

The SAGE

The Newsletter of SAGE of South Florida

July 2021

Fifty-six years ago, on July 4th, 1965, forty men and women staged the first “Annual Reminder” demonstration at Philadelphia’s Independence Hall. The demonstrators carried signs which called for “Homosexual Civil Rights” and proclaimed that “Homosexuals Should Be Judged as Individuals”. The fifth and final demonstration took place on July 4, 1969, several days after an incident occurring ninety miles away at New York’s Stonewall Inn would ignite a more visible and vocal gay activism for equality.



Much has been achieved since then. In 1973, the American Psychological Association no longer classified homosexuality as a mental illness. In 2015, the US Supreme Court legalized same-sex marriage. And last year the Court decided that the 1964 Civil Rights Act’s prohibition of discriminatory employment practices on the basis of sex includes protection of LGBTQ workers. Still today, 29 states (including Florida) offer no legal protection to LGBTQ citizens from discrimination in housing, healthcare, public accommodations and services. This would be remedied by passage of the federal Equality Act. The Act would amend the 1964 Civil Rights Act to include protection against discrimination based on sexual orientation and gender identity. The latest version of the Act was passed by the US House of Representatives this past February and now awaits action in the Senate. Despite President Biden’s support of the legislation, and widespread public support for protection of the LGBTQ population against discrimination, the Act has yet to attract the necessary number of Republican votes required for passage. Conservatives are fueling Republican opposition by claiming that the Act undermines “religious freedom” (the gay wedding cake trope), and that it attempts to “eliminate women” by protecting the rights of transgendered individuals. The fight for equality continues.

During this year’s July 4th celebration, take a moment to reflect upon the progress made in the last fifty years by those courageous LGBTQ individuals who have fought for and won expanded recognition and freedoms for not only ourselves but for all Americans. Do what you can to move the narrative forward!

SAGE BIRTHDAYS FOR THIS MONTH

The SAGE Board would like to acknowledge the following members whose birthdays are this month as well as any other member whose birthday that we don't have.
If, when you renewed your membership or became a new member you did not give us your birthday, you may call the office and leave the information at 954.634.7219 or e-mail us @ sagesofl@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
ROBERT	BOZEK	July-01	ANDREW	MASTERTSON	July-22
MATT	FARBER	July-02	GEORGE	HASANDRAS	July-23
RALPH	TANZI	July-06	DAVID	TREECE	July-23
LINDA	EDIN	July-09	DOMINIC	DESANTIS	July-24
KENNETH	GOODMAN	July-12	ROLAND	LAPERLE	July-24
BRETT	PEELER	July-13	GENE	MAJKA	July-25
PATTI	LYNN	July-17	DOMINIC	BISIGNANO	July-27
PAUL	FASANA	July-20	BILL	HIRSCH	July-29
KEITH	HICKMAN	July-20			

5 Year Anniversaries

BARRY BATES, DAVID STAMPS

15 Year Anniversaries

ANTHONY CIANCE

10 Year Anniversaries

ELIOT H. COHEN, TOMMASO LEPORE

New Members

JIM AMON, JACQUES TOURANGEAU

If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years and you have not received your pin, please call the SAGE office (954.634.7219) to pick it up.

SAGE OF SOUTH FLORIDA

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SAGE MISSION STATEMENT: SAGE of South Florida (Senior Action in a Gay Environment)) is a non-profit organization which seeks to enrich the lives of the GLBT senior community through membership inclusive of age, gender, race, nationality, and religion. We believe this can be accomplished by sponsoring social alternatives, by providing personal interaction, by offering educational opportunities to deal with the special needs of aging, and by promoting contact with the isolated and home-bound persons of our community. SAGE was founded in 1994 as a Florida "not for profit" corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax-deductible donations.

SAGE EDITORIAL POLICY : SAGE welcomes contributors to the newsletter. An author may request their entry be "anonymous". However, the submission, as received by SAGE, must be accompanied by the full name and address of the author. Items will be published at our discretion, and such publication does not constitute endorsement by SAGE of South Florida. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit articles for length, clarity, or standards of decency. We do not accept paid ads in the newsletter.

