

Zhoosh

MAGAZINE

3rd Edition. Produced for the Manchester Lesbian Community Project



**GeEkgiRL
Interview**

Short Story by Rosie Lugosi

NEW!
Sports 4 Women
section

Rainbows, triangles, ribbons
what does it all mean?

Listings... something for everyone!

Manchester Village Urban Cheerleaders has now started!!! (for boys and girls!)

The classes are on Monday's at Trinity Sports Centre, Hulme at 6.00-7.00pm. For more information please contact Drew- drew@drewhubbard.co.uk

Rainbow Families

A monthly group bringing together lesbian parents, co-parents, parents to be and their children.

Send us an e-mail at rainbow_families@hotmail.com or phone us on 07903 397108

The group meet at Martenscroft Early Excellence Centre, 33 Epping Street, Hulme M15 6PA.

Proud 2 B Parents LGBT Parents Group

Run by Surestart in Moss Side. It meets on the fourth Saturday of every month 2.15-4.15 pm at the Alexandra Park Play Centre (by the lake) in Moss Side. A great venue with plenty for toddlers to do, so if you're interested in going along, feel free to contact Matt on 0161 636 7507.

LIKT

A young LB women's project who meet at 6.30pm one Monday a month at the Lesbian and Gay Centre, and usually have one social event a month on a Saturday. www.likt.org.uk

MORF

A monthly social group for transguys in the North West. They welcome female-born/raised individuals who identify as transgender, transsexual, intersexual, gender questioning etc. www.morf.org.uk

Jessie's Lesbian Walking Group

An inclusive self-organised group for LB women of all ages who enjoy walking and talking. Walks usually take place on the last Sunday of the month. manchesterjessies@yahoo.co.uk

SM Dykes – A group which aims to support LB SM-ers through meetings and play parties. The group meets on the 1st Sunday of the month at 7.30pm at the Lesbian and Gay Centre. www.smdykes.org.uk

Let's Do Lunch

Meet up with other lesbians for lunch every other month. Forthcoming dates:

14th September; 9th November.

More info from Paula: 07813 083242 paulad650@aol.com

OWLs

This is a social group for older lesbians, older being self-defined (current age range is from 43 – 72). The group meets every Wednesday afternoon from 2pm – 4pm at the Lesbian Community Project for coffee and cakes, good conversation and lots of laughs! We also arrange a few activities and trips out. New women always very welcome! More info from the LCP on 0161 273 7128

Prides 18th Birthday!

The Big Weekend takes place from Friday 22nd until Monday 25th August. Tickets are £17.50 and can be purchased at many of the venues in and around the Village or you can book on-line at: www.manchesterpride.com

Women's Space- Sunday 24th 1pm till late car park opposite Coyotes

Discussion Group

Meets 3rd Wednesday of every month 7.00pm – 8.30pm at the LCP

20th August

Has the 'pride' gone out of Pride?

17th September

Straight people in gay spaces:

Yes or No?

15th October

Feminism in the 21st Century:

What does it mean to you?

Drop In. 7-9pm at the LCP

14th August Pre Pride Social

Bring food and drinks to share- update on what's going on at Pride including Women's Space

28th August Games Night

A fun night of board games, interactive games, in fact any kind of games (almost!)

11th September Film Night

Bring your favourite DVD and we'll vote on the night for which one to watch- bring popcorn to share!

25th September Swap Shop

Want to get rid of any DVD's CD's Books? Bring them along and swap them for something different

9th October Quiz Night

Another fun night, teams of four. Prize for winning team, booby prize for losing team

23rd October Zooosh Magazine

Come along and see how you can get involved or simply share your ideas of what you would like to see in the magazine.

LGF

A celebration of yours and hers

Lets talk about breasts at the LGF - Tues 19th August 6-8pm

info stalls, specialists from Macmillan and Christies on hand to answer any questions, healthy snacks and smoothies to sample, demonstration models for breast self examination and even a bra measuring service!

To register your interest for the event please email women@lgf.org.uk or call Annie on 0161 235 8021

Editor's letter..

Welcome to edition 3 of Zhoosh, We caught up with Geekgirl over a pint to discuss their rise to Pride A list- hope you enjoy reading the interview as much as we enjoyed interviewing them!

The Sexuality and Religion discussion write up was the most frequently visited page on our website last month, we had lots of women get in touch to tell us about their positive experiences so whatever is going on nationally and grabbing the headlines, it seems gay women are welcome in Manchester Christian churches.

