



SENIOR Wingspan's Elder Voice FORUM

Volume 6 Issue 2
February 2010

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Office for Children, Youth and
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Wingspan Anti-Violence Program

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

Michael and Rick's 4 bits



Our February issue opens on a note of deep sadness

In Memoriam
MAURICE K. GROSSMAN
September 16, 1927 - January 22, 2010

Maurice Grossman was a long-time advocate and friend of the LGBT community in Tucson. We will miss him beyond measure. Please go to <http://www.boxturtlebulletin.com/2010/01/22/19779> for more detailed information. We will surely be paying tribute to Maurice in forthcoming issues.

It seems that the main event in February is always Valentine's Day – it's a field day for greeting card companies, florists and chocolate vendors. And there's no shortage of special events and happenings in our own community as well. This month we have invitations from PFLAG, Metropolitan Community Church, Desert Voices and others to celebrate love, romance, affection and caring in any way that is meaningful to us. Take a look at some of the opportunities around town in the shortest month of the year:



Greetings from PFLAG Tucson!

As in years past, with Valentine's Day our central theme, PFLAG Tucson will once again be hosting a celebration of GLBT couples during our February 3, 2010 meeting.

Many of our regular members find this occasion to be one of the major highlights of the year. Not only do we get to celebrate and honor the relationships of our GLBT community, but the parents/family who are new to PFLAG can also be witness to loving relationships that offer a glimpse into a bright future for their own children.

Whether currently in a relationship or not, we welcome all to what will most certainly be a heart-connecting celebration. This special Valentine Party event will include refreshments, music, story telling and lots of sweet reverie.

Bring your friends and help us make this a genuine heartfelt Valentine's Day celebration!

Date & Time: Wednesday, Feb. 3, 2010
(7:00 – 9:00 P.M.)

Location: Ward VI bldg. 3202 E. First St.
(near Loft Theater)

*Parking on adjoining streets and behind Ward VI bldg.

*Look for PFLAG signs as you enter the building.

Contact: Jack/Karen (520-207-9120) or karenj7@cox.net

YEAR OF THE (BLUE) TIGER

This year's Valentine's dance at the Metropolitan Community Church (MCC) has an asian motif honoring the Year of the Tiger. The dance will be on Saturday, February 13th from 8 to midnight at the MCC 3269 N. Mountain Ave., north of Ft. Lowell Road. Mountain Avenue is

continued on next page

Desert Voices Presents

Unique Musical Valentine's Tribute

What's love got to do with it? Plenty, during 'Love Bites,' the annual cabaret and silent auction event presented by Desert Voices, Arizona's premier GLBTS choral arts organization. This adult-themed, one night only event will take place on **Saturday, February 13th**. Doors open at 6pm.

Love Bites is a fresh, funny, sometimes satirical musical look at the 'not so rosy' side of love and romance; an antidote to the sticky sweetness of Valentine's Day.

The evening will take place at a secret rendezvous (6245 E. Bellevue Street, 85712) and will begin with complimentary hors d'oeuvres and libations, and an opportunity to browse and bid on a special selection of unique items for that special Valentine on your list. Finger foods will be provided by Acacia at St. Philips, title sponsor of Desert Voices 2009-2010 season Raindrops on Roses.

Desert Voices will take the stage later in the evening with a slightly risqué and thoroughly entertaining cabaret-style performance, featuring the best soloists and small groups, plus the full chorus. It's a program of music, comedy, and spoken word pieces depicting love, devotion, and even a bit of lust – sometimes traditional, sometimes unexpected, and occasionally a tad vindictive!

Desert Voices, under the artistic direction of Chris Tackett, is in their twenty-first season and features a vocal membership of about 40 singers, ranging in age from 'barely legal' to the 'heavenly seventies.' The chorus features a diverse mix of people across a wide range of gender, age, orientation, and musical and professional backgrounds. All proceeds from this fundraiser will be used to help Desert Voices sustain its mission of uniting our community through our music and providing a voice for all.

Tickets for 'Love Bites' are \$40 and are available at 791-9662, Antigone Bookstore on 4th Avenue or www.desertvoices.org.

