20	21	22
MCC ♀ FESTIVAL 1900 NW 12	52-8552 YARD SALE 1630 NW 19th 8am-1pm	23	24	25	26	27	28
	HERLAND YARD SALE 8a-6p. 1630 NW 19th →						794-7464 29

A Herland Calendar



Listing events sponsored by various groups and presented here as a community service by Herland ♀

Coming Out: SUGGESTIONS FOR TAKING YOUR "NEXT STEP"

- Take a lover/partner home for the holidays.
- Come out to your family - parents, brothers and/or sisters.
- Circulate a petition in your office in support of a gay rights initiative.
- Put your lover's photo on your desk at work.
- Consider leaving the "Joy of Lesbian Sex" in your bookcase when mom visits.
- Move your favorite "fantasy" man's poster to a prominent place in your house.
- Stop lying to your fraternity brother about all the women you've had.
- Go to your local jeweler with your lover to shop for matching rings.
- Register your china pattern when you and your partner make a commitment.
- Send flowers to someone special and don't use initials on the card.
- Acknowledge that "those roses" are not from your mother.
- Wear an openly gay symbol or button for an entire week.
- Call a radio talk show and introduce a gay/lesbian topic.
- Tell a friend you are going climbing with a gay hiking club.
- Read a gay paper on the bus or in a restaurant.
- Write a letter to the editor of your local newspaper commenting on gay coverage or lack of coverage.
- Contact your local university and offer to answer questions for the Human Sexuality class.
- Call him a him and her a her when talking about your love life.
- Write a check to a gay organization using the full name of the organization.
- Write a letter to your Senator or Congressperson in support of lesbian/gay rights.
- Take a straight friend to a lesbian/gay event.
- Invite your straight and gay friends to the same party.
- Hold hands publicly.
- Have both of your names on your magazine subscriptions.
- Check into a hotel under Mr. and Mr. or Ms. and Ms.
- Speak the truth when asked, "So are you engaged yet?"
- Tell three people that you are gay.
- Visit a basically straight bookstore that sells lesbian/gay titles and openly browse.
- Answer the 1990 Census truthfully.
- Include your gay family in traditional family or religious functions.
- Come out to your landlord, neighbors and co-workers.
- Be affectionate with your lover or partner upon arrival or departure at the airport.
- Put your National Coming Out Day bumper sticker on your car.
- Confront your co-workers about a bigoted joke or comment.
- Recognize that moms and dads aren't all straight - become a foster parent.
- Volunteer to be a Big Sister or Big Brother.
- Organize a march or demonstration for lesbian/gay rights.
- Boycott a company or organization which discriminates.

fective response to the AIDS crisis.

"AIDS now threatens the lives or well-being of all children, whether or not they are considered part of a high-risk group," said Dr. Austin Jones, president of the NPCA. "All of us will inevitably be affected by the social and economic disruption caused by our nation's efforts to cope with this crisis."

UNTIL THAT LAST BREATH: WOMEN WITH AIDS

WASHINGTON, DC - A dramatic and poignant photographic exhibition depicting the rage, resilience, and raw emotion of a hidden population --- women with AIDS, opens for an exclusive Washington, DC showing, in conjunction with the return of the National Memorial AIDS Quilt. UNTIL THAT LAST BREATH will show at the Collector Gallery and Restaurant from October 3rd through 10th.

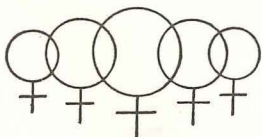
Nationally acclaimed documentary photographer, Ann Meredith, offers an intimate look into the lives of women with AIDS, with their families and friends, alone at home, on the street. Meredith has combined the inevitable tragedy of this disease with the courage and strength each woman exudes as she lives out her commitment to living the life that she has left in a meaningful way.

Through photography, video and sculpture the exhibition portrays the personal struggles, hopes and fears experienced by Women who have AIDS. UNTIL THAT LAST BREATH consists of 50 bold black and white portraits ranging in size from 16 X 20 to 30 X 40.

"UNTIL THAT LAST BREATH draws attention to a forgotten element of the AIDS crisis," said Kimberley Moore Webster, Director of Development at the National Gay and Lesbian Task Force, the exhibit's sponsor. The percentage of Women with AIDS has doubled in the past six years, and Meredith's photographs call attention to the fact that the AIDS epidemic is taking a severe toll among women and children as well."

"What we see through these portraits is how AIDS is changing the lives and hearts of these women," explains Ann Meredith. "More importantly, we see the commitment that these women have made to continue on with their lives in a meaningful way."

An opening reception will be held on Thursday, October 6th, from 5 to 7 pm. at the Collector Restaurant and Gallery; 1630 U Street, NW; Washington, DC. For more information on the exhibit, call Kimberley Moore Webster, NGLTF, 202/332-6483



UNITY IS THE KEY

Meet The Board

MEET SISTER #2

In the September newsletter you met Sister #1, who is technically the president of Herland's board of directors.

