



SENIOR FORUM

Wingspan's Elder Voice

Volume 9 Issue 2
February 2013

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

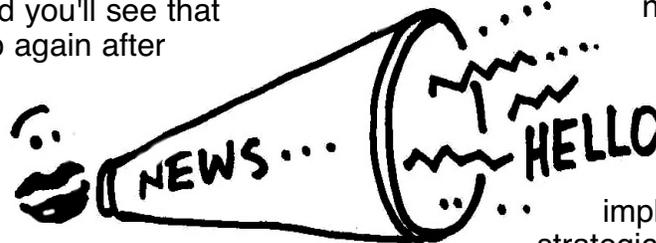
Michael and Rick's 4 bits



Wingspan Senior Pride welcomes our new Executive Director, Ms. Carol Grimsby. See below for a brief bio of our new Fearless Leader. Ms. Grimsby - we don't think you're in Kansas (or Missouri) anymore!

After our up-and-down temperatures this past month we want to assure our readers that the weather does not stand in our way of events and activities during the remainder of our so-called winter (we of Midwest extraction know what real winter is!). Take a look at this month's calendar and you'll see that things are picking up again after the holidays.

And, as usual, the invitation is always out there to everyone and anyone who is interested in contributing their ideas, time and talent to Senior Pride's ongoing mission. We are planning, under the leadership of Sarah Bahnson and others, to have a meeting on March 7th at Wingspan from 8:30 to 10:30 AM to further define our mission as a Wingspan program and brainstorm some ideas for cles, links to other sites and just generally interesting reading to the senior LGBT community. Another 2013. All are encouraged to chime in with your visions for Senior Pride's future.



Carol Grimsby is the newly appointed Executive Director of Wingspan, Southern Arizona's Lesbian, Gay, Bisexual and Transgender (LGBT) Community Center.

"This is a milestone in Wingspan's development," said Kara Jones, Wingspan's Board President. For three years, Wingspan's Board has been operated by program staff and volunteers without an Executive Director. Now, after a national search, Grimsby, who has 20 years of corporate and non-profit management experience, has been named by the Wingspan Board to the position.

Grimsby is the former Executive Director of a group that advocates for neglected and abused children, the Court Appointed Special Advocates (CASA) in Kansas City, Mo. She led the agency as it implemented its long term strategic plan.

In Missouri, she was active in community groups such as Women with One Voice, a non-profit dedicated to raising funds for organizations providing services for women, where she chaired the Board; and, the Human Rights Campaign (serving as political Co-chair and Faith and Diversity Chair).

A graduate of the University of Missouri (Kansas City), Grimsby owned and managed a catering company for many years and also served as the Foundation Director of the Neosho Hospital Foundation in Chanute, KS.

"Carol's leadership skills, experience in program management, administration and development matches the demands needed to move Wingspan to its next level. The staff, board, and volunteers look forward to working with her."

Wingspan's New Executive Director

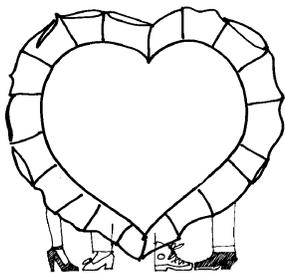
The following is a press release that Senior Pride did not receive in time for the January issue. Ms. Grimsby began her work with Wingspan on December 10, 2012:

PFLAG Steps Up Again

This year we will be holding our Annual Couples Celebration on Wednesday, February 6, from 7:00-9:00 pm at the Ward VI City Council Offices at 3202 E. 1st Street, our regular meeting location. This will take the place of our February support meeting. The sharing of the stories by LGBT couples is always uplifting and reminds us that in our hearts we are all truly the same in love and life-long devotion.

We'll be providing refreshments again. If anyone would like to contribute hors d'oeuvres and other finger food, please let us know. If attendees will RSVP to Jack and Karen at karenj7@cox.net, (520) 207-9120, or to me at pflagtuc@pflagtucson, (520) 360-3795, that will help us make sure we have enough refreshments. We also welcome last-minute attendees, however, and don't want anyone to miss!

Let the Dance Begin



Metropolitan Community Church (MCC) Water of Life will hold a Valentine's dance on Saturday, February 9th from 6:30 to 10PM. The hall will be decorated, refreshments will be

served, a DJ will play a mix of music to dance by and there will be a festive atmosphere (especially if you're there). Admission is \$5 and you don't need to bring a partner. MCC is located at 3269 N. Mountain Ave., just north of Ft. Lowell Rd., on the west side of the street.

