

# The SAGE

The Newsletter of SAGE of South Florida

October 2021

## HALLOWEEN

The annual “Wicked Manors” Halloween celebration is scheduled for Sunday evening, October 31<sup>st</sup>, on Wilton Drive from 6pm to 11pm. This year’s event is sponsored by The Pride Center, and the theme is “Turn Back Time”, a reference to the fact that last year’s celebration was cancelled by Demon COVID. Do you feel it’s safe enough to come out and play with the mob on the Drive? Or, will you be tricking and treating at a social distance?

How did Halloween become “Gay Christmas”? Jerry Kugelmaas, an anthropologist from the University of Florida, explained in his 1994 book, *Masked Culture*, that historically, in a society where people felt shunned and inhibited about expressing who they truly are, Halloween was the one night of the year where flamboyant self-expression was encouraged and lauded. People had tacit permission to wear clothing not associated with a given sexuality. Transgressive behavior and critiques of social norms were expected and tolerated. By wearing a mask, you’re allowed to drop the mask of respectability and be seen and heard.



The emergence of the Halloween street party traces its origin to San Francisco’s Castro District in 1948, when Cliff’s Variety Store held an annual Halloween festival for children which featured a costume contest. As the Castro became the center of that city’s LGBTQ+ community, the children’s event transmogrified into a flamboyant “adult” celebration. Soon, a Greenwich Village Halloween Pride Parade was launched in New York, attracting more than 200,000 participants by 1979. Similar celebrations began in West Hollywood, Key West, and other gayborhoods across the nation.

As acceptance of the LGBTQ+ community has grown over the years, so has participation by the heterosexual population in Halloween celebrations. Halloween has become a time of unbridled revelry enjoyed around the world. It is a time to tamper one’s defenses and prejudices and revel in each other’s individuality. Now, on Halloween, anyone is free to eat, drink, and be Mary.

## 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
JOEL	ANASTASI	Oct-02	TOMMASO	LEPORE	Oct-15
CARLOS A	MORAN	Oct-02	JIM	GROSS	Oct-16
JACQUES	TOURANGEAU	Oct-05	DAVID	KISTLE	Oct-19
KAY	DOCKERY	Oct-06	ALLEN	CHURCHMAN	Oct-20
WAYNE	SCHREBE	Oct-07	DON	MACOMBER	Oct-20
RICHARD	SMITH	Oct-07	MARK	SMITH	Oct-21
LINDA	ALKOVE	Oct-08	JACKSON	HAVERLY	Oct-22
ED	BROWN	Oct-08	CARL	BARTON	Oct-23
RICHARD	WHITE	Oct-09	RICHARD E	HERMAN	Oct-25
BARRY	FEINSTEIN	Oct-11	JAY	BRUNDAGE	Oct-28
JUDITH	BOWLING	Oct-12	DONALD	MITCHELL	Oct-29
GEORGE	CASTRATARO	Oct-12	DICK	ANGEL	Oct-30
JOHN	LEYDEN	Oct-12	TOM	WHITEMARSH	Oct-30
ALLAN	HENDRICKS	Oct-13			

### 5 Year Anniversaries

LOUIS SEAGULL

### New Members

DOUG KENT, PHIL PRENTICE

*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

### OFFICERS

**President:** Patrick S. Vida  
**Vice President:** Carl Barton  
**Secretary:** Ken Goodman  
**Assistant Secretary:** Michael Vita  
**Treasurer:** Allen Churchman

### BOARD MEMBERS AT LARGE

Jefy Gaines  
Lee Lawson  
Marilyn Lamkay  
Kathy Macchio  
Paul McNamara  
Sal Orlando  
Lisa Peters

### VOLUNTEERS

Jean Arthurton  
Hank Brooks  
Frank Cavanaugh  
Philip Collier  
Marc Flanagan  
Michael Gagne  
Jean Johnson  
Gene Majka  
Sonny Miller  
Ken Moore  
Frank Piasecki  
Norma Wingo  
Ron Wudarsky

### Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE – MATT FARBER – PAUL FASANA – JODI A FISCHER  
MARC FLANAGAN – MICHAEL GAGNE – JEFY GAINES – JOHN GAMBINO – RICHARD GILMER – KENNETH GOODMAN  
JUDITH HARTSHORN – JACKSON HAVERLY – RICHARD E HERMAN – MD HUSSAIN – JEAN JOHNSON – MARILYN LAMKAY  
TOMMASO LEPORE – PATTI LYNN – KATHY MACCHIO – PAUL MCNAMARA – DAVID MURPHY – JACK MYERS – SAL ORLANDO  
BRETT PEELER – HUGH RANCE – CLAYTON RANEY – GARY RESNICK – WAYNE SCHREBE – RICHARD SCHWARZ  
ANN SMITH – ALLEN SPIESS – ALAN R SUTHERLAND – STEVE THAYER – TONY TSAGRIS – RAQUEL C WHITE – NORMA WINGO

**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.

**Email to Editor:** [sagesofl@gmail.com](mailto:sagesofl@gmail.com)

Attn: Editor

**Website:** [www.sagewebsite.org](http://www.sagewebsite.org)

**Facebook:** [www.facebook.com/SageOfSouthFloridaInc](https://www.facebook.com/SageOfSouthFloridaInc)

**Mailing Address:** SAGE of South Florida  
PO Box 70516  
Oakland Park, FL 33307

Contents Copyright © 2021 SAGE of South Florida, Inc. All Rights Reserved (Except excerpts, under their own protections).

Celebrating over 27 years of service to our community

SAGE Message Line - 954.634.7219 - [www.sagewebsite.org](http://www.sagewebsite.org)

## 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 October. 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 **October 11th** is **An Open Forum Conversation: How is Racism Evidenced Within the LGBT Community**, presented by Allen Blaich. *Recently race relations in the US have been in the forefront of our national consciousness. Is it possible that racism within the LGBT Community is "the 'ism' that dares not speak its name?" After briefly presenting some background material and opening comments on this complex issue, Allen will facilitate an open forum conversation. Links to some short, suggested background readings will be provided with the Zoom meeting invitation.* The topic scheduled for **October 25th** is **Cartography: From Ancient Flat Maps to High Tech Intelligent Maps**, presented by Dick Randall. *Dick has worked as a Geographic Information System (GIS) Analyst, who is someone that assembles various data sources from which detailed representative maps are generated. His presentation is an insight into cartographic portrayal of the world for the past four millennia, showing how mapping has emerged over the years. He will provide details on the science of map making and show examples of a variety of different types of maps.* 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



**Richie Jackson**, a Broadway, TV, and film producer as well as a gay man, had a son through surrogacy in the year 2000. When the son became a teenager, he came out to Jackson as also being gay. **Gay Like Me** is Jackson's attempt to explain his own experience as a gay man in America and convey what he has learned in the process. The book seems conceived as having a double audience, as *Gay Like Me* is simultaneously a deeply personal letter from Jackson to his son and a guidebook to a rising queer generation - know who you are, he counsels, and "never diminish your essence."

Know the heroes who went before you. Never let your sexuality shame you and never use it to shame others. Know your partner's HIV status in advance. Don't fall into the same drugs-and-alcohol trap that's ensnared so many other gay men. And "vote as if your life depends on it, because it does."

*Gay Like Me* is divided into a number of short chapters, some of them almost meditations. Many of the titles are suggestive: "Visibility Is Not a Cure-All," "Find and Ignite Your Anger," "Buttress Yourself with Gay History," and "It's Still a Straight Man's World." Jackson is often at his best when dissecting how some marks of progress aren't nearly as positive as they seem on the surface. One of the most interesting chapters, "Words Matter," deconstructs some of the language that surrounds gay life, showing how even seemingly positive terms, such as "openly gay," contain their own toxins. The term, he writes, "expresses surprise, shock, that someone gay is actually, officially, not hiding in plain sight. *Openly* applauds audaciousness, signaling that an out gay person is not the norm and that this particular gay person isn't as shameful as warranted . . . *Openly gay* reverberantly reinforces the negative because the qualifier itself substantiates a disapproving origin."

