



# SENIOR Wingspan's Elder Voice FORUM

Volume 10 Issue 1  
January 2014

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — [www.wingspan.org](http://www.wingspan.org)

## Michael and Rick's 4 bits



Don't look now, but 2014 is here! Yikes! I can remember being a teenager in the 60s and calculating how old I would be in the year 2000, assuming I lived that long and assuming we hadn't destroyed the earth by then (the Cuban missile crisis, On the Beach, Planet of the Apes, The Terminator, or name your favorite doomsday scenario) and speculating as to what kind of world it would be. Well, 2000 has been and is long gone; I'm still here and so is the world.

It's a different world in many ways, but in many ways it's still the same world - one of both good and evil, fairness and unfairness, equality and inequality. In other words, there has been progress, but there is still a long way to go to make the new year 2014 count for something. Happy New Year to all of you and Senior Pride's best wishes for your success and prosperity!

## Once Again, Our Thanks to PFLAG

PFLAG once again outdid themselves on December 14th with their very generous hearts toward Senior Pride. We had around 30 seniors in attendance at PFLAG's annual holiday dinner held this year at Rincon UCC's Fellowship Hall. We made a potluck event of it in lieu of our 4th Saturday potluck normally

held at MCC. These people never cease to amaze with their unwavering help and support to the LGBT community - youth, adults, and seniors. We are truly grateful for them.

## Living Well Presentations

Pima Council on Aging presents a series in Green Valley dealing with aging issues.

These presentations will take place on Thursday, January 2nd at the Canoa Hills Social Center, 3660 S.

Camino Del Sol in Green Valley from 9 to 10 AM.

They are free and open to the public, but there is a seating limit of 50 people on a first-come first-served basis. January's topic is The Aging Brain:

Keeping Neurons Healthy and Active with Dr. Carol

Barnes, Regents Professor of

Psychology. Our brains and neurons are not getting any younger, so find out how to prevent some of the effects of aging.



## Lovin' Life After 50 Expo

Tucson Medical Center presents its annual expo for seniors on Monday, January 13th at the Doubletree Hotel, 445 S. Alvernon Way from 9 AM to 2 PM. The expo is free and open to the public and includes booths, exhibits, health checks and entertainment, along with the usual giveaways and hourly drawings for \$100! Get out of the house and spend a few hours walking around the hall exploring some of the options available to seniors. You just might learn something, too.

## "I Have Two Fathers"

Last month we told you about a man with two mothers. There is a great youtube video of a young girl named Selena, who sings about her two fathers and says that "if they ever have to they both can be my mother". But we all knew. This is not news to us. You can watch the video by googling "I Have Two Fathers" and clicking on the youtube entry or by going directly to [www.youtube.com/watch?v=wGdsVTfkjA](http://www.youtube.com/watch?v=wGdsVTfkjA).



includes a thermometer, star chart and a mechanism to counteract the effect of gravity on the timepiece. Price tag \$6 million!

## Can You Dig It?

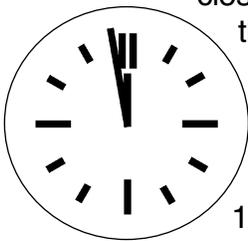


## Don't Try This at Home!

During Prohibition (do some of us actually remember it?) most production and consumption of alcohol was illegal, so California grape growers, who had all of those excess wine grapes, came up with a clever way around the law. They sold "fruit bricks", blocks of dried compressed grapes, packaged along with wine-making yeast with a WARNING to not dissolve the brick in warm water and add the yeast packet, as this would result in fermentation and the creation of alcohol, which was illegal. Wonder how many heeded the warning?

