

BLACK LESBIAN

&

GAY CENTRE



APRIL 2000 ISSUE

INDEX

- Page 3 First Word – general advice
- Page 4 Counselling services
- Page 5.....Lyrics – Your poetry
- Page 6.... Around the Dutch pot – Your recipes
- Page 7..... In the spirit – Mind therapy
- Page 8 and 9.... On the town bar and club guide
- Page 10..... What’s on – Events
- Page 11...Jobs for the Boyz – Volunteers needed
- Page 12..... Your Say – Your chance to rant
- Page 13..... Family page – Groups and services
- Page 14 Music and social groups at BLGC
- Page 15..... On Line – Must see web sites
- Page 16..... BLGC contact details and mailing list request form

First Word

Hello and welcome. Hope you had a great winter and are looking forward to a summer of fun. Keep us informed of what you are getting upto this summer, other readers may be interested in going along.

In this months first word, a few tongue in cheek words of wisdom by Travis Smiley. On a more serious note, the first point is important. If you live in London and you have not yet registered to vote contact your v area council and make sure you don't lose your rights. See you all soon

Ed.

10 things Black Folks Should Know

1. Register to vote or.... Shut up!
2. Take all that money out of those stocking caps, tin cans, bed mattresses, and floorboards and invest your money in something.
3. Learn a new language – ebonics doesn't count
4. Stop using the "N" word.... Especially since Merriam Webster has announced it ain't changing the definition.

5. Buy something each week from a Black Vendor
6. Stop blaming white folk for 98% of your problems and giving them 100% of your money.
7. Subscribe to Ebony, Jet, Black Enterprise, Voice, and Pride but also subscribe to Time, Newsweek and the Guardian. After we read about what's going on our world, how about we keep in touch with what's going on in theirs. After all it is your world
8. Stop walking past each other especially in Black gay clubs and not speaking or even worse pushing up our mouths.
9. Be on time for something..... Anything
10. Get an annual check up...herbs do not cure everything

If you have time after all that read the in the spirit page in your magazine.

Have a good Month.

To send in a contribution to
First Word
Write to BLGC Room 113,
5/5a Westminster Bridge
Road, London SE1

Telephone 0171 620 3885

Counselling

Pace workshops

PACE provides counselling, groupwork and mental health advocacy for lesbians and gay men. The pace Mental Health Advocacy Project is a free confidential and independent service for lesbians and gay men who are experiencing emotional distress. Their trained volunteers will support you in finding out what services are available to you, support you in saying what you want and can refer/accompany you to appropriate agencies or meetings.

They are based near Caledonian Road in Islington. Office hours are 10am-5pm Monday to Friday. There are separate telephone numbers available for each service:

Counselling :- 0207 697 0014

Advocacy : - 0207 697 0017

Groupwork :- 0207 697 0016

Pace also runs workshops and groups for gay men and lesbians. Telephone one of the numbers above to put your name on the mailing list. For Lesbians, a regular mental health support group meets every Wednesday afternoon from 2-4.30pm Please telephone for further details.

LSD Line

If you are gay, lesbian or bi and want to talk about drugs a confidential service is provided for you by Project LSD. **LSD Line** is available every Wednesday from 6pm-9pm. Call: - 0207 439 0717.

Useful Telephone numbers

BLGC: - 0171 620 3885
Lesbian Line 0171 251 6911.
Tuesday to Thursday 7-9pm

Lesbian and Gay Switchboard
0171 837 7324 (24 hours)

Samaritans 0345 6645544

Lyrics

To send a poem into Lyrics email blgc@btinternet.com or send it to the BLGC marked Lyrics to the address on the back.

In the blackness.....

*As we reclined together
I heard you whisper
"Take the breathe as one
If only for a night;
Let time stand still
Let it wait to be summoned
By the Future
But for us, now
Only the present matter
In my Blackness*

Around the Dutch Pot

You know what they say..... a way to the heart.....

