

# Sage News

Upstate

June 2026 Vol 30 #6

H A P P Y ♥ P R I D E

## Second Sunday Potluck VIRTUAL TOUR OF LGBTQ HISTORIC SITES & PRIDE TRIVIA

June 14

2nd Floor Ballroom, 431 E Fayette

3:00 pm: social time

4:00 pm: program

Dinner following program

Bring a dish to pass if you are able.



What do you know about these places and how they contributed to LGBTQ History? Find out more at the potluck!



## Goodbye and Thank You Masani!

Masani Tyler left her position as Neighborhood Advisor in May. She shares, "Thank you for the many opportunities for learning and growth I experienced while working as Neighborhood Advisor for SAGE Upstate. It feels good to have been part of a program and an organization with a mutual focus on the health, dignity and independence of older folks in our community."

Since February 2024, Masani has been on the job, reaching out to people with referrals and resources to help them remain living independently in the community. She was there with Farmers Market Coupons and vital information about HEAP, SNAP, Medicare Enrollment and other services. If you weren't a resident of Onondaga County, the area for which the service provides, she'd give you information about Offices for Aging in other counties.

She reached out in many ways, providing info for wellness posts on Facebook, tabling at various community events, and offering outreach at community sites. In her newsletter column, Masani offered a wide variety of information on things that would help people live their best lives. The articles addressed a num-

More on page 7



**PRIDE 5K June 6**  
**Long Branch Park**  
**Register at [sageupstate.org](http://sageupstate.org)**

*We have extra shirts!*

### If you haven't registered:

Register online  
through June 5: \$35  
Event day registration: \$40

### Already signed up?

Packet pick-up will be held  
June 4 & 5  
4:30- 6:30, SAGE Upstate.

Be sure to arrive at the park by  
8:45 when the road is closed!

### Awards & Prizes for

Top runners/walkers  
in age categories, and  
Most Proudful Outfit.





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. Interpretters and large print publications are available on request.

**SAGE Upstate Board**

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Contact the board at [board@sageupstate.org](mailto:board@sageupstate.org)

**SAGE Upstate**

- Kim Dill  
Executive Director
- Leslie Lamb  
Program Director
- Trans Empowerment Initiative  
Coordinators: Tim McCoy
- TEI Support: Johna Melius

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, Excellus BlueCross BlueShield, the CNY Community Foundation, Allyn Foundation, NYS Legislative funding through the NYS DOH, Carrier, Eastwood Rotary, donors, events, and business sponsors.

**Thank You 2026 Pride 5K Sponsors**



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by Tim Lattimore

**What Is Pride?**

"Pride" is a complex emotion in general, just like love, because it cannot be defined by or confined to a simple feeling or explanation. However, if asked to narrow it down a bit, Pride is dignity, self-esteem, and confidence. Yes, these are synonyms, but they each hold a different meaning in both their individual and collective meanings.

"Pride", in regards to LGBTQ+ Identity and Resilience or Pride Movements, "culturally represents the celebration and visibility of marginalized identities. For the LGBTQ+ community, it is an empowering response to historical shame, stigma, and oppression. It embodies authenticity, self-love, and the freedom to live openly without fear of judgment.(Wikipedia)"

Over the past week or so as we quickly approach Pride month, I asked several random people what Pride means to them. I received many different answers such as love, friendship, acceptance, togetherness, freedom... just to name a few. The most common answers I received, however, are 1) being who you are (authentically) and 2) celebrating who you are.

The whole point is that [we] define ourselves. No one has that power over us UNLESS we give them that power. It is your birthright to define

**Interview with Tino Lopez, Designer of the Pride Guide Cover**

*Tim Lattimore spoke with Tino Lopez for an interview.*

*Tino's art was chosen for the cover of the 2026 Pride Guide.*

*Tim: How long have you lived in (or been a part of) Syracuse?*

Tino: I was born in Utica and have lived there most my life. I've been involved with Syracuse art and the burlesque scene in Syracuse since around 2018.

*Tim: What do you do for a living?*

Tino: I am blessed to say that I am lucky enough that Art is how I make my living.

*Tim: How long have you been creating artwork?*

Tino: I've been creating artwork my whole life. I'm 42 now and have always created, but as I got older, it became my hyperfocus and my best coping skills for living life.

*Tim: What is your creative drive or motivation?*

Tino: Art is what keeps me alive and thriving. It's a way that I have built to survive. I have suffered from many different traumas and have a few mental illnesses, so Art really has been the very breath in my lungs.

*Tim: What is the purpose of your artwork?*

Tino: The purpose of my artwork is to show color and hope to the world, showing that you can

do anything no matter what, and I hope that my art can give people a reason to stay... through the way I can convey messages that I leave in my art for the world to see so they can find hope within and without.

*Tim: How do you identify within the LGBTQ+ community?*

Tino: I am a pansexual transgender human.