YEAR OF THE (BLUE) TIGER from pg 1

now open and access to the parking lot is unimpeded! There will be a limit of 60 attendees in order to assure an intimate experience and tickets are on a first come, first served basis. Tickets can be purchased at MCC after services on Sundays at 11:30 or by calling 292-9151 to reserve a ticket at the door. Tickets are \$15 per person and there will be a mix of music, a piñata and desserts included. Come release your inner tiger and claw a rug!

Dis-N-Dat by m. j.

I won't ask how many of you have already broken your New Year's resolution(s). Luckily for me, being brought up bi-cultural, I have a second chance when the Chinese (or Lunar) New Year takes place on 14FEB.

Finally, I signed up as a Senior Member with the Tucson Chinese Cultural Center/TCCC. Every THUR, I can now be found at the TCCC doing Tai Chi, or other exercises, before sitting down to a game of mah-jong. A light lunch is even provided at 11:30AM! Membership is \$60.00 annually for those aged 55 or over...and pssst, all are welcome - you don't have to be Chinese to join!

For those who are unfamiliar with this center, note the following: The 15,000 square foot TCCC sits on a 3.2 acre parcel located at 1288 West River Road. From conception to opening took 10 long years; so it was by no means a small undertaking. Furthermore, if I understand it correctly, the number of Chinese in TUS is somewhere around 3% or less (the 2010 Census should give us a better picture next year)...yet this community was able to raise the \$2.5 Million it took to plan, build and open their center on 25OCT06.

As reported, their 2009 annual operating cost for the center was about \$180,000. Even though their revenue is down, the latest Interim Report says that the center is currently operating within the budget...after adjusting hours of operations, staff positions and rental practices. With some luck, there may even be a fund surplus when the final report for fiscal year 2009 is submitted!

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Dis-N-Dat by m. j. from pg 2

Some of the up-and-coming events at or presented by the TCCC are:

- Year of the Tiger Lunar New Year Festival to be held from 11AM - 3PM on 13FEB/SAT. Free Admission To All!
- Lion Dance Classes held SUNs from 11AM - 1PM on 14FEB, 28FEB, 14MAR, 28MAR, 11APR, 25APR and 09MAY. Free To All!
- Lunar New Year Dinner at Desert Diamond Casino on 20FEB/SAT from 6 - 9PM. Limited Seating of \$125 per person or \$1,000 for a table of 8.

And of course, the weekly Senior Program every THUR (except Thanksgiving and Christmas Day) from 9AM – 4PM!!

For more information contact: TCCC at 520.292.6900 - or check them out online at www.tucsonchinese.org

PLUS:

Just in time to find and buy all the Chinese, Asian, European and International food items you've so craved and missed...join us on a 1-hour walking tour of the recently opened Lee Lee Oriental Supermarket, located at 1990 W. Orange Grove, on 20FEB/SAT at 10:30AM. To be followed by a "Dutch Treat" luncheon at the Vietnamese restaurant on site. If you need a ride to Lee Lee, please call Michael Tamarack at 884.8320 to arrange for a volunteer to provide transportation.
KUNG SHE FA TSAI \$\$ KUNG HAY FAT CHOY to ALL!!

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Information on TCCC taken from the MAY09 and Fall09 issues of TUS Chinese Cultural Center News.

### Queering the Census

Being counted in the U.S. Census isn't just a numbers game, it's a question of whether the LGBT community gets access to the resources that support our health, economic well-being, and families. Adding your voice to this movement is so powerful. Together I know we can make the Census Bureau listen, and we'll make sure everyone gets counted!

Here are a couple of other easy ways for you to push the U.S. Census Bureau to ensure that everyone is accurately counted in the census.

- Get the word out! Tell your friends, family and community about Queer the Census ([www.queerthecensus.org](http://www.queerthecensus.org)).
- Get your FREE Queer the Census sticker for your census envelope, courtesy of our partners at CREDO Action (<http://act.credoaction.com/sticker/queerthecensus/>).
- Make a contribution to support the National Gay and Lesbian Task Force.