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REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

IMPORTANT MESSAGE REGARDING SAGE ACTIVITIES

Due to the COVID-19 virus restrictions, SAGE of South Florida has canceled special events and suspended most regularly scheduled activities for July. SAGE members will be notified when *SAGE Women's Lunch*; *SAGE Lunch & Learn*; *See You at the Movies* and *SAGE/Prime Gentlemen Movie* resume. Until then, Be Safe and Stay Healthy!



THE ROUND TABLE

Paul McNamara

This CoEd group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, is meeting remotely using the Zoom platform to discuss contemporary topics and ideas from **2:30-3:30pm** on the **second and fourth Monday of each month**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for **July 12th** is *The History of Sodomy Laws*, presented by Michael Vita. *Sodomy is defined as anal or oral copulation with a member of the same or opposite sex. In practice, sodomy laws have rarely been enforced against heterosexual couples and have mostly been used to target homosexuals. Michael will lead a discussion on the history of sodomy laws and their eventual repeal.* The topic scheduled for **July 26th** is *Thirty Years Volunteering at the Circus World Museum*, presented by John Lloyd. *John began as a volunteer for the Circus World Museum and the Great Circus Parade in 1990. Thirty years later he described the circus as a "mysterious mistress that won't let go of me." John's presentation will include anecdotes about his circus experiences as well as a virtual guided tour of the world's largest circus museum.*

Please email Ed Slough at WILDHYBRID@aol.com if you would like to be on the mailing list to receive notice of upcoming topics and background material for the sessions.



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Frank Piasecki & Jean Arthurton



This Co-Ed discussion group meets every Monday at 11:00am at the Volen Center, 1515 W. Palmetto Park Road, Boca Raton, subject to COVID safety precautions and requirements. Those unable to attend in person can participate remotely via the Zoom video conferencing platform. If you don't have access to video-conferencing devices, you can participate by calling in to the meeting on your cell phone. **If you would like to be invited to the SAGE SOBA Zoom meeting, send your request to: virtual_soba_group@aol.com.** Everyone is welcome.

