



SENIOR Wingspan's Elder Voice FORUM

Volume 7 Issue 12
December 2011

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



*"The only reason for time is so that
everything doesn't happen at once."*

~ Albert Einstein

"It was the Best of times, it was the Worst of times."

~ Charles Dickens, A Tale of Two Cities

"So many events, so little time."

~ (adapted from) Mae West

Happy holidays from Desert Voices!

What do quotes from Einstein, Dickens, and Mae West (sort of) have in common? They all describe the chaotic time of the year that is 'the holidays.' More importantly, they remind us how full our calendar gets at this most wonderful time of the year. Before it gets any later, and before your schedule gets full "with parties for hosting, marshmallows for toasting, and caroling out in the snow...", Desert Voices - under the artistic direction of Chris Tackett - wants to be sure you've blocked off **Saturday, December 10, 2011, for Eat, Drink, and Make Merry!**, our annual silent auction/cabaret evening.

Eat, Drink, and Make Merry! promises to be a very special event. We begin the evening at 6pm with our famous Silent Auction - a treasure trove of unique, beautiful, and sometimes whimsical gifts – jewelry, artwork (including the ever-popular signed and framed 'Fitz' drawings), gift certificates for wonderful restaurants, theater, and special entertainment events, plus gift baskets, must-have trinkets, and so much more. (Proceeds from the silent auction provide much appreciated funding for our entire season,

including community outreach events, staging and sound expenses, and seed money for our scholarship fund.)

While perusing the auction tables, we'll tempt you with various sweet and savory hors d'oeuvres, compliments of Latitude Catering, plus an open bar featuring wine, beer, and lighter beverages. Next, we'll invite you to enjoy Cucina Casuale®, compliments of Carrabba's – Oro Valley. Then, we'll sweeten the evening just a bit more with delectable desserts – all complimentary, of course.

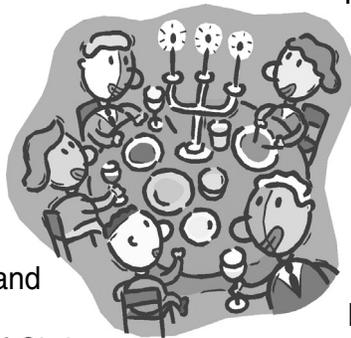
Around 7:30, the chorus will take the stage for a fun and festive cabaret show featuring a musical (and sometimes comedic) take on the sentiments and celebrations of the season, as well as songs about everyone's favorite vice...

FOOD! The program includes beautiful choral works and music of the season by the entire ensemble, plus several wonderful solo/small group numbers that are sure to make you smile, sing along, or laugh out loud.

It will be an evening filled with shopping, social-izing, music, and a little mirth, too. Could there be a better way to get into the 'holiday' spirit?

So before you get too wrapped up in "those holiday greetings and gay happy meetings, when friends come to call", we hope you'll save the date and join us for **Eat, Drink, and Make Merry!, Saturday, December 10th, starting at 6pm.** Better still, call our office or see any chorus member for your tickets to this limited-seating, one-night-only event. Tickets are \$45 in advance, \$50 at the door, as available. (Our cabaret venue: 6245 E. Bellevue Street, 85712, northeast of Speedway and Wilmot)

For tickets or additional information about **Eat, Drink, and Make Merry!**, please call our office at 520-791-9662, or visit our website: www.desertvoices.org.



Add Another Notch to the Holiday Belt!

PFLAG (Parents and Friends of Lesbians and Gays) will once again serve a fabulous, festive meal to the Tucson LGBT Senior community. If you were there last year, you remember all of the delicious food that PFLAG members lovingly prepared for us, and the great company of fellow seniors. This year, the dinner will be held Saturday, December 10th at 4PM at the Rincon Congregational United Church of Christ, 122 N. Craycroft Rd., north of Broadway, on the east side of Craycroft, in the Fellowship Hall (east of the main parking lot in the building resembling a small chapel). Last year's crowd was larger than expected, so PFLAG requests that you PLEASE RSVP if you plan to attend, so that they know how much food to prepare. Contact Jack or Karen at 520 207-9120 (you can leave a message) or send an email to karenj7@cox.net. And thank you in advance to PFLAG!



