



SENIOR Wingspan's Elder Voice FORUM

Volume 6 Issue 4
April 2010

Funding by Arizona Governor's
Office for Children, Youth and
Families Division for Women and
Wingspan Anti-Violence Program

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — www.wingspan.org

Michael and Rick's 4 bits



This will qualify as our "spring" issue, although we've been seeing a lot of roller-coaster temperatures and changes in weather patterns during this seasonal transition. Be that as it may, it's good to know that more familiar days in Tucson are ahead – sun and plenty of outdoor activities to lighten us up a bit.

Our economy continues to struggle and we are struggling right along with it. It's easy to get discouraged and fearful about a lot of things these days, but our community is stepping up to the challenges as usual. There are many events and activities coming up both within and outside of the local LGBT circles. Here's an important one that should be mentioned even though the event itself doesn't take place until May.

Volunteer for TIHAN

On Saturday, May 22 "Treasures for TIHAN", mostly a silent auction, will take place in the Doubletree Hotel. If any of you would like to take part, there are several ways: donate an item for the auction, volunteer to help at the event, and/or attend the event. For more information, contact Allen Kinzey at abkinzey@cox.net.

A New Feature

We'd like to try something new in the interest of saving money and getting by in these difficult times. The following recipe will be the first in a series that we hope will appeal to our readers. Please feel free to

comment and give us feedback if this is something you would like to see continued in the Senior Forum.

Mike's Victory Meal Recipes

Victory Easter Breakfast
(Serves 4 - total cost
less than \$3.50)



Ingredients
4 medium eggs
4 slices day-old bread
melted margarine or butter
4 link sausages
1/2 melon (cantaloupe or honeydew)

Method Trim crusts from bread. Brush both sides with melted butter. Fit bread into custard cups or large muffin-pan cups. Toast in a 325 degree oven for 15 mins. Meanwhile, brown sausages and set aside. Remove muffin-pan from oven. Break an egg into each cup. Season with salt & pepper and dot with butter. Cover with foil and return to oven and bake 12 -15 mins - until eggs are set. While eggs are cooking, slice the half melon into fourths. Set aside. Brew coffee or tea. With a spatula, remove items from muffin cups (if using) and plate along with sausages and melon slices. Serve with coffee or tea.

Comment: The purpose of this recipe and those that follow in subsequent columns is to present attractive, inexpensive meals which seek to minimize the high cost of food products. Ingredients are purchased "on sale" and the savings enjoyed contribute significantly to the low cost of the items presented.

Dis-N-Dat by m. j.

The local flyer states in bold letters: " It's about you. It's about community. It's about more".

A full page ad in the SFO Bay Area Reporter (www.eBAR.com) proclaims in even bigger letters: "When you take 10 Minutes to answer 10 Questions you help our community get what it needs for the next 10 Years".

What could I be referring to here? Why, it's the United States Census 2010!

By now, you must have received your official 2010 Census form. From what I can see, it looks like the folks at National Gay and Lesbian Task Force may have had modest success with their "Queer the Census" campaign. They are reminding all those who are partnered to check the "unmarried partner" or the "husband or wife" box to officially record your same-sex partnership. Look under the Person 2 section and you will find these two options as it relates to Person 1. When Person 1 and 2 both also mark as Male/Male or Female/Female...the resulting tabulation should be able to show the number of same-sex unmarried partnered households in all the 50 states.

While I don't remember exactly if that same option was available 10 years ago, I do recall there was supposed to be a mechanism to count gay households - even then. At least that's how it was explained to me/us when I worked for 2 years as a Recruiter for the U.S. 2000 Census in the SFO Bay Area. The results from that count clearly showed there were lesbians and gays living in almost all tracts!

Writing about this causes me to think back to 1999. At the time, I was already "retired" from my over 20+ years with an International Asian flag carrier and had taken a new full time position with an International European carrier. As such, I enjoyed almost zero seniority...so when I noticed an ad for temporary part-time census workers, I took a leave of absence to try something new. The advertised 3 weeks position I landed ended 2 years later...with me starting out at the main

census office in SFO to gradually covering and traveling all over the Bay Area. I got to know better geographically about the area I had been living in for 30 years!

The best part of it, I also got to work with and know a few very special people - three of whom I am still in touch with!

BTW, before I forget, NGLTF also urges all of us to seal the census form envelope with some kind of Queer the Census sticker before mailing. While the official ones from NGLTF are no longer available at the time of this printing, be creative and run down to Antigone's to find some other alternative rainbow sticker to use. **IT'S IN OUR HANDS!**

The Next "Colorful Life"

Come join Senior Pride for a new installment of the Colorful Life series on Sunday April 18th at 2PM at the Ward 6 Council office, 3202 E. First St. This presentation will feature 2 speakers, Ike Gaskin and Ken Cooper, who have been partnered for over 30 years and will talk about their lives and time spent living in the Middle East countries of Egypt, Oman, Turkey and Iran. As always, this event is free and open to all. Mark your calendar early!