We've also had some requests for more sports information, so we've put together a Sports 4 Women page- and we have a volunteer position on Zhoosh for a features writer- see the back page for details.

But let's not forget about Pride- celebrating it's 18th Birthday this year- we've included some events you might be interested in. Whatever your plans this Pride, be safe and check out Zhoosh Pride tips on page 5.

The Zhoosh team are going to be out and about at Pride armed with a dictaphone and a camera, we are going to be asking for feedback about the magazine and suggestions for future editions- if you don't see us, then come along to the Drop In on 23rd October to have your say.

Thanks for downloading or picking up the magazine- Enjoy!

Leila

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www.glossyzhoosh.co.uk
www.manchesterlcp.org.uk
www.canal-st.co.uk
www.lgf.org.uk

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btinternet.com**

Editor Leila-Jane Wilson
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Geek girl



'one day I'll be telling people how I used to have to go into town to buy a record, and they'll be saying- that must have been bad.. And I'll be saying, no it was great actually'

Interview - Leila Harrower
Photography- Tamzin Forster

I've been a fan of Geekgirl after hearing them shake up Oldham pride '06... (and shamefully nearly stopped the boys going through to get set up when I was on the gates at Women's Space '06!) We caught up with them in the snug at Taurus Bar to discuss the rise to pride A-List.

It's been a busy 12 months for Geekgirl, who are Fia on vocals, Ted on drums and Joel on Bass. Not only are they on main stage for Manchester Pride this year, by the time this interview is published they'll have performed on London Pride main stage to an estimated audience of half a million people!

'London Pride thought they couldn't afford us!' - says Fia "they don't have a big budget so we never got asked before." Geekgirl are no strangers to Pride gigs in the North West though, they have performed at Manchester Women's Space a number of times and last year played main stage, "Manchester Pride has got much better", says Fia... "Since we started doing it' pipes in Joel. 'I saw 5 star one year, there was only one original band member so it was

more like 1 star!' says Fia. Geekgirl have certainly put the effort in, working their way up the pride celebrity list... but you can tell that it's all about the performance with this band. They were relaxed and chatty after a rain interrupted photo shoot and seemed genuinely pleased to be interviewed - proud to be a local band, they have also popped up at Oldham Pride. Joel is very keen for us to mention his claim to fame- *'I stole David McAlmonts onion bhaji'* he says ,grinning... 'Its a testament to Oldham Pride that on their first attempt they got an act like David McAlmont' and it did seem surreal, Oldham Pride is held over one day near the Library and Art Gallery, it's more family orientated than Manchester Pride, very small and quite quirky. 'The Prairie Dogs were there- they were good, we asked them to come and perform with us'

I asked the band what they enjoyed about performing at Women's Space over the years...'well every year was really different' says Joel- the first one was really organised' 'one year it was in Sackville park, adds Fia. 'Personally I know people want to hang out in a women only area, but it needs to be more open when you are putting on live performances, you can't charge people for entrance and then say.. but

you can't see this performance, maybe there needs to be a separate women's stage, where men and women can enjoy the performances.'

I asked the band if they got any hassle, being called Geekgirl with 2 male members... 'One woman said to me at Women's Space, I thought you were really good, but you shouldn't be allowed in' Joel shakes his head... 'She really wasn't being horrible, I found it quite amusing'.. 'Pride is about welcoming everyone' adds Ted. Generally people assume we are all girls but are pleasantly surprised adds Fia, 'if I weren't gay, I'd still be writing about the same things'

I asked the group if they now have riders lists, 'We're humble, easy to please says Joel'- the food at Oldham Pride was great, proper outside catering- we asked if they remembered the fluorescent ear plugs provided at Oldham pride- 'really random but very thoughtful' says Ted

The band have a myspace page and facebook profile- with the launch of social networking I asked if it had made the band easier to be heard, 'Initially it made it easier, but now it's the opposite- it's massive' says Joel 'everybody and their dog is online spamming everyone. 'It started off as cool and organic but now it's another arm of the corporate record labels. Lots of people are talking about the demise of the traditional record label, one day I'll be telling people how I used to have to go into town to buy a record, and they'll be saying- that must have been bad.. And I'll be saying, no it was great actually'

'We've got our own record label' says Fia, 'we write

as it comes, we are not under any pressure for new stuff. We are working on another album, but it's too early to say when that will be out.'

So who is Geekgirl tipping as the next big thing? 'Well I'm listening to the School of Language CD at the moment... it's awesome' says Ted.' ... and Little Fish, a band from Oxford are about to sign' says Fia- 'they're one to watch.'