Join Senior Pride for our annual walk through the Winterhaven Festival of Lights to enjoy the awesome holiday lights and sounds. We will meet at the intersection of Tucson Blvd. and Kleindale Rd., 1/4 mile north of Ft. Lowell Rd. at 530PM on Wednesday, December 14th, one of the pedestrian evenings (only limited vehicular traffic - mostly horse-drawn conveyances). After viewing the displays, those interested are invited to meet at 730pm at the India Oven Restaurant, 2727 N. Campbell Ave., just south of Glenn St. If you plan to join us for dinner, PLEASE RSVP to Lee or Merlin at 520 207-5336 so that they can reserve sufficient space. This event is free, but it serves as a fundraiser for the Community Food Bank, so please bring one or more non-perishable food items to donate in order to help the Food Bank make it a

Happy Holiday for those needing food assistance.

Living Healthy With Arthritis Lecture

This month's presentation by the Arizona Arthritis Center is titled "Rheumatology Road Trip", featuring Susan Knowles MD and Rafael Grau MD, speaking about why they chose the specialty of Rheumatology. The talk is free and open to the public and takes place Wednesday, December 7th from 6 to 730PM in the University Medical Center, 1501 N. Campbell Ave., Chase Bank Auditorium Room 8403. Please call 520 626-5040 or email livinghealthy@arthritis.arizona.edu to register.

Have Parkinson's, Will Rap

As we age, we all become susceptible to various diseases and conditions. It's tempting to resign ourselves, get depressed and withdraw. Sharon Kha, diagnosed with Parkinson's Disease, decided not to give up. One of her strategies was to compose rap routines, making light of her condition. Parkinson's can produce a slowing down of movements and a freezing of facial expression. But as part of her fight against Parkinson's, rapping gets her to move her arms and animate her facial muscles. Google "Parkinson's Rap" to view some of her routines.



Tucson Rainbow Build - Habitat for Humanity

The official drive to raise money for the Rainbow Build II, the second Habitat for Humanity Tucson house, has started. The house is scheduled to be built in 2012. To build such a home, LGBT groups and individuals (of any persuasion) contribute money for materials and then work together to construct it. We were strong supporters of

Voluntary Participants Sought for Two Interesting Studies

Seniors Wanted for Study at Speech/Hearing Lab at U of A

Have you heard of the ongoing sentence comprehension study at U of A Speech/Hearing/Brain Lab? They are looking for Seniors ages 60-85, Native English speakers, no history of language/learning/neurological disorders.

Compensation will be provided. Parking provided next to bldg. at 1131 E. 2nd. St.
Call 520-626-0831, or email slablab@email.arizona.edu

Perceptions of GLBT Health Care

My name is Michael Ioerger and I am a psychological researcher who studies LGBTQ health care. I am currently working on collecting data for a study investigating LGBT persons' perceptions of their primary care providers. As part of the recruitment process I am trying to reach out to the broadest, most diverse group of LGBTQ people possible, which includes reaching out to community groups in Arizona. I would greatly appreciate it if you would read the participant recruitment notice (below) and consider helping us in this study.

Thank you for your consideration!

Participant Recruitment Notice:

We are conducting an on-line study at Colorado State University to assess gay, lesbian, bisexual, and transgender persons' perceptions of their primary care medical providers. The only requirements for participation in this study are that you are at least 18 years of age or older, self-identify as gay, lesbian, bisexual, or transgender, and currently have a primary care physician.

Participation in this research requires only that you complete a brief survey that asks questions about you and your perceptions of your primary care physician. We do not ask questions that require you to provide any personally identifying information, or to provide any information about the identity of your primary care physician. Your responses will be kept strictly confidential, and all data will be encrypted using the same standards that businesses use for handling credit card information.

If you are interested in participating in this research, please go to the web address below for more information.