In this section we would like to hear from the diverse range of lesbians and gay men that read this newsletter. Send in your recipes to Around the Dutch Pot and let people of different African and Caribbean cultures try each others food. This week one BLGC member has sent in that Jamaican Classic Akee 'n' Saltfish. We know you must have a variation and more adventurous meals for us all to try so write it down.

Ingredients

HALF CABBAGE
SMALL TEASPOON BLACK PEPPER
1 ONION
4 TOMATOES
1 PACKET OF SALT FISH (SOAK OVER NIGHT)
1 TIN AKEE
COOKING OIL

1 TIN GUINNESS
1 TIN NUTRAMENT
TABLE SPOON OF SUGAR

Method

Go wash yu han' dem!

Put Saltfish in pot of boiling water, boil for about 30 mins

While dat a bwayne....

Boil some water in a pot
Mix flour and water and pinch of salt to a doughy texture.
Knead the dough.
Take pieces of the dough and roll in small balls. Flatten them and put into pot of boiling water.

Peel the bananas chop in half and dash that in the same pot as the dumplings.

Peel and wash and cut up yam and potatoes. Dash that in the pot as well.

Cook it all for about 30 minutes

Meanwhile

Take out the sailfish from the pot; pour some oil in a frying pan.
Wash off onions and tomatoes, chop them up and fling them in the pan.

Next...

Wash off and shred cabbage, add to the frying pan. Shred up the saltfish and dash that and the tin of akee in the same pan. Turn down the heat and cook for half-hour.

An while dat a gwarn...

Mix the Guinness and nutriment nutmeg and sugar in a jug. Add ice

For desert

Gwarn back to the kitchen and go nyam wah lef' inna de pot!!

In the Spirit

This month is a beginner's guide to breathe

One day my soul just opened up. Once you become aware of the spirit inside your being and acknowledge the role it plays in your life, you must accept the manner in which it operates. Acceptance means giving up some of the old ways and embracing a new way of thinking. It may seem that change is the foundation of acceptance. Breath is the key to change.

Try this breathing exercise.

Meditative Breath quiets the mind while opening the ache (power) of the crown, third eye, and solar plexus. It pulls spiritual energy into the crown of the head. To practice it:

1. Sit with your back straight, feet flat on the floor and palms or hands on thighs facing upward.
2. Close your eyes and drop your chin to your chest. Do not force it, simply lower your head.
3. Begin inhaling and rolling your head upward to the count of seven. By seven, the head should be hanging to the chest again.
4. Hold the breath for a count of four
5. Slowly exhale through your nose while rolling your head back down to the count of seven. By seven the head should be resting on the chest again.
6. Repeat the breath and movement four times.

You should now be in a meditative state. If thoughts enter your head banish them and say to yourself GO AWAY! Practice this daily.

Here is to your inner peace....



On the Town

Bars

Vespa Lounge

Open Thursday to Sunday. Find it at Upstairs at the Conservatory, Beside Centre point (opposite First Out). Tottenham Road Tube. Open 1800-2300 hrs. Tottenham Court Road Tube. (Men as guests)

First Out Café Bar

Mixed gay and Lesbian bar. Girl Friday is a popular girls night. A few sisters usually show up on Saturdays. Kids also come along upstairs during the daytime. By night the café changes and downstairs is throbbing. 52 St. Giles High Street. Next to Centrepoint. Open 10am-11pm Monday to Saturday and 11am-11pm on Sundays. Tottenham Court Road Tube.

Candy Bar (Precious Brown)

London's only seven night a week women only bar. Every Sunday, Precious Brown a popular RnB DJ attracts a group

of black women to the ground floor. Check it out Open Monday to Thursday 5pm to

Midnight, Friday 5pm until 2am and Saturday 12 noon until 2am. 4 Carlisle Street (off Greek Street)

Glass Bar

This women only bar is casually elegant. It attracts women rather than girls. This bar starts at 6pm onwards Tues-Sat and is open from 2-7 on Sundays. The black lesbian owner of this bar is charismatic and will give you a warm welcome whether your are arriving with friends or on your own. Thursday night is Singles Mingles. Call if you have difficulty finding it on 0171 387 6184, West Lodge, beside Euston Station.

