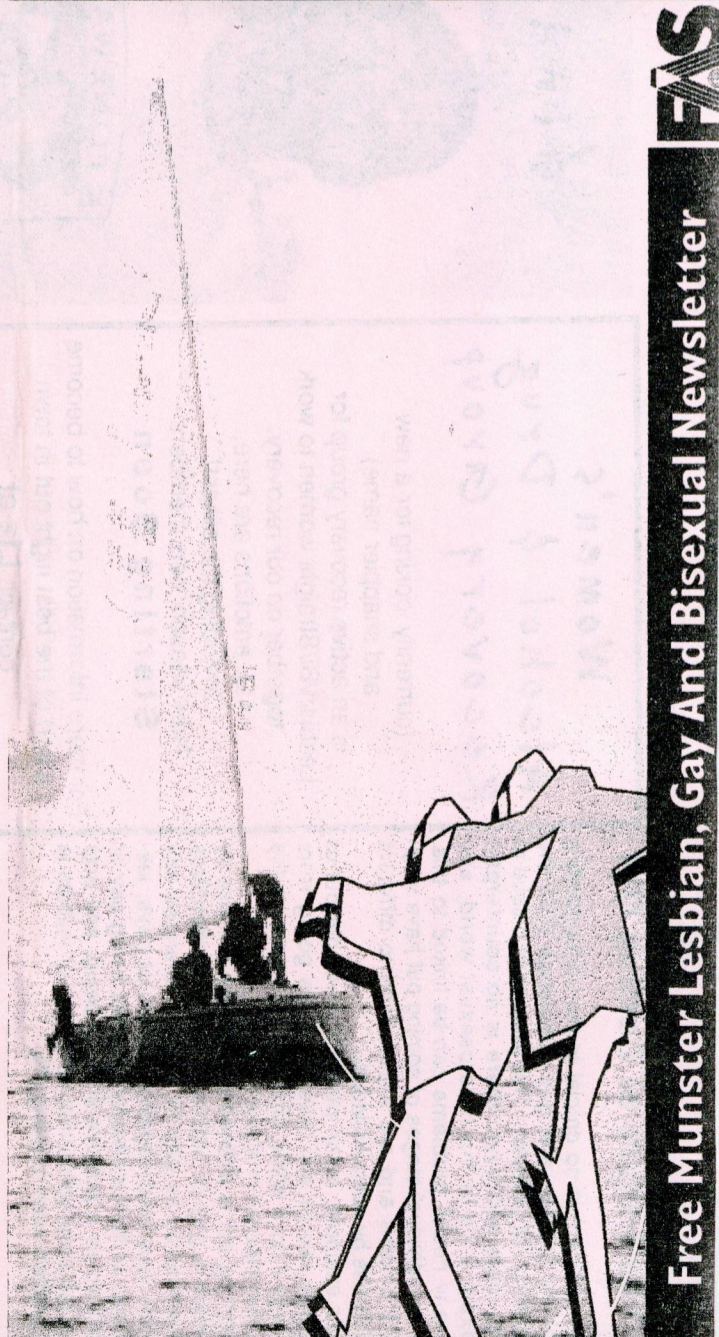


sh...Out!!!



Free Munster Lesbian, Gay And Bisexual Newsletter

Issue 5 1st August 1997 Volume One

LISTINGS

Accommodation

Gay Owned: The Other Side Cafe, 8 South Main Street. Choices, 13 Washington Street. (021) 272727

Amazonia, Coast Road, Fountalstown, Paul Street. Brackens, (021) 272727

The English Market, Ian Cumneen Locksmiths, 70 North Main Street. (021) 271913

The Arches B&B, Near Conna, East Cork. (058) 56622

Danny's, 3 St John's Terrace, Upper John Street, Cork. (021) 503606

Mont Brelia, Adridge, Douglas Street, Alcoholics Anonymous Group for Gay Men, Saturdays at 7pm at The Other Place (021) 311612

Gay Friendly: York House, York Street, An Siol Broin (Leabhrakers), Meets 4pm 1st Saturday (021) 271087

Isaacs, MacCurain Street, Cork. (021) 500111

Lebanon and Gay Resource Centre, South Main Street, Women Only 1st Friday (021) 278470

Disco: Contact Gay Information of the month, Meets 4pm 1st Saturday (021) 271087

Restaurants: The Boxing Cat Grill, Thursday 8-10pm, Cork Lesbian Line, (021) 278471