The SAGE Book Club will discuss this book **via Zoom on Saturday, October 9, from 11 AM to 12 noon.**

#### 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!





## REX COSTON

***August 9, 1922 – September 16, 2021***



The oldest member of SAGE of South Florida, Rex Coston, died peacefully on September 16 at the age of 99 years.

Rex joined SAGE in 2005 and prior to the COVID lockdown, participated in many of our events until early last year when he moved to the Sarasota area to live with his son. Even from his new home, Rex managed to attend several SAGE Zoom meetings.

Rex was an excellent photographer and was seldom seen at our events without his camera. Many of his photographs appeared in various editions of our Newsletter. He also enjoyed sharing his photographs with others by uploading them to his own YouTube channel.

Rex studied music and theatre at the University of North Carolina, Chapel Hill. Following graduation, he moved to New York where he sang with the Punch Opera Group and later appeared in *The Cradle will Rock* on Broadway in 1947. After that, he worked for a time at CBS in New York. Following his CBS stint, Rex engaged in various business endeavors which took him across the country, and he ultimately settled in Florida.

Rex was predeceased by his wife, the actor Ann Sorg. He is survived by his son, William Coston, and his daughter, LuAnn Russell.

Rex was an amazing and delightful man with a remarkable zest for life. He was an inspiration to other members. He will be greatly missed by his SAGE family.



## RICHARD JOHN HESS

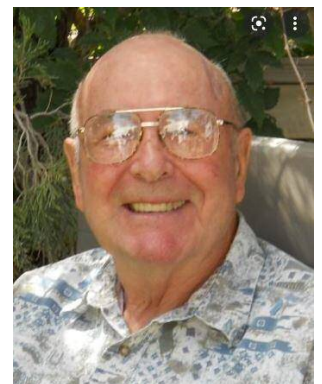
***March 7, 1935- September 3, 2021***

SAGE member Richard Hess died peacefully on September 3, 2021, at the age of 86 years. Richard was a Founding Member of our organization, having joined SAGE in October, 1994.

Richard was born in Morgantown, West Virginia, the second of four siblings. To escape a childhood of poverty and neglect, he hitchhiked to Nebraska where he was accepted at the Boys Town school. Following graduation, he joined the Air Force and acquired a love of opera, art, history, and music while stationed in Germany. When he returned to the United States, he studied at the University of Maryland and earned a degree in Business Administration, and eventually opened travel agencies in Maryland and Virginia. After an early retirement, he eventually moved to Fort Lauderdale.

During the AIDS crisis, Richard worked as a volunteer at various service organizations, providing friendship and care. Later in life, he was active in AA, SAGE of South Florida, and the wider gay community.

He moved to Albuquerque, New Mexico in 2019 to be near his nephew. He is survived by his sister, Ruth, his niece, Leslie Llanos, and his nephew, Barry G. Porter. We mourn his loss.



## SOCIAL LITES

Sal Orlando

My favorite time of year is upon us, October, where the weather starts to cool, and we look forward to the holidays. This is why we live in South Florida, eight months of paradise. Except we don't get to see the beautiful fall foliage as they do up north.

We started this fall season with our first event since COVID – 19 began more than 18 months ago, with **Cafe Vico**, on **September 26th for SAGE's 27th Anniversary Gala**. What a fabulous venue with our own private banquet room which consisted of a cash bar and dinner service. I ordered their wonderful Fillet of Founder which melted in your mouth. My partner, Jim, had the Chicken Marsala. He said it was one of the best he had ever had. This is a definite repeat for one of our future functions.

This month we return to **The Ambry** for a scrumptious **Oktoberfest Dinner** on **Thursday, the 21st at 5PM** for cocktails and mingling followed by dinner at 5:30 PM. They have a nice salad (salad bar not available any longer due to COVID-19) followed by a plentiful and delicious German meal. Bring your appetite. Don't miss this event!

