

Music City Couples
P.O. Box 330717
Nashville, TN 37203

The Harmonizer

Volume II, Issue I

March, 2003

Mission Statement:

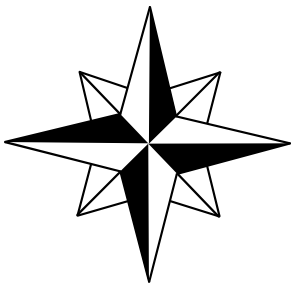
Music City Couples is an organization in which the members are committed gay and lesbian couples in the Greater Nashville and Middle Tennessee area.

The organization serves to provide a forum for those member-couples to strengthen their own relationships while also providing a social and supportive structure for their fellow member-couples. Music City Couples holds no religious or political affiliations and makes every attempt to respect the privacy of its members.

Welcome to a New Year!



Pictured Above: (left to right) Barb, Jeffray, Brian, Elaine, Bobby, Marcus, Larry, Stefan, Holly, and Donald. Not pictured: Ana, Steve, Risa & Angela



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Message from the Chair Couple

By Donald & Jeffary

We just wanted to take this opportunity to thank all of the past board members for the great job they did this past year. All of these couples deserve a round of applause for their tireless efforts taken by each and every one in getting this organization off the ground. We know that it wasn't easy, but you did it! We'd also like to thank them for helping us during this transition period, answering questions (the who's, the why's and the how's), passing along important documents, paperwork and knowledge to each current couple that holds each position (in a manner of speaking – passing of the torch).

We know that we have our work cut out for us, but I know, as a team, we're up for the challenge. It gives us great pride to assist in taking part in this great organization to take it to the next level!

Thank you.

Message from the Media Services Couple...

By Brian & Marcus

First of all we'd like to say thanks to everyone for their patience as we learn the ins-and-outs of putting together the first issue of 'The Harmonizer'! Between bad weather, illnesses, and just busy lives in general it's been tough getting this first issue to come together. However, we plan to be back on track and issue the newsletters on a regular schedule starting in April!

For upcoming issues we plan to restart the "Meet Our Couples" piece that Julia & Tara started back in the first year's newsletters. The section for submitted Recipes (and we all know that we love to eat!) is also making a comeback as a regular feature.

We also need *your* help in getting articles, announcements, classifieds, etc. for each issue so that the newsletter meets *your* needs! Our organization has a lot of great talent in it and sharing that info could really make this newsletter shine! So, anything you can contribute will be a great help!•

Simply Speaking...

Editorial by Brian

Recently there has been a lot of talk on the message board and among members about losing weight and/or getting in shape. Talk like this is pretty common around this time of year when New Year's resolutions are made and thoughts turn to summer. Both types of goals are great things to do for yourself. I wanted to offer a few tips to help you along in achieving it!

1. Determine why you want to do this.

Make sure that you know why you want to embark down this path. It's important to do this so that you stay motivated as you work towards achieving a goal. Whether the reason is health, increasing self-esteem, increasing stamina, or just wanting to get back into all those clothes hanging in the closet that no longer fit, you have to have an idea of what you want to achieve and the reasons behind it. Most importantly, do this for YOU and not for anyone else.

2. Set realistic goals for yourself.

Not seeing results fast enough is the single greatest reason people fail on weight loss/fitness programs. The problem begins when you set an unrealistic goal for yourself. You will not lose 30 pounds in a month safely or look like Lucy Lawless/Brad Pitt in 2 months! Be realistic in setting your goals and talk to someone who can give you an accurate picture of what you can expect from your program.

3. Be prepared to make an investment.

No matter which kind of weight loss/fitness program you choose, you must be prepared to make an investment. If your choice includes a support program such as Weight Watchers or a membership to a gym, you will have to make a monetary investment (if you find a free gym somewhere let me know!). More importantly though is the time investment that you must make to get success out of your program. You will not get fit or lose weight by merely joining a gym...

Financial Report...

YTD Revenues

Membership Dues:	\$580.00
Misc. Revenue:	\$15.00

Total Revenues: \$595.00

YTD Expenses:

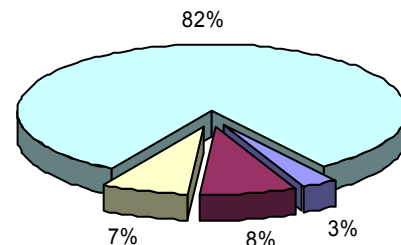
Bank Service Charges:	\$22.00
Newsletter Expenses:	\$0
Website Expenses:	\$0
Quarterly Couples Nat. Dues	\$56.00
Pride Expenses:	\$0
Events Expenses:	\$50.00
Other Expenses:	\$0

Total Expenses: \$128.00

Beginning 2003 Balance: \$230.86

Current Bank Balance: \$697.86

Financial Report as of March 9, 2003



■ Bank Service Charges	■ Quarterly Couples National Dues
■ Events Expenses	■ Remaining Funds: \$697.86

you

(continued from page 2)

actually have to take the time to go in and use the membership! Of course you don't have to join a gym or support program to achieve your goals, but the time commitment is still required. Time is usually the harder commitment to make for most of us and how much time needed is going to vary based on the program that you choose.