<https://www.psychdata.com/s.asp?SID=143991>

Principal Researcher: Dr. Jennifer J. Harman
Co-Investigators: Dr. Justin J. Lehmilller and Michael Ioerger

This project has been approved by the Colorado State University Institutional Review Board (Protocol #11-2944H).

Michael Ioerger
Graduate Student

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December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Iron Horse Park Cleanup 9:00 AM	7 Arthritis Lecture 6:00 -7:30 PM (see newsletter for details)	8	9	10 PFLAG Holiday Dinner - 4:00 PM Desert Voices Cabaret Concert 6:00 PM
11	12	13 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	14 Walk through Winterhaven 5:30 PM with dinner at India Oven after	15	16	17 40s and Better Breakfast Group 9:30 – 11:00 am
18	19	20 Iron Horse Park Cleanup 9:00 AM	21	22	23	24 Christmas Eve
25 Christmas Day	26	27	28	29	30	31 New Year's Eve Night Thing JW Marriott Starr Pass Resort & Spa 7:00 PM – 2:00 AM

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

the first build, which was in 2005, and have been asked to contribute to this one. This second house will be targeted for an eligible LGBT family.

The 2005 Tucson Rainbow Build was the first LGBT build in the nation and was featured in the July 19, 2005, issue of The Advocate. Some 35 Tucson organizations joined together in that effort.

As incentive, the Alliance Fund is giving \$2,000 as a grant. The total amount the community needs to raise is \$22,000. This should be doable if each organization that helped on the first build - such as PFLAG - comes up with \$1000-\$2000. To contribute, you may make out checks to PFLAG Tucson with "Rainbow Build II" on the notation line and send them to P.O. Box 36264, Tucson, AZ 85740. We will then submit a single check to Habitat for Humanity for the build.

For more information about Habitat for Humanity Tucson, visit <http://www.habitattucson.org>.



Michael and Rick's 4 bits (a postscript for 2011)

Despite the gridlock in Washington and the faltering economic situation, 2011 has not been all bad. The LGBT community nationwide has made some long fought for advances as well as some of the usual setbacks. We have much to be thankful for and much left to accomplish in the future.

Wingspan Senior Pride is still going strong and we want to extend warm wishes to all for a happy holiday season - whether you celebrate Christmas, Hanukkah, Kwanzaa or even if you don't celebrate at all. To any and all among you we wish to point out some of the events and activities of the season which are just around the corner. Please read our newsletter for details on the dates and locations for some of the fun that is available to you and your friends and loved ones

during December. We hope to see you at some of these events and, as always, we extend our invitation to all of our readers to join us in making Senior Pride a vibrant and ongoing service to the LGBT senior community.

Happy Holidays to all and to all a heartfelt thanks and best wishes for 2012!

December 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, December 6 and December 20

(1st and 3rd Tuesdays) 9:00 AM (NOTE TIME CHANGE!)

Adopt a Park Iron Horse Cleanup

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



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

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

Saturday, December 17 (every 3rd Saturday of the month)

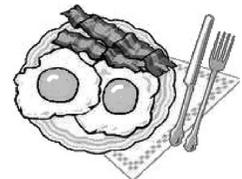
40s and Better Breakfast Group

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





430 E. 7th Street
Tucson, AZ 85705

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In the old days, it was not called the Holiday Season; the Christians called it "Christmas" and went to church; the Jews called it "Hanukkah" and went to synagogue; the atheists went to parties and drank. People passing each other on the street would say "Merry Christmas!" or "Happy Hanukkah!" or (to the atheists) "Look out for the wall!"

~Dave Barry

**A lovely thing about Christmas is that it's compulsory,
like a thunderstorm, and we all go through it together.**

~Garrison Keillor

I once wanted to become an atheist, but I gave up - they have no holidays.

~Henny Youngman

Just as a puppy can be more of a challenge than a gift, so too can the holidays.

~John Clayton

**Bloody Christmas, here again, let us raise a loving cup, peace on
earth, goodwill to men, and make them do the washing up.**

~Wendy Cope