



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 12
December 2013

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

Michael and Rick's 4 bits



Let's start with the obvious - the holiday season is here again. Which means that overeating, overspending and over-justabouteverythingelse is upon us. There are concerts to attend, dinners and office parties to think about, and all the usual mayhem that the season brings with it. Senior Pride wants to point out some of the things that may be of interest to you and your friends in our community. Music and food take the lead:

Our Holiday Concerts

The first of our two featured concerts is the one by Reveille Mens' Chorus on December 6th & 7th at 8 PM with a Sunday matinee on December 8th at 3 PM. Reveille will be singing and performing at Grace St. Paul's Episcopal Church, 2331 E. Adams St. in Tucson. Reveille is celebrating its 19th season and the holiday show is called "It's a Fabulous Life!".

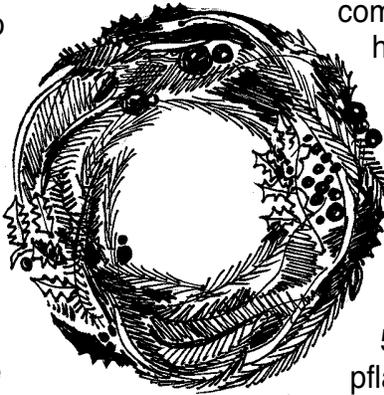
The following weekend is Desert Voices annual Cabaret fund-raiser to be held downtown in the Scottish Rite Cathedral, 160 S. Scott Ave. This is the 25th season for Desert Voices and they invite everyone to enjoy an evening of holiday music interspersed with a magnificent collection of items to be included in their silent auction during the festivities. The fun begins at 6 PM on Saturday, December 14th with an hour of silent auction browsing and bidding with the first part of the DV performance beginning at around 7 PM.

Both Reveille and Desert Voices are under the leadership of Shawn Cullen this year. Shawn

has been the Artistic Director of Reveille for several years and is now the Artistic Director for Desert Voices as well. It will be interesting to see his work with both choruses - one a male chorus and the other a mixed chorus. Let's see a great turnout for both!

PFLAG's Annual Holiday Dinner

The Tucson chapter of PFLAG is again hosting a dinner for Senior Pride, its allies and the community at large. Due to the holidays Senior Pride is combining its monthly potluck on the fourth Saturday of the month and joining with PFLAG to make this dinner possible. We are asking that everyone contribute something to share this year making it a shared effort. Please call Mick Meader at 520.323.0092 or email pflagtuc@pflagtucson.org to RSVP or for further information.



This dinner is scheduled on December 14th at 4 PM at Rincon United Church of Christ, 122 N. Craycroft Road (just N of Broadway on the E side of Craycroft) in the Fellowship Hall. NOTE: The dinner is beginning at 4 PM so that anyone planning to attend Desert Voices' concert downtown at 6 PM will still be able to attend both events. Call it 'Dinner and a Show'!

News Flash!

Young Man, Straight, Eagle Scout, Honor Student, Exemplary American...

Raised By Two Moms!!!!

After the Iowa State Supreme Court, in 2009, declared that denying marriage to same gender couples was unconstitutional,

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the Iowa House proposed a constitutional amendment that would redefine marriage as between one man and one woman and eliminate the possibility of civil unions between same-sex couples in the future.

Zach Wahls, a 20-year-old man born to a single lesbian woman by artificial insemination from an anonymous donor, gave a 3-minute address in 2011 to the Iowa House in opposition to the proposed amendment. He, with a younger sister, had been raised by his mother Terry and Jackie, with whom she partnered when the children were young. His speech was loaded onto the internet and went "viral", with over 20 million "hits" on Youtube. To watch the video, go to youtube.com/watch?v=FSQQK2Vuf9Q, or google "Zach Wahls speech" and click on the youtube video.



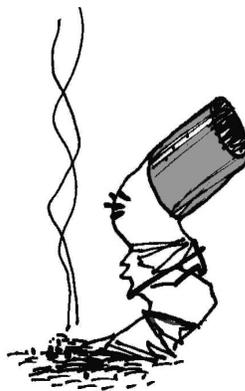
In his 2012 book "My Two Moms", Zach tells the story of his family, growing up with two moms and the values that they instilled in him. One of the points he makes in the speech and in his book - "But

in my 19 years, not once have I ever been confronted by an individual who realized independently that I was raised by a gay couple."

Since his internet fame, Zach has appeared on news programs, the Ellen Degeneres Show and has been invited to speak in many venues. He gets asked questions like "Are you gay?" (Guess his moms failed to recruit him) and "Which one of your moms is the man?", which he says seems to him like going "into a Chinese restaurant and asking which chopstick is the fork...It's a whole different set of utensils."