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## Healthy Living Connections at TMC Senior Resource Center

Believe it or not, even in this uncertain financial climate, there's a place that promises FREE help to seniors who want to improve their health and fitness. Tucson Medical Center is offering a host of programs at their Senior Resource Center called Healthy Living Connections.

I got involved first with their Healthy Living Coach Program after I read about it the October issue of the Senior Forum. TMC connects anyone age 55+ with a volunteer who will offer weekly support to help you reach your personal health goals. I called and spoke with Monica, who sent me a questionnaire to fill out. I was asked whether I wanted to work on eating better or becoming more active. Because I said that I wanted to improve my physical fitness, she arranged for me to come in to speak with a woman who is a personal trainer.

About three weeks after my initial call, I arrived at the El Dorado Health Campus and met my coach. Together we discussed my health conditions and goals and then developed a schedule for my first week of physical exercise. We started out very modestly. That first week I agreed to 20 min. of physical exercise, three times a week.

My fitness journal has recorded a slow but steady increase in aerobic exercise since then. I have found that just reporting my

results and redesigning goals on a weekly basis with my friendly trainer has provided a significant support for my continuing progress toward a healthier, thinner me.

All TMC programs are FREE and open to adults 55 and over. The initial Coaching Program interview and all other classes are held at the TMC El Dorado Health Campus, 1400 N Wilmot Road.

To enroll in the Healthy Living Coach Program call: 324-1960. "Fit at 50 and Beyond" is a 6- week workshop with a certified personal trainer designed to increase your knowledge of fitness and exercise. It will start again on 3/25/10. For this and other great free classes call: 324-4345.

~~Dorothea Nobile~~

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### UPCOMING EVENTS AT TUCSON MEDICAL CENTER'S SENIOR SERVICES CENTER

The center is located at 1400 N. Wilmot Rd. and all events are free and open to the public, but require registration in advance.

Perspectives on Alzheimer's Film Series and Discussion

(All sessions are from 1:30 to 4 PM. Call 324-1960 for information and to register)

**Wed. Feb. 3rd - Part 1** The Memory Loss Tapes - Portraits of 7 individuals living with Alzheimer's

**Wed. Feb. 17th - Part 2** Grandpa, Do you know who I am? - Stories of children and teens experiencing Alzheimer's through a grandparent

**Wed. Mar. 3rd - Part 3** Caregivers - Five portraits of individuals caring for loved ones with Alzheimer's

(For the following 3 classes please call 324-4345 to register)

**Wed. Feb. 17th** from 11 AM to noon - Financial Planning: Use of Wills, Trusts and Beneficiary Deeds

**Tue. Feb. 16th** from 9 to 10:30 AM - Delirium vs. Dementia

**Wed. Feb. 24th** from 9 to 10:30 AM - Heart Disease

## February 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, February 4, 2010 at 1:30 - 3:00 pm at the home of Lee and Merlin. Please call 207-5336 for directions.

### Tuesday, February 2 and February 16

(1st and 3rd Tuesdays) 9AM  
Adopt a Park Iron Horse Cleanup  
Iron Horse Park 10th Street  
between 3rd and 4th Avenue



### Tuesday, February 9 (2nd Tuesday)

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

### \*\*Celebrate BRAZIL WEEKEND\*\* FEB. 12-13, 2010

**Friday, February 12, 2010** - Join the Batucaxé Performance Group, Key Ingredients of African Soul, Capoeira Malandragem and DJ Gomez, as we pay tribute to Brazilian music and culture at the Brazilian Fest. Doors open at 7:00pm. Club Congress, 311 East Congress Street.

