

COMMUNIQUE

VOLUME XVII: NO. 3
MAI-JUIN/MAY-JUNE 1996

We're Making a Difference

by Sheila Everett, Director, Northern Lambda Nord

Thursday, April 11, 1996 - The first meeting in this region of a group for Parents, Family & Friends of Lesbians & Gays, P-FLAG, was held at the Gay & Lesbian Community Services Center of Northern Maine in Caribou. Terry, Donald and I were the only gays and lesbians there facilitating the organizing on behalf of NLN. That's not a *discouraging* statistic but a *positive* one! Two straight friends of our Family, a woman with a gay son, another woman with a lesbian daughter, two parents whose son is gay, and one gay couple who have three teenage children who are skeptical and indifferent to their father's relationship with another man, were present that evening. What a great start! The regular meetings (the second and fourth Thursday each month at 7pm at the Center) will be facilitated by a woman who has a gay son. Please let your "straight" family and friends know that support and education is here for the taking.

Saturday, April 13, 1996 - The 10th annual Maine Lesbian-Gay Political Alliance Awards Banquet was held at the Augusta Civic Center; about 300 people were in attendance (including the Governor of Maine!). I accepted an award recognizing Northern Lambda Nord for our efforts during the *Maine Won't Discriminate* campaign to defeat the anti-gay referendum last fall, and for my personal commitment to the *Maine Speak Out Project for Equal Rights*. Eight of us from Lambda attended: David, Terry, Diana, Larry, Donald, Dick, Phil, and myself. We were given the best table in the place, directly in front of the speakers' podium! We mingled, renewed old friendships, and met new friends and family. We made ourselves visible and approachable as creditable representatives of NLN and as an important and viable part of the "Total Maine Family of Lesbians and Gays." I finally met our most generous Lambda member from Portland and got a chance to get to know

him on a personal level; what a sincere and caring man!

Saturday, April 20, 1996 We - Northern Lambda Nord - participated for the second time in the Aroostook Centre's "Community Day at the Mall". Our display table represented NLN and our efforts working with *Health 1ST* to promote HIV- and AIDS-awareness and prevention through our Gay & Lesbian Phonenumber of Maine project. We advertised our newly-established toll free 800 number for the program of support, information and education to everyone who calls. Donald, Dick and I staffed the day-long promotion. Through raffle ticket sales we raised over \$150⁰⁰ for the Phonenumber and the vital HIV/AIDS project. We were acknowledged by mall patrons with courtesy and support as we continued to make ourselves more and more visible within the "Total Community of Maine" - presenting ourselves with honesty and pride. Thanks to all of our friends, gay & straight, who stopped to chat and support us.

Saturday, May 4, 1996 - NLN's first Spring Bash & Beach Party was held at the Presque Isle Snowmobile Club. Even though we sustained a financial loss from the event, the feeling was that it was worth it. It was our largest crowd in 16 years - over 80 people in attendance from New Brunswick, from The County, and from the Bangor-Midcoast area. The great turnout was reason enough for me to stay committed to my Family of Choice and to work to continue offering safe and much needed social events for us. We all need to let our hair down and enjoy each other at events on a large scale (pot luck suppers, men's nights and women's nights are great and usually very comfortable and safe, but let's keep taking the little "first steps" of taking risks for individual and family growth as good and decent men and women of the Lesbian and Gay community.) Thank you David Nadeau, NLN's Social Director,



COMMUNIQUE
EST PUBLIÉ PAR
NORTHERN LAMBDA
NORD, INC.
CP 990
CARIBOU, MAINE
04736-0990 USA

COMMUNIQUE
IS PUBLISHED BY
NORTHERN LAMBDA
NORD, INC.
POB 990
CARIBOU, MAINE
04736-0990 USA

Northern Lambda Nord, Inc.

