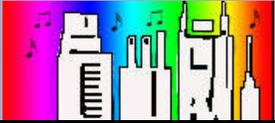


The

Harmonizer



Vol. 4, No. 05

Monthly Newsletter for Music City Couples

May 2009

Serving Nashville & All Of Middle Tennessee and Surrounding Communities

NASHVILLE PRIDE



**Music City Couples
Will Provide A Booth Again This Year**

Pride Celebration

When: Saturday June 20, 2009

Time: 11:00 a.m. - 6:00 p.m.

Where: River Front Park - Downtown Nashville

Be sure to mail your donations to help offset our expenses on the booth rental. Make your checks payable:

Music City Couples

P.O. Box 2122

Hendersonville, TN 37077-2122

Stop The Wedding, I'm Gay!



Don Bradshaw

Writes for the Examiner
Article taken from May 29
Column

Well, Proposition 8 was upheld in California, but many of us saw that coming a mile away. Lately, we've been making headway with this marriage stuff and this is just one setback that will be righted later on. Just wait and see. I've always had a good sense of right and wrong and I've looked at love from all sides now and I see nothing wrong with same sex marriage. But who said fighting for your rights was going to be easy? So, now you will have to live with one of my personal stories where I reflect on myself in some heroic light. If only it weren't true.

I recently read a book, [The Gay Husband Checklist for Women Who Wonder](#) [Kindle Edition] By: Bonnie Kaye, that said 25 % of gays

can have sex with both men and women and that 65 % of that 25% go ahead and get married, then carry on a secret gay life, while struggling to maintain a straight existence. Hard to follow, is it? Or hard to imagine?

Well, I don't know how accurate the percentages are, but the whole premise is true. Could this reflect your family? Just think, if there were no stigma lurking around homosexuality no one would ever have to worry about this. So where is all this leading?

Well, I fall within the 25% of men that can have sex with both men and women and I almost got married. This would have thrown me in that special 65% category that just couldn't live with the stigma of being gay or thought they could escape, change, get married and raise a family. Except for the exception, you don't escape, I'm sad to say. You live a very lonely, guilt-ridden life. Many escape, but leave a disastrous wake behind them, while others stay and make the most of what they can of a miserable situation. I know there are exceptions to every rule, but I guarantee most situations play out the way I have stated.

For recent examples, just look at Ted Haggard and Larry Craig. Not only does this lying catch up with them, but it bullies and slaps around the beautiful families that they've fought so hard to protect. But this is what happens when the truth is not borne out. Also, unbeknownst to their families, these men tend to act out secretly with other men, many times denying their homosexuality, and therefore exposing all sorts of communicable diseases to their unsuspecting spouses.

Birthdays

- May 03 - Angie (of Debbie)
- May 06 - Nikki (of Nancy)
- May 08 - Herb (of John)
- May 08 - Ray (of Tim)
- May 09 - Dawn (of Janie)
- May 10 - Kevin (of Jim)
- May 11 - Rob (of Scott)
- May 13 - Nancy (of Nikki)
- May 19 - Randy (of Jonathan)
- May 22 - Barry (of Don)
- May 22 - Tony (of David)
- May 28 - Peggy (of Shelley)
- May 31 - Bobby (Larry)

Anniversaries

- May 07 - Elaine & Ana (10-Years)
- May 09 - Diana & Sharon (6-Years)
- May 14 - Colleen & Sheralynn (10Years)
- May 25 - Gary & Mike (26-Years)
- May 30 - Ann & Lucy (14-Years)
- May 30 - Rob & Kevin (3-Years)

Don't See Your Special Day Listed this month?

Send an email to info@musiccitycouples.org and ask to be added. We don't want to miss anyone's birthday, anniversary, or special dates



This is not to alarm people, but it is a wake up call.

This whole scenario almost played out before my very eyes as well. I was to be married, but I knew deep down inside I liked men better

I fought this urge as hard as I could, since I was a child, because I wanted the wife, the house, maybe the children, the white picket fence, and that whole American dream. But something never seemed right to me. It never seemed like it was supposed to happen to me.