So is fame important to Geekgirl? 'It's a by product of performing' says Fia. 'There's two strands' adds Ted, 'enjoying what you do (performing) and making the money to do what you do.'

And on advice for new bands? 'Be good, there are too many Oasis wannabes out there' says Joel.

"Start as you mean to go on, and make sure you get paid. If you're good enough to play, you're good enough to pay, and you only devalue yourself by doing things for nothing. It's hard to turn that around once you've started," says Fia.

So from screaming fans to screaming kids.. Ted is moving on from the band later this year to teach- 'I've been in bands for 15 years, there are lots of things I want to which doesn't give me time to focus on the band. I'll be teaching the 16 plus age group, it's quite cool, they are all friends on MySpace- I teach performing arts'. So whilst Ted is educating the next generation of Geek girl fans, watch out for Geek Girl at Manchester Pride, performing Main Stage and Women's Space, and for Pride organisers... a good buffet helps!



The album review-may contain traces of a boy

Track one 'get it on'- fast paced and bouncy, a song about lust and copping off... fabulous! next on is 'filth'... a moody and mean track reminiscent of early Patti Smith, track three is 'I wanna be'... another fast paced, toe tapping tune. It's really hard to sit still when listening to GeEkgiRL, they're most definately a band to listen to live. There are a couple of slower tracks 'you owe me' and 'o!' they slip in flawlessly. **GeEkgiRL's energy and enthusiasm are combined with techincal competence that add an element of rock, whilst it feels like a live session has entered your room to accompany the slower beautiful raw vocal infused album tracks.** If you haven't yet seen GeEkgiRL live then don't miss them on mainstage or performing at Women's Space this year.

Online
www.thegeekgirl.co.uk
www.myspace.com/geekgirltunes
You can be our fan of Geekgirl on facebook too!

Zhoosh Playlist Shuffle

Shut up and let me go- The Ting Tings



We love the Blondie-esque influence of their latest single

Filth- GeekGirl



Sure to get you in the Pride mood!

Standing in the way of control- Gossip



Bringing back memories of Pride 2007 Mainstage with Gossips 'in your face' style and presence

Want to have your playlist published in the next edition? email your choices to editor.zhoosh@btinternet.com telling us why they are your favourites.

Survival Guide for Pride

Zhoosh suggests:

Suncream- in the unlikely event that Pride is a scorcher! Just think of the flirting possibilities, you spy the woman of your dreams.. why not ask her to apply your suncream for you?

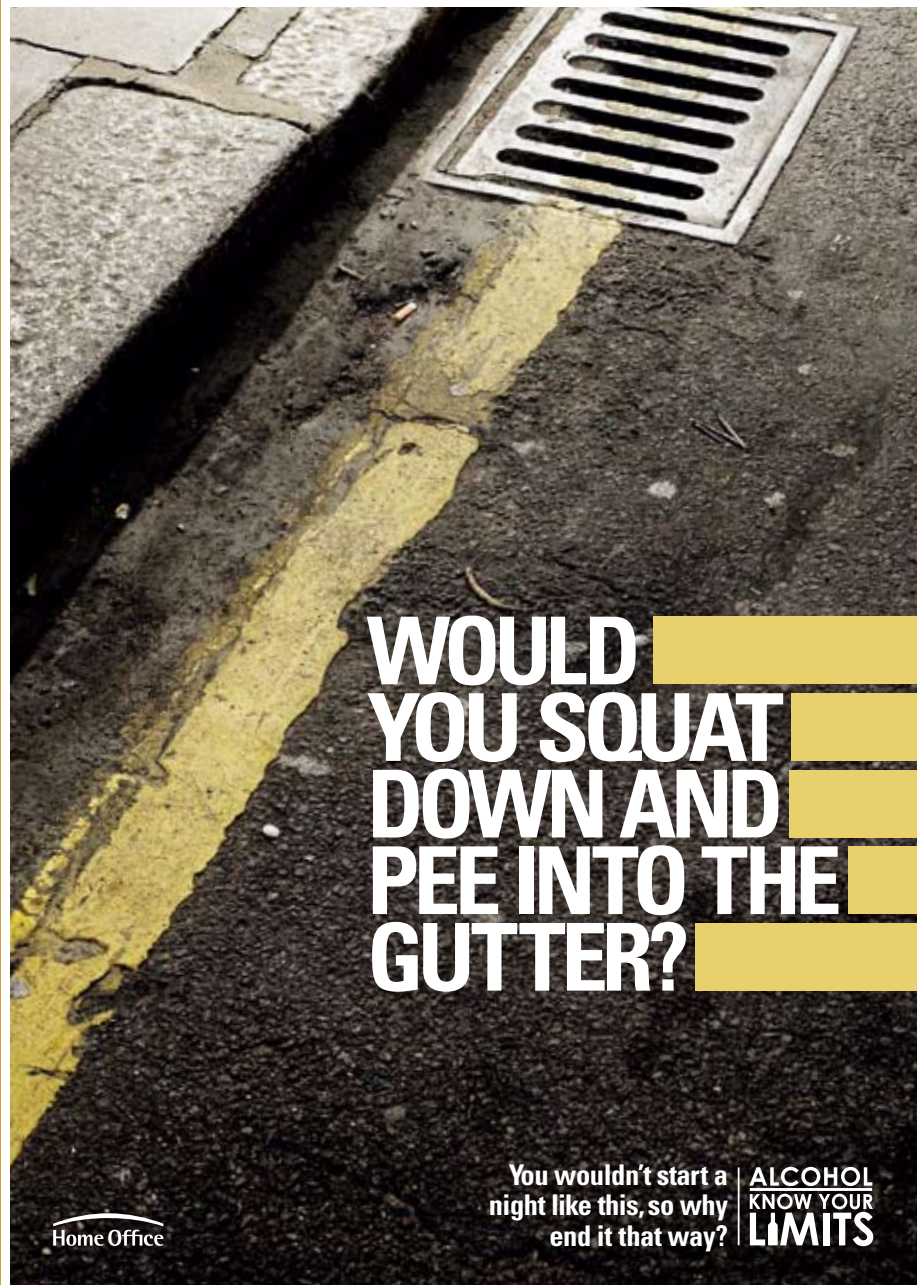
Pocket Tissues or mini size anti bacterial hand gel- Let's face it porta loos are disgusting, and those inside are going to be well used too, emergency supplies will keep you feeling clean and ready to dance the night away

