



# SENIOR FORUM

Wingspan's Elder Voice

Volume 7 Issue 6  
June 2011

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

## Michael and Rick's 4 bits



During the month of June, we celebrate the 42nd anniversary of the Stonewall Riots in New York City which inaugurated the Gay Rights Movement in this country. June has been the traditional month of remembrance and festivities ever since those events took place in 1969. Our generation, in part due to our sheer numbers, has been a force to be reckoned with all during our history. We are the ones who have led the way in this movement both in claiming our rights and in educating a largely ignorant society about LGBT people and issues.

Here in Tucson we celebrate June as Pride Month with everyone else, but it's just too darn hot to hold parades and other outdoor activities along with other parts of the country. Wingspan, however, will not allow June to slip by without marking this important anniversary. On Sunday, June 26 at 2:00 PM, Tucson Pride, Inc. will hold a FREE event in collaboration with Wingspan at Fluxx Production Studios, 414 E. Ninth St. (ph. 520-622-3200). There will be a panel discussion of "Coming Out" stories. So "come out" and listen to and/or chime in to this discussion.

## Desert Voices Presents Thank You Concert

If you were unable to attend the final concert of Desert Voices 22nd season, don't miss your last chance to hear some of what you missed in Desert



Voices' free Flashback season wrap-up concert at 6:00 PM on Saturday, June 4th at St Mark's Presbyterian Church, 3809 E 3rd St, Tucson. The chorus will be featuring the best music from this season's concerts, including music from the fifties and the sixties. A reception will follow the concert. There is no admission charge, but donations will be welcome. Desert Voices, under the artistic direction of Chris Tackett, is Arizona's premier GLBTS chorus.

## "Bright"en Your Evening

Susie Bright, national bestselling author, activist and sex educator(!), will speak about her life and writings at a free event on Wednesday, June 15th at the Loft Cinema, 3233 E. Speedway Blvd. She has authored the books "The Sexual State of the Union" and "Full Exposure" and co-founded and edited the magazine "On Our Backs".



Each year, in celebration of Gay Pride month, the Pima County Library's Gay, Lesbian, Bisexual and Transgender Services Committee hosts an evening with an LGBT writer. Past authors have included Armistead Maupin (Tales of the City), Alison Bechdel (Watch out for Dykes), Gregory Maguire (Wicked), and Alex Sanchez (Rainbow Boys).

Susie promises to be a provocative presenter, so get there early (doors open at 630!).

## Water, The Best Drink

University Medical Center's monthly Living Healthy Lecture takes place, June 1st from 6 to 7:30pm in the Chase Bank Auditorium Room 8403 in the U of A College of Medicine, 1501 N. Campbell Ave.

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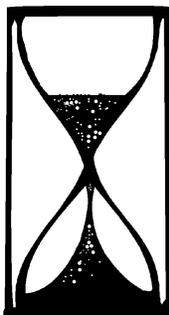
## **Water, The Best Drink** from pg 1

This free lecture will discuss the importance of staying hydrated and the easy and inexpensive way to do it using, of all things, water! Presented by Toni Coleman Miller of SCAN Arizona (Senior Care Action Network), registration is required at 520 626-5040 or at LivingHealthy@arthritis.arizona.edu.

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## **65 in '11**

This year the first of the baby boomers turns 65. Most boomers expect to live longer, healthier and happier lives than their parents. "If you had to pick one thing, one single thing that came closest to the Fountain of Youth, then it would have to be exercise." This quote is from James Fries, MD, a researcher on healthy aging at Stanford University. One evidence-based study done over the course of 21 years by Stanford researchers followed middle-aged members of a runners club and compared them with men and women who didn't exercise. The runners tended to stay fit and "spry", continuing to perform everyday activities for 16 YEARS longer than the other group! This means that regular exercise can allow us to continue to perform the tasks necessary to stay independent and able to care for ourselves as we age.



Although most of us may not be capable of running in order to get exercise, there are many ways to get regular exercise. Ask your doctor if it's appropriate for you to exercise and what types of exercise you can do safely. Walking is an excellent way to get in some exercise time. Senior Pride is doing a mall walk on 25th at the Tucson Mall. See the article and calendar for details and join the group for a leisurely stroll in air-conditioned comfort.

Yoga may seem like a strenuous, demanding discipline, but there are classes tailored to seniors that move more slowly and gently. University Medical Center recently

offered a class for people with arthritis and other chronic conditions. Armory Park Senior Center in downtown Tucson offers a class for seniors (call 791-4865). There are also video yoga classes available on DVD.

