

# The SAGE

**The Newsletter of SAGE of South Florida**

**March 2022**

## SAGE 28<sup>th</sup> Annual Meeting

In 2020, the COVID outbreak forced us to cancel our 26<sup>th</sup> Annual Meeting at Tropical Acres Steakhouse. Last year, as the pandemic continued, we held our 27<sup>th</sup> Annual meeting live on Zoom. Now, this year, thankfully, circumstances have significantly improved and we can meet in person once again. We are pleased to announce that the **SAGE of South Florida 28<sup>th</sup> Annual Meeting will be held at Tropical Acres Steakhouse on Sunday, March 27, 2022, at 12:00pm.**



**2500 Griffin Road, Ft. Lauderdale, FL 954-989-2500**

**Sunday March 27, 2022 12:00pm for Cocktails (Cash Bar) and 1:00pm for Dinner**

**Entertainment by Brendan Fratus**

Beginning with the first annual meeting held on March 5, 1995, we use this occasion to reflect on what SAGE has achieved in the preceding year and to acknowledge and award those who have demonstrated particular contributions to SAGE and the community at large. The recipients of this year's awards will be:

**John Gearrity Donor Award – The Leslie L. Alexander Foundation**

**Volunteer of the Year Award – Paul McNamara**

At the meeting, we also will formally recognize those SAGE members who have been with us since our beginning in 1994. Those founding members are:

**Joyce Edelson • Marc Flanagan • Richard Rogers • Joel Tendler • Norma Wingo • Jerry Zygmunt**

And, at the meeting, the Board of Directors will elect Officers for the coming year.

Consult the enclosed flyer for more information and the registration form. Registration closes 1:00pm Tuesday, March 22, 2022. Please join us!

## 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
LORI	AZA	Mar-05	DAVID	HEIKKILA	Mar-18
LAWRENCE	BARTELTSEN	Mar-06	EILEEN	LANCELLA	Mar-18
LOUIS	MESSINA	Mar-11	KATHY	MACCHIO	Mar-18
RICHARD	CALVIN	Mar-12	PAUL	ROCK	Mar-19
KEN	RUTHERFORD	Mar-14	BILL	BASIST	Mar-26
NORMAN	SCHRIER	Mar-15	PAUL	WENEGRAT	Mar-28
JONATHAN	CHAPMAN	Mar-17	NORMAN	PETERS	Mar-29
RICHARD	GILMER	Mar-17			

### 5 Year Anniversaries

MD HUSSAIN, LOUIS MESSINA

### 10 Year Anniversaries

NORMAND LECLAIR

### 15 Year Anniversaries

SONNY MILLER, BILL NYQUIST

### 20 Year Anniversaries

NORMAN PETERS, WILLIAM WOODWARD

### New Members

SHARLENE ASTERN, PAUL KAISER, NEAL MILLMAN, DICK RANDALL

*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  
Gene Majka  
Sonny Miller  
Ken Moore  
Frank Piasecki  
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 – 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 – JOSEPH YATES

**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

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

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

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

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Celebrating over 28 years of service to our community

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



## 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 **March 14th** is **AIDS Healthcare Foundation** presented by Pete Povoli: *AHF provides services in 46 countries with 1.6 million patients under their care. Locally, AHF offers a wide range of general healthcare services within and beyond the LGBT community. As a Pharmacy and Managed Care Specialist, Pete will give an overview of the organization, provide information on the AHF services available locally, and be available to answer specific questions.* The topic scheduled for **March 28th** is **An Open Forum Conversation: Are You a Hero in Your Own Life?** Presented by Marilyn Lamkay and William Whitener: *Are you a hero in your own life? Marilyn and William will lead an open forum conversation meant to encourage participants to consider the answer to this and other questions. How has being gay impacted your personal and professional identity? What influences and circumstances contributed to the development of your character and moral values? Please join us for a lively discussion where no story will be off the grid!* 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 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!



## 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, and, fingers crossed, we are shooting for

a hybrid in April – a Zoom plus in-person meeting at the Pride Center, depending on COVID status. Happy March to all, and Spring is in the air! March begins our very long, hot humid Summer in Fort Lauderdale, which I love! We are joined by Prime Gentlemen, and friends from around the country and around the world. All are welcome on Zoom. We share what's going on in our lives. The Zoom Room opens at 12:30pm EST for a little extra "schmoozing", and at 1:00pm we start sharing. Captain Carl and I, Jefy, are your hosts. So, let's have some fun and some laughs. We are looking forward to in-person meetings and President Patrick's home-baked treats. Captain Carl and I, Jefy, are your hosts, so let's have some fun and some laughs. We close our meeting with a couple of jokes. Anyone can contribute a joke or four. Patrick joins me for a little comical repartee, like the old days. I always go for the laugh. Full disclosure: Sometimes we are comical, and sometimes not so much, but it's always good-hearted fun, and deserving of an "A" for effort. So, log on and join in!