I remember going to my first gay bar (over 30 years ago) while my girlfriend was staying with her parents in a different state. She was in Pennsylvania and I was in Florida with my parents. It was right after college. We'd been dating for 5 years. Well, I had had my excursions with men in college, unbeknownst to anyone, but had avoided gay bars. I thought it would be all swishy men. Imagine my surprise to find out that there were all types of men in a gay bars. It was a candy store. I knew I could never go back to the straight world...I had found home. But yet, I was still scared. There was still so much stigma surrounding being gay. And nobody at that time seemed to have the same values as I did. I was laughed at by other gays when I mentioned long term relationships, happy homes, and whatnot. Still, I knew, this was where I was meant to be and that I would find what I wanted when I needed it.

One night I had a very vivid dream that I had gotten married and had 3 daughters. My wife, 3 daughters, and I lived in Colorado where I was some type of successful businessman. But I had a dark secret. My gay urges had grown stronger through the years and I was arrested one night while trolling for sex in public spaces. The look of horror on my family's faces woke me up. I sat up in bed in a cold sweat knowing what I needed to do. There just was no way around it. The dream was just too real.

That afternoon, I called my girlfriend and told her we would not be getting married...ever. I explained to her my dream, my past behavior, and my recent foray into the gay community.

I said there was really nothing we could do about it. Of course she was upset with me and we didn't talk for a year, but after that cooling off period, we became best of friends.

She eventually fell in love with someone else and had a baby girl and all was well in the world.

As for me, not long after I spoke to her, I found the man of my dreams and we've been living together for 28 years through thick and thin and better for worse times. Yes. I was able to finally latch on to someone and never let go. Good for me. And I hope it's been good for my man.

So what's the point of all this? I'm not quite sure, except to say to those who think they might be gay who are thinking about getting married, please hold off! Don't make that plunge just yet. Look into the future as honestly as possible and envision what it might be like. Yes, coming out is hard, but there are people all along the way to help you make that transition with pride, not self degradation. It will be hard either way, but the way that leads to the truth is always the best route to take with the least bad consequences in the long run. Thank you so much for listening.

Our thanks to Don Bradshaw for sharing his May 29, 2009 article from the Examiner; <http://www.examiner.com>



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VIRGIN DRINKS * HOT TREATS * HAPPY ENDINGS

REVIVE - a warm and friendly place where friends can enjoy "virgin drinks, hot treats, and happy endings!"

REVIVE is a gathering place for GLBT and progressive people. Our goal is to create a welcoming environment where friends can gather for an evening of conversation, fun, quality service, and great food.

REVIVE specializes in non-alcoholic beverages, hot treats, and desserts. Only top-of-the-line virgin drinks are sold that include coffees, teas and teasans, juices, energy drinks, tonics, waters, and sodas. Hot treats such as bagels, quiches, and pizzas are also offered along side desserts prepared locally by some of Nashville's best bakers. With all of these outstanding offerings, the experience is truly a place where there are "happy endings" for everyone!



Favorite Recipe

**Chicken Marsala
 Ingredients**

- 1/2 cup all-purpose flour
- 1 tablespoon Essence, recipe follows
- 2 (6 to 8-ounce) boneless, skinless chicken breasts, cut in halves and pounded thin
- 1 tablespoon olive oil
- 4 tablespoons butter
- 3 cups sliced mushrooms (cremini, oyster, shiitake)
- 3/4 cup Marsala
- 1 cup chicken stock
- Salt and freshly ground black pepper
- Chopped chives, for garnish