**Save The Date:** Sunday, **November 21st**, we return to one of my favorites, **Zuckerello's**.

**Sunday, December 19th**, our yearly Holiday Gala at the luxurious **Embassy Suites Hotel**.

Reminder: Time is running out to book your **SAGE December 4 - 9, 2021 Cruise**. If interested, contact me at **954 649-2036** or email [sorlan8@aol.com](mailto:sorlan8@aol.com).

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

**Ciao for Now!**



## SAGE NIGHT OUT

Ed Slough

On **TUESDAY, October 26th**, SAGE is having an informal dinner at **Tropics Grille**, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from 5:30PM to 6:30PM, with "Happy Hour" prices at the bar, and dinner at 6:30PM. Tropics has offered SAGE all dinners at half-price (no longer 2 for 1) to make the evening simpler for you. This is an event for friends to get 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](mailto:wildhybrid@aol.com). Thanks!

**WARNING: Please do not attend if you are not fully vaccinated. Even if you are vaccinated, do not attend this event if you are immunocompromised, or if you are experiencing a fever or cold or flu-like symptoms.**



## 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. Doors open at 12:45pm for a little extra "schmoozing". **Captain Carl** and I, **Jefy**, are your hosts. . Captain Carl is presently at home recuperating and in great spirits. He loves his bay window and his view of all the yacht people and paddle boarders on the Middle River. Halloween is our season and we expect our own Sonny to provide us with a little entertainment. He's our Sunshine! So, drop in on your "Drop-In" and let's have some fun and laughs! We are abiding by The Pride Center COVID precautions. Click the Zoom link we send out and join us. See your old friends and make some new ones. We close with volunteers telling a couple of jokes. Sometimes we have a good laugh and sometimes a good groan, all in fun. Join us!



## 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. Dr. Anne Atwell** – 954.462.2004x208 [Anne@sunshinecathedral.net](mailto:Anne@sunshinecathedral.net)

# SAGE HEALTH TIPS

Gene Majka, APRN



Welcome. If you have a health topic, comment, suggestions or questions, please send an email to: [sagesofl@gmail.com](mailto:sagesofl@gmail.com)



## Emotions

Emojis. Emoticons. Today we express our emotions on internet sites with these characters. Prior to the pandemic when I was hosting our Roundtable, John Siegfried made a comment and became emotional. His following statement had me thinking. “As I am getting older, I am getting more emotional.” I found that true, too. Recently I went to see the Aretha Franklin film “Respect” and I found myself getting misty eyes during the songs. Then the end credits came and they showed the real Aretha singing “Natural Woman” at the Kennedy Center Honors. Did you see that performance? Especially when she dropped that oversized fur coat and belted the lyrics out. I was in acute Niagara Falls. Why during such a joyous moment was I bawling? This was not nostalgia. Was I grieving a loss from my past? I think the Yiddish word describes this feeling so well. Verklemt! Full of emotion.

I started to research these senior verklemt episodes. I found very little research as did James S. Gordon, a psychiatrist, who wrote in The Washington Post, “I’ve looked for studies on increased emotionality or sensitivity in older men and haven’t found anything conclusive. The research I’ve seen tells me that as we grow older, women are more likely to be empathetic than men.

“There are [suggestions](#) that hormonal changes may make aging men more emotional, or that as we age [we care less about maintaining a stoic posture](#). There are certainly [studies](#) which correlate emotional expression with the effects of depression, social isolation and dementia. Our younger days of competitiveness, the real or assumed toughness of our younger days is, as we age, being balanced; our Yang tempered by Ying.” If feeling depressed has interfered with, or socializing does enhance, your life, please see your health practitioner for an assessment.

As we grow older, we have seen many life changes. Has your lifestyle changed from 20 years ago? We change as our adapting knowledge allows us from our past experiences. Sometimes our past experiences flood our memories as a book, film or socializing and we experience a change or loss.