Time to Quit?

According to the American Lung Association, among the general population of the United States, 28 percent of adults and up to 35 percent of youth smoke cigarettes.



Within the LGBTQ communities, that number is estimated to be 50 percent of adults and up to 59 percent of youth. This amounts to an estimated 30,000 deaths in the LGBTQ community every year due to tobacco-related diseases.

The ASHLine, a free service to all Arizonans, is a program to assist people in quitting tobacco (even chewing tobacco). It is funded by the state tobacco tax and provides telephone and internet assistance to individuals who want to stop using tobacco. All information is confidential and the counselors are former tobacco users who understand the difficulties involved in quitting. The ASHLine can be reached by calling the toll-free number 1-800 556-6222 or going to their website at <http://www.ashline.org/>.

Currently, there is a study in progress to assess how to better meet the needs of LGBTQ tobacco users attempting to quit. During November and December, informal discussion groups with members of the LGBTQ community will be held at public library branches to learn more about the experiences of our community with tobacco. If you would like to participate, please call Dawn Curry at the Tucson office at 520.318.7212 ext. 236 or email her at dawn@ashline.org. Participants will receive a \$20 Target gift card for their input, and all information will be strictly confidential.

Don't wait till the new year to resolve to quit. Invest in your health, your friends' and partners' health and the health of our community.

What's that Noise?

Tinnitus, (from the Latin meaning "ringing"), is a constant noise (described as a ringing, crackling, whining, buzzing or other annoying sound) that an individual hears.

Approximately 95% of cases are labeled "subjective", meaning that only the individual

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What's that Noise? from page 2

can hear the sound, but objective tinnitus occurs in 5% of cases, where the sound can be heard by others when a stethoscope is placed against the ear of the sufferer!

Tinnitus can be annoying or seriously debilitating. It is estimated that as many as 50 million people in the U.S. have experienced the condition and approximately 7.5 million describe the condition as debilitating. It is not known what causes all cases and there is no "cure", but some causes include pathological conditions such as elevated intracranial blood pressure, brain injury including stroke, ear infections and central nervous system problems. Non-pathological precursors can include noise-induced hearing loss (didn't mom warn you about that loud music?), aging, neck injury, dental procedures, muscle spasms and drugs and medications. More than 200 meds can cause tinnitus when starting or stopping the med (including aspirin, anti-inflammatories, anti-depressants, quinine and chemotherapy agents).

Some consequences of tinnitus include difficulty sleeping and relaxing, irritability, distraction at work, discomfort in silent situations and a limiting of personal interactions.

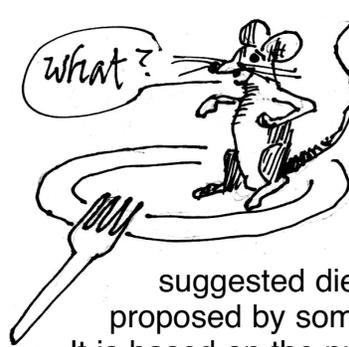


Since most tinnitus cannot be eliminated, there are management strategies to deal with it. Lifestyle changes can lessen symptoms, such as decreasing sodium in the diet, eliminating alcohol, caffeine and nicotine (see accompanying article above about smoking cessation). Stress management can help reduce awareness of

symptoms and reduce muscle tension if that is a contributing factor. Masking can use competing sounds to distract attention from the symptoms (especially helpful when trying to get to sleep). Hearing aids can amplify ambient sounds to mask the symptoms. And therapy can alleviate the concern and focus on the condition, improving one's emotional

state and decreasing the negative perception attached to tinnitus.

The University of Arizona Hearing Clinics have developed a series called Living Well With Tinnitus, where individual strategies will be offered to deal with the problem. Call 520.621.7070 to get more info. (This article was compiled from a TMC Senior Services presentation)



"I Loves Meeces to Pieces"

The Paleo (as in Paleolithic, Stone Age) diet is just one of the

suggested diet options being proposed by some health advocates.

It is based on the premise that our bodies have not changed much evolutionarily in the relatively short time span since our Stone Age ancestry, when humans were hunter/gatherers, eating meat of wild animals, fish, eggs, fruits, vegetables, seeds and nuts.

With the advent of agriculture only about 10,000 years ago, humans began eating new foods to which our digestive systems have not had enough time to evolve, such as dairy and cereal grains and more recently refined and processed foods.