Fried Green Tomatoes

Every 1st & 3rd Wednesday of the month at Café Goya, 85

Acre Lane Brixton SW2. This is a women's bar and social club with a laid back atmosphere, mood music and retro feel. 7pm till late - 0207 7274 3500.

Clubs

Liberte

The night of nights for any self respecting Black Lesbian. RnB and soul is mixed in with just the right amount of Raga and Socca. March 25th, April 29th, May 27th. Liberte is at the Oak Bar, Green Lane, Stoke Newington. STOP PRESS - Bring this newsletter with you and get £1 off the entry price before 10.30pm. Prices: - £3 before 10.30pm and £4 after.

Black Angel

Renegade Promotions gives you a night for "queer divas and non believers". Black Angel is the last Friday of every month. It is a "Liberte" style venue. Male gay friends are welcome. The music is kickin' with RnB, Garage, Hip hop, Asian Breakbeat & Bhangra. Just let the music captivate your body and mind. Black Angel is at the Hollywood Lounge, Phoenix Centre, off Princess Street, Manchester (Rainbow Cars

entrance.) Info: - 0161 835 9426.

Good Vibes Y2K

Last Friday of the month. Next date 31st March 9-4pm. At the Jack of Clubs, 47 Ossary Road (behind McDonald's pm the Old Kent Road.) SE1. £3 before 11, £5 after. Happy hour between 9-11pm. This is a mixed club night playing soul, RnB, revival, garage, socca and talent shows.

Club Kali

This is a mixed club playing Bhangra, Hindi, house, soul and swing. £5 before 11 with a flyer then £6. £2 discount for concessions. Find Club Kali at The Dome, 1 Dartmouth Park Hill, London N19.

Off The Hook

At the Velvet Room, 143 Charing Cross Road WC2. Info 0171 439 4655. Every Monday night from 10.30. Recommended mixed RnB, Funky soul club.

What's on

Events

Lesbian and Gay Film Festival 30th March-13th April.

Screenings cost £6.50 or £5.50 for NFT members.

Chutney Popcorn – Friday 7th April 20.45 and Saturday 8th April 16.15. Asian provocative comedy set in New York. Focus is around 2 lesbian Asians and their hilarious family dramas.

Living with pride – Ruth C Ellis – 10th April 18.20. A lively portrait of one of the brightest and fittest African American centenarians – and one who also stakes claim to being the oldest “out” lesbian s known.

A Luv Tale – 3 April 18.30. A new unashamedly romantic comedy. A tale of a black professional female's brush with lesbian love.

Mardi Gras 2000, Summer Rites 2000, Brighton Pride 2000

Calling all party people. Contact the BLC if you are planning to get

involved in any of the above 3 events. We may be able to offer support. Contact details on the back page.

General release films

Show me love is high school girl romance. A lesbian version of Beautiful Thing. See cinema listings.

Health and Healing

A new service by a black lesbian has been developed. Reiki Muster healer will offer you reflexology and aromatherapy. Call for bookings and quotes on 0171 266 5821.

Around the Country

The BLGC are increasingly receiving calls from Black Lesbians and Gay Men from all over the country and occasionally from overseas. If you are a Black Lesbian or Gay man who is not able to come to the centre for support because of location, have you considered setting up your own group in your local area? The BLGC would like to support you by opening up the opportunity for you to meet others in your area.

You can call or write to Nadine (National Outreach Worker) c/o. the telephone number and address is on the back page.

JOBS FOR THE BOYZ

Are you a black gay man who needs to discuss or share your experiences?

Do you have an issue that you would like to discuss or share with group?

Do you want to meet other black gay men in different environments than usual?

Are you interested in facilitating a discussion session for black men?

We are actively looking for black gay men to organise discussion and drop in sessions at the centre

If you would like to help, have ideas or would like to informally discuss how we can go forward, please contact Helen: -

0181 639 0520 or leave a message at the centre
on

0171 620 3885

Your Say

To Send a contribution to your say, write to the Editor, Your Say, BLGC or email blgc@btinternat.com

An end to Unity?