The Mission of Northern Lambda Nord is to advance the interests and well-being of the gay-lesbian-bisexual-transgendered community of the Upper Saint John River Valley of New Brunswick and Aroostook County, Maine.

**Steering Committee
Comité Exécutif**

Sheila Everett.....*Director/directrice*
Phil Bushey.....*Treasurer/trésorier*
Diana Campbell.....*Secretary/secrétaire*
Ray LaValley.....*Librarian/bibliothécaire*
Donald Weatherford

*Phoneline coordinator
coordonateur du téléphone*

Dick Harrison
Newsletter editor/rédacteur du bulletin

Members-at-large/membres en liberté
Andrea, Walter Fournier
& Wayne Morrow

COMMUNIQUÉ

CommuniQué publié six fois par année par Northern Lambda Nord, une organisation pour la communauté gaie-lesbienne-biesexuelle au nord-ouest du Nouveau-Brunswick et au nord du Maine (les comtés Madawaska, Victoria, Carleton et Aroostook). *Abonnements*, 15\$ par année. *Cotisation NLN*, 25\$ par année, dans lequel inclus l'abonnement. Les fond E-U et canadiennes sont acceptés au par. Ceux qui ont de la difficulté financièrement, des paiements à terme peut être organisée. NLN est une organisation a but non-lucratif; toutes donations sont taxe deductible aux E-U seulement. Les tarifs de publicité dans le *CommuniQué* sont disponible. Vos commentaires et contributions sont les bienvenue.

COMMUNIQUÉ

CommuniQué is published six times yearly by Northern Lambda Nord, an organization serving the gay-lesbian-bisexual community of northern Maine and northwestern New Brunswick (Aroostook, Madawaska, Victoria and Carleton counties). *Subscriptions*, \$15 per year. *NLN Membership*, \$25 per year, which includes a subscription. U.S. and Canadian funds are accepted at par. Low-income people may make arrangements to pay in installments. NLN is a non-profit organization; all donations are U.S. tax-deductible. Advertising rates in *CommuniQué* are available upon request. Your comments and contributions are welcome.

**Making a Difference** *continued from page 1*

for a magnificent evening. I know the time and effort – physically, emotionally, and financially – that you put into the evening to make it a great success. Hopefully the first weekend in May will become an annual “outing” for our organization! Thank you to all who took the steps you needed to take in order to get yourselves to the party!

Tuesday, May 14, 1996 - Our visibility and worth as a viable and important part of our Community's growth and outreach was apparent as Joanne E.A. Meiser, Project Coordinator for the Maine HIV Prevention Community Planning Group (and an out Lesbian, backing up her talk with action) travelled to our Community Center from Auburn. The purpose was a forum on Gay and Lesbian Issues and HIV. Donald, Diana, Dick, David, Paul, and I attended on behalf of our Community, plus there was a good straight friend who arranged the forum (Thanks,

Deb). Sorry there wasn't a better turnout!

My point in this *CommuniQué* is this: each of us is making a difference with every step we take as we deal with our fears and insecurities of being different from “the norm.” So many of you have – and are – walking proudly and confidently in the truth and honesty of being yourself. Sure it's scary, but I know the inner peace and warm fuzzies I experience every time I speak my truth, back up my truth with my actions – proudly and respectfully – and realize that I am WORTHWHILE as a Child of God and a human being who just happened to be blessed with the gift of my Lesbian sexuality.

Thought to ponder: *As others touch our lives, so do we touch theirs! Be Gentle, even when they are not.*

Yours in reclaiming Pride & Life,

/s/ Sheila ▼

Phoneline now has toll free number

by Donald Weatherford, Phoneline Coordinator

Just a brief note to let you know that as of April 1, 1996, Northern Lambda Nord's 14-year-old project, *The Gay & Lesbian Phoneline of Maine*, is toll free: 800 468-2088. (The local Caribou number is still 498-2088.) The new service is a success and is growing daily. Awareness about the new number is slowly getting out there and is reaching a new group of people who are seeing that they are truly NOT ALONE! None of this would be possible if it were not for the wonderful volunteers who have given of themselves and of their time, and I thank

them from my soul.