**Saturday, February 13, 2010** - Batucaxé presents the 3rd annual Tucson Carnaval at Armory Park from 12:00pm - 6:00pm in partnership with Tucson Parks and Recreation, Tucson Children's Museum, Armory Park Neighborhood Association and Many Mouths One Stomach. Activities include

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a parade showcasing performing arts organizations in our community, a participatory procession, food and art vendors, hands-on workshops, live entertainment and children's activities. The Tucson Children's Museum will offer a \$2.00 admission for all visitors. This year's theme - A Global Tapestry of Celebration - is about weaving together the unique threads of our local community into a vibrant tapestry through music, dance, song and art. The parade starts at 1:00pm. FREE. The Tucson Children's Museum will offer a \$2.00 admission for all visitors. This year's theme - A Global Tapestry of Celebration - is about weaving together the unique threads of our local community into a vibrant tapestry through music, dance, song and art. The parade starts at 1:00pm. FREE

### ONGOING EVENTS

Dance is the hidden language of the soul.

~Martha Graham

**Every Sunday** - Afro-Brazilian Dance Classes with LIVE Drumming by Batucaxé, 5:00-6:15pm at the Rhythm Industry Performance Factory 1013 S. Tyndall Ave. \$12 walk-in (always welcome) or prepay \$40 for 4 classes (use any time). No experience needed. For more information, email [dance@batucaxe.org](mailto:dance@batucaxe.org).

### ABOUT BATUCAXÉ

Batucaxé (pronounced bah-too-cah-SHEH, which means "the blessing of the beat"), the winner of the 2009 Tucson Tammies Award in the World Music Category, is a non-profit drum and dance ensemble and school in Tucson, Arizona. Inspired by the music of Brazil, Batucaxé features the music of many traditions, from Brazil and all over the world. Our goal is to inspire creativity, openness, community solidarity and collective joy, through lessons and classes, outreach programs and high-energy performances. Visit [www.batucaxe.org](http://www.batucaxe.org) to learn about us, listen to some music and enjoy video clips of past performances.



### Saturday, February 20

(every 3rd Saturday of the month)

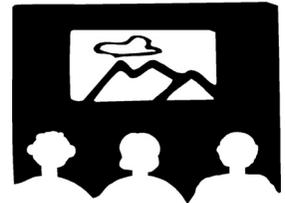
### 40s and Better Breakfast Group

A welcoming network of lesbians  
Royal Sun Best Western Restaurant  
SW corner of Speedway and Stone  
9:30 - 11:00 AM

Phone contact: Carol Ehrlich 520-584-0339

### TEN MORE GOOD YEARS

A Free Film Screening  
& Discussion  
Exploring the Unique  
Challenges of  
Lesbian, Gay,  
Bisexual and  
Transgender Older Adults



### Tuesday, February 23, 2010

1:00 p.m. - 3:00 p.m.

TMC Senior Services, Seniors Classroom  
1400 N. Wilmot Rd.

Refreshments provided

For information, call PCOA Caregiver  
Services, 546-2006.

### SENIOR SATURDAY BREAKFAST

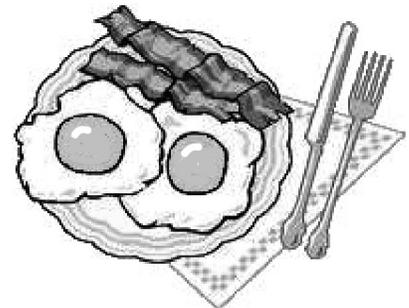
Come join  
Senior Pride on  
**Saturday**

**February 27th**  
at 9:30 AM for  
breakfast at the  
Royal Sun

Restaurant,  
1015 N. Stone  
Ave., just south

of Speedway. We'll meet in a separate dining  
room and order individually from the menu.

All are welcome, as usual! Come meet  
others in our community and share  
conversation and ideas for future senior  
events. Please call Lee or Merlin at 207-  
5336 to RSVP.





430 E. 7th Street  
Tucson, AZ 85705

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Love is an ocean of emotions entirely surrounded by expenses.

Lord Dewar

**The hardest-learned lesson: that people have only their  
kind of love to give, not our kind.**

Mignon McLaughlin, *The Neurotic's Notebook*, 1960

I don't understand why Cupid was chosen to represent Valentine's Day.

When I think about romance, the last thing on my mind is a short,  
chubby toddler coming at me with a weapon.

Author Unknown

Love is the condition in which the happiness of  
another person is essential to your own.

Robert Heinlein

*Forget love - I'd rather fall in chocolate!*

Sandra J. Dykes