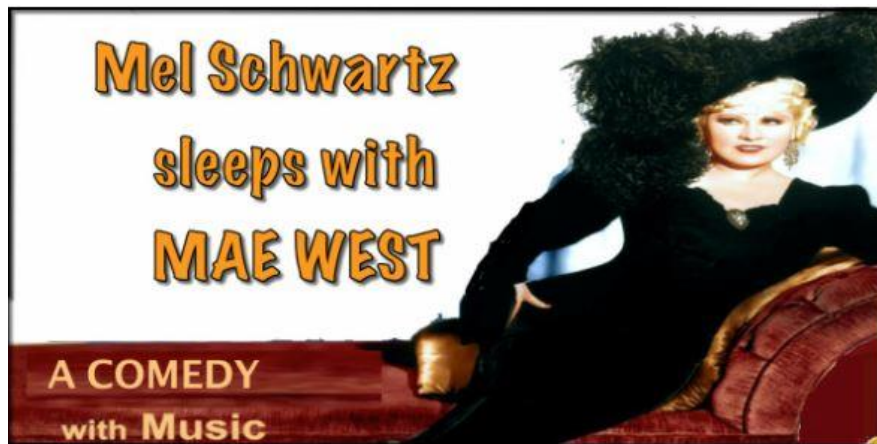
SAGE BOOK DISCUSSION GROUP



Thomas Mallon's historical fiction novel – *Fellow Travelers* – takes us back to the nominally peaceful mid-1950s, when the twin menaces of Communism and homosexuality were the real enemies of all things American. Washington, D.C. at that time was a world of bare-knuckled ideology, hard drinking, and secret dossiers, dominated by such outsized characters as Richard Nixon, Drew Pearson, Perle Mesta, and Joe McCarthy. Into this fevered city steps Timothy Laughlin, a recent Fordham graduate and devout Catholic eager to join the crusade against Communism. A chance encounter with a handsome, profligate State Department official, Hawkins Fuller, leads to Tim's first job in D.C. and – after Fuller's advances – his first love affair. Now, as McCarthy mounts an increasingly desperate bid for power and internal investigations focus on "sexual subversives" in the government, Tim and Fuller find it ever more dangerous to navigate their double lives. Drawn into a maelstrom of deceit and intrigue and clinging to the friendship of a beautiful young woman named Mary Johnson, Tim struggles to reconcile his political convictions, his love for God, and his love for Fuller – an entanglement that will end in a stunning act of betrayal. Moving between the Senate Office Building and the Washington Evening Star, the diplomatic world of Foggy Bottom and NATO's front line in Europe, *Fellow Travelers* is energized by high political drama, unexpected humor, and genuine heartbreak. The SAGE Book Group will be discussing this smartly-paced novel via Zoom on **July 10, from 11 AM to 12 noon**.



SAGE at Empire Stage Theatre



SOCIAL LITES

Sal Orlando

I'm Baaaack!!!

Finally seeing the light at the end of the tunnel with this never-ending pandemic. I'm sure everyone has been going stir crazy. We all need to shake off those mothballs. So here we go. Wanted to give you an update on what's in the works.

On December 4, we're Cruising with SAGE for a 6 day/5 night on the Regal Princess departing from Ft. Lauderdale. Everyone had a great time on the last one in December of 2018.

If you haven't booked yet, there is still time. Of course, since the initial deadline has already passed, prices are subject to change, and cabins subject to availability.

So, hurry and get on board. For more info or to book contact me. Also working on some fall events in which I will let you all know about in the coming months.

HAPPY BIRTHDAY AMERICA! Everyone enjoy the 4th of July festivities and try to stay cool! My count down has already begun, in less than three months, we will see summer leaving South Florida once again.

Reminder – there is still time to book your **SAGE December 12/04 – 12/09/21 Cruise**. For more info, contact me at **954 649-2036 or email sorlan8@aol.com**.

As always, for current ongoing activities both in person and via Zoom, consult your **SAGE** Calendar for meeting times and places.

Ciao for now.

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio

Ladies of SAGE, may we have your ATTENTION PLEASE! Come to the Co-Ed Drop-In. Kathy and Michael are your hosts, every **Thursday at 3:00pm. Join the fun on Zoom!** It's all user-generated content – Participants bring topics, stories, and concerns to share or discuss. Check us out. Schmooze, kibitz, see some of your old friends and make some new ones. Check your emails from SAGE for the weekly announcement and link to the meeting. All (including men) are welcome!

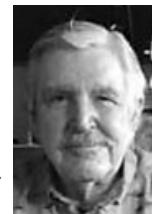


SAGE NIGHT OUT

Ed Slough

On Monday, **July 26th** at **Tropics Grille**, 2000 North Wilton Drive, Wilton Manors, SAGE resumes our popular Night Out informal dinners. Cocktail hour will be from 5:30PM to 6:30PM, and dinner will be at 6:30PM. Monday is Tropics 2-for-1 night, featuring two dinners for the price of one. Both dinners must be on the same check, but you can give the server two credit cards and split the check down the middle. You don't need to attend with a partner, as singles can pair off at the dinner. The occasional odd one out is usually accommodated by Tropics. This is an event for friends to gather together and celebrate the ability to socialize in person once again. It should be a good time for all. Please email me to let me know if you plan to attend so I can give Tropics a heads-up.

My email is: wildhybrid@aol.com. Thanks!



NOTES FROM THE MEN'S DROP-IN

Carl Barton & Jefy Gaines

SAGE Men's Drop-In meets every **Wednesday at 1:00pm to 2:00pm**,

via Zoom. **Captain Carl** and I, **Jefy**, are your hosts. Summer is upon us and plans are being made to make our Drop-In meetings "hybrid", which means we will have a scheduled Zoom meeting simultaneously with an in-person meeting. We will keep you updated as we progress. For now, we are meeting solely on Zoom – just click the link we send out and join us. Learn more about some of your old friends and make some new friends. At each meeting, after everyone has had the opportunity to share and if time permits, we have open discussions and "schmoozing". My favorite part is at the end when we have volunteers tell a couple of jokes for some laughs, and sometimes for some groans, all in fun. So, click the link every Wednesday afternoon at 1:00PM and join us!