Volunteers participate in 10 hours of skills training in answering a phone-line which provides both peer support and information about gay issues, plus accurate and honest information about HIV- and AIDS-prevention.

The Phoneline is staffed every Monday, Wednesday & Friday, 7-9pm; volunteers may work as few as once or twice per month.

The next skills training class for volunteers meets June 4, 6, 11, 13 and 18, from 6-9pm at the Chan Center at Cary Medical Center in Caribou. If you'd like to help in this

important outreach project, please call me at the Phoneline.

Friends of Lambda

I am pleased to inform you that the P-FLAG group, *Parents, Family and Friends of Lesbians and Gays*, is a success. I was surprised at the need there is for such a group. Meetings are the second and fourth Thursday each month at 7pm at our Community Center. If you or anybody that you might know is interested, please come on by. One can never have too much support.

Thanks for listening!

/s/ Donald ▼



What's New in Our Library?

Northern Lambda Nord's lending library, *Bibliothèque Lambda*, is slowly growing. The library has volumes of fiction, non-fiction, travel guides, and a selection of gay & lesbian newspapers and magazines from around North America. It is housed in the Gay & Lesbian Community Services Center of Northern Maine in Caribou. All books are available for members to borrow. Here is a synopsis of the latest addition to the library, an **audiobook** and its **printed version**. Comments are taken from the publisher's notes.

First Comes Love, *nonfiction* by *Marion Winik* (1996) "In 1994, National Public Radio commentator Marion Winik broadcast a piece on 'All Things Considered' about the death of her husband, Tony. Beautiful and charismatic, deeply troubled but utterly endearing, Tony was a gay man she'd loved, married, raised two children with – and eventually, when AIDS took over his life, helped to die. Winik's no-holds-barred NPR piece about her role in Tony's death caused considerable controversy and debate,

even as letters and phonecalls poured in from people around the country expressing sympathy and support for her and her children. Now, in *First Comes Love*, Winik tells the whole story of this unique relationship, in a powerful memoir of love, loss, and survival."

The **audio book** ("books on tape") of this title is an abridged version of the complete work, read by the author. Its two cassettes' play time is three hours. ▼

SIDA LES NIVEAUX DE RISQUE

LE BAISER avec échange de salive (french-kiss) ne comportent aucun risque. **LES CARESSES ET LA MASTURBATION** ne constituent aucun risque de transmission du VIH. **LE SEXE ORAL** Il est peu probable que cette pratique sexuelle puisse transmettre le VIH. **LA PÉNÉTRATION ANALE ET VAGINALE** non protégée par un condom constitue un haut risque de transmission du VIH, qu'il y ait éjaculation ou non. **LES JOUETS SEXUELS** (ex.: vibreur, godemiché) non partagés ne constituent aucun risque de transmission du virus. **LÉCHER L'ANUS** ne constitue pas un mode de transmission du VIH. Cependant, elle ne vous protège aucunement de l'hépatite B ou des autres MTS. **ACTIVITÉS SADO-MASOCHISTES** qui ne causent pas de saignements et qui n'incluent aucune autre activité à risque ne favorisent pas la transmission du VIH.

AIDS THE SAFER THE SEX, THE BETTER

CONSIDERED SAFE: Mutual masturbation,

Hugging/body rubbing, Massage, Social (dry) kissing, Fantasy, Light S/M (without bleeding or bruising), Sex toys (when used only on yourself)

CONSIDERED POSSIBLY SAFE: Anal or vaginal intercourse with a condom, French (wet) kissing, Sucking (but stopping before climax), Watersports (external only), Cunnilingus

CONSIDERED UNSAFE: Swallowed semen, Anal or vaginal intercourse without a condom, Watersports in mouth or on skin with sores or cuts, Sharing IV needles, Fisting or rimming, Shared enema equipment, douching equipment, or sex toys

Brief Notes

• SAVE YOUR BOTTLES & CANS -

Northern Lambda Nord has an on-going Building Fund Drive, designed to raise money to purchase our own building. It grows, in part, from your bottle & can deposits. Please donate bottle & can money to the fund; either bring your empties to an NLN event or to the Community Center Office where there's a can for empties, or bring in the money.