*Tim: What are your future endeavors?*

Tino: I hope someday to be able to help more people like me through my art, and I hope to someday be able to paint a mural in every state across the world.

*Tim: What has been your greatest challenge in life, and how did you overcome it?*

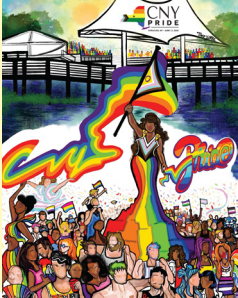
Tino: Losing my grandmother was my hardest challenge, and I've been getting through it one brush stroke at a time.

*Tim: What is your greatest accomplishment or achievement?*

Tino: Being a father is my greatest achievement in life.

*Tim: What gives you peace or relaxes you?*

Tino: Music is what brings me peace.



Pride as it expresses who you are and what you believe. Despite the judgment and hardships [we] have faced and continue to face, take pride in never giving up hope or giving into ignorance and fear. ALWAYS take pride in your Pride, and let Your

Light shine. In doing so, you are being true to yourself and a beacon of hope and strength for others.

HAPPY PRIDE EVERYONE! And remember... take care of yourself and BE KIND to one another.

# \*June 2026!\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 Walking group 6 pm Monday Men's Group	2 6 pm Bonding Brothers	3 5:30 Writers	4 10 am Walking 6 pm Dinner Out	5	6 9 am step off: <b>PRIDE 5K</b> 2 pm Utica Potluck
7	8 5:30 Walking group 6 pm Monday Men's Group	9 11:30 Lunch & Learn, Preparing health food/bev 6:30 Transmasculine Spectrum group	10 5:30 Writers	11 9:30 Breakfast Out 10 am Walking	12	13 <b>CNY Pride</b> 7:00 Gender Blend
14 2nd Sunday Syracuse Potluck 3pm social; 4pm Program 5:45 Syr. Gay Film Society	15 5:30 Walking 6 pm Monday Men's group	16 6 pm Bonding Brothers	17 5:30 Writers	18 10 am Walking 12:30 Lunch Out 4 pm Pride Night at Syracuse Mets	19 7 Men's Night Out	20 5:30 pm Gay Board Game Night
21	22 5:30 Walking group 6 pm Monday Men's Group	23 6:30 Transmasculine Spectrum group	24 5:30 Writers	25	26	27
28 5:45 Syr. Gay Film Society	29 5:30 Walking group 6 pm Monday Men's Group	30 6 pm Community Connections Dinner				

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.	Men's Night Out: Social for SAGE guys, in person and on Zoom 3rd Friday, 7 pm.
CNY Pride: Stop by the SAGE booth. See info on page 6.	PRIDE 5K: Are you registered? See p. 1.
Community Connections Dinner: Join LGBTQ people of all ages for dinner and conversation. See more info on p. 7.	Pride Night at Syracuse Mets. More info on p 5.
Gay Board Game Night: meets in the SAGE Upstate Center. More info p. 7	Second Sunday Potluck in Syracuse. Social time at 3:00, program at 4:00, dinner after program.
Gay Film Society: meets in the SAGE Upstate Center. See more info p. 7	SAGE Strings will take a break in June.
Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom (Zoom link at <a href="http://sageupstate.org">sageupstate.org</a> ).	Transmasculine Spectrum Group: for men in TGNCNB communities. 2nd & 4th Tuesday at 6:30 pm
Lunch & Learns meet at SAGE. For details see next page.	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.
Monday Men's Group: closed support group that takes new members a few times a year.	Walking Group Mondays (5:30 pm) & Thursdays (10 am): The group meets at the benches by Panera at Destiny.
Meals OUT -- Dinner on the 1st Thursday Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.	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> .

One more session in Eating Better on a Budget series



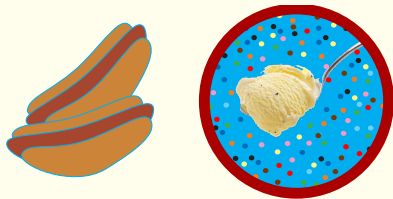
Our four-part series on choosing healthy foods and stretching food dollars continues this month, funded by the Eastwood Rotary.



Tuesday, June 9: Preparing Health Food & Beverages

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 or by calling 315-478-1923. Let us know of any dietary restrictions.

SAVE THE DATE: JULY 30



Join us for our annual Carnival and Ice Cream Social. Play games for prizes, have a hot dog, some ice cream, and fun with your friends in the SAGE Upstate Center.

Ice Cream donated by: Stewart's Shops

Meet your SAGE friends for a meal

- 1st Thursday Dinner, 6/4, 6:30 pm Barados on the Water. 57 Bradbury Rd., Central Square
2nd Thurs. Breakfast, 6/11, 9:30 am Finally Ours, 3788 W. Seneca Tpke, Syracuse
3rd Thurs. Lunch: 6/18, 12:30 pm Finally Ours, 3788 W. Seneca Tpke

Syracuse Mets logo with rainbow colors. Text: We have a few tickets for Pride Night at the Syracuse Mets on June 18 -- if you'd like one, contact Leslie at llamb@sageupstate.org or 315-478-1923.



