

THE SAGE

The Newsletter of SAGE of South Florida

"SENIOR ACTION in a GAY ENVIRONMENT"

JANUARY 2006

SHOWTIME 2006

UP AND PREPARING FOR YOUR ENTERTAINMENT

Director and Producer, Rick Carlone held the first of many meetings to discuss this important production, our biggest fund raiser, and the plans are well under way for the largest theater event we've ever seen.

From the performers to the stage crew to the ushers and make-up people, everyone was enthusiastic and ready to make SHOWTIME 2006 an outstanding event.

Rick has always produced a show that has been worthwhile and one in which we have always come away with smiles on our faces. Watching our friends entertain year after year is always an evening to look forward to.

If you have a special talent whether it is on stage or backstage, let our office know and a member of Rick's staff will get back to you.

ELECTION 2005-2006

As we close-out 2005 it is time to begin thinking about your new Board of Directors and Officers.

The men and women I've had the privilege to serve with over the past three years have set an exemplary example of professionalism. These ten men and women have done an outstanding job of guiding SAGE of South Florida.

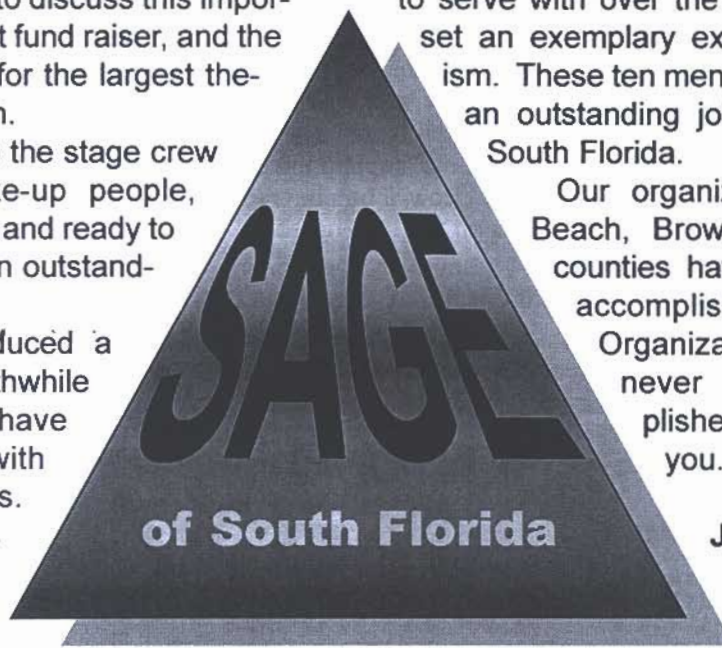
Our organizations here in Palm Beach, Broward, and Miami-Dade counties have set new records of accomplishment in the SAGE Organization. Something we never could have accomplished without every one of you.

JANUARY PICNIC SCRATCHED

Sorry gals and guys! Hurricane

Wilma severely damaged the facilities at Quiet Waters Park forcing us to cancel this years event. There has not been a replacement date scheduled at this time. ■

Larry Silberhorn



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SAGE Classifieds

SAGE ADVERTISING POLICY

Our monthly Newsletter is partially underwritten by advertising revenue. We have a written fee schedule for various sizes and number of months. An insert, instead of display advertising, is also available for businesses and organizations at a very reasonable rate. Contact Rick Carlone via the Message Line or email at ricjon@bellsouth.net for more information about business cards to full-page ads, classifieds and flyers. We appreciate our business supporters. As members, let's support them as much as possible.

HELP YOURSELF STAY HEALTHY

Taking your blood pressure at home

Monitoring your blood pressure at home may give you and your doctor a more accurate picture than a reading taken during the infrequent office visit.

Nervousness about having your blood pressure taken in a doctor's office can cause it to rise — a condition known as "white coat" hypertension.

Time of day, physical activity, diet, emotional stress, and certain medications may also affect blood pressure readings.

If you decide to use a home monitor, take it to your next office visit to check that its reading is the same or close to the reading on your doctor's monitor.

READINGS AT HOME

- **Avoid caffeine, cigarettes, and alcohol** for 30 minutes beforehand.
- **Relax for three to five minutes** before taking the reading.
- **Sit with your legs and ankles uncrossed** and back supported.
- **Place your arm on a table** at a 90° angle to your body, and be sure the cuff is at the level of your heart. The bottom edge of the arm cuff should be one inch above the crease of the elbow.
- **Keep a record of your blood pressure readings**, noting the time of day when they were taken.
- **Large people** may need a large-size cuff. ■