Booksshops: Collins, Carey's Lane, (021) 551635

Proby's Bistro, Wednesday 7-9pm, Saturday 3-5pm, (021) 271087

Keyners, AIDS Helpline Cork, Mon-Fri 10am-5pm, (021) 276676

Waterstones, 69 Patrick Street, The Ivory Tower, Exchange Buildings, 8 South Main Street, (021) 278745

Blades, North Main Street, (021) 277500

Declarans, 85 Hanover House, South Main Street, (021) 272559

Laisure: Grand Central Leisure, 24 Sullivan's Quay, (021) 317660

Quay Co-Op, Victoria Hospital, Mon 5.30-7.30, Weds 10-12

Television Highlights

Saturday 2nd

BBC 2 22.45 This Life

RTE 2 23.35 Band of Gold

Monday 4th

RTE 2 21.35 Grace Under Fire

RTE 2 22.00 Roseanne

Wednesday 6th

Sky Movies 01.05 Sky Movies

BBC 2 23.15 Sky Movies

BBC 2 21.25 This Life

BBC 2 23.55 Staying Alive

Thursday 7th

BBC 2 21.25 This Life

BBC 2 23.15 Sky Movies

BBC 2 23.55 Staying Alive

Friday 8th

RTE 2 20.00 Sky Movies

BBC 1 23.55 Staying Alive

RTE 2 20.00 Sky Movies

BBC 1 23.55 Staying Alive

Retreat for Gay Christian Men

October 10-12 1997

County Galway

£50

Accommodation - Spacious Dormitory

Vegetarian & Special Diets Catered For

Contact Brendan O'Rourke, C.S.S.R.

01-4922688 ext 236

The Editorial Staff consists of James Walsh & Michelle Brennan (Editors), Paul Singleton (Sub-Editor) and John Reid (Graphic Designer).

Any contributions (articles, letters, reviews, events, etc.) can be sent to any of the above at:

The Other Place, 8 South Main Street, Cork

Tel: (021) 278470 Fax: (021) 278471 E-Mail: lesgay@indigo.ie

021-278470

10am - 6pm

8, South Main Street

Cork

COMPUTER COURSE

Five Day Course - One Hour Class - Price £50 in total.

Profits go towards 'Gay Information Ireland' Web Page.

A support Internet web site devoted to helping gay youth in Ireland.

Windows 95 & Windows 3.11, MS-DOS, LINUX/UNIX, Wordprocessing, Database & Spreadsheet management, HTML and Javascript Programming, Internet Setup & Configuring, Internet access and Internet utilities;

E-mail, WWW browsing and authoring and IRC.

Please contact David: 021 - 306373

E-mail: dalbhead@geocities.com

Gay Information Ireland... Where has it gone?

If you are one of the millions of people who connect to the Internet on a regular basis, you will have found that the biggest Irish site is gone!!!! Well, the only site of its kind in this country; Yes, if you tried to enter the last web address you will have got the Internet's favourite message... "ERROR 404 - URL NOT FOUND"

The reason for this is because I am no longer a subscriber to "Ireland On-Line". IOL accounts are by no means cheap so for obvious reasons I am on Telecom Eireann's free month trial.

So what has happened to Gay Information Ireland during all this??

The company, Geocities, is a non-profit organisation that offers free Internet disk space to private individuals.

Geocities is also top class because it is totally Gay-Friendly and offers web space in Gay and Lesbian sections too.

Although Gay Information Ireland is a resource and NOT a personal Homepage, the staff at Geocities reviewed my page and agreed to having it on their server. So for that reason, Gay Information Ireland is still helping gay youth around the world.

Problems and possible errors:

Geocities is a large company based on the other side of the planet in the USA. This trans-Atlantic modem connection is far from the ISDN 2km range, so the page now take a whole lot longer to download. It has also lost a few things, for example any advertisements have been removed (at the request of Geocities) and the penal section is still under review. The page has also lost its Irish identity and because of its long distance away from home, it takes ages to view here in Ireland.

Solutions:

The overall solution is to purchase a new Internet account at an Irish server. However accounts cost money, so for that reason I have set up a computer course to find the cost of an account. More information about my course can be found in this issue of sh...OUT!!! and on the notice board of The Other Place.

The price for the full course is very small, just enough to get an Internet account.

Lately James asked me if I would be interested in placing sh...OUT!!! Newsletter on the Internet, so the future of Gay Information Ireland would be bright. I hope to place a Vegetarian & Special Diets Catered For

Contact Brendan O'Rourke, C.S.S.R.