Have you watched an old film and suddenly gotten emotional when you never did when you originally saw it? Or see something in a completely different perspective than in our yoot (OOPS! A Pesci moment) youth. I remember in 1970 I saw Mel Brook’s first film “The Twelve Chairs.” I thought it was the funniest film I have ever seen. Now fast forward fifty years and I am watching it again. I wonder, why did I think this film was so funny? Life’s experiences and our perspectives change.

Life has many surprises and we can reject or accept (cry or laugh) them in our daily lives. So, I guess I will cry when I feel like it and laugh when I want to. I will keep on enjoying life day by day. Sniff! Sniff! 😊



### References and Resources:

I’m not a depressed or sad man. But the older I get, the more often I cry.

<https://www.washingtonpost.com/posteverything/wp/2015/10/15/why-men-cry-more-as-we-age/>

**SAGE cares because YOU care about your health.**

**Please always seek advice from your physician/nurse practitioner (HP’s).**

**Thank you to my editor Ann Smith GNP.**

# ***Join SAGE for an Oktoberfest Dinner Returning to The Ambry***



3016 East Commercial Boulevard, Fort Lauderdale, FL 33308 954-771-7342

**Thursday, October 21, 2021**

**Drinks at Cash Bar 5:00pm-5:30pm - Dinner 5:30pm-7:30pm**

**Select from one of the following entrée choices:**

**Prime Rib with Baked Potato**

**Bayrische Schmankerlplatte -Pork Roast,Bratwurst,Knackwurst & Sauerkraut with Home Fries**

**Wiener Schnitzel- Breaded Veal Cutlet with Home Fries**

**Grouper with Lemon Butter with Rice**

**All Entrées include Soup of the Day or French Onion and a House Salad**

**Dessert- German Chocolate Cake, Vanilla Pudding or a sugar free dessert option of fresh fruit**

**Your meal includes Coffee or Iced Tea (at your table only)**

**PLEASE NOTE: Seating is Limited to the first 32 Persons  
who send in their Reservations**

**Enjoy gemutlichkeit with your SAGE friends!**

**Pricing: \$22 @ Members & \$27 @ Non-Members  
(A Portion of the Member Cost is Subsidized by SAGE)**

**Reservations close no later than Monday, October 18<sup>th</sup> @ 1pm - NO REFUNDS**



**SAGE returns to the Ambry Restaurant for an Oktoberfest Dinner October 21, 2021**

**\_\_\_\_\_ MEMBERS @ \$22 & \_\_\_\_\_ NON-MEMBERS @ \$27 Phone Number: \_\_\_\_\_**

<b>NAME:</b> _____	<b>Write-in Entrée Choice:</b> _____
<b>NAME:</b> _____	<b>Write-in Entrée Choice:</b> _____
<b>NAME:</b> _____	<b>Write-in Entrée Choice:</b> _____
<b>NAME:</b> _____	<b>Write-in Entrée Choice:</b> _____

**Send with Payment to SAGE, PO Box 70516, Oakland Park, FL 33307  
For More Information, Please Call SAGE Message Line - 954-634-7219 - A SAGE-Sponsored Activity**





**SAGE Celebrates Milestone Birthdays of  
Some of Our Most Senior Senior Members**

**In January 2021, Our Honorees for 2020 Would Have Included:**

*Rex Coston - 98 Joyce Edelson - 90 Don Mitchell - 80  
Joel Rubin - 80 Herb Slomowitz - 92 Michael Vita - 80*

**SAGE was unable to host its Milestone Birthday Celebration last January due to the pandemic. We want to update our list of honorees for 2021 as we plan for a possible Milestone Birthday Celebration in January 2022.  
Please see below.**

**If you turn 75, 80, 85 or 90 in 2021,  
please contact the SAGE Office. You can call and  
leave a message at 954-634-7219 or send an email  
to [sagesofl@gmail.com](mailto:sagesofl@gmail.com) leaving your name and  
age so we can update our list of Honorees  
for the 2022 Celebration**