Mobile Phones, wallets and purses- keep your valuables safe- don't make yourself an easy target for pick pockets.

Arrange a meeting place in case you get separated from your friends

Pace your drinking, if you are planning an all day/night session then be sensible and drink water to make sure you don't become dehydrated

Finally don't drink and drive- plan your journey ahead know what time your last bus and train runs.



Sadie Jones Took Me Line-Dancing ~ Rosie Lugosi

Commended in the Leaf Books Micro-Fiction Competition 2008
www.leafbooks.co.uk

Sadie Jones is a cowgirl. She's my mum's new friend, but isn't like a mother. She's got this thing she does with her eyes: you know she's never changed a nappy.

My mum has taken up dancing. It's one of her new pursuits since Dad's affair with Brian really worked out. It's not to meet men, she tells me. Or women, she adds, like I'd be worried about that.

She met Sadie at Tap; they moved onto Latin: now it's fringed shirts and boots with Cuban heels. Sadie laughs a lot. It makes mum laugh too, and that's got to be an improvement.

Dancing's not my thing; but it's hard to say no to Sadie. She holds her mouth just so, as if she's saying you want to have fun, too? without speaking any words. It's not like I haven't had girlfriends. It's just that with Sadie's mouth and eyes put together, I'm not interested in anyone else.

Sadie says, I've got a spare shirt'll fit you.

I say, s'pose.

She says, and a western tie.

I say, s'pose.

Mum tells me to stop being so miserable, they're going and I'm coming too.

I say, s'pose.