• **GAY, LESBIAN & CHRISTIAN** - Books, brochures, audio tapes, and music CDs for

gay and lesbian Christians are available now from the Universal Fellowship of Metropolitan Community Churches' Resource Center. The catalogue is free from UFMCC Resource Center, 5300 Santa Monica Blvd., Suite 304, Los Angeles CA 90029; fax 213-464-2123

• **THE NAMES QUILT DISPLAY** - The entire AIDS Memorial Quilt will be displayed October 11-13, 1996, the U.S. Columbus Day/Canadian Thanksgiving weekend, in Washington, DC. The 45,000 panels will stretch 15 city blocks, from the Capitol Building to the Washington

Monument. In all, over 70,000 names will be read, more names than are carved in the nearby Vietnam War Memorial. If you would like to travel to Washington to participate in this event, call the NAMES Project Travel Desk, 800-926-2631 for airfare and hotel reservations.

• **HIV TESTING IN NORTHERN MAINE** Health 1ST offers anonymous HIV testing in Fort Kent, Presque Isle, and Houlton. There is a minimal \$25 fee, but no one is refused testing. Info: 207.768-3062 or 800.432-7881. ▼

Calendrier Northern Lambda Nord Calendar

THE FOLLOWING EVENTS ARE HELD AT THE

GAY AND LESBIAN COMMUNITY SERVICES CENTER OF NORTHERN MAINE
398 MAIN STREET, CARIBOU, 207/498-2088 ACROSS FROM NYLANDER MUSEUM (M=MAINE TIME, N=NEW BRUNSWICK TIME)

- **First Tuesday** each month **Gay & Lesbian AA - June 4 7:30pm(M) 8:30pm(N)** * NO Summer meetings - Next meeting is October 1st
- **Every Wednesday is Drop-In & Open House 7-9pm(M) 8-10pm(N)**
- **First Thursday** each month **NLN Meeting, 6:30pm(M) 7:30pm(N)**
- **Second & Fourth Thursday** each month **P-FLAG 7pm(M) 8pm(N)**

THESE EVENTS MEET AT OTHER LOCATIONS

BBQ & Fun Sat, June 8, Mapleton near Presque Isle, 5pm(M) 4pm(N)
BBQ & Fun with PFLAG Sat, June 22, New Sweden, 6pm(M) 5pm(N)
Weekend at Long Lake Sat & Sun, July 27 & 28, Van Buren Cove

CES ACTIVITÉS TIENS AU CENTRE COMMUNAUTAIRE DES GAIS ET DES LESBIENNES

398, RUE PRINCIPALE À CARIBOU, 207/498-2088 DE L'AUTRE CÔTÉ DE LA MUSÉE NYLANDER
(M=HEURE AU MAINE, N=HEURE AU NOUVEAU BRUNSWICK)

- **premier mardi** tout les mois **Gay & Lesbian AA - 4 juin 20h30(N) 19h30(M)** * Pendant l'été, il n'y a pas des rencontres; la prochaine: 1ère octobre
- **tout les mercredis - Portes Ouvertes 20h-22h(N) 19h-20h(M)**
- **premier jeudi** tout les mois **rencontre NLN 19:30h(N) 18:30h(M)**
- **deuxième & quatrième jeudi** tout les mois **P-FLAG 20h(N) 19h(M)**

