

September Potluck  
Sunday, 9/13



*September is Healthy Aging Month. We will not only learn about 10 steps to Promote Healthy Aging and Good Brain Health, but we will put some into practice! We will move our bodies, engage our minds, socialize, and share some laughs!*

*Social Time: 3:00*

*Program: 4:00*

*Dinner: 5:00*

Join us to remember Dolly on 9/3

See page 6



It's finally starting! In August, Tim McCoy started working full time as Trans Empowerment Initiative (TEI) Coordinator. He is joined by Valerie Grant, TEI Outreach Specialist. Together, they are establishing this new program that will serve adults in Transgender, Gender NonConforming, NonBinary (TGNCNB) communities.

For starters, there will be two new trans social/support groups meeting at SAGE. Starting in September, the Transfeminine group will meet on the 2nd Saturday of each month at 7 pm (this takes the place of Gender



Blend and is still led by Johna Melius). Trans Connections Plus will meet on the 4th Saturday starting October 24. It's a new inclusive gathering open to all trans, nonbinary, gender diverse and intersex people--along with their partners and allies. And, the Trans-Masculine Spectrum group will continue twice monthly.

In addition to these groups, TEI will offer a gender diversity training for providers and other audiences, groups in counties outside of Syracuse, a resource directory, and workshops on TGNCNB issues. TEI serves trans adults of all ages.



Sponsored by:

Carrier



You're Invited!

## SAGE Upstate 14th Annual Community Dinner

Saturday, September 26,  
All Saints Center, 1340 Lancaster Ave.

Please RSVP by 9/21/26

Online: [sageupstate.org/events](https://sageupstate.org/events)  
or use QR Code

By mail: use form on the back of this issue

Call SAGE: 315-478-1923

Suggested \$35 donation, more if you can,  
less if you can't.

5:30 Silent Auction

& Reception: Bid on 30+ auction items,  
donated by businesses and individuals.

6:30 Dinner: Mixed greens, Chicken Marsala or Eggplant Parmesan, garlic green beans, roasted potatoes, stretch bread, cake

7:30 Program

"Serving Looks, Drag & Dinner" with Electra Qute, Lez Kneelson, and Arista Krat



All proceeds go toward  
reducing isolation and  
improving health for LGBTQ  
communities.



SAGE Upstate News is published monthly for and about older

Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in CNY, and Trans, BIPOC, and Rural people of all ages. SAGE Upstate is a nonprofit organization working to reduce isolation and improve health for LGBTQ communities. Board meetings are open to the community. For more information: [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org). All activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.

#### SAGE Upstate Board

Jenny Gluck, Board Chair  
Gary Fitzgerald, Vice Chair  
Katherine Lowe, Treasurer  
Recording Clerk: Susan Horn  
Kevin Bailey  
Callie Campbell  
Denise Cody  
Dan Bishop-Basler  
Barb Genton  
Nate Sceiford  
Liz Stehle  
Clayton Terry

#### SAGE Upstate Staff

Kim Dill  
*Executive Director*  
Leslie Lamb  
*Program Director*  
Tim McCoy  
*Trans Empowerment Initiative Coordinator*  
Valerie Grant  
*Trans Empowerment Initiative Outreach*

SAGE Upstate is funded by the the NYS Department of Health LGBTQ Services, Onondaga County Dept. of Adult and Long Term Care Services, NYS Legislative funding through the Office of Senator Rachel May, Allyn Foundation, NYS Legislative funding through the NYS DOH, Carrier, Eastwood Rotary, donors, events, and business sponsors.

## SAGE Upstate 14th Annual Community Dinner

**Saturday, September 26, All Saints Center, 1340 Lancaster Ave.**



hosts will be setting them up in a variety of colors and styles. Table hosts are volunteers who bring the place settings and decorate the table -- if you are interested in doing this, please call us!

Our program this year is "Serving Looks, Drag, and Dinner" offered by celebrated local entertainers Electra Qute, Lez Kneelson, and Arista Krat. The show will cap off a lovely evening with music and fun.