01-4922688 ext 236

The Editorial Staff consists of James Walsh & Michelle Brennan (Editors), Paul Singleton (Sub-Editor) and John Reid (Graphic Designer).

Any contributions (articles, letters, reviews, events, etc.) can be sent to any of the above at:

The Other Place, 8 South Main Street, Cork

Tel: (021) 278470 Fax: (021) 278471 E-Mail: lesgay@indigo.ie

021-278470

10am - 6pm

8, South Main Street

Cork

COMPUTER COURSE

Five Day Course - One Hour Class - Price £50 in total.

Profits go towards 'Gay Information Ireland' Web Page.

A support Internet web site devoted to helping gay youth in Ireland.

Windows 95 & Windows 3.11, MS-DOS, LINUX/UNIX, Wordprocessing, Database & Spreadsheet management, HTML and Javascript Programming, Internet Setup & Configuring, Internet access and Internet utilities;

E-mail, WWW browsing and authoring and IRC.

Please contact David: 021 - 306373

E-mail: dalbhead@geocities.com

Editorial

This week we welcome Sarah, the new resource centre supervisor, who introduces herself formally inside.

Last week we had a review of London Pride, this week it's Chicago Pride. Pretty global for a local newsletter, you might think, but both reviews were written by locals, so it's a sort of Cork Queers Abroad. Lucky things!!

Special thanks to David, whose keen interest in the technical side of things here (not to mention his tireless plodding around town in search of 'a better deal') has begun to make things a little brighter from our side of things.

So, it looks like onwards and upwards. Next step the Journal. More on that soon, but, for now, enjoy.

James

Views expressed by individual contributors are not necessarily those of the editors, Cork Gay & Lesbian Community Project Ltd., or sh...OUT!!!

Anyone mentioned in the Newsletter is not to be assumed to be gay.

We welcome submissions but do not guarantee to include or return them.

We reserve the right to edit such material.

URL?????

http://www.geocities.com/WestHollywood/9105/gay.html

R-mail:.....cork@cheerful.com

Thank you, David.

The Nature of Coming Out

No concept is so crucial to the understanding of the lesbian and gay population than the coming out process. This process is unique to lesbians and gays; there is no counterpart experience in the heterosexual world, and many health problems can be linked to this. The individual stages of coming out have varying lengths and are experienced to different degrees by each individual.

For example, some persons never get out of stage two or will take 25 years going from stage 1 to 3 while others will go through the entire process in a year.

Coming out is defined here as the process by which a gay or lesbian individual identifies themselves as gay or lesbian, changes any previously held negative notions of gays, lesbians, or homosexuality, accepts being gay or lesbian as a positive state of being, and acts on the assumption that being gay or lesbian is a positive state of being (**).

Stage 1: Identification

Most gays and lesbians do not recognise their identity until the teenage years. By age 19, 84% of gay men know their sexual orientation. Upon recognising this, they often experience overwhelming feelings of being completely alone in their situations and isolated from everyone who cares for them.

Many gays and lesbians report hating their sexual orientation at this stage. They experience deep and intense guilt, diminished self-esteem, stress, loneliness, inability to focus on school or work, and depression. Suicidal ideation, occurring in 40% of the gay population is often seen here (**).

Stage 2: Cognitive Changes

The criterion for stage 2 is changing one's negative notions about homosexuality. This stage does not entail fully accepting being gay or lesbian as a positive state of being. Most often, gays and lesbians pass as being straight. This is done out of fear - fear of rejection, violence, loss.

The stress of a 24 hour-a-day job of acting straight can lead to a multitude of physical and health problems associated with stress. As one begins to shed negative notions about gays and lesbians, it becomes difficult to 'act' straight. To continue to act straight becomes an assault on one's integrity, self-esteem and one's sensibilities.

Stage 2 lesbians and gays begin giving clues to their identities, such as objecting to lesbian/gay jokes, or refusing to make up fictitious accounts of dates with the opposite sex.

Stage 3: Acceptance

Here, persons see their sexual orientations as good news rather than bad. As a result, they can move towards self-actualisation, as self-esteem is raised to new heights and one is now longer struggling with one's true feelings.

Stage 4: Action

Action that includes coming out to friends and family, becoming involved with the gay community. Even though the possibility of rejection can lead to setbacks in the progress of the individual, it can mean personal growth and have a positive effect on one's health.