CES ACTIVITÉS TIENS AU LIEUX DIFFÉRENTS

BBQ sam, 8 juin, à Mapleton (Presque Isle), 17h(N) 16h(M)
BBQ avec P-FLAG sam, 22 juin à New Sweden, 18h(N) 17h(M)
Weekend au lac Long, Van Buren Cove sam & dim, 27 & 28 juillet

Lesbian-Gay **GUIDE** Lesbienne-Gai NEW BRUNSWICK • MAINE • NOUVEAU-BRUNSWICK

NORTHERN LAMBDA NORD inc. (NLN)

CP/POB 990, Caribou ME 04736-0990 USA
207.498-2088 or in Maine 800.468-2088 TTY/Voice
- serving northern Maine & northwestern NB
(Aroostook-Madawaska-Victoria-Carleton counties);
déservant le nord-ouest du N-B et le nord du Maine (les comtés Madawaska-Victoria-Carleton-Aroostook)

Gay-Lesbian Community Services Center of Northern Maine 398 South Main St, Caribou; mail: POB 990, Caribou 04736-0990 USA; 207.498-2088 or in Maine 800.468-2088 TTY/Voice

Centre communautaire des gai.e.s et des lesbiennes 398, rue Principale sud, Caribou; postes: CP 990, Caribou ME 04736-0990 USA; 207.498-2088 or in Maine 800.468-2088 TTY/Voix

Gay-Lesbian Phonenumber of Maine 207.498-2088 or in Maine 800.468-2088 TTY/Voice - staffed Mon, Wed, Fri 7-9pm (Maine) 8-10pm (N-B); mail: POB 990, Caribou ME 04736-0990

Gay-Lesbian AA meets first Tuesday each month, 7:30pm(Maine) 8:30pm(N-B) at the Gay-Lesbian Community Services Center of Northern Maine, 398 South Main St, Caribou; call 207.498-2088 to contact

• REGIONAL GROUPS • • GROUPES RÉGIONAUX •

Fredericton Lesbians & Gays (FLAG) POB 1556, Station A, E3B 5G2, 506.457-2156 (Mon & Thurs 6:30-8:30pm), e-mail: u5mc@unb.ca or website: <http://www.unb.ca/web/gala>
Gais.es. Nor Gays (GNG) CP/POB 983, Bathurst E2A 4H8, 506.783-7440, e-mail: andre@nbnet.nb.ca

Maine Bisexual People's Network POB 10818, Portland 04104

No Borders/Sans Frontières CP/POB 461, Campbellton E3N 3G4

Symposium Forever, Inc. committed to the continuation of the annual Maine Symposium for the lesbian-gay-bisexual-transgendered community, POB 1320, Caribou 04736-1320

Time Out outdoor activities, monthly calendar, POB 11502, Portland 04104

• HEALTH • SANTÉ •

AIDS New Brunswick 65 Brunswick St., Fredericton 800.561-4009 or 506.459-7518

AIDS Moncton 14 Duke St., 2nd floor, 506.859-9616

AIDSLine/Maine 800.851-AIDS - Mon-Sat 9am-5pm, Mon & Wed till 7:30pm

Atlantic First Nations AIDS Task Force POB 47049, Halifax B3K 2B0, 800.565-4255, 902.492-4255

Eastern Maine AIDS Network POB 2038, Bangor 04401-2038, 207.990-EMAN

HIV & AIDS Awareness & Prevention Project, Gay & Lesbian Phonenumber of Maine 207.498-2088 or in Maine 800.468-2088 Mon, Wed, Fri 7-9pm

PWA (People living with AIDS) Coalition of Maine 377 Cumberland Ave, Portland 04101, 207.773-8500

Health 1st anonymous HIV tests (northern Maine) 800.432-7881

SIDA Moncton 14 rue Duke, 2ème étage, 506.859-9616

SIDA Nouveau-Brunswick 65 rue Brunswick, Fredericton 800.561-4009 ou 506.459-7518