## 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. Watch your email for the weekly eblast announcement. Everyone is welcome.

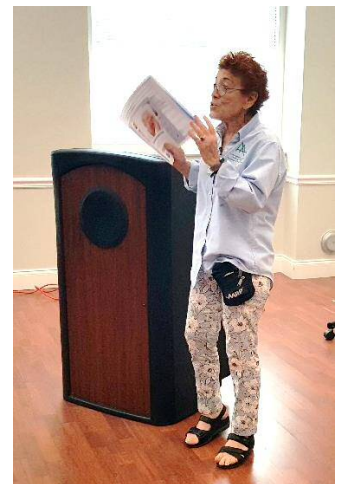


# SAGE Valentine's Dinner at Café Primavera





# SAGE Lunch & Learn *at the Skolnick Center*



*For up-to-date news and information about SAGE, follow us on Facebook: SAGE of South Florida, Inc.*

*View more photos by visiting the Photo Gallery at our Website: [www.sagewebsite.org](http://www.sagewebsite.org)*

## SOCIAL LITES

Sal Orlando

I can't believe we're in March already. Spring is right around the corner!



In February we all had a marvelous time at **Cafe Primavera** on the **13th** for a wonderful **Valentine's Day Dinner**. What a turnout! Seating was limited. Unfortunately, some of you who tried to book at the last minute were too late. **Giacomo, the Owner and Chef**, never stops to amaze me. The meal was fabulous, the service terrific and the restaurant very festive.

This month, on **Sunday, March 27th**, **SAGE** holds its **Annual Meeting** at **Tropical Acres** on Griffin Road. From **12 to 1PM**, cocktails (cash bar) and mingling, and then at 1PM dinner service in the same room reserved for **SAGE**. We have been there many times before and were never disappointed. This event promises to be fabulous, especially with none other than **Brendan Fratus** to entertain us with his lovely voice. Don't miss out, get your reservations in early!

**Save The Date: Sunday, April 24, SAGE Milestone Birthday Celebration.**

As always, watch for news about upcoming events. And, keep reading your **Social Lites Column**. For on-going activities, consult your **SAGE** Calendar to find both in-person and Zoom meeting times and places.

**Ciao for now!**

## SAGE NIGHT OUT

Ed Slough

On **WEDNESDAY, March 23rd**, **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. 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.**



## SAGE BOOK DISCUSSION GROUP



Written when he was just 21, *The End of Eddy* is Édouard Louis' semi-autobiographical account of his childhood and adolescence in a village in rural France, where the residents are incarcerated by a life lived below the poverty line. Men are expected to act tough, to fight and drink, and to find work in the local factory, but Eddy

finds himself unable to live up to the macho values that the community and – in particular – his father expect of him. Starting in closeup, with 10-year-old Eddy being assaulted in a primary school corridor, the narrative presents us with a compelling series of snapshots of a family and community where daily life is structured by working-class rage, misogyny, casual racism, xenophobia and male violence fueled by alcohol. The position of the homosexual rates somewhere near the bottom of this pile of the unacceptable and that is where Eddy finds himself. He makes repeated attempts to assume the proper masculine role that his culture requires of him and every time he fails, he assumes the fault is entirely his. Nothing equips him to protect himself from the shame and terror that are his constant companions, and – not surprisingly – he lives and breathes unqualified self-loathing.

There have been plenty of examples of such boys raised in poor and difficult circumstances who felt keenly the discrimination they experienced or of which they were fearful, but it is how Eddy reacts and his increasing self-awareness that makes his tale quite remarkable. In the end, the writing-out of this intolerable childhood comes across as courageous, necessary, and deeply touching.

Since it was published in France in 2014, the book has reached well more than 300,000 readers and been translated into 20 different languages. *The End of Eddy* will be discussed by the **SAGE Book Club** via **Zoom on Saturday, March 1, from 11 AM TO 12 Noon**.