Join us for the 14th Annual SAGE Upstate Community Dinner, at All Saints Center, 1340 Lancaster Ave in Syracuse. The Reception and Silent Auction starts at 5:30. Browse baskets, electronics, gift cards and more, then make your bids.

Dinner will be served just after 6:30 pm. We'll start with mixed greens with cucumbers, tomatoes, carrots, and dried cranberries with balsamic vinaigrette and ranch dressing served on the side. For the main course, diners will have the option of Chicken Marsala or Eggplant Parmesan. On the side, we'll serve garlic and herb roasted potatoes, garlic & lemon green beans with almonds on the side, and fresh stretch bread. Dessert will be cake. Are you getting hungry yet?

You'll notice that all of the tables are one-of-a-kind because our table

#### How to reserve your seats:

Suggested donation is \$35 - more if you can, less if you can't. You can use the form on the back to mail in. Or, you can RSVP online using the QR code on the front page or at [www.sageupstate.org/events](http://www.sageupstate.org/events). Or, You can just call SAGE (315-478-1923). When reserving, please remember to include your dinner choice and the names of all diners (so we can make name tags).

# BIPOC Vs POC

The term POC, or People of Color, goes as far back as 1796 and started as a way to talk about non-white communities collectively — a way to push back against labels that were outdated, harmful, or just didn't reflect who people really were. It helped folks name shared experiences with racism without having to list every group individually. But over time, people realized that "POC" sometimes smoothed over important differences, especially the very specific histories carried by Black and Indigenous communities. That's where BIPOC comes in.

When we use the term BIPOC, we're talking about Black, Indigenous, and People of Color — but not in a stiff, academic way. We are talking about naming our communities with intention.

Instead of tossing everyone into one big "people of color" bucket, BIPOC helps us slow down and acknowledge that different groups carry different histories, different struggles, and different strengths.

The term BIPOC started gaining real traction in the late 2010s and especially around 2020 during the COVID pandemic. People were searching

for language that didn't blur out the specific experiences of Black and Indigenous folks. Because let's be honest: the legacies of slavery, genocide, land theft, and systemic exclusion aren't interchangeable. They're deep, they're painful, and they're foundational to understanding how racism works in this country. So BIPOC emerged as a way to name those truths directly while still recognizing the broader family of people of color.

Today, you'll hear BIPOC used in schools, workplaces, community programs, and conversations about equity. It's become a way to talk about race with more clarity and less shortcutting. Instead of pretending everyone's experience with racism looks the same, the term encourages us to pay attention — to the differences, the overlaps, and the ways our communities show up for each other. It's a reminder that solidarity doesn't require sameness; it requires honesty.

And why does all this matter? It matters because naming things clearly helps us see them clearly. When we call out Black and Indigenous people directly, we bring vis-



by Tim Lattimore

ibility to communities whose stories often get pushed aside or oversimplified. We make space for nuance. We make space for truth. And we push institutions like schools, nonprofits, workplaces, or whoever to design policies and programs that actually fit the people they're meant to serve, instead of relying on one-size-fits-all assumptions.

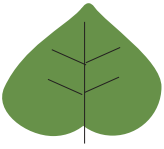
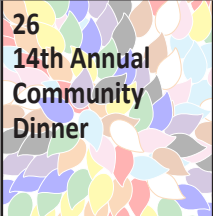
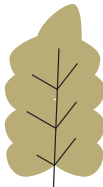
At the end of the day, BIPOC isn't just an acronym or another way to label us or lump us into a group. It is actually a reminder to speak with care, honor history, and build equity in a way that's intentional, not generic. It's a way of saying: we see you, we name you, and we're committed to doing this work with clarity and respect.



Clockwise from top left: Ice Cream Social; Off The Hook's Garden Party; Ice Cream Social; SAGE Picnic; Off The Hook's Garden Party; Ice Cream Social; Unchained Book Club; SAGE Picnic.