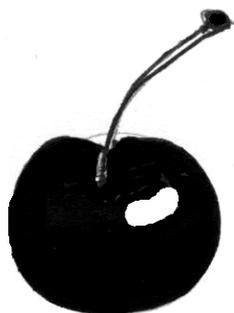
Miles Olsen, an advocate of a return to the hunter/gatherer diet and lifestyle, in a book titled "Unlearn, Rewild", suggests that "pests" such as mice and moles can be nutritious additions to our diet. "Mice are a source of valuable protein, fats and minerals that we barely have to get out of the house to harvest" (Forget Truly Nolen). "First, simply skewer the dead mouse and roast it over coals. Don't bother skinning it. That would expose you unnecessarily to potential pathogens [hantavirus]...Eat the whole thing, bones and all - they are tiny and will crunch up in your mouth, a valuable source of calcium...A delicious, crunchy little treat." Or you could always stick a twig into an anthill and once you've collected some ants on the twig, strip them off with your mouth for a tangy snack!

December 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Iron Horse Park Cleanup 9:00 AM	4	5	6 Reveille Mens' Chorus Concert 7 PM - Grace St. Paul's Episcopal	7 Reveille Mens' Chorus Concert 7 PM - Grace St. Paul's Episcopal
8 Reveille Mens' Chorus Concert 3 PM - Grace St. Paul's Episcopal	9	10 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	11	12	13	14 PFLAG/Senior Pride potluck @ Rincon UCC - 4 PM Desert Voices Cabaret Concert & Silent Auction 6 PM - Scottish Rite Cathedral
15	16	17 Iron Horse Park Cleanup 9:00 AM	18	19	20	21 40s and Better Breakfast Group 9:30 – 11:00 am
22	23	24	25 Christmas Day	26 Kwanzaa	27	28
29	30	31				

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

More Food Grotesquerie

The original maraschino cherry, a ubiquitous holiday presence, was made in Europe from a dark, sour cherry called the marasca. A clear liqueur was produced from the fermented cherries and whole cherries were soaked in the liqueur to produce the genuine maraschino cherry.

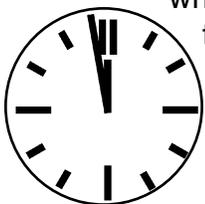
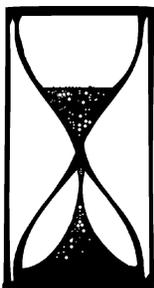


But leave it to U.S. ingenuity to improve upon an Old World product. Because

marasca cherries were rare in the U.S., sweet cherries were substituted, but they had to be "processed". The cherries were "bleached" with sulphur dioxide, turning them to mush, which then had to be treated with calcium carbonate (lime used in plaster) to harden them, then they are dyed red with coal tar, and finally flavored with an extract of stone fruit called benzaldehyde and packed in sugar syrup. Bon appetit!

How the Other Half (of 1%) Lives

The holiday season is approaching and it may be time to think of gift ideas, if you're in to the materialist thing. Think that Rolex, Cartier, Piaget or Patek Philippe would make a generous gift? These expensive watches have become common and déclassé among the ultra rich. The new standard is from the Swiss watchmaker Franck Muller, really suitable only for Methuselah, who is believed by some to have lived to the age of 969 years. The Aeternitas, which sells for \$736,000 promises to tell the day, date, time, months and moon phase for the next 1,000 years (taking into account leap years!)



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 3 & December 17

(1st and 3rd Tuesday) 9:00 AM
(NOTE TIME CHANGE) **Adopt a Park Iron Horse Cleanup**
Iron Horse Park 10th Street between 3rd and 4th Avenue

Tuesday, December 10 (2nd Tuesday) Senior Pride Planning Meeting

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



Saturday, December 14 PFLAG Tucson hosts annual holiday dinner for Senior Pride and allies at Rincon UCC church. This dinner is in lieu of our regular monthly potluck. See article above for details. Phone contact: Lee Roden/Merlin Spillers 520-398-6826 or Mick Meader: 520-323-0092

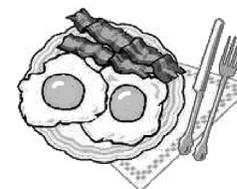
Saturday, December 21

(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





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Holidays are about experiences and people, and tuning into what you feel like doing at that moment. Enjoy not having to look at a watch.

~ Evelyn Glennie

Holidays are all different depending on the company and time of your life.

~ Dominic Monaghan

I've got two young children, so holidays are not the same as they used to be. There are now two types: family holidays and holidays you need from that holiday.

~ Diego Luna

Nothing says holidays like a cheese log.

~ Ellen DeGeneres

I've never understood activity holidays since we seem to have far too much activity in our daily lives as it is. Find a culture where loafing is the order of the day and where they don't understand our need to be constantly doing things. Find somewhere you can have a hammock holiday.

~ Tom Hodgkinson