## A Very "Deep Pocket"s Watch

December's Forum featured a holiday gift, the Aeternitas timepiece, costing \$760,000. But it seems that that does not even come close to the extravagance of the Patek Philippe "Caliber", a 1.1 kg "pocket" watch (that's 2.25 pounds for us yankees), created in 1989 to commemorate the firm's 150th anniversary. Only 4 were made, one in white gold, one in rose gold, one in yellow gold and one in platinum, each requiring 4 years to make. The watch has 24 hands, 1728 components,

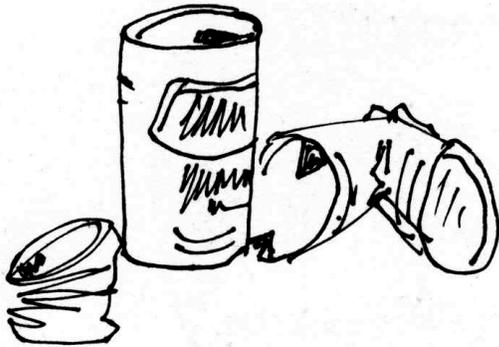


Have you heard of buffelgrass? It is a non-native invasive grass introduced from Africa as forage for livestock and for erosion control because it is very hardy and drought-tolerant. Unfortunately, it is also extremely invasive, robbing native plants of water and nutrients and is very flammable, burning at up to 1800 degrees fahrenheit. Our desert flora have not evolved to deal with this invader. This means that when fires involving buffelgrass burn, they will kill mesquite, palo verde, and all cactus! These fires are also dangerous to property. The Federal Emergency Management Agency (FEMA) gave the Tucson International Airport a 2.4 million dollar grant to eradicate buffelgrass on airport grounds, as it has infested over 600 acres and if it caught fire, the airport would be forced to close, causing scheduling problems and damage to runways.

Locally there are many volunteer groups that pull buffelgrass in neighborhoods, federal and state lands and parks. Saturday, January 25th is national Beat Back Buffelgrass Day. Locally, there will be many groups working to pull the evil weed. It takes a little energy and stamina, but is great exercise and a great way to contribute directly to protecting the desert environment. To find a group in your area, go to <http://www.buffelgrass.org> and click on "To Register" for information on the various groups or call 520 626-8307 for more information.

## Time to Can the Can?

Ever think about where that aluminum can comes from and where it goes after you've consumed the contents? Annie Leonard, an environmental activist, has spent many years



researching "stuff", the goods which we consume. In her 2010 book "The Story of Stuff", she writes that in the U.S. we comprise 5% of the world's population, yet we consume 30% of the world's resources and create 30% of the world's waste! She also has created a 20-minute video viewable online with the same title.

One of the surprising products that she traces from extraction through consumption and disposal is the aluminum beverage can. We use about 100 billion cans per year, averaging 340 per person. They're lightweight, unbreakable, chill quickly and widely believed to be mostly recycled. The can begins its life cycle with the mining of bauxite, an aluminum-containing ore, which has to be washed, pulverized, mixed with caustic soda, heated, filtered, and smelted, this last process requiring more energy than any other metal processing. The aluminum is molded into bars, which is processed into cans.

Most of us think that most of these cans are recycled, but as of 2010, only about 45% of cans are recycled in the U.S., down from 54.5% in 2000 and 65% in 1992, which means that all of the economic and environmental costs of more than 50% of production are being buried in the landfills. How ungreen is that?

## Save the Date

The annual Ages 'n Stages expo, sponsored by Pima Council on Aging, takes place this year on **Saturday, March 8th, 2014 from 9 AM to 4 PM** at Casino del Sol. This free expo will include exhibits, seminars, demonstrations and raffles. Learn something new and maybe win one of the raffle prizes. More in next month's Senior Forum.2



## HUMOR CORNOR

### Embarrassing Medical Exams



1. A man comes into the ER and yells . . . !

"My wife's going to have her baby in the car."

I grabbed my stuff, rushed out to the cab, lifted the lady's dress and began to take off her underwear. Suddenly I noticed that there were several cabs - - - and I was in the wrong one.

*Submitted by Dr. Mark MacDonald, San Francisco, CA*

2. At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. 'Big breaths,' . . . I instructed. 'Yes, they used to be,' . . . replied the patient.