(**) Kus - Stages of Coming Out - Western Nursing Journal (1985)
(**) Jay & Young - The Gay Report - (1979)

Women's Alcohol & Drug Recovery Group

(currently looking for a new and snappier name)

is an active recovery group for Lesbian/Bi/Straight women to work together on our recovery.

ALL emotions are here, including the silliest!

New season, new members - **Starting Soon**

For more information on how to become a part of the best night out in town, contact: **Liz** at

The Lesbian Health Project
in **The Other Place**
or ring **278470**

Married Gay Men

A support group is being set up in Cork for gay/bisexual men who are or have been married. It is run by men who are themselves married or separated.

For further information please contact the **'Gay Information Line'** on (021) 271087

Wednesday 7-9pm & Saturday 3-5pm

Or write to:
The MGM Group,
c/o 8 South Main Street, Cork.

All enquiries will be treated in the strictest confidence.

Artists' Support Group for Lesbian/Bisexual Women

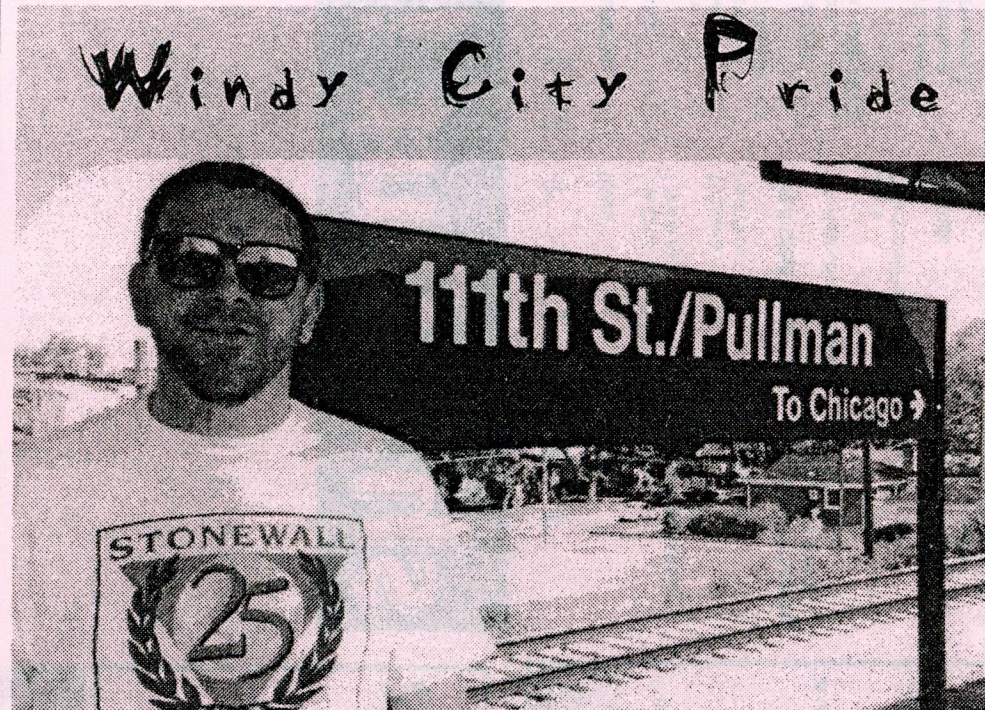
Do You Work with Video / Film, Fine Art, Sculpture, Theatre, Dance, Music, Writing, or ANY other type of creative work?

Do You ever feel isolated, invisible, or prejudiced against in the work you do?

This is a group where we can talk about our experiences as Lesbian/Bisexual artists and creative people.....and see what evolves.....

Open to All Women

Next Meeting Friday 1st August and every first Friday of the month 8.30pm at **The Other Place**



'U2' were playing there. So was 'The Artist Formerly known as Prince'. And 'Tina Turner'. Not to mention the 'Cubs' (who?!). But the biggest event to happen in Chicago on the last weekend of June was the 28th Gay & Lesbian Pride Parade. It is the second biggest of the annual parades, the biggest being the St. Patrick's Day Parade. No wonder I feel at home in Chicago - gay and Irish.