Every breath you take

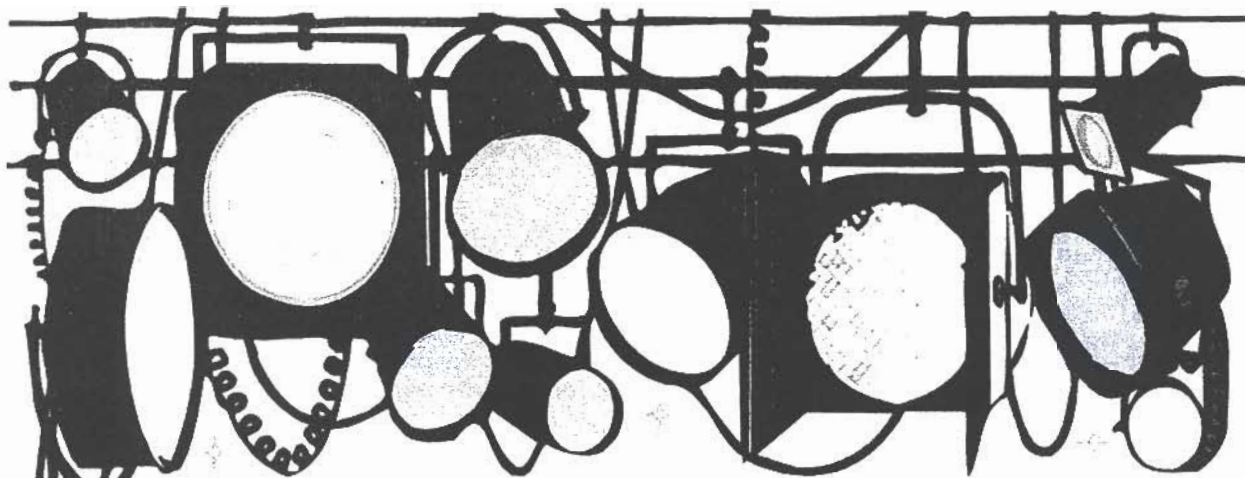
If you're short on time, a few minutes of deep breathing may give you as much stress relief as 20 minutes of meditation.

Inhale slowly through your nose and count to four. Expand your stomach, not your chest. This forces you to stretch the diaphragm and lets more oxygen into your lungs.

Hold the breath for the count of two.

Slowly exhale, blowing the air through your lips as you slowly pull in your stomach and count to four.

Repeat this three times, while you imagine the tension being released with every exhale. ■



SHOWTIME 2006

Saturday, March 18, 2006, 7:30PM

Sunday, March 19, 2006, 2:00PM

Main Library Auditorium

100 Andrews Avenue

Fort Lauderdale

Please order early as the show is approaching and tickets are going fast. You don't want to miss this wonderful opportunity to see a great show and help SAGE with its annual fundraiser!

General seating \$30.00

SPONSORS AND ADVERTISERS

Back cover plus 10 preferred tickets.....	\$1,000
Front and Back, inner cover, plus 6 preferred tickets	500
Full page Ad plus 4 preferred tickets.....	300
Half-page Ad plus 2 preferred tickets.....	150
Quarter Page Ad plus 2 preferred tickets.....	75
Business Card.....	30
Name listed in "Friends of Sage Page".....	10

Name _____

Address _____

Telephone _____ E-mail _____

Number of Tickets @ \$30.00 = _____ Sat Eve _____

Include me as a Friend \$10.00= _____ Sun Mat _____

Contact Rick Carlone regarding sponsorship. For ticket information call Sal Orlando at 954-563-3448

Send your checks to Sage of South Florida Inc., 218 Commercial Blvd, Ste F
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954-351-2221

Dear Member and Friend of SAGE

This year marks the seventh year that "Showtime" will be presented and we are very proud of the fact that our show has become our premier event fund raiser. Last year we profited \$11,000. There will be two very important changes to this year's show that you will want to pay special attention to

1. Showtime 2006 will be held on Saturday, March 18 at 7:30 PM and again on Sunday, March 19 at 2:PM
2. Showtime 2006 will take place at the Main Library Auditorium, 100 Andrews Avenue, Fort Lauderdale, FL

Last year we had a full house, our program was full of advertisers and we had wonderful support. Our show and the entertainers were awesome and I know that this year's show is going to be as good if not better. By popular demand we always bring back the "SAGETTES". This year we will have several new acts and I urge you to buy your tickets early as there will be a great demand for them.

We are working on having a bus available, special parking and other features to make your life easier. More information on this subject will appear in the upcoming newsletter.

We are holding the price at \$30.00. Your most advantageous deal is buying a quarter page ad in the program which not only gives you your ad but entitles you to two preferred seating tickets for the Saturday night performance, all for \$75.00. If you can't take an ad why not contribute \$10.00 more and have your name printed on our "Friends of Sage" page in the program. If you or someone that you know is in business, you can help "Showtime" by urging them to buy an advertisement in our program. Ours is the most inexpensive advertising rate and it will reach more than 600 persons.

I know we can count on you. If you could sell extra tickets or if you have any questions regarding tickets please call Sal Orlando at 954-563-3448; for advertising information call Rick Carlone at 954-974-5522

This is your chance to be a star, take it and shine

Sincerely yours,

Rick (Here's Mother!) Carlone