Desert Voices present: Sound in Bloom *just because it's beautiful*

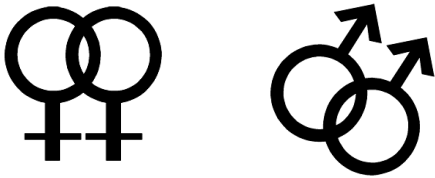
A celebration of the beauty of the choral art. The chorus, under the artistic direction of Chris Tackett, will be singing some of the finest choral music of the last five hundred years while revealing how singing in a chorus has touched their hearts, changed their lives, and made their community and world a better place.

Saturday, April 17, 7:30 pm and Sunday, April 18, 3:00 pm at the Pima Community College Center for the Arts, 2202 W. Anklam Road, Tucson

Tickets \$15 each / 2 tickets for \$25

Desert Voices Box Office at 791-9662 (Rebecca Cohen) - tickets also available at Antigone Bookstore on 4th Avenue.

Get Ready for Same-Gender Marriage



California's Proposition 8 that defined marriage to be between one man and one woman is being challenged in the California Supreme Court. David Boies and Ted Olson presented very convincing arguments for marriage equality for all citizens, homosexual or heterosexual. You can read and listen to their discussion with Bill Moyers at <http://www.pbs.org/moyers/journal/02262010/watch.html>. Regardless of the Court's decision and the ultimate decision by the United States Supreme Court, same-gender marriage is under the microscope. The outcome of that intense introspection by people, gay or straight, is paramount to GLBT equality.

There is a great need for honest discussion, not debate, to educate and inform the voters about what has become a very divisive hot potato leveraged by politicians to discriminate against the equal rights of GLBT persons. Tucson will have an opportunity for the conversation that needs to occur between those supporting and those opposing same-gender marriage. The conversation will focus on what is legal about marriage and what is religious.



The Interfaith Alliance is a national organization launched in the 1990's by Walter Cronkite and others who saw the need for civil discussion in matters having religious significance. Dr. Welton Gaddy, president of this national organization is to speak in Tucson at the Berger Performing Arts Center, May 11 at 7 p.m. His green paper, "Same-Gender Marriage & Religious Freedom", will be the foundation for this discussion. See

<http://www.interfaithalliance.org/equality>.

We need your help to prepare Tucson for this conversation on May 11. If you would like to join the planning group for this program, we welcome your help with getting the word out to encourage those opposed to same-gender marriage to hear and participate in the discussion with Dr. Gaddy. Please contact Paul Barby, pambarby@earthlink.net or 520 299-2778; Scott Morris, ScottMorr@aol.com; or Ruth Bunny Davis, jbdavis2@cox.net.

Get Ready for the "Senior" Prom

Senior Pride is in the process of planning a dance sometime in May or June featuring music from our past. Where else can you go to do the Watusi, Mashed Potato, the Slide, the Pony and the Jitterbug? If you'd like to help plan or work on the dance, come to the next Senior Pride planning meeting the second Tuesday of April (the 13th) at Himmel Park Library from 2 to 3:30PM or call Lee or Merlin at 207-5336. More info in later issues as details are finalized.

Medical Happenings

Eat Better, Move More!



Tucson Medical Center is again offering an 8-week class for seniors who want to learn more about maintaining their health by improving diet and physical activity. The next series begins Tuesday April 6th and continues each Tuesday through May 25th. Classes run from 10AM to noon. The first hour features a dietetic professional who provides education about eating healthier meals and the second hour an exercise physiologist leads a discussion about adding exercise to your routine. This is a free class, limited to 10 people, and pre-registration is required. Call 324-4345 to reserve your place.

Brain Week

Tucson Medical Center Senior Services is offering a week-long series of lectures, discussions and films related to brain health. The week starts with the Stroke Check Risk Assessment on Saturday April 24th (see the article in this issue below).

The following take place at TMC Senior Services, 1400 N. Wilmot Rd. These events are all free, but it is requested that you call to pre-register at 324-1960 and to get locations and confirm times.

Mon. April 19th	1:30 to 3:30 PM	Diagnosing Dementia
Tue . April 20th	1:30 th 3:30 PM	All about Parkinson's
Wed. April 21st	9 to 11 AM	Brain health and fitness
	1:30 to 3:30 PM	Alzheimer's film/discussion
Thur. April 22nd	1:30 to 3:30 PM	Life after stroke

Stroke Check

On Saturday April 24th from 8AM to noon, local hospitals will be providing free drop-in screening for stroke risk. Some of the tests offered include blood glucose level, EKG, blood pressure, cholesterol and carotid artery ultrasound. For an accurate glucose and cholesterol result, do not eat for at least 8 hours prior to testing. The following hospitals are participating:

Tucson Medical Center
St. Joseph's Hospital
St. Mary's Hospital
University Medical Center
Northwest Medical Center
Oro Valley Hospital

Call the facility closest to you to get specific info on location and tests provided at each facility. You will be checked in and move through various stations to get tested and at the end you'll sit with a doctor who will discuss your risk level for stroke based on your results. No appointment is required and it's FREE!