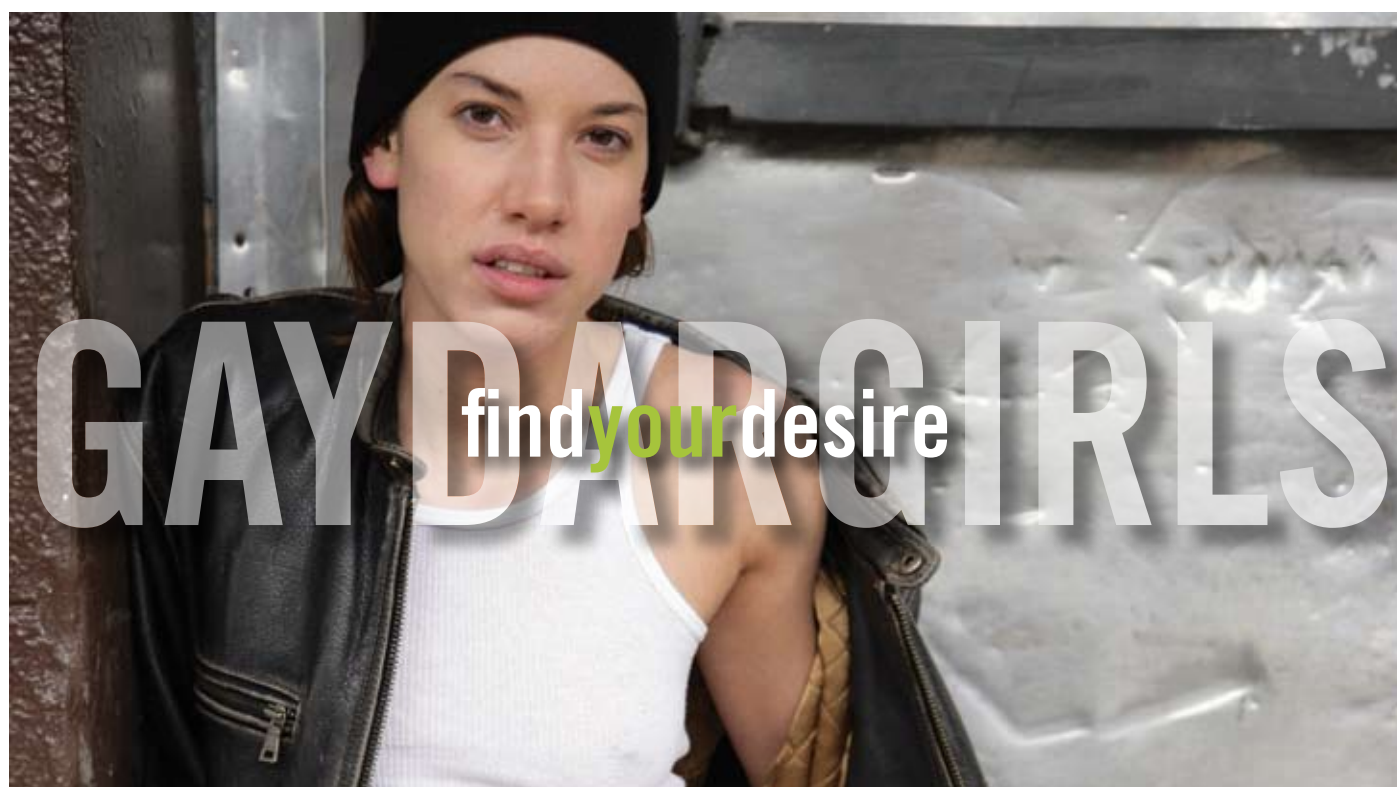
I hold Sadie's hand in the bit where we pair up and go round in a circle, lay my palm on the curve of her back. She tells me I look hot.

I say, it's warm in here.

She smiles, and it gets hotter.

On the way home Mum says, well, you enjoyed yourself, didn't you? After all that moaning?

I say, s'pose.



Rainbows, triangles, ribbons – what does it all mean?

Article by Sheila Carson

The Rainbow Flag

Forget the “I Can Sing a Rainbow” song you learned as a child or the memory jogger to remember the sequence of the rainbow colours – Richard Of York Gave Battle In Vain - every stripe of the Pride rainbow flag has its own meaning and it has nothing to do with rainbows!

The first Rainbow Flag was designed in 1978 by Gilbert Baker, a San Francisco artist, who created the flag in response to local activists' call for the need of a community symbol. Baker designed a flag with eight stripes: pink, red, orange, yellow, green, blue, indigo, and violet. Those colours represented, respectively: sexuality, life, healing, sun, nature, art, harmony, and spirit.

Baker dyed and sewed the material for the first flag himself. When he approached a flag company about mass producing and selling his “gay flag” the colour “hot pink” was not commercially available, so mass production of his eight-striped version was not possible. The flag was thus reduced to seven stripes.

In November 1978, San Francisco's first openly gay supervisor, Harvey Milk, was assassinated. Wishing to demonstrate the gay community's strength and solidarity in the aftermath of this tragedy, the 1979 Pride Parade Committee decided to use Baker's flag. They decided to remove the indigo stripe so they could divide the colours evenly along the parade route - three colours on one side of the street and three on the other. Soon the six colours were incorporated into the now familiar six-striped version.

‘The Rainbow Flag reminds us that ours is a diverse community composed of people with a variety of individual tastes of which we should all be proud’

The Black Triangle

Most of us are familiar with the pink triangle symbol that has been used commercially for many years to represent all things gay. This sign has its origins in the Nazi concentration camps of World War 2 where it was used to identify gay men. However, another lesser known symbol was used to identify lesbians – the black triangle.