Directions

In a shallow bowl or plate combine the flour and Essence and stir to combine thoroughly. Quickly dredge the chicken breast halves in the seasoned flour mixture, shaking to remove any excess flour. Heat the oil in a large skillet over medium-high heat until very hot but not smoking. Add 1 tablespoon of the butter and cook the chicken breasts until golden brown on both sides, about 3 minutes per side. Transfer to a plate and set aside. Add 1 tablespoon of the remaining butter to the pan and add the mushrooms. Cook, stirring frequently, until mushrooms are golden brown around the edges and have given off their liquid. Add the Marsala wine and bring to a boil, scraping to remove any browned bits from the bottom of the pan. When the wine has reduced by half, add the chicken stock and cook for 3 minutes, or until the sauce has thickened slightly. Lower the heat to medium and return the chicken breasts to the pan and continue to cook until they are cooked through and the sauce has thickened, about 5 to 6 minutes. Swirl in the remaining 2 tablespoons of butter, add salt and pepper, to taste. Garnish with chopped chives and serve immediately.

Email Your Favorite Recipe
info@musiccitycouples.org

Events Calendar

Grand Ole Opry

Package: Main floor seats, Hotel,
 Tours at an affordable price.
 800-251-1864
www.musiccitytours.com

Stirrup Nashville

1529 4th Ave. South
 Nashville, TN, 37210
 615-782-0043
 Your New Favorite Neighborhood Bar
Info@StirrupNashville.com

Tribe

1517A Church St, Nashville, TN, 37203
 Sophisticated, straight-friendly gay nightclub fills a niche in Nashville
<http://www.tribenashville.com/>



The Music City Couples Network, an organization of hundreds of loving and committed gay and lesbian couples believes that the Federal Marriage Amendment is an unconscionable assault on the rights of millions of American citizens, and is joining other organizations seeking its defeat.

According to the Human Rights Campaign (HRC), the amendment “would not only deny marriage to same-sex couples but could also deny any state legislature or electorate from ever voting to pass their own state’s domestic partnership, civil union or marriage laws. Under the Federal Marriage Amendment, courts could be barred from enforcing the legal protections that a legislature provides through civil union or domestic partnership laws.”

Civil marriage, other forms of relationship recognition, and basic civil rights protections are essential components that make all families, including families headed by same-sex couples, safer and more secure. Civil marriage and religious marriage are two separate things. Religious institutions will never be forced to bless relationships with which they disagree, just as today religious institutions can refuse to marry couples of different faiths or individuals who have been divorced.

2009 Monthly Events

- Jan: Event Planning Meeting
- Feb: Dinner Night Out
- Mar: Brunch At Red Restaurant
- Apr: TBD
- May: Hosts - Don & Russ
- Jun: Gay Pride - Centennial Park
- Jul: Annual 4th of July Celebration
- Aug: Canning 101
- Sep: Art Crawl
- Oct: Annual Halloween Bonfire
- Nov: Thanksgiving
- Dec: Christmas

Newsletter Submissions

Send us your Current News, Favorite Recipe, and Announcements that you would like to have added to our Monthly Newsletter. Send all submissions to, Webmaster@musiccitycouples.org no later than the First Friday of Every Month. Anything received after that Friday will be included in the next month’s issue

Hosts Needed

Music City Couples is in search of couples willing to Host a Party in their home, back yard, or even a Park. If you have the desire to be a Host, please contact: Larry and Bobby.
info@musiccitycouples.org
 615-824-9966 – Home

Movie Night Out

Several of our couples have been asking if we plan to re-instate the monthly movie night out. We need your help. If you would like to take charge of our Monthly Movie Night Out, please drop us an email: info@musiccitycouples.org

Dinner Night Out

Everyone loves to eat. Certainly you have a favorite Restaurant. If you would like to see us have a Monthly Dinner Night Out, please forward your Restaurant Choices and help us plan the monthly event. Simply send us an email: info@musiccitycouples.org

Camping

Contact Barb & Jane
 Kingston, Springs, TN
info@musiccitycouples.org



Music City Couples is an organization of committed gay and lesbian couples in the Greater Nashville and Middle Tennessee area. The organization serves to provide a forum for gay/lesbian committed couples to strengthen their own relationships while also providing a social and supportive structure for their fellow committed couples. Music City Couples holds no religious affiliations and makes every attempt to respect the privacy of its couples.