



SENIOR FORUM

Wingspan's Elder Voice

Volume 6 Issue 6
June 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

Senior Pride Honored



Each year an outstanding volunteer is selected by the Wingspan staff to receive the Lavina Tomer Truth to Power Award for service to the LGBT community. This year the award was given to the Wingspan Senior Pride Committee in recognition of their efforts to build cohesiveness and support within the community of LGBT seniors.



The committee plans social events and produces and mails the Senior Forum monthly newsletter.

The award was presented at the annual volunteer appreciation picnic on Saturday May 8th by Lavina, the award's namesake. The award included a check for \$200 to Senior Pride, which will be used to fund activities that the group sponsors (see this month's article about the "Senior Prom").

We are proud and grateful to Wingspan for this recognition of our efforts on the part of the senior community. With the economic difficulties Wingspan faced last year and continues to struggle with this year we are thankful that so many great people have stepped up to help in continuing the senior programs at Wingspan on a completely volunteer basis. Our social events are planned and organized by volunteers dedicated to



providing the senior LGBT community with activities of value and interest to them just as it has been in the past when Wingspan had a paid staff member to do the job.



Michael and I particularly want to acknowledge the valuable contribution of Gary LaCroix, our man in Mammoth, AZ, who has been profiled in this newsletter before, for his ongoing efforts to provide us with a smart, professionally formatted newsletter that includes visually appealing extras to complement our text. Although for the time being we no longer have access to the high-quality printing equipment that once allowed us to include photos in our monthly publication, our hats are off to Gary for the work he does to make our newsletter more attractive and interesting. Thanks, Gary!

And while we're on the subject, we can always use more volunteers to contribute their ideas, gifts and talents to our cause – the betterment of the senior LGBT community here in Tucson and everywhere. Your ideas are what makes Wingspan Senior Pride an asset for the LGBT elder community! WSP has been served by volunteer coordinators for almost a year now (since the first of July 2009), and receiving the Lavina Tomer award this month is a testament to the power of volunteerism. It's been a lot of fun just to know that we can keep Wingspan's Senior Pride afloat in spite of the current adverse economic conditions. If any of you out there would like to pitch in (or know

someone who might) please come to this next meeting! Our monthly meetings are always on the second Tuesday of the month at the Himmel Park Public Library (see below under "June Events") where we meet to discuss the coming month's events and activities and plan ways to involve the senior crowd. So please, come and join us if you'd like a few good laughs and a chance to offer your special talents to a vibrant group of people right here in the Old Pueblo.

Twistin' the Night Away (actually the late afternoon/evening) at the "Senior Prom"

Wingspan Senior Pride's "Senior Prom" is happening Saturday June 12th from 4 to 9PM at the MCC Water of Life Church, 3269 N. Mountain Ave., just north of Fort Lowell. The dance is not a formal prom, so dress however you want. You don't need to bring a date either! Donations to Wingspan are appreciated, but not necessary. Just come and have some fun dancing to the music of the 50's, 60's and 70's. If you have a special song, bring it along (on either CD or cassette tape format - sorry, we don't have a turntable for those old 45's) and relive your high school years (or maybe that's not such a great idea). Refreshments will be available at no charge, too. So what's the excuse for not showing up? That '57 Chevy or '59 Edsel not working? We can arrange a ride for you! Call Michael at 884-8320 if you need a ride or can give one. A big thank you to MCC for donating its facility. Be there or be square!



A New Feature

In April we introduced this new idea in the interest of saving money and getting by in

these difficult times. The following recipe is the second 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 #2

Chili Beef Potato Soup
(Serves 6 - 8oz bowls @ 78 cents/serving)



Ingredients

- 1/2 lb ground beef
- 1/2 c minced onions
- 1/2 c minced celery
- 16 oz can stewed tomatoes – drained/chopped
- 2 c diced, peeled potatoes
- 20 oz hot water
- 2 1/2 t instant beef broth
- 1 t chili powder
- 1/2 t salt
- 1/4 t garlic powder
- 1/2 t Worcestershire
- 1 c cooked peas

Method

In a large saucepan, brown beef. Add onion, celery. Saute till vegetables are crisp-tender. Stir in tomatoes, potatoes, instant beef broth, water, chili powder, salt and Worcestershire. Cover and simmer until potatoes are tender - about 15-20 minutes. Stir in peas and heat through.
Better the the second day!

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.

Humor Q & A



Q: Where can men over the age of 60 find younger, sexy women who are interested in them?

A: Try a bookstore, under fiction.

Q: What can a man do while his wife is going through menopause?

A: Keep busy. If you're handy with tools, you can finish the basement. When you're done you'll have a place to live.

Q: How can you increase the heart rate of your 60-plus year old husband?

A: Tell him you're pregnant.

Q: How can you avoid that terrible curse of the elderly wrinkles?

A: Take off your glasses.

Q: Seriously! What can I do for these Crow's feet and all those wrinkles on my face?

A: Go braless. It will usually pull them out.

Q: Why should 60-plus year old people use valet parking?

A: Valets don't forget where they park your car.

Q: Is it common for 60-plus year olds to have problems with short term memory storage?

A: Storing memory is not a problem, - retrieving it is the problem.

Q: As people age, do they sleep more soundly?

A: Yes, but usually in the afternoon.

Q: Where should 60-plus year olds look for eye glasses?

A: On their foreheads.

Q: What is the most common remark made by 60-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

SMILE, You've still got your sense of humor, RIGHT

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

Tuesday, June 1 and June 15 (1st and 3rd Tuesdays) 8AM Adopt a Park Iron Horse Cleanup

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



Tuesday, June 8 (2nd Tuesday) Senior Pride Planning Meeting

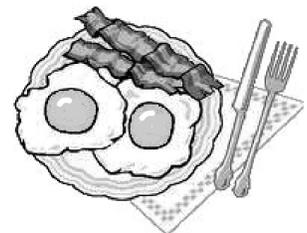
2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

Saturday, June 19 (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





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Fourscore and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

~Abraham Lincoln

If liberty and equality, as is thought by some, are chiefly to be found in democracy, they will be best attained when all persons alike share in government to the utmost.

~Aristotle

**All men are created equal,
it is only men themselves who place themselves above equality.**

~David Allan Coe

Equality may perhaps be a right, but no power on earth can ever turn it into a fact.

~Honore de Balzac

I know my country has not perfected itself. At times, we've struggled to keep the promise of liberty and equality for all of our people. We've made our share of mistakes, and there are times when our actions around the world have not lived up to our best intentions.

~Barack Obama