The Black Triangle symbol was used in Nazi Germany to identify prisoners with anti-social traits. Lesbians were not included in the Paragraph 175 prohibition of homosexuality ruling but, as they were refusing to conform to the Nazi ideal of womanhood, which focused on being home makers, wives and mothers, they were deemed to have anti-social traits. Other black triangle prisoners included prostitutes, unmarried mothers and women who refused to bear children. In the 1930s gay clubs and publications were banned, effectively destroying the gay community. Many lesbians were forced into marriages in order to “cure” them.

By 1940 homophobia had grown dramatically and lesbians were sent to concentration camps. Here many were forced to work for up to a year in the camps brothels servicing male prisoners in the hope that they would “learn” to be straight. In Buchenwald many lesbians were forcibly subjected to medical experiments designed to cure them of their homosexuality. Along with the other female anti-socials, they were often subjected to castration in an attempt to regulate their sexual desires.

After suffering brutal tortures, such as whipping, suspension of the body from the ceiling and starvation, many of the black-triangles were shot, hanged or gassed. Countless more committed suicide or died of malnutrition or diseases such as typhus. In total, it is estimated that over thirty thousand ‘anti-socials’ died as a result of Nazi persecution.

The wearing of the black triangle is a sign of respect and remembrance for all lesbians who have been persecuted and a symbol of solidarity.

Birthday Balloon Release
Fri 15 August 6pm to 6.30pm

Celebrations begin for Manchester Pride's 18th Birthday with a spectacular balloon release in Albert Square.

The Labrys

The labrys or double-headed axe comes from the goddess Demeter (Artemis). It was originally used in battle by Scythian Amazon warriors. The Amazons ruled with a dual-queen system, and were known to be ferocious and merciless in battle, but just and fair once victorious.

Rites associated with the worship of Demeter are believed to have involved lesbian sex.

Today, the labrys has become a symbol of lesbian and feminist strength and self-sufficiency

The Red Ribbon

In 1991 a group of artists in New York joined forces to come up with an idea that would raise awareness of a disease that was affecting many of their friends – AIDS. They wanted a symbol that was simple but memorable.

During the recent Gulf war many Americans in small towns had showed their support for soldiers by displaying yellow ribbons, this gave the designers the idea of using ribbon. The chosen design was a simple ribbon loop. Red was chosen because it is vibrant and attention getting, the colour of passion and the colour of anger – and many people were angry that world governments had not done enough in the early years of the disease ,

That year the first batch of 3,000 ribbons were made and delivered to the theatre where the Tony awards were being presented. Everyone at the awards wore the ribbons and they were seen by millions of viewers on national television. From there the idea took off. As it was never intended to be commercialised, the red ribbon symbol was not copyrighted so any AIDS related organisation was able to use the symbol.

The Red Ribbon is the global symbol for solidarity with HIV positive people and people living with AIDS, and it unites the people in the common fight against this disease



Need a little something to get you in the mood for Pride? listen to Gaydio on 87.7FM or online at www.gaydio.co.uk from 7am on Monday 4th August.

Monday 25th August 2008 at 9.00pm
in Sackville Gardens, Manchester.

The HIV Candlelit Vigil is the closing event of Manchester Pride 2008. Join us as we take a minute to remember the people we have lost to the virus, and to join together to fight the epidemic world-wide.

The Vigil is the spiritual heart of the Manchester Pride weekend and there is a truly magical and moving atmosphere as Sackville Park stands in quiet reflection in the flickering candlelight.

Contact details for the George House Trust:

Telephone:

0161 274 4499

Our address: 77 Ardwick Green North,

Manchester M12 6FX

Email us: ght@ght.org.uk

<http://www.ght.org.uk>

george house trust
still life with HIV



George House Trust is the HIV Voluntary Organisation for the North West of England. We support people living with and affected by HIV and campaign for the best quality of life for all people with HIV.



"Super Trouper" at the hen party reforming their band in tight outfits with flares and platform boots, which was hilarious.

The adverts for Mamma Mia have been endless over the last few months. I felt like I had already seen the film, when I finally did to watch it on its opening night. I am a big fan of Meryl Streep and was looking forward to hearing her sing.

The three possible fathers' are played by Pierce Brosnan, Colin Firth and Stellan Skarsgård. They blend well together as a comic threesome and each has individual roles as their history with Donna is explained. Colin Firth's character Harry, told Donna that she was the first and last woman that he ever loved and by the way that he has secret glances and later dances with a man at the wedding, we presume that he is gay. Pierce Brosnan to me seems to be miscast. He is looks very uncomfortable as the ex hippy who Donna really loved and is unable to sing, struggling through his songs.