Surprisingly, ILGO were not represented, despite their annual March 17th battles with the New York ADH. However, practically every other aspect of life in Chicago was: Chicago Transport Authority issued the invitation to "Come Ride with Us"; there was the Lesbian & Gay Police Association, LesBiGay Radio, and the Human Rights Commission. There were the health care organisations and local community groups. And of course, there were the commercial bodies (dominated by bars, clubs, and health studios!). The parade took 2 1/2 hours to pass a given point. Police estimated the attendance at 200,000, which included many straight people appreciating the spirit of fun, joy and celebration permeating Chicago's "most colourful, wacky and tacky" annual parade.

There was a surprising number of religious groups represented, e.g. AGLC-Catholic, Gay & Proud and the Metropolitan Community Church. A great reception was accorded PFLAG - Parents, Families and Friends of Lesbians and Gays. And it was heartening to see groups like the Military Veterans and GLSTN - the Gay, Lesbian and Straight Teachers Network.

Like most big cities, Chicago has its special areas, e.g. Greektown, Little Italy, Chinatown. And it also has its Boys' Town - the gay area located around the Halsted St. and Belmont Ave. areas. It is a wonderful place to be. Being gay, in or out, is not an issue. This is the place to get on with it, in whatever way you wish. There are numerous bars and clubs, but real life is also catered for in a totally gay-positive manner. There is the 'Magic Closet Cleaners', the wonderful 'People Like Us' bookshop, the fabulous Anne Sather Restaurant - and there is always the possibility of meeting Chris O'Donnell, who lives here. (I wonder.....?!).

And then there is the weekly 'Windy City Times' (almost as good as GCN). But there is no 'Other Place'. And in Boys' Town, Chicago, Illinois, there is no need for it.

Barry Twohig.

OUR NEW SUPERVISOR

After much persuasion I've crawled out of the closet to announce my arrival as the new Supervisor at The Other Place. Ger McCarthy will be a hard act to follow but I love a challenge and I'll give it my best shot.

I've been a Manager and Trainer in the Voluntary sector in Leeds for several years now. I'm sure that my style and my experiences will bring some new initiatives into the place as well as continuing to build on the solid foundations already established.

I relish the new opportunities and experiences about to unfold for me, and I am particularly looking forward to working with everyone here in The Other Place.



Sarah Birchett

THOUGHT FOR THE WEEK

"The function of the queer press is not advocacy but agitation"

Masha Gesson

Fat, Tarty & Heading for Forty

half of the Lesbian Health Project speaks for herself

Maybe it's a funny time to choose to introduce myself, after all I've been in the Lesbian Health Project for eighteen months already, but I was thinking earlier today, "People must look at me and think - what the hell is she doing calling herself a lesbian health worker when she's fat, tarty, smokes too much, on the wrong side of 35, and all she ever seems to do is hang around in the café drinking tea and eating cake!". And then I thought - what the hell am I doing - maybe it is time to account for myself!

Well I've no excuses for all of the above - they're all true, and on a good day I have no shame!

Why am I into Lesbian Health? Well maybe the list above gives a clue - I do have some understanding of what it is to be a real live human being with flaws, imperfections, and weaknesses. Nothing against the sporty types, but I have to say a woman like myself is probably more equipped to understand the issues. It's not my age that gives me life experience, to be honest most of the shitty things that were going to happen to me had already happened by the time I was 20 - and I didn't come out 'til I was 24!

I think what contributes to my particular slant on Lesbian Health is that I was brought up in an atmosphere of "If you don't ask you won't get" and "Those who ask never receive!" Apart from being pretty confused by this, I also got used to having nothing, which by adulthood became pretty boring and I decided that instead of putting up with nothing, I wanted it all! Now apart from leading to a general tendency toward excess in my personal life (too much partying really can be too much!), I also got a bit fed up of all and sundry crapping on me from a great height - let's face it: if you're a working-class lesbian who left school at 15 and are unemployed (and pretty much unemployable), the most likely diagnosis you'll get from a doctor whatever your

Whether that is taking the initiative to set up groups that should exist but don't, or meeting up with the 'professionals' to tell them how it ought to be, and encouraging them to find ways to make it so, or providing a confidential listening space for lesbians who want to get stuff off their chests, or providing myself with the best information to pass onto women, or creating educational but fun ways of finding out more about ourselves, or giving out loads of latex in safer sex supplies - the list is endless, though not exhaustive. If you want a better deal from your health provider, if you want more information on any aspect of women's health, if you want a support group that meets your specific needs, or if you just want to have a good bitch over tea and cake - contact me @ The Lesbian Health Project @ The Other Place. I'm freely available.

Liz Willows