Dancing is a great and fun way to exercise. At least 2 Senior Pride members attend a monthly community dance called Ecstatic Dance, a smoke, alcohol and judgement-free expressive dance experience for all ages. It happens the 3rd Saturday of the month (call 981-1677 for info).

Tucson also has an LGBT and allies square dance group, T-Squares, which meets weekly at Cornerstone Fellowship Hall near Glenn St. and First Ave. Not only do you get moderate physical exercise, but it's a great way to keep mentally fit remembering the various calls and dance patterns (call 886-0716 for info). Armory Park Senior Center offers a ballroom dance on Saturday afternoons from 1 to 3:30 PM in their ballroom (call 791-4865 for info).

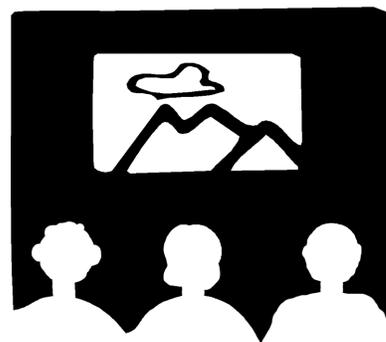
So get out and explore the options. If you have an idea or specific request for an activity, come to the monthly Senior Pride meeting and get something started.

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## **Notable Films in June**

### **Can't Keep the Topps Down on the Farm!**

The Topp Twins, two twin sisters from New Zealand who were raised on a dairy farm, went on to become a musical/comedy sensation in their home country and stars of the documentary *The Topp Twins: Untouchable Girls*, "the world's only comedic, singing, yodelling lesbian sisters" (now there's a phrase you'll probably never run into again!). The film is the final installment in the



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**Notable Films in June** from pg 2

Lesbian Looks film series for 2010-2011 and will open on Friday June 10th at the Loft Cinema, 3233 E. Speedway, just east of Country Club. Regular admission prices apply (\$9 regular, \$6 seniors 65 and older, \$7 students and military and \$5 Loft members).

**Two Spirits: A Documentary Film  
by Lydia Nibley**

Before the arrival of Europeans to the New World, many Native American cultures revered community members of diverse sexual identity and expression. The film "Two Spirits" centers on the brutal murder, in a small Colorado community, of Fred Martinez, a 16-year-old Navajo, who possessed a balance of masculine and feminine traits and was part of the honored "nadleeh" or "two spirit" tradition in his Native American culture. The film features interviews with Fred's mother and

commentary by Native Americans who discuss sexual orientation and identity in their communities and the broader U.S. society. With beautiful cinematography and poignant stories, the film explores the essentially spiritual nature of gender.

"Two Spirits" will be shown free of charge to the public at 4 Pima County Public Libraries during the month of June.

**Wednesday, June 8th** from 6 to 8PM at Main Library, 101 N. Stone Ave.

**Monday, June 13th** from 6 to 8PM at Himmel Library, 1035 N. Treat Ave. (near Speedway and Tucson Blvd.)

**Wednesday June 15th** from 5 to 7PM at Geasa-Marana Library, 13370 N. Lon Adams Rd.

**Saturday June 18th** from 330 to 5PM at Miller-Golf Links Library, 9640 E. Golf Links Rd.

**TMC Senior Services Presentations**

The following presentations on health topics of interest to seniors will be offered in June by Tucson Medical Center's Senior Services Center, 1400 N. Wilmot Rd. These presentations are free and open to the public, but pre-registration is required by calling 520 324-4345.

Wednesday, June 1st  
from 9 to 1030 AM      Neurological Lecture - Peripheral Neuropathy  
from 130 to 330 PM      Alzheimer's film and discussion - "Complaints of a Dutiful Daughter"

Wednesday, June 8th  
from 10 to 1130 AM      Hospital Safety:Partnering to Prevent Infections

Tuesday, June 14th  
from 1 to 230 PM      Emotional Healing and Recovery: Supporting Each Other in Later Life (Call 390-3484)

Wednesday, June 15th  
from 9 to 11 AM      Neuro Fitness with Becky Farley

Tuesday, June 21st  
from 9 to 1030 AM      Neurological Lecture - Diagnosing Brain Disorders