The original stage director Phyllida Lloyd, who was number fifty six in the 2006 Independent on Sunday list of the most influential gay men and women and writer Catherine Johnson reunite for the film and keep it close to the stage show, which is a mix of Abba songs and a story fitted around them. The story is about the imminent wedding of Sophie, who has been raised by her mum alone, not knowing who her father is. However, Sophie has read her mum's diary and seen that she has three potential fathers and invites all three of them to her wedding. Her mum is unaware of this and has invited her two best friends to the wedding. It appears the three of them shared a past in a seventies girl band called Donna and the Dynamos. Mayhem persists when the three potential dads and mum Donna meet. All of this takes place on a Greek island with plenty of sun, sea and wine.

The younger members of the cast, especially Amanda Seyfried and Dominic Cooper, who play Sophie and her husband to be Sky, support the older members really well and Amanda Seyfried especially has a beautiful singing voice and acts well, looking like she could really be Donna's daughter and reminding us how Donna would have looked when she was young.

Donna is played very enthusiastically by Meryl Streep. She dances around the whole film in dungarees and with long blonde hair flying around. She actually sings very well. Her friends are played by Julie Walters and Christine Baranski, who support her perfectly wearing clothes of bad taste and behaving like wild middle aged women. They appear from behind doors singing

My advice to you if you are going to see this film, is to please stay and watch the closing credits, because there are some wonderful surprises, which keep the party going. And this film is a party from beginning to end. It is like being on a summer holiday in Greece and who wouldn't want to escape for a couple of hours doing that? It took me back to being young and my love of Abba. I can remember the first film that I ever saw at the cinema was Abba the Movie in 1978. Don't ask me who Sophie's father turns out to be. You will have to watch the film for yourself.

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We have range of packages to suit your business including web advertising space and full edition sponsorship.

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www.integrative - psychotherapy.eu
Professional Services for Professional People

**Becky Johansson MSc.
BSc. Dip.**

L.G.B.T Psychotherapy and Counselling

I am a fully qualified Integrative Psychotherapist with over 10 years experience working within the LGBT community as both a support group facilitator and therapist.

– Give me a call for a initial free consultation where we can discuss your needs and explore whether working together could be supportive and useful for you.

There are many different reasons why someone may wish to seek counselling or psychotherapy; some of the more common ones are:

- Losing your spark or motivation in life
- Relationship issues & family problems
- Depression, stress, anxiety and/or panic
- Issues with sex, & coming out
- Exploring transsexual feelings / support with transition
- Dealing with homophobia and/or transphobia
- Health problems, illness
- Trauma, post traumatic stress
- Bereavement, loss and grief

Having a therapist who is experienced and knowledgeable about LGBT life means that whatever you bring to therapy can be addressed appropriately, in the right context, without fear of homophobia, transphobia or just plain ignorance.

Contact Details:
Mobile: 07841837029
Email: beckyjohansson@yahoo.com
Location: Manchester; City Centre Cheshire; Wilmslow



www.integrative-psychotherapy.eu

Lisa's Farewell Message

As I write this report, I find myself in reflective mode as I come to the end of my 4 year journey with the LCP. The LCP has been through some ups and downs over the past 4 years with funding crises and the consequent loss of staff, tempered by a drive and determination to survive with the invaluable contribution of our volunteers. We recently had the good news that our application for funding from Lloyds TSB Foundations has been successful, enabling us to now recruit for a part-time Administration and Finance Officer. With a new Chair of the Board of Trustees in place, we are also looking to recruit new Board members to assist with the Project's strategic development. And with recruitment for a new Co-ordinator also underway, the LCP looks set to undergo yet more changes.

But change is a necessary part of the LCP's development; it is how we ensure that we keep moving forward, developing and growing and continuing to meet the diverse and ever changing needs of our community. And that is why the women who access our services are, and always should be, at the core of what we do. It is consultation with members of our community that informs the services we provide; for example, our Drop-in, which is now over 3 years old, was established in response to research carried out with lesbian and bisexual women at Manchester Pride in 2004. Our Discussion group was a spin off from the Drop-in when over 40 women attended a discussion to mark LGBT history month; the women enjoyed the discussion so much that they wanted a regular Discussion Group – which has now been running for nearly 3 years. Similarly, the OWLs group (Older Wiser Lesbians) was established in partnership with Age Concern Manchester when a gap in service provision was identified for older lesbians. Through consultation with older lesbians it was identified that a lesbian-only, daytime group geared towards women 50+ was needed. The OWLs is now approaching its 3rd birthday.