# SAGE of South Florida

## Financial Report for Fiscal Year Ending December 31, 2021

	2021 Budget	YTD Actual	Variance Over/Under Budget	NOTES TO FINANCIALS:
<b>REVENUE:</b>				
Contributions (1)	12,000	25,314	13,314	(1) Contributions from Members, Community Partners, and Bequests.
Membership Dues	4,000	1,440	(2,560)	
Interest Income (2)	3,300	1,906	(1,394)	(2) Interest Income derived from SAGE's Edward Jones Investment Account.
Miscellaneous Revenue	0	0	0	
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<b>TOTAL REVENUE</b>	<b>19,300</b>	<b>28,660</b>	<b>9,360</b>	
<b>EXPENSES:</b>				
Insurance	1,500	1,461	(39)	(3) Monthly Newsletter costs include printing and envelopes.
Newsletter (3)	4,000	2,128	(1,872)	(4) Office supplies include office operation, telephone, computer software/hardware and website expense.
Office Supplies (4)	2,200	2,670	470	(5) Postage includes office mailings, membership mailings and monthly newsletter.
Postage (5)	1,700	2,120	420	(6) Rental costs include office space that SAGE maintains at The Pride Center and off-site storage unit.
Rent (6)	7,500	7,553	53	
Community Activities (7)	20,000	31,070	11,070	(7) Community Activities include Donations to local Charitable Organizations, establish SAGE Emergency Fund with Sunserve, purchase equipment to broadcast SAGE meetings on Zoom, audio-visual equipment for the Volen Center in Boca Raton, and award two SAGE college scholarships.
Miscellaneous Expense	100	70	(30)	
Events Costs (8)	1,000	2,102	1,102	(8) SAGE Social and Educational activities generated Revenue of \$4,989 and Expenses of \$7,091, Resulting in a deficit of \$(2,102).
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<b>TOTAL EXPENSE</b>	<b>38,000</b>	<b>49,174</b>	<b>11,174</b>	
		=====		
<b>NET REVENUE/(EXPENSE)</b>		<b>(20,514)</b>		

### SAGE LUNCH & LEARN

Lunch and Learn is held the **first Saturday of the month, 12:30pm**, at the Herb Skolnick Community Center.  
**RESERVATIONS ARE REQUIRED. Please see the enclosed flyer for more information.**

### FRIENDLY SUPPORT PROGRAM

We'd like to think we are not merely fair-weather friends, but people who really care about our SAGE family. If you know of any SAGE member who is sick, in the hospital, recently lost a loved one, or would appreciate a friendly call or a note of cheer, please contact: **Michael Vita @ 786.586.4286**

### SAGE MEMBERS IN NEED

If you are a Senior, or a Care Giver, who needs information or referral services regarding assistance with Activities of Daily Living, please contact the ADRC (Aging and Disability Resource Center), part of the Area Agency on Aging:

**In Broward County – 954.745.9779**

**In Palm Beach County – 561.684.5885**

### 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**





## SAGE Health Tips

Gene Majka, APRN

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

### Kick Charlie Out of Your Bed, STAT!

There is nothing more irritating than Charlie waking you up at 3 AM, and seeing he brought his horse with him 😊 No, this isn't the infamous "Godfather" scene.



This is about those painful night leg cramps that make you jump up and try to walk it out. This can be dangerous for us since our jumping, balance and walking are not what they used to be. So, what is the cause?

#### Causes

IDK. This is the young 'uns text acronym for I don't know. Night cramp pain (leg and foot) can last for a few minutes and tenderness may last for hours. As we age, we are more prone to night-leg cramps. No researched apparent cause can be identified, but these cramps are related to some of the following problems: Peripheral artery disease, spinal stenosis, diabetes, kidney problems, anemia, cirrhosis, Parkinson's and thyroid disorders. Medications that can cause cramps are blood pressure drugs, cholesterol-lowering statins, and diuretics. Other causes are dehydration, diarrhea and osteoarthritis. Insufficient calcium, potassium and magnesium in your diet or from your medications can be a cause. Personally, I take diuretics, statins and limit my fluid intake in the evening (you all know why we do it) and Voila! Charlie comes for a visit at 3AM.

#### Self-Care

Some of the relief measures at 3AM are: flexing your foot in the bed toward your head for foot cramps; massaging the area with your hands or with ice; walking or jiggling the leg (while sitting at the edge of bed); or taking a hot shower or bath.

#### Preventive care

- Drinking plenty of fluids to avoid dehydration.
- Stretching your leg muscles or riding a stationary bicycle for a few minutes before going to bed.
- Untucking the bed covers at the foot of your bed.