4. Lifestyle and diet changes alone won't work.

Every week there is a new "miracle" diet or weight loss program touted in the media. Usually, there is no magic way to lose weight or get fit. It's the tried and true combination of changing your eating habits and some form of exercise program that are the most successful. Starving yourself is not a good idea and does not increase metabolic rates and the weight pours back on when you start eating. On the flip side, an hour of aerobic exercise won't do you much good unless you cut back on your eating habits and the kinds of food that you eat.

5. Partners need to be supportive of and/or join in the program.

One of the reasons that we form partnerships/marriages is for the support structure that they provide in our lives. It is very important for partners to be supportive of their significant other's program in order for them to succeed. Don't focus on the things you don't see changing in your partner, but on the things that are noticeable changes and compliment them for that. Better yet, join in your partner's program and be each other's cheering section. The most successful fitness/weight loss programs all have a solid support system...whether it's with a professional nutritionist telling you how you are progressing or with a workout partner who ensures that you stick to the regimen at the gym (this is especially important when you are starting a new program).

Well, those are just some basic hints for getting started on a program. There are many more things that I could write, but this gets the basic point across. My own program is paying off for me, but it has taken a year to get the kind of results I want. To find out what's right for you, talk to your doctor, nutritionist, or seek out the advice of a trainer at a gym.

Good Stuff...

Recipes Submitted by Our Members

CHOCOLATE-OAT-N'-NUT-COOKIES

Submitted by Jerry (Bill)

INGREDIENTS:

1 cup butter or margarine
 1 cup (packed) dark brown sugar
 1/2 cup plus 2 tablespoons sugar
 2 large eggs
 1 teaspoon vanilla extract
 2 cups plus 2 tablespoons all purpose flour
 3/4 teaspoon baking soda
 1/2 teaspoon salt
 2 1/2 cups quick-cooking oats
 14 ounces semi-sweet chocolate chips
 1 cup chopped pecans

DIRECTIONS:

Preheat oven to 350 degrees. Lightly grease 2 heavy large baking sheets. Beat margarine and both sugars in large bowl until fluffy and well blended. Beat in eggs 1 at a time, the vanilla. Sift flour, baking soda and salt over margarine mixture and stir to blend. Mix in oats, the chocolate chips and pecans. Working in batches, drop dough by rounded tablespoonfuls onto prepared sheets. Bake cookies until golden brown, about 14 minutes. Transfer cookies to racks and cool completely. Yield: 4 dozen

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Nancy Robison
 Proprietor

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 Nashville, TN 37204
 Phone (615) 383-0038
 Fax (615) 383-0607

Birthdays/Anniversaries/New Members



Jerry (Bill) 3/2
 John (Herb) 3/7
 Steve (Scott) 3/17
 Shane (Greg) 3/22



Donald & Jeffary 3/16



Greg & Shane

Interested in hosting an event? Got an idea for an event or activity for the group as the holidays approach and you want to help everyone get in the spirit? Well we want to hear from you; contact any member of the Operating Board with your ideas or interest in hosting an event. We will make sure it gets to the appropriate people. Or, you can just go to the message board and post your idea there and you will be contacted for more details.

Announcements...

- Happy 15th Anniversary to our Chair Couple Donald & Jeffary!
- Bowling & Potluck Night!!! Friday, March 28th at 7:00 p.m. See the message board for more info or contact Barb and Holly for details!
- Mark your calendars for the upcoming Easter Egg Hunt and Brunch at Angela and Risa's Home on Saturday, April 19th! There will be lots of prizes and great food. Check your email for more upcoming information!
- Congratulations to Brian (Marcus) who has been promoted to Lead Sales at Williams-Sonoma this month!
- Wishing Bill (Jerry) the best of luck and great success as he starts his new job!

Membership

If you know of any couples that are interested in our organization, this is a great time to bring them to scheduled events so they can get to know the members and learn more about our organization. The success of our organization depends on not only addressing the needs of our current members but also in attracting new members. We must build on the foundation of the current members and move forward to encourage other couples to see what we are all about and encourage them to join our organization. This effort has to be a combination of group gatherings, member support, and involvement.

Please contact any of the Chair Couples for further information!

www.musiccitycouples.org

2003
Music City Couples
Operating Committee

Chair Couple
 Donald & Jeffary

Finance Couple
 Elaine & Ana

Vice Chair Couple
 Stefan & Steve

Media Services Couple
 Brian & Marcus

Events Couple
 Barb & Holly

Member Services Couple
 Risa & Angela

Web Services Couple
 Larry & Bobby

**AS OF PRINT DATE, THESE
 ARE THE MOST CURRENT
 EVENTS. PLEASE CHECK THE
 MESSAGE BOARD
 FREQUENTLY FOR UPDATES.**

The Harmonizer is a monthly publication of Music City Couples. Production of the newsletter is the responsibility of the Media Couple. We encourage all members to submit articles to appear in the newsletter. The Media Couple reserves the right to select and edit all articles for publication.

March, 2003

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Dinner Out	19	20	21	22
23/30	24/31	25	26	27	28 Bowling Night/ Potluck	29

April, 2003

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Dinner Out	16	17	18	19 Egg Hunt & Brunch
20	21	22	23	24	25	26
27	28	29	30			