This month we are featuring Sister #2 who is the secretary and vice-president of the board. In a few months she will assume the duties of Sister #1.

Sister #2 is not an Oklahoma native, having moved here from Kansas in the late sixties. She graduated from Kansas State with a bachelor's degree in sociology, and received her masters from O.U.

"Professionally, I work as an administrator and community organizer," she said, "which is part of the reason why I'm interested in Herland. My first impression of Herland was a group of women who were very committed to what they were doing and were working very hard trying to do things for the community and that impressed me."

Like Sister #1, Sister #2 found out about Herland from Barbara Cleveland. Barbara suggested she go to one of the meetings to see what it was like. She did and found it to be a very professionally run organization.

"The first thing I noticed was that the newsletter was costing us more than it generated," she explained, "and I raised a question of why we weren't charging people for this service."

"Because of my need to be aware of revenues versus expenses in my profession," she continued, "I felt very strongly that a service like that was worth something and that Herland was in a position where it really needed money."

But, as Jean learned, Herland has always stressed the importance of getting the information to the people and not excluding anyone because they couldn't afford it. She hopes now that someday the newsletter will pay for itself through the selling of advertising.

Because her time is taken up by her job and her duties with Herland, Sister #2 rarely has the chance to participate in her two favorite pastimes, fishing and reading.

"The amount of work to do for Herland is overwhelming," she said. "The commitment level is very high and people occasionally have to drop out because of personal situations in their life. But there basically seems to be someone there to take their place when that happens. It's the volunteer pool that we really need to build up."

Since Herland does not have the funds to pay someone to handle business matters and staff the resource center, it relies entirely on women who volunteer whatever time, money, or abilities they are able to give.

"I got involved," she said, "because I really thought I could be of some help in what the group was doing. Being a community organizer, I thought I had some professional experiences that could

help."

Sister #2 would like to see Herland move in the direction of an advocacy group and speak out more on issues concerning gays and minorities.

"One way we can do that is by networking with more groups like Oasis," she explains. "Which is something we've been doing over recent months. We need to be more aware of broader issues that affect the whole community."

"We also need to be less reluctant to talk to people about Herland and explain what it is, why we're involved in it and what the roles of the organization are. The more people experience, the more they learn about it."

About Herland itself, Sister #2 feels that the organization needs to do more and better fundraising to increase revenue and pay the monthly bills. She would also like to see more training for the board and for volunteers.

"There are some systems that we have that could be better organized," she said. "I really think we've come a long way. I think we have a strong basic organization."

Sister #2 had this to say when asked what Herland meant to her:

"I think it's the sense of friendship and working together that you get when you're involved with Herland. You meet a bunch of really good people who would do anything in the world for you. There's a spirit that you feel when you get involved. This is not like a regular board whose primary function is to only set policy. Most non-profit boards hire a staff and the staff does the majority of the regular work; whereas, Herland's board is composed of volunteers who also function, essentially, as - unpaid - staffers. And, we get a whole lot accomplished!"

The next newsletter will feature Sister #3. Stay tuned!

HERLAND IS ...

A non-profit corporation composed of a collective of wimmin - open to any woman who wants to be a part of it - which works to maintain a feminist library and bookstore, sponsors workshops, retreats, concerts and other events for YOU. Herland's reason for being is to provide a framework for a variety of projects for the support and enjoyment of the area wimmin's community. It is a place to learn and grow, to meet other wimmin, develop lasting friendships, receive support and nurture the positive self-image that societal attitudes sometimes make illusive to us. Herland exists to serve YOU.

Your donations are used to pay the rent and utilities on the Bookstore building, and printing and postage for the monthly HSR Newsletter and Friend of Herland cards.

With the exception of the Library, all of Herland's services are free, including the Newsletter. This is why your donation is so important: It is Herland's lifeblood.

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BOOK ON WOMEN AND OKLAHOMA LAW AVAILABLE AT HERLAND

The Oklahoma Women's Law Manual, a new book on Oklahoma laws and how they pertain to Oklahoma women, is now available at Herland Center. Unfortunately, they are in limited supply, but the book is free for the asking while they last. So, come by and pick up your copy this weekend.


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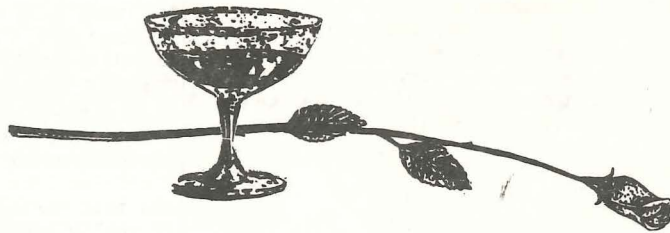
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