#### When to See Your Primary Care Practitioner (PCP)

- Continuous painful cramping.
- Exposure to lead.
- Problems functioning during the day due to being up all night with cramps
- Developing muscle leg weakness or wasting away.
- No improvement with self-care.

#### Treatment

Quinine had been the treatment since 1940. Today there are many alternative medications. Your PCP will work with you for the best results.

So, have a good night's rest and be Charlie Free or Mr. Ed 😊



#### References and Resources:

Nocturnal leg cramps in older people <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1742527/>

Night leg cramps <https://www.mayoclinic.org/symptoms/night-leg-cramps/basics/definition/sym-20050813>

Muscle cramp <https://www.mayoclinic.org/diseases-conditions/muscle-cramp/symptoms-causes/syc-20350820>

SAGE cares because YOU care about your health.

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



SAGE of South Florida

## ***Lunch & Learn***

March 5, 2022, at 12:30pm

**HERB SKOLNICK COMMUNITY CENTER  
800 SW 36<sup>TH</sup> AVENUE, POMPANO BEACH, FL**

**RESERVATIONS REQUIRED**

**MEMBERS - \$15.00    GUESTS - \$20.00**

**EVERYONE PAYS AT THE DOOR**

**DOORS OPEN AT 12:15PM**

***RESERVATIONS MUST BE MADE BY 12:30PM ON THURSDAY, March 3, 2022,  
BY SENDING AN EMAIL TO: [sagesofl@gmail.com](mailto:sagesofl@gmail.com) OR BY CALLING: 954.634.7219***

The speaker will be **Lisa Peters**, Director of Senior Services at **SunServe**.

If you arrive early, make yourself comfortable in the lobby and meet with other SAGE members and guests.

### **March Menu**

Romaine Salad

Ricotta Tortellini in a Pink Sauce

Mushroom and Spinach Stuffed

Chicken Breast

*(Grilled Chicken Breast Available)*

Roasted Potatoes and Carrots

with Dill

Apple Tarte with Vanilla Ice Cream

*Catered by*



CAFÉ  
PRIMAVERA

# SAGE ANNUAL MEETING AT TROPICAL ACRES



2500 Griffin Road, Ft. Lauderdale, FL 954-989-2500

Sunday March 27, 2022 12:00pm for Cocktails (Cash Bar) and 1:00pm for Dinner

**Entertainment by Brendan Fratus**

Menu for the Afternoon:

Starter – Rolls & Butter - Caesar Salad

Choose from one Entrée:

Prime Rib

Chicken Francaise

Sea Bass Tomato-Gorgonzola

All Entrees served with Whipped Potatoes & Chef Choice of Vegetables

Dessert - Cheesecake or Fruit Cup

Dinner includes Coffee, Tea, or Iced Tea **(At Table Only)**

Pricing: \$26 Members - \$33 Non-Members  
(A Portion of Member Cost Subsidized by SAGE)

**Reservations Close 1:00pm Tuesday March 22, 2022**

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Tropical Acres Sunday March 27, 2022

#\_\_\_ Member @ \$26 #\_\_\_ Non-Member @ \$33 Phone # \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice \_\_\_\_\_

Mail Payment to: SAGE at PO Box 70516, Oakland Park, FL 33307

Questions: Call the SAGE Message Line at 954-634-7219 - This is a SAGE Sponsored Event

# THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE

*We're Baaack!*



An amazing performance by Udo Kier. The movie is based on a true, deceased personality in Sandusky, Ohio. A retired local celebrity hairdresser, living his last days of life in a nursing home, escapes to encounter his past (in many ways) – some real and some imagined – before he dies. The movie is listed as an LGBT comedy, and it is definitely LGBT, but certainly not a source of laughter. Much of Udo Kier's acting is just his nonverbal facial expressions. He has been in over 200 movies in his career, but he certainly stars in this one.

*Udo Kier is a German actor. Known primarily as a character actor, Kier has appeared in more than 220 films in both leading and supporting roles throughout Europe, Canada, and the Americas.*

## ***Swan Song***

***Starring Udo Kier***

**FRIDAY, MARCH 18th**

**1:30 PM @ the Pride Center**

**FREE POPCORN AND SODAS**

We ask that you wear a mask while attending this movie.

Chairs will be placed with appropriate social distancing.

Please do not attend if you are not fully vaccinated.