Love Your Bones

Tucson Medical Center presents a half-day event with talks on various issues related to bone and joint health, with on-site bone density checks, strength testing and more on Saturday, February 9th from 8:30AM to Noon at TMC's Marshall Conference Center, 5301



E. Grant Rd. The Center is located on the east side of the campus, facing Craycroft Rd. with plenty of free parking. Please call 324-4345 to RSVP for this event or for more information.

Aging and Sexuality

The 6th annual Aging and Sexuality Workshop takes place at Tucson Medical Center's Marshall Conference Center, 5301 E Grant Rd. on Friday, February 15th from 2 to 5PM. This event covers issues relating to general healthy aging and sexuality, although LGBT issues will probably not be discussed. Talking about sex in a room full of seniors; now what could be more fun than that? This workshop costs \$15 per person or \$30 per couple. Call 324-1960 for a brochure and more information.

Ask a Pharmacist

On Thursday, February 28th from 10AM to Noon a pharmacist will be available to answer questions about your medications, review your current medication list, or get assistance creating a list. This is a great opportunity to determine whether your meds are interacting in a way that may be counterproductive or harmful to you health. The event takes place at TMC's Senior Services Campus, 1400 N. Wilmot Rd. and is free and open to the public. No pre-registration is needed. Bring your pill bottles with you so that medications, dosages and frequencies can be examined.



Another Request for Our Help and Participation

Hello,

I am a young, queer research assistant studying same-sex marriage and union blessings before 1980 under the supervision of a professor at Simon Fraser University. We are looking to interview any LGBTQ seniors in the United States who wish to share their stories, experiences, or thoughts on such ceremonies throughout the 1960s



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Another Request for Our Help from pg 2

and 1970s. While we have already gathered plenty of archival materials, firsthand accounts offer an invaluable resource for analysis of same-sex marriage ceremonies. Only individuals can tell us about the attitudes toward these ceremonies, about the way the ceremonies were organized, and about various other crucial details. We have already interviewed several lesbian seniors and are now primarily interested in locating some gay seniors to speak to us on this increasingly relevant issue.

If you know of any other networks, forums, or groups for LGBTQ seniors or individuals that might provide willing participants, we would greatly appreciate you sharing them with us. Likewise, if you have a mailing list to pass this on to - if you find it relevant of course - we can provide you with a flyer and relevant contact information. If you would like any further information on the project, please feel free to contact me. Below is a more detailed outline. Thanks for your time.

Gay Marriage? That's so 1960s...

Same-sex couples have been getting married for decades. The law may not have considered their marriages legitimate, but the couples that married certainly did.



I am a young, queer research assistant studying same-sex marriage and union blessings before 1980 under the supervision of a professor. If you ever heard of or participated in such an event, or if you considered yourself married to your same-sex partner but did not have a ceremony, I would very much like to hear from you. I am also interested to hear from trans folks who, at the time, thought of their marriage as a 'same-sex' marriage. Finally, if you are lesbian, gay or trans and objected to same-sex marriages in the pre-1980s period for political or other reasons, please drop me a line.

Your contribution, no matter how small, is really important. By sharing your story and knowledge,



you can help me document this lesser-known aspect of American history. You can provide information anonymously or, if you choose, you can be identified by name as a contributor in any publication that includes information provided by you.

If you can spare a little time and have information to share, please contact me by email at bjk8@sfu.ca. Thank you!

Ben Klassen, Research Assistant, Simon Fraser University

TMC Senior Services Presentations

The following presentations by Tucson Medical Center's Senior Services are free and open to the public and take place at their campus at 1400 N. Wilmot Rd. Please call 324-4345 to pre-register.



Monday, February 11th from 2 to 3:30PM

Brain Fitness - Learn about the latest research on brain health and do some practice exercises to strengthen brain function.

Wednesday, February 13th from 2 to 3:30PM

Traumatic Brain Injury - Learn about the latest treatments to help people recover brain function.

Thursday, February 21st from 2 to 3:30PM

Cardiac Treatment Update - Hear about the latest implantable devices used to treat specific cardiac conditions.