*Submitted by Dr. Richard Byrnes, Seattle, WA*

3. One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a 'massive internal fart.'

*Submitted by Dr. Susan Steinberg*

continued on pg 5

<b>January 2014</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			<b>1</b> <b>New Year's Day</b>	<b>2</b> PCOA Living Well presentation 9 - 10 AM Green Valley (see newsletter for details)	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Iron Horse Park Cleanup 9:00 AM	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Lovin' Life After 50 Expo 9 AM - 2 PM Doubletree Hotel (see newsletter for details)	<b>14</b> Wingspan Senior Pride Meeting Himmel Park Library 2:00 PM	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 – 11:00 am
<b>19</b>	<b>20</b>	<b>21</b> Iron Horse Park Cleanup 9:00 AM	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Senior Pride potluck MCC - 12 Noon  Beat Back Buffelgrass Day
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

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

## HUMOR CORNOR

### Embarrassing Medical Exams from pg 3

4. While acquainting myself with a new elderly patient, I asked, 'How long have you been bedridden?' After a look of complete confusion she answered . . . "Why, not for about twenty years - when my husband was alive."

*Submitted by Dr. Steven Swanson,  
Corvallis, OR*

5. I was performing rounds at the hospital one morning and while checking up on a man I asked. . . ' So how's your breakfast this morning? ?It's very good except for the Kentucky Jelly. I can't seem to get used to the taste," he replied. I then asked to see the jelly and he produced a foil packet labeled 'KY Jelly'

*Submitted by Dr. Leonard Kransdorf,  
Detroit, MI*



6. A nurse was on duty in the Emergency Room when a young woman with purple hair styled into a punk rocker Mohawk, sporting a variety of tattoos, and wearing strange clothing, entered . . . It was quickly determined that the patient had acute appendicitis, so she was scheduled for immediate surgery. When she was completely disrobed on the operating table, the staff noticed that her pubic hair had been dyed green and above it there was a tattoo that read . . . ' Keep off the grass.' Once the surgery was completed, the surgeon wrote a short note on the patient's dressing, which said 'Sorry . . . Had to mow the lawn.'

*Submitted by RN, no name*

# Happy New Year

## January Events

### Meander in Tucson Meetup Group

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

### Monday Mah Jongg

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

### Tuesday, January 7 & 21

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

### Adopt a Park Iron Horse Cleanup

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



### Tuesday, January 14 (2nd Tuesday)

### Senior Pride Planning Meeting

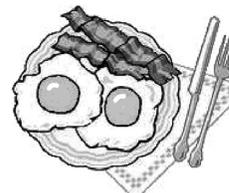
2 PM at Himmel Park Library  
1035 N. Treat Avenue (off Speedway)  
594-5305

### Saturday, January 18

(every 3rd Saturday of the month)

### 40s and Better Breakfast Group

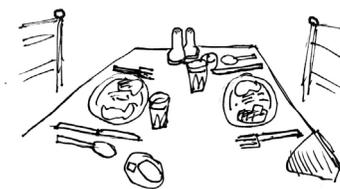
A welcoming network of lesbians  
Royal Sun Best Western  
Restaurant  
SW corner of Speedway and Stone  
9:30 - 11:00 AM  
Contact: Carol Ehrlich 520-584-0339



### Saturday, January 25

### Monthly potluck

A Senior Pride lunch open to all -  
Water of Life  
Metropolitan  
Community Church  
3269 N Mountain  
Av.e. Contact:  
Lee Roden/Merlin Spillers 520-398-6826





430 E. 7th Street  
Tucson, AZ 85705

RETURN SERVICE REQUESTED

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

*New Year's Day is every man's birthday.* ~ Charles Lamb

**Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.**  
~ Helen Keller

*I think in terms of the day's resolutions, not the years'.*  
~ Henry Moore

**To have the kind of year you want to have, something has to happen that you can't explain why it happened. Something has to happen that you can't coach.**  
~ Bobby Bowden

*Deep breaths are very helpful at shallow parties.*  
~ Barbara Walters