• MEDIA • MEDIAS •

Community Pride Reporter newspaper for the lesbian, gay, bisexual and transgender community of Maine, published monthly, 142 High St., Suite 634, Portland 04101, 207.879-1342, e-mail: cprpride@aol.com or website: <http://www.tcp.com:8000/QRD/www/usa/maine/gaynet.html>

Fruit Cocktail radio program, 7pm Mondays on CHSR 97.9fm Fredericton, 506.453-4985

Wayves serving Atlantic Canada, 10 issues per year, POB 34090, Scotia Square, Halifax NS B3J 3S1, 902.423-6999 e-mail: wayves@fox.nstn.ca or website: <http://www.cglbrd.com/accounts/wayves>

• YOUTH • JEUNESSE •

Dial Kids 207.774-TALK for lesbian, gay, bisexual & unsure youth under 19

Outright/Central Maine age 22 and younger, 800.339-4042

Outright/Portland POB 5077, Portland 04101, 207.774-TALK or 207. 774-HELP

Outright TOO Bangor area, ages 16-22, 207.285-7180

• UNIVERSITY • UNIVERSITÉ •

Gay & Lesbian Alliance (GALA) University of New Brunswick, c/o Help Centre, UNB SUB, POB 4400, Fredericton E3B 5A3, 506.457-2156, e-mail: v0c5@unb.ca or website: <http://www.unb.ca/web/gala/katie/gala.html>

Gay/Lesbian Alliance University of Southern Maine, 88 Winslow Street, Portland 04103, 207.874-6596

Wilde-Stein Club University of Maine, Orono, every Thurs 6:30pm, Sutton Lounge in Memorial Union

• PARENTS •

Gay-Lesbian-Bisexual Parents Support Group Portland 207.772-4741 (Frank)

Parents & Friends of Lesbians & Gays (P-FLAG) Bangor/Brewer area 207.989-5180

Parents & Friends of Lesbians & Gays (P-FLAG) Fredericton area 506.454-8349 (Francis) e-mail: B84Q@unb.ca or website: <http://www.unb.ca/web/gala>

Parents & Friends of Lesbians & Gays (P-FLAG) Moncton area 506.536-0599 (Eldon) or Pierre Bourgeois, 358 rue LaFrance, Dieppe E1A 2B8 e-mail: erhay@mta.ca

• RELIGION •

Am Chofshi Jewish, meets monthly, c/o Horowitz & Kass, RR#1 Box 686, South Harpswell 04079, 207.874-2970

Dignity/Maine Catholic, POB 8113, Portland 04104

Integrity Episcopalian, St. Matthew's Church, 18 Union St., Hallowell 04347, 207.622-6631

New Hope Community Church c/o Unitarian House, 749 Charlotte St., Fredericton, 506.457-4675

• PROFESSIONAL • • PROFESSIONNEL •

Lesbian-Gay Committee, Maine Chapter, National Association of Social Workers POB 5112, Station A, Portland 04102

Maine Gay Visual Artists' League 207.775-3420

Maine Lesbian & Gay Law Association (LeGal) POB 443, Portland 04112, 207.829-3379

• POLITICAL ACTION • • ACTION DE SOUTIEN •

Maine Lesbian-Gay Political Alliance POB 232, Hallowell 04347 800.55-MLGPA (556-5472) website: <http://www.tcp.com:8000/QRD/www/usa/maine/mlgpa.html>

New Brunswick Coalition for Human Rights Reform/La coalition pour la réforme des droits de la personne du Nouveau-Brunswick POB/CP 1556, Station/Succursale A, Fredericton E3B 5G2, 506.457-2156

• INTERNET •

Maine Gay Network - <http://www.qrd.org/QRD/www/usa/maine/gaynet.html>
Community Pride Reporter's Lesbigan Resources - <http://www.qrd.org/QRD/www/usa/maine/resource.html>