**Take care of yourselves and BE KIND to one another.**

# September 2026

| Sunday                                                                            | Monday                                                                            | Tuesday                                                                | Wednesday                                | Thursday                                                                              | Friday                                                                                | Saturday                                                                                                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
|  |  | 1<br>6 pm Bonding Brothers                                             | 2<br>5:30 Writers                        | 3<br>10 am Walking<br>6 pm Dinner Out<br>6 pm Remembering Dolly: 9 To 5               | 4                                                                                     | 5<br>2 pm Utica Potluck                                                                                                           |
| 6<br>4 pm Minnie Bruce Book Club                                                  | 7<br>5:30 Walking group<br>6 pm Monday Men's Group                                | 8<br>6:30 Transmasculine Spectrum group                                | 9<br>5:30 Writers                        | 10<br>10 am Walking<br>9:30 Breakfast Out                                             | 11                                                                                    | 12<br>7:00 Transfeminine Group (formerly Gender Blend)                                                                            |
| 13<br>12:15 Syr. Gay Film Society<br>3 pm Second Sunday Potluck                   | 14<br>5:30 Walking<br>6 pm Monday Men's group                                     | 15<br>6 pm Bonding Brothers                                            | 16<br>5:30 Writers<br>6 pm SAGE Sapphics | 17<br>10 am Walking<br>12:30 Lunch Out                                                | 18<br>7 Men's Night Out                                                               | 19<br>6:30 pm Gay Board Game Night                                                                                                |
| 20<br>Noon, Queer History Coalition                                               | 21<br>5:30 Walking group<br>6 pm Monday Men's Group                               | 22<br>11:30 Lunch & Learn: Scams<br>6:30 Transmasculine Spectrum group | 23<br>5:30 Writers                       | 24<br>10 am Walking                                                                   | 25<br>6:30 Freaky Film Friday                                                         | 26<br><br><b>14th Annual Community Dinner</b> |
| 27<br>12:15 Syr. Gay Film Society                                                 | 28<br>5:30 Walking<br>6 pm Monday Men's                                           | 29                                                                     | 30<br>5:30 Writers                       |  |  |                                              |

## Center Drop-In Hours: 3:00 - 6:00 pm Monday - Friday

|                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.                                                                                                                  |
| Gay Board Game Night: meets in the SAGE Upstate Center.                                                                                                                                  |
| Trans Feminine Group: 2nd Sat. social/support for female identified Trans/ Nonbinary individuals. In person/ Zoom ( Zoom link at <a href="http://sageupstate.org">sageupstate.org</a> ). |
| Lunch & Learns meet at SAGE. For details see p 5                                                                                                                                         |
| Minnie Bruce Book Club: A new book club meeting at SAGE and hosted by the Syracuse Queer History Coalition. More on p 6.                                                                 |
| Monday Men's Group: closed support group that takes new members a few times a year.                                                                                                      |
| Meals OUT -- Dinner on the 1st Thursday Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.                                                             |
| Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm.                                                                                                                                 |
| Remembering Dolly: Come to the Center to watch <i>Nine To Five</i> and remember legend Dolly Parton.                                                                                     |

|                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SAGE Sapphics: New group-- see next page.                                                                                                                             |
| Syracuse Gay Film Society: See details on p. 7                                                                                                                        |
| Syracuse Queer History Coalition: meets monthly to gather local queer history, build intergenerational community, plan events, and more.                              |
| Transmasculine Spectrum Group: for men in TGNCNB communities. 2nd & 4th Tuesday at 6:30 pm                                                                            |
| Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able. Details p.6.                                              |
| Walking Group Mondays (5:30 pm) meets at the Visitor Center at Onondaga Lake Park & Thursdays (10 am) meets at the benches by Panera at Destiny.                      |
| Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at <a href="http://sageupstate.org">sageupstate.org</a> . |

## Lunch & Learn 9/22: Scams & Fraud

Fraud Prevention Coordinators from Lifespan of Greater Rochester, Inc. will teach us about impersonation scams, tech support scams, charity scams, text scams, and more . . . and they'll do it with music! Join us for SINGO! In this presentation, they keep the music going. Players mark off the song artists on their cards as the tunes play. Between songs, presenters discuss scams, blending education with entertainment to make learning fun.