Our work with lesbian asylum seekers has also grown and expanded. One of the highlights of that work was the success of the campaign for Florence and Michael to gain leave to remain in the UK. I feel privileged to have been a part of the campaign and to have had the opportunity to learn new skills and gain new knowledge as well as to work alongside some of the most passionate and politically motivated women in the lesbian community.

So what now for the future of the LCP? The changes in staffing, funding and volunteers will bring new energy and direction to the Project; but this will only reach its full potential with the continued support of the lesbian and bisexual women of Manchester (and beyond).

'You are our reason for being. And the LCP is your project. Talk to us; tell us what you want and need; and even more importantly, get involved and support what is the only full-time lesbian-specific project in the country.'

We need to continue to find creative ways of ensuring the Project's future sustainability and there is a wealth of knowledge, skills and experience amongst our community to make sure that happens.

But as we work to secure our future sustainability, there will still be the ongoing battle to counteract the institutionalised heterosexism and homophobia that we all face in our everyday lives. New government legislation has changed the law for the better for LGBT people; but laws don't change attitudes. It is through collective action, that takes into account the diversity of our needs, that we are able to empower ourselves to bring about change on a personal, social and political level. And that is my hope for the future of the LCP – that the empowerment of lesbian and bisexual women will always remain central to its ethos....

I would like to thank the many wonderful women I have had the privilege to meet over the last 4 years: volunteers, service users, other workers and women I have met in the community. You have all enriched my life in some way. And the challenging experiences have made me grow in strength and for that I thank you. I wish you all well for the future and very much hope to see some of you out and about. So, to leave you with my all time favourite quote:

**"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."
Margaret Mead**

SPORT 4 WOMEN

Welcome to the Sport 4 Women section, space to shout about the vibrant and talented LGBT sports scene! so if you are planning on indulgence and excess over the summer challenge yourself to try something new... we want to hear from sports teams, individuals... send in photos and brief description for a web listing.

We are also looking for a volunteer Sports feature writer! We need someone who is actively involved in sports to contribute to this page and the Zhoosh website Contact zhoosh.editor@btinternet.com and supply a 200 word taster article on a sports topic of your choice.

Pride Games, Manchester's annual LGBT sports festival takes place this year from 7-14 September. It's a week of activities for women and men, but there are some women only tournaments such as football and squash. With a range of taster events and competitions, there should be something for everyone. Check out our website www.pridgames.org for more information and to register online. Take the opportunity to get out and get active.

5 reasons to take part in Pride Games 2008.....

It's a GREAT opportunity to:

1. Get fit
2. Try something new
3. Challenge yourself in a supportive environment
4. Achieve your personal best!
5. Meet new people

Pride Games 7th - 14th September 2008



women take part www.pridegames.org

Volunteer Jill tells Zhoosh all about ghabadminton.

"I first got involved through a friend of mine who introduced me to the club, I'd played badminton before but years ago but very rusty so i was naturally a bit nervous. Anyway the club prides itself on being really friendly and 5 yrs on I've been an active volunteer. We'll look after any new people - make sure they feel welcome.

As I said we've got a great bunch of people and there's been lots of social spin offs - nights out, camping weekends, hikes, paintballing, theatre trips, a health weekend including relaxation, yoga, indian head massage, home cooking and the club's even seen the odd romance blossom!

Its been nice we've recruited people who've just moved into the Manchester area and want to meet new like minded people and play a sport regularly. We don't have a formal membership fee - just a pay on the door kind of thing which fits in great for people who work shifts and cant always come down regularly.

I recently organised a social free badminton fun day as a thank you to our members for keeping our club going successfully and also invited a LGBT badminton club from Stoke down. It was a great day - played loads of games during the day then had a meal out in Chinatown followed by drinks in the village, we're still in touch with them and hope to arrange something similar next summer.

For me personally its been really great getting to know new people and I'd like to think I've made some really firm friends"



Why not pop along on a Wednesday? ...Manchester Leisure Sports Development Centre, Denmark Road, Manchester, M15 6FG All abilities. Beginners welcome. This is a mixed night with players new to the sport playing along side people with 20yrs practice. Everyone is always welcome. Costs: £2 for 1hr or £3 for 2hrs. You can hire equipment but will need to pay a deposit. www.ghapbadminton.org.uk