<b>June 2011</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> COSCO Presentations: 9:00 - 10:30 AM  1:30 - 3:30 PM TMC El Dorado Campus	<b>2</b>	<b>3</b>	<b>4</b> Desert Voices "Thank You" concert - 6:00 PM St. Mark's Presbyterian
<b>5</b>	<b>6</b>	<b>7</b> Iron Horse Park Cleanup 9:00 AM	<b>8</b> COSCO Presentation: 10:00 - 11:30 AM  TMC El Dorado Campus	<b>9</b> Volunteer Appreciation Picnic Historic Y 6:00 PM	<b>10</b> Lesbian Looks Film Series: The Topp Twins Loft Theatre	<b>11</b>
<b>12</b>	<b>13</b> Film: "Two Spirits" Himmel Library 6:00 - 8:00 PM (see newsletter for other showings)	<b>14</b> Wingspan Senior Pride Meeting Himmel Library 2:00	<b>15</b> COSCO Presentation: 9:00 - 11:00 AM  Susie Bright Loft Theatre - 7 PM	<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 COSCO Presentation: 9:00 - 10:30 AM	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>  Mall Walk at Tucson Mall 11:30 AM
<b>26</b> Tucson Pride / Wingspan Panel Discussion Fluxx Production Studios 2:00 PM	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

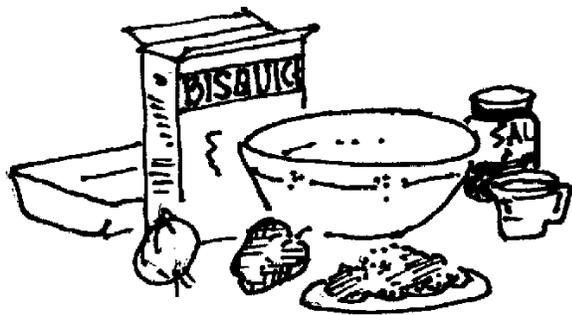
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

## Senior Pride Mall Walk at Tucson Mall

Senior Pride will hold a mall walk at the Tucson Mall (Wetmore between north Oracle and Stone) on Saturday, June 25. We will meet in the food court at 11:30 AM, walk around for a while and then have lunch together in the food court. Come and join in for some mild exercise and good baby-boomer social interaction.

### Recipe for June

Southwest Beef Tart Serves 6



#### Ingredients:

3 1/2 cups baking mix (Bisquick)  
1 cup milk  
1 lb. lean ground beef - browned  
16 oz. medium salsa  
1 medium bell pepper - chopped  
3/4 c minced onion  
1/4 t garlic powder  
2 c shredded cheddar or jack cheese

#### Method:

Heat oven to 350 degs. In a bowl, stir together baking mix and milk until a soft dough forms. Turn mixture onto a surface dusted with baking mix and knead 10 times. Roll dough into a rectangle 1/2" thick. Cut dough into 1" squares. Place dough onto a baking dish 9x13x2 inches. Mix garlic powder into salsa. Top dough with beef, salsa, bell pepper & onion. Bake, uncovered for 25 minutes. Sprinkle with cheese and bake another 10 minutes or until cheese is melted.

## The Top 25 (plus two)

Anti-oxidant rich foods should be an important part of our diets. In addition, these foods add other nutrients and fiber to our diet. The top 25 anti-oxidant foods are, in descending order: number one-.PRUNES (a double whammy!), followed by raisins, blueberries, blackberries, garlic, kale, cranberries, strawberries, raw spinach, raspberries, brussel sprouts, plums, alfalfa sprouts, steamed spinach, broccoli, beets, avocados, oranges, red grapes, red peppers, cherries, kiwi, baked beans, pink grapefruit, and kidney beans. Carrots come in at number 40 and tomatoes at number 42.

## June Events

### Meander in Tucson Meetup Group

List of events for lesbian women

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

### Tuesday, June 7 and June 21

(1st and 3rd Tuesdays) 9AM

### Adopt a Park Iron Horse Cleanup

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

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

### Senior Pride Planning Meeting

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



### Saturday, June 18

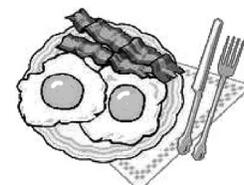
(every 3rd Saturday of the month)

### 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

Phone contact: Carol  
Ehrlich 520-584-0339





430 E. 7th Street  
Tucson, AZ 85705

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**There came a time when the risk to remain tight in the bud was  
more painful than the risk it took to blossom.**

- Anaïs Nin

*The man who views the world at fifty the same as he  
did at twenty has wasted thirty years of his life.*

- Muhammad Ali

*For most men life is a search for the proper manila envelope  
in which to get themselves filed.*

- Clifton Fadiman

There are... things which a man is afraid to tell even to himself,  
and every decent man has a number of such things stored away  
in his mind.

- Fyodor Dostoyevsky, "Notes from the Underground" 1864

If in the last few years you haven't discarded a major opinion or  
acquired a new one, check your pulse. You may be dead.

- Gelett Burges