Stroke is the 3rd leading cause of death in the United States (after heart disease and cancer) and it is estimated that strokes cost

the U.S. economy \$58 billion dollars a year in medical costs and lost productivity. The biggest risk factor for stroke is high blood pressure (increases risk by 3 to 5 times!). Other factors include smoking (1.5 times), alcohol abuse (1.6 times), high cholesterol (2 to 3 times), inactivity (2.7 times), obesity (1.8 to 2.4 times), heart disease and diabetes. You can lower your risk by modifying lifestyle and with medication, but first you need to know your risk for stroke, so get tested at this FREE event.

A Little Springtime Humor

Love those Church Ladies..
They're Back! Those wonderful
Church Bulletins! Thank God for
church ladies with typewriters...

These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services (supposedly).

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help. Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.



April Events

All events with our logo take place at EON Youth Lounge, 430 E. 7th Street, just across the street from old Wingspan, details on these calendar events.



Meander in Tucson Meetup Group

List of events for lesbian women
<http://www.meetup.com/MeanderinTucson>

Elder Circle - Elder Circles consist of Elder (not older) people who are interested in Saging rather than aging. These circles have dialogues in the journey to conscious aging and how the participants can make changes in their communities. The next Elder Circle for GLBT people will be on **Thursday, April 1, 2010 at 1:30 - 3:00 pm** at the home of Lee and Merlin. Please call 207-5336 for directions.



Tuesday, April 6 and April 20 (1st and 3rd Tuesdays) 9AM Adopt a Park Iron Horse Cleanup

Iron Horse Park 10th Street between 3rd and 4th Avenue

Tuesday, April 13 (2nd Tuesday) Senior Pride Planning Meeting

2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

Saturday, April 17, 9:30 - 11:00 AM (every 3rd Saturday of the month)

40s and Better Breakfast Group

A welcoming network of lesbians
Royal Sun Best Western Restaurant
SW corner of Speedway and Stone
Phone contact: Carol Ehrlich 520-584-0339

Desert Voices Concert, "Sound in Bloom" (see article above in this issue)

**Saturday, April 17, 7:30 pm and Sunday,
April 18, 3:00 pm** at the Pima Community

College Center for the Arts, 2202 W. Anklam Road, Tucson

Sunday, April 18 , 2pm

A Colorful Life

(see article page 2)

Ward 6 Council office, 3202 E. First St.

Thursday, April 22

(see article Herons and Mallards below)

Senior Pride at Agua Caliente Park

Help With the Wash

Three Senior Pride members got a lot of help with clearing trash out of the Arroyo Chico Wash on Monday March 15th. B.J.Cordova from Tucson Clean and Beautiful brought a crew of 9 college students from the University of Miami (Florida) who were participating in a program called Alternative Spring Break. Instead of vacationing at the beach, students volunteer for a week of environmental and social service projects around the country in order to get experience of other communities and cultures, give their time and energy to those communities and learn about regional environmental and social conditions. The students did a buffelgrass dig and worked at World Care and Habitat for Humanity, among other projects. There will be one more wash cleanup in April (hopefully before it gets too hot). If you're interested in participating, please call Michael at 884-8320 for date and time.

Herons and Mallards and Coots, Oh My!

Come join Senior Pride for an afternoon at Agua Caliente Park on Thursday April 22nd. We'll meet at 11:30 for a bring-you-own lunch and afterward sit and enjoy the scenery (green grass, trees, mountains, water and wild life) or go for a leisurely stroll around the park. With all of the spring rain there should be plenty of water and maybe some wildflowers. Rumors of a possible frisbee! Let's try to carpool if possible. Please call Michael at 884-8320 to RSVP and to coordinate transportation.



430 E. 7th Street
Tucson, AZ 85705

RETURN SERVICE REQUESTED

Nonprofit Org.
U.S. Postage
PAID
Tucson,
Arizona
Permit No. 769

A hush is over everything, Silent as women wait for love;
The world is waiting for the spring.

Sara Teasdale

A man has every season while a woman only has the right to spring.

Jane Fonda

*As sure as the spring will follow the winter, prosperity and
economic growth will follow recession.*

Bo Bennett

Behold, my friends, the spring is come; the earth has gladly
received the embraces of the sun, and we shall soon see
the results of their love!

Sitting Bull

Every spring is the only spring. a perpetual astonishment.

Ellis Peters