*Lunch and Learns are held at SAGE Upstate, located in the CNY Philanthropy Center, 431 E Fayette St. Programs start at 11:30 and lunch is served at 12:30. Please R.S.V.P. to Leslie at [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or by calling 315-478-1923. Let us know of any dietary restrictions.*



## Program News

by Leslie Lamb, Program Director

Hi all! It's your Program Director here! There has been a lot going on and much more to look forward to in the coming months! There are some changes for September that I wanted to make you aware of.

We have had a lot of 'in-between' agers (24-50yo) inquire about programming and having safe spaces to meet. We are trying to build up programming that is welcome to all while still providing services and programming to our typical SAGE-age participants. The programs that are aimed toward the 'in-between' agers but that are open to all are:

**Syracuse Gay Film Society:** watch LGBTQ themed films twice a month.

**Gay Board Game Night** gather monthly for board games & snacks.

**Minnie Bruce Book Club** meets once a month to discuss a book-- find out the book of the month at **Syracuse Queer History Coalition** meets monthly to gather local queer history, build intergenerational community, plan events, and more.

**SAGE Sapphics monthly:** see article on this page

We are always looking for new ideas and volunteers to help these programs. Is there a topic you are super knowledgeable about that you would like to teach others? Is there a talent or art you can teach? Let us know if you want to be involved!

## NEW Group SAGE Sapphics: 9/16 6 pm

Join others for this social mixer intended to provide a space for women and nonbinary folks in the community who always find themselves between programming ages. We hope participants will gather and use the resources (crafts, books, you name it!) at SAGE to find common interests and have somewhere they can look forward fostering community.



Utica Unitarian, 10 Higby Rd.

## Meet your SAGE friends for a meal

**1st Thursday Dinner, 9/3, 6 pm**

Thai Love NY, 2822 LeMoyne Ave  
in Mattydale

**2nd Thurs. Breakfast, 9/10, 9:30 am**

Firekeepers, 3879 Frontage Rd  
in Nedrow

**3rd Thurs. Lunch: 9/17, 12:30 pm**

The Retreat, 302 Vine St.  
in Liverpool

Please RSVP with Ron or email Leslie at [llamb@sageupstate.org](mailto:llamb@sageupstate.org)



**Interested in community events, but don't want to go alone?**

Sign up for our SAGE Out Together List: [llamb@sageupstate.org](mailto:llamb@sageupstate.org)

## Syracuse Queer History Coalition Sunday 9/20, Noon



## Minnie Bruce Book Club

On Sunday, September 6 at 4 pm, the Minnie Bruce Pratt book club will discuss *MAGNIFIED* by Minnie Bruce Pratt (2021). This collection of love poems draws us into the sacred liminal space that surrounds death.

With her beloved gravely ill, poet and activist Minnie Bruce Pratt turns to daily walks and writing to find a way to go on in a world where injustice brings so much loss and death. She chronicles the quiet rooms of "pain and the body's memory," bringing the reader carefully into moments that will

be familiar to anyone who has suffered similar loss. Even as she asks, "What's the use of poetry? Not one word comes back to talk me out of pain," the book delivers a vision of love that is boldly political and laced with a tumultuous hope that promises: "Revolution is bigger than both of us, revolution is a science that infers the future presence of us." This poetry is testimony to the generative power of love that continues after death.



