

The SAGE

The Newsletter of SAGE of South Florida

June 2020

OUR FATHERS, OURSELVES



June 21st is Father's Day. A time to think about that initial and primary male relationship each of us has had with our father.

Dr. Peggy Drexler published *Our Fathers, Ourselves: Daughters, Fathers, and the Changing American Family* in 2011. Her general conclusion was that adult daughters, no matter how successful or content they were with their marriage and family situation, despite their age, still sought their father's love and approval. This was a recurring theme at a recent meeting of the SAGE/Prime Gentlemen Round Table at which Paul McNamara gave a presentation about *Fathers and Sons* (no, not the Ivan Turgenev novel). Apart from the fact that most participant's fathers had been deceased for many years, many shared experiences of still trying to resolve that fraught relationship between parent and child. Some were very close to

their fathers and found acceptance even after disclosing they were gay. Others, out of fear of rejection, never disclosed their sexual orientation to their father. Some had distant or abusive fathers and never felt approval. Was there a consensus that family dynamics (strong mother, distant father) "made" them gay? No. (Hear that, Dr. Freud?) The Kinsey Institute released a study in 1981 which asserted that a parent's role in sexual orientation has been "grossly exaggerated", and that homosexual orientation emerged at a young age from a "fundamental disposition". What about the perspective of the father having a gay child? A 2019 study from Washington University concluded that two years after a child "comes out", many parents still struggled to adjust to the news. And a 2017 study of heterosexual fathers parenting gay sons, published in *Psychology of Men and Masculinity*, found that: Fathers had a diversity of emotional reactions to their sons being gay; fathers viewed the father-son relationship as both changed and not changed after sons' coming out; fathers valued a deep connection to their sons; and fathers had normal parental concerns unrelated to their sons being gay. So, how do we sum this all up? There is no set pattern to the father-child relationship. Being gay does and does not impact the relationship. Parents and children both struggle with connecting and bonding, and there are many ways to express love and acceptance.

Maybe Dad wasn't the ideal parent. Consider that maybe you weren't the ideal child. Recall that Luke Skywalker eventually made peace with Darth Vader.

Remember your father on Father's Day.

SAGE of South Florida congratulates CAROLINE LETO for her phenomenal leadership of SAGE on the Border/Alternatives (SOBA), having made it one of the most popular and longest-running of our SAGE activities. See Caroline's Special Announcement on Page 3.

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
LAURENCE "TURK"	TURK	Jun-04	JOSEPH	LEONARD	Jun-17
RON	VIDAKOVICH	Jun-04	VICKY	ROBBINS	Jun-18
ETHEL	WEINBERGER	Jun-05	RAY	STRUBLE	Jun-18
JERRY	ZIERTMAN	Jun-05	HERBERT	SLOMOWITZ	Jun-20
RAFAEL	AGNE	Jun-08	CHUCK	BELL	Jun-21
NORMAND J	LECLAIR	Jun-08	GLORIA	KEY	Jun-21
BILL	SORN	Jun-08	LARRY	LEARY	Jun-21
FRANK	SWEET	Jun-09	JERRY	HEATON	Jun-23
DAN	DRISCOLL	Jun-10	EMMA L	HINMAN	Jun-28
BEVERLY	JORDAN	Jun-13	DAVID	COHEN	Jun-30
PAUL (SONNY)	MILLER	Jun-14	DAVID	MURPHY	Jun-30
SAL	ORLANDO	Jun-16			
A. PATRICK	VALCHANT	Jun-16			

10 Year Anniversaries

CLAYTON RANEY

New Members

JOHN FREDRICKSEN, RALPH TANZI

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 June. SAGE members will be notified when **SAGE Women's Lunch; SAGE Men's Night Out; SAGE Computer Class; SAGE Lunch & Learn; See You at the Movies** and **Social Lites** monthly social activities resume. Until then, Be Safe and Stay Healthy!

THE ROUND TABLE

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 Mondays of each month in Room 206 of The Pride Center**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for June 8th is *A Strategy for Coping with Uncertainty: "Stockdale's Paradox"*, presented by Paul McNamara. The topic scheduled for June 22nd is *Urgent Care for the Brain*, presented by Deric Bownds. 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

Frank Piasecki & Jean Arthurton



This Co-Ed discussion group meets every Monday at 11:00am at the Volen Center in Boca Raton. Now, because of the COVID-19 virus, the group will be meeting remotely via Zoom video conferencing. 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 on the Border/ Alternatives Zoom meeting, send your request to:**

virtual_soba_group@aol.com. Everyone is welcome.

SPECIAL ANNOUNCEMENT FROM CAROLINE LETO

It's been eleven years now and I've decided to resign from facilitating SOBA/Alternatives. The group is currently continuing through Zoom with Frank Piasecki. While I'm stepping down, be assured that this meeting, which has become important to many of you, will continue in the very capable hands of Frank Piasecki and Jean Arthurton. Please know that I have loved being on board from the onset of Alternatives. I enjoyed meeting all of you and getting to know you. The group was much needed in the Palm Beach County area. I'll miss the faces I've seen week after week for these eleven years, but life goes on and life brings changes. I wish the group continued success and, under the leadership of Frank and Jean, there is no doubt that that will be the case. So, I close reflecting upon the thought that along life's journey, this group was one of my highlights.