Monday, February 25th from 10 to 11AM

Minerals - Get information on meeting the body's requirements for these essential nutrients

Monday, February 25th from 1 to 2:30PM

Eat Right - Learn the nutritional foundations necessary for optimal functioning and healing.

Tuesday, February 26th from 10 to 11:30AM

An introduction to Chinese Medicine and an easy meditation technique for general stress reduction.

February 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Iron Horse Park Cleanup 9:00 AM	6 PFLAG Annual Couples Celebration 7 - 9 PM - Ward 6 office	7	8	9 Love Your Bones (see newsletter) Valentines Dance 6:30 - 10 PM Metropolitan Community Church
10	11 TMC Senior Services Presentation 2 - 3:30 PM	12 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	13 TMC Senior Services Presentation 2 - 3:30 PM	14 Valentine's Day	15 Aging & Sexuality TMC Marshall Ctr (see newsletter)	16 40s and Better Breakfast Group 9:30 - 11:00 am Royal Sun Best Restaurant
17	18	19 Iron Horse Park Cleanup 9:00 AM	20	21 TMC Senior Services Presentation 2 - 3:30 PM	22	23 Senior Pride potluck Metropolitan Community Church 12 Noon
24	25 TMC Senior Services Presentations 10 - 11 AM and 1 - 2:30 PM	26 TMC Senior Services Presentation 10 - 11:30 AM	27	28 Ask a Pharmacist TMC Senior Center 10 AM - noon (see newsletter)		

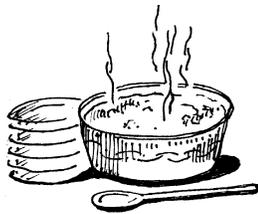
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

Monthly Potlucks

Our monthly potluck schedule has reverted back to the fourth Saturday of the month. This month's potluck will happen on the 23rd of February. Come join others for some food and conversation from noon to 2PM.

Beverages and utensils will be supplied, just bring something to share, either from your kitchen or your favorite market. MCC Water of Life is located at 3269 N. Mountain Ave., between Fort Lowell and Prince Rds.

If you have any questions, please call Lee or Merlin at 207-5336.



Tiaras and Tutus and Tights, Oh My!

What's so unusual about a ballet performance with tutus, tights and tiaras? Imagine the above, along with ballet

slippers equipped with pointe, on men! Yes, they're returning to Tucson -

Les Ballets Trockadero de Monte Carlo. But

these guys don't just play around, they are the real thing, balletically speaking. They pirouette, jete, pas de

chat and all that stuff professionally. And they

will be coming to town for one show on Saturday, April 20th at Centennial Hall. See next month's Forum for further details, or go to

<http://www.uapresents.org/> for more information. A few years ago, they absolutely packed the hall, so you may want to check it out early to avoid missing the fun.



February Events

Meander in Tucson Meetup Group

List of events for lesbian women

<http://www.meetup.com/MeanderinTucson>

Senior Games

Every Monday (except holidays), 12:00 noon to 3:00 PM at Himmel Park Public Library branch, 1035 North Treat Ave.

Tuesday, February 5 &

Tuesday February 19

(1st and 3rd Tuesday) 9:00 AM

Adopt a Park Iron Horse

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



Tuesday, February 12 (2nd Tuesday)

Senior Pride Planning Meeting

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

Saturday, February 16

(every 3rd Sat. of the month)

40s and Better Breakfast

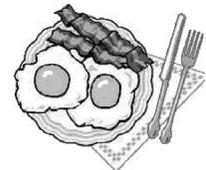
Group A welcoming network of lesbians.

Royal Sun Best Western Restaurant

SW corner of Speedway and Stone

9:30 - 11:00 AM

Phone contact: Carol Ehrlich 520-584-0339



Saturday, February 23

Monthly potluck

A Senior Pride lunch open to all Water of Life Metropolitan Community Church

3269 N Mountain Ave

12:00 Noon

Phone contact: Lee Roden/Merlin Spillers 520-207-5336



430 E. 7th Street
Tucson, AZ 85705

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The heart has its reasons of which reason knows nothing.

~ Blaise Pascal

Sometimes I'm so sweet even I can't stand it.

~ Julie Andrews

**Working with Julie Andrews is like
getting hit over the head with a valentine.**

~ Christopher Plummer

*Husbands are like fires -
they go out when they're left unattended.*

~ Cher

**The last time I saw him he was walking down lover's
lane holding his own hand.**

~ Fred Allen