IN MEMORIAM

SAGE has learned that long-time member Jack Myers died on February 28, 2021, at his home in Michigan. Jack was 91 years old. Jack was a retiree of Massey Ferguson in Detroit and enjoyed spending winters at his Pompano Beach condo. He was preceded in death by his parents, three brothers, one sister, and his partner, Earl Miller. He is survived by his many nieces and nephews. Our heartfelt condolences to his survivors, friends, and acquaintances. He will be missed by his SAGE family.





SAGE Health Tips

Gene Majka, APRN

Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

Summer's Here

♪ Dancing in the Street ♪

Okay, maybe we are not jitterbugging but we are moving at our own pace outside. Summer is hot which = dehydration (more than usual). Insufficient fluid intake, without replacement, is common in older people and associated with increased mortality and morbidity. Dehydration occurs in 17% to 28% of older adults in the United States and is a frequent cause of hospital admission. The loss of body water without sodium causes dehydration. Water is lost from the skin, lungs, gastrointestinal tract, and kidneys. Water loss may also be caused by medications, hyperthyroidism, asthma, and chronic obstructive pulmonary disease. As seniors' body fluid reserves become smaller, our ability to conserve water is reduced and our thirst sense becomes **less** acute.

Signs & Symptoms

Symptoms that may occur are: extreme thirst, less frequent urination with dark-colored urine, dry mouth, dry skin, fatigue, dizziness and confusion. Contact your health care practitioner if you have diarrhea for more than 24 hours, are irritable and much sleepier, cannot keep fluids down or have bloody or black stools.

Consequences

- **Heat injury.** Ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.
- **Urinary and kidney problems.** Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- **Seizures.** Electrolyte imbalance such as low potassium and sodium —can lead to involuntary muscle contractions (including your heart) and sometimes to a loss of consciousness.
- **Low blood volume shock (hypovolemic shock).** This is the most serious and sometimes life-threatening outcome. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.

All of these symptoms can lead to head injuries from falling down.

Prevention

I am sure everyone has heard about drinking 8 glasses of water a day. We all know if we did that we would be dancing in the bathroom and not in the streets, (cha cha cha). Think about high water content fruits such as watermelon, honeydew, cantaloupe, strawberries, pineapple, peaches and oranges. High water content vegetables are lettuce, celery, bok choy, radish, cucumber, zucchini, watercress, tomatoes, green bell peppers, and asparagus. The myth that coffee and tea cause dehydration has been debunked. Yes, even diet soda is okay as well as lemon water, fruit juices, sports drinks, smoothies and milk (shakes rattle and roll). Soups (hot or cold), broths and even popsicles are alternatives. Don't get caught in a rut, change your intake to different fluids every day.

Please be aware of the signs and symptoms of dehydration to avoid injury.

**To Dance the Bamba
Para Bailar la Bamba**

References and Resources:

Beverage Intake and Drinking Patterns—Clues to Support Older People Living in Long-Term Care to Drink Well: DRIE and FISE Studies
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6412353/>

Adult Dehydration: <https://www.ncbi.nlm.nih.gov/books/NBK555956/Dehydration>
<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

What Counts as Water? Stay Hydrated and Healthy: <https://www.webmd.com/parenting/features/healthy-beverages#1>
6 Ideas to Get Seniors to Drink More Water: <https://dailyaring.com/6-ideas-to-get-seniors-to-drink-more-water/>

SAGE cares because YOU care about your health.

Please always seek advice from your physician/nurse practitioner (HP's).
Thank you to my editors Ann Smith GNP, and Richard Calvin, R.N.

BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely. Free LGBT Bereavement Group helps to manage the waves and tsunamis of grief.
For days, time, and location contact: **Rev. Anne Atwell** – 954.462.2004x208 Anne@sunshinecathedral.net