## We Will Always Love You, Dolly

Join us Thursday 9/3, 6 pm to watch *Nine To Five* and remember



Just as we were finishing this newsletter, we got the sad news that Dolly Parton had passed. Soon after, we got a call from the Syracuse Gay Film Society about holding a special viewing of *Nine To Five* in the Center. We'll partner with them for a chance to remember Dolly, watch a great movie, and share memories. Join us on Thursday September 3, 6 pm. She was a prolific songwriter, a singing sensation, a movie star, and a philanthropist. We'll

remember her for these, but also for being kind, and for her unwavering stance that all people should be accepted for who they are. She was an early advocate for marriage equality, and when she wrote a song for the *Trans-america* soundtrack, she said, "Some people are blind or ignorant, and you can't be that prejudiced and hateful and go through this world and still be happy. One thing about this movie is that I think art can change minds. It's alright to be who you are."



## Silver Strings Is Coming Back! Starting October 7

Starting next month, Silver Strings, the SAGE group for guitar and ukelele players, will meet twice monthly in the SAGE Upstate Center. Join them on the 1st and 3rd Wednesday at 10:30 am. This group is for everyone who wants to play -- from seasoned pickers to absolute beginners-- everyone welcome.

# Annual Picnic



**THANK YOU SO MUCH** to everyone who has donated to our current fundraising appeal. The only reason we are still here today is because of the generosity of our donors. For those of you who missed it, you can always donate to our Make a Difference Fund. *Three ways to donate:*

1. Return the form on the back of this issue
2. Use the QR code, or
3. Visit [sageupstate.org](http://sageupstate.org)



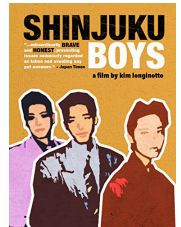
## Syracuse Gay Film Society

The Syracuse Gay Film Society has a new meeting time. This change was made after feedback that more people would attend if films were shown earlier in the day. See times below.

### Sunday September 13

#### 12:15: *Shinjuku Boys*,

A 1995 film by Kim Longinotto and Jano Williams. It explores the lives of three transgender men who work at the New Marilyn Club in Tokyo, Japan. 53 min.



**1:20: *Shakedown***, (2018) Examines an underground LA lesbian club, its performers, finances, desire, and community dynamics. Explores utopic space before/after club's existence, ephemerality, alternative economies. 1 hr 12 min.

### Sunday September 27

#### 12:15: *Not Just Passing Through*,

(1994). Documentary about lesbians preserving their history, with a focus on the work of the Lesbian Herstory Archives. Includes interviews with Joan Nestle, Jewelle Gomez, and Mariana Romo-Carmona, among others. Profiled are Mabel Hampton, Marge McDonald, theater group 5 Lesbian Brothers, and Asian Lesbians of the East Coast. 52 min.

#### 1:20: *Go Fish*, (1994)

A romantic tale about finding a soulmate. The only difference here is that both partners are women. 1 hr 23 min.



### Friday Sept 25

#### Freaky Final Friday

#### 6:30: *Carrie* (1976)

A social misfit with psychic powers turns prom night into Hell on Earth. 1hr 38 min.





431 E. Fayette St. Suite 050  
Syracuse, NY 13202

Address service requested

Nonprofit Org.  
US Postage Paid  
Syracuse, NY  
Permit 1930



Name(s) \_\_\_\_\_ No. of Attendees \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ I am unable to attend, please accept my donation of: \$ \_\_\_\_\_

Amount you wish to give: ☐ \$ \_\_\_\_\_ ☐ \$35 ☐ \$50 ☐ \$75 ☐ \$100 or more

Payment by ☐ Cash ☐ Check ☐ Credit Card

Card # \_\_\_\_\_ exp. \_\_\_\_\_ CVV# \_\_\_\_\_

Thank you for your generous donation! Questions? 315-478-1923 or [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org).  
The facility is wheelchair accessible, and sign language interpreters are available on request.  
Mail to SAGE Upstate, 431 E. Fayette St., Syracuse, NY 13202. *Please include the names of additional attendees on this form or a separate sheet of paper so we can prepare name tags.*  
*Thanks!*

*Dinner Choice*  
*Include all diners in this reservation*  
*Chicken Marsala \_\_\_\_\_*  
*Eggplant Parmesan \_\_\_\_\_*