Dear Ed,

Do you or any of your readers know what has happened to Unity? It's just disappeared without a word.

Clare and Maria, Battersea
London

Ed, we are sorry to tell you that Unity has now finished. Liberte is still going and flourishing. At this stage we do not know if they are planning to replace the mixed gay and lesbian night with anything else. We'll keep enquiring and keep you posted.

Nights of passion... not

Dear Ed,

Where can I get my hands on some decent porn? I'm getting fed up of all porn video's having two obviously straight white women having sex. I am the only want who wants this product. Anon.

Ed. Ok. You've stumped us this time. We'll make sure any suggestions from other readers are given priority in the next issue. I'm sure You're not the only one.

Outrage is outrageous!

Dear Ed,

Outrage is getting on my nerves. They give all gay men and women a bad name. Do you believe that man on the TV the other day trying to say that all men have a right to f**k in parks! I've been in a steady relationship for 12 years and have never felt the urge.

K.J. by e-mail

Ed. Feel better after that rant K.J!!

Brand new
Parenting Group

Due to popular demand the BLGC will be starting a brand new parenting group in May 2000. We want to hear from both lesbian and gay parents and children of lesbian and gay people. Call Pauline on 0171 620 3885 to find out more details about the group and tell us the issues you would like the groups to cover. Remember..... we want to hear from your kids too so please encourage them to call and leave a message for us.

Family Fundays

No more half terms from hell?

The Bryony group is planning a series of family fundays throughout 2000. Call now to give your input on dates, where you'd like to go and the acceptable price range. We would like to hear your views. You can also come into the centre and join in the planning discussions for the Fundays. Call Pauline at the BLGC to find out more.

BLGC 0171 620 3885



DRUM



"I had never drummed before, Levi said that anyone could do it so I tried. After only two hours I was totally relaxed. I was surprised by how chilled out I felt. It was great therapy. Come try it"

Advanced or beginners

Call Levi for details on 0171 620 3885

Something New

Bryony is a group of unpretentious black lesbian women. We meet every 1st and 3rd Saturday of the month for discussions, social events, outings and have regular fun. (Groups are from 3-5 PM with a social planned after each) Turn up at the venue below or call for details.

Venue: - BLGC 5 Westminster Bridge Road, Elephant and Castle Tube.
Buses: 68, 188, 171, 176, 12) Details: 0171 620 3885

March 18th - Discussion on homophobia in the black community

April 1st: - Discuss places to eat out in London with your girl and plan a night out for ourselves.

April 14th: - Women Eat out!

April 28th: - Topical discussion

On Line

If you have visited a great chat room and were impressed or disappointed by the number of black lesbians or gay men on line, e-mail blgc@btinternet.com to let us know.

Essential Web sites

(These are American based.)

www.gayblackfemale.com – Excellent web Magazine

www.blktriangurl.com – contacts, links and information for gay women of colour

www.sistahspace.com – information and contacts. Also articles for black lesbians

www.sistahscape.com – Good Web magazine for black gay women

www.aol.com/members/uloah//home.html – United lesbians of African heritage website.

www.yahoo.com/clubs/lesbiansofcolor A Chatroom, hook up with a Stateside Sistah.

CONTACTING THE BLGC

Volunteers staff the BLGC. When you call please leave a message and a telephone number on the answerphone. If you do not want to accept in coming calls, tell us when you are likely to be telephoning again and we will try and be there to answer the phone for you. The best times to call and speak to somebody are Saturday and Sunday afternoons.

You can also write to the BLGC at

BLGC
Room 113
5/5a Westminster Bridge Road
London
SE1

The nearest tube is Elephant and Castle. Take the London Road Exit to St. George's cross and turn left.

Telephone number – 0171 620 3885

E-mail us on blgc@btinternet.com

If you have enjoyed this newsletter and know of someone else that would like to receive it, please ask him or her to fill in the details below and post it to us

Name

Address.....

.....

.....

Telephone