-Caroline Leto



SAGE BOOK DISCUSSION GROUP

Philip Collier

In *Find Me*, André Aciman's sequel to *Call Me By Your Name*, we see how the generational attitudes of each of the characters shape how they view the world around them and how they can learn from and impart wisdom onto their partner. This leads to a more intriguing read, as while *Call Me By Your Name* was told entirely from Elio's perspective, in this novel we are given multiple point-of-views. *Find Me* also improves on many of the subjects and topics Aciman first discussed in *Call Me By Your Name*. The characters from the first novel remain intriguing and the new characters rise up to their level, offering interesting new outlooks that inspire dramatic set pieces. It also helps that these characters' various engagements take place in vividly drawn locales. Rome was briefly touched upon in the first novel and feels more alive and fantastic here, while the Paris section adds magic and wonder to Elio's narrative. Via Zoom, the SAGE Book Group will discuss this *New York Times* bestseller on **Saturday, June 13, from 11 AM to 12 noon**.



NOTES FROM THE MEN'S DROP-IN

Carl Barton

SAGE Men's Drop-In meets every **Wednesday at 1:00pm** under normal circumstances at The Pride Center. Now, because of the Covid-19 virus, we will be meeting remotely for one hour via Zoom video conferencing. Stay in touch for all updates through our SAGE eblasts and notifications. 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 Drop-In Zoom meeting, notify co-host Jefy Gaines at: Jefgain@aol.com**. Now that we've all got the hang of it, our Zoom meetings are doing very well. Thank you, Jefy, for hosting the Drop-In online meetings, and thank you, **Paul McNamara and Michael Gagne**, for your technical assistance and support for our online meetings. We miss everybody, so please stay safe, be well, and we all look forward to the time when we will all be back together, again, in person. Join us!



SAGE Health Tips

Gene Majka, APRN

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

Kemosabe

Who was that masked man? This was a famous line from our childhood about the “Lone Ranger” whose partner was Tonto (Jay Silverheels). I can still hear in my head Tonto’s distinctive voice. Well, it’s 2020 and we are all now masked probably for some time to come. We all have heard of the N95 respirator mask that medical professionals use and many of us would like to have it. The 95 means it is 95% effective not 100%. NO MASK is 100% effective. I can tell you from experience after working eight or twelve hours nursing with this device on your face it is not comfortable even for a short period of time. Leave the N95 to the professionals. Face masks can help reduce the spread of the flu and other respiratory viruses; they only do so if worn correctly and frequently. What can we use to protect ourselves?

The illustration to the right (unknown designer) is about communicability. So, what is the best mask?

- Look for a mask with an adjustable nose clip.
- Look for a mask that feels cool (not swagger cool). I have used the KN95 and after walking for a little I need a ventilator and I am sweating up a storm.
- Look for a non-woven fabric.
- Breathing valve?? It is your preference. The only upside of a breathing valve is to help you ease the pain of exhaling. It prevents glasses from fogging and moisture build-up.

So, are cloth masks ok? Yes, to a point since your exposure is limited something is better than nothing. Nowadays we usually do not stay around someone who is sneezing or coughing we vamoose faster than a live chicken near KFC. If you have a current respiratory or immune medical condition a mask is absolutely necessary. Many of us have this problem especially if we smoked (cigarettes not swagger again!) as young’uns.

GLOVES

I am a strong advocate of wearing gloves and some of my fellow nurses disagree. Their disagreement is that people won’t wash their hands that often. I personally wear gloves as a reminder not to touch my face. Men touch their faces more often than the ladies. The reason is women wear makeup. I used to wear contact lens and my hands were always going to my eyes. It is very important not to contaminate your hands when taking off your gloves. Here is the procedure.

Pinch and hold the outside of the glove near the wrist area. Peel downwards, away from the wrist, turning the glove inside out. Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand. Reach inside the second glove with your clean hand and pull the glove off. Wash your hands afterwards.

Stay safe and healthy so we can all get back together again, Kemosabes?

Trivia: What was Tonto’s horse’s name? See answer below.

References and Resources:

- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- ▶ <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>
- ▶ <https://www.medicaldaily.com/coronavirus-survival-kit-best-face-mask-covid-19-novel-coronavirus-pandemic-450735>

**Please always seek advice from your physician/nurse practitioner (HP’s).
Thank you to my editors Ann Smith GNP and Martin Horowitz, MD.**

Answer: “White Feller”

IN MEMORIAM

SAGE mourns the loss of **JAMES WINDMAR LAIRD**, who died on April 3rd at the age of 74 years. Jim lived many years in Pennsylvania, moved to Virginia in the 1980s, and then retired to Fort Lauderdale. He was an extremely generous supporter of many musical, theatrical, and social organizations, including SAGE of South Florida. Jim is survived by three nieces, a brother-in-law, and a sister-in-law. SAGE extends its condolences to Jim’s relatives, friends, and acquaintances.