More than 40 LGBTQ folks of all age gathered for the Community Connections Dinner last month. Join us for the next one on 6/30! See p. 7.



by Leslie Lamb, Program Director

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

Sign up for our SAGE Out Together List. We'll put you in touch with others, so you can attend Pride and other events together. Contact Leslie at: llamb@sageupstate.org or 315-478-1923

Utica Potluck
2 pm on the first Sat.
Utica Unitarian, 10 Higby Rd.



Chili Cook Off Winner Katherine Lowe

SYRACUSE GAY FILM SOCIETY

- 6/14 Queens at Heart, 1967, 22m. Short film featuring interviews with 4 trans women in 1967.
To Wong Foo Thanks for Everything, Julie Newmar, 1995 1h 49m. Three drag queens travel cross-country until their car breaks down, leaving them stranded.
6/20 Saturday Night Board games & A Movie. Play some games, eat snacks, and hang with friends and watch La Cage aux Folles, 1978 1h 37m. When the straight son of the manager of a drag nightclub and his star attraction brings home his fiancée and her conservative family, madness ensues.
6/28 Common Threads: Stories from the Quilt 1989 1h 19m
A collection of profiles of people dead from AIDS who are remembered in the AIDS Memorial Quilt.

# Pride Month Events: Syracuse



## CNY Pride Parade and Festival

CELEBRATING 30 YEARS

Saturday, June 13, Parade 11:00 am

Festival 12- 5 pm, Inner Harbor

Grand Marshalls:

Michael Desalvo & Nick Orth

## Annual Syracuse Progress First Light

Saturday, June 6, 11 am, City Hall

## Pride Interfaith Service

Tuesday, June 9, 7 pm

All Saints Church, 1340 Lancaster Ave

## Pride Ethos: A Living Exhibit

June 10- 11

Everson Museum

More info: [everson.org/connect/pride-ethos-a-living-exhibit-2026/](http://everson.org/connect/pride-ethos-a-living-exhibit-2026/)

## Pride Kick-Off Party,

Friday, June 13, 7-10 pm, Aloft Hotel

## Official CNY Pride After Party

Saturday, June 13, 9 pm

Song and Dance, 115 E Jefferson St.

## CNY Pride Night with the Mets

June 18, 4 pm

Tickets: [milb.com/syracuse/tickets/single-game-tickets](http://milb.com/syracuse/tickets/single-game-tickets)

## Come Out CNY Guerilla Queer Cafe

Monday, June 28, 2- 4 pm

Kelsey's Coffee & Friends

1200 E Genesee St

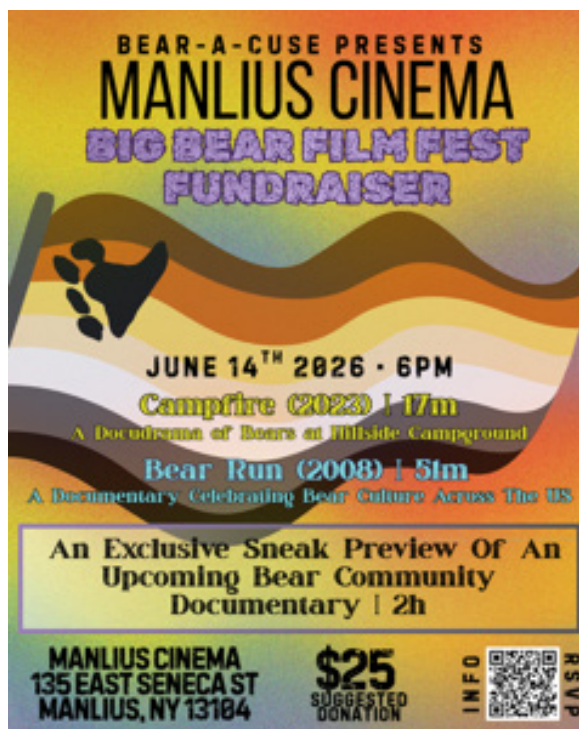


June 6, Long Branch Park, Liverpool

More info page 1



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[www.syrglc.org](http://www.syrglc.org)



To Performances  
**SYR** June 19 7 pm  
June 20 2 pm  
with  
**LOVE** May Memorial UU  
E Genesee St  
Syracuse 13206



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the form on the  
back of this issue.  
Thank You.



## LGBTQ+ Community Connections Dinner



Thursday, June 30--more info on page 7

For info on more events, get your Pride Guide at [cnypride.org](http://cnypride.org)!

# Pride Month Events: Regional



## Skaneateles Pride

June 5- 7

[facebook.com/SkaneatelesPride/](https://facebook.com/SkaneatelesPride/)



## Auburn Pride & Queer Market:

June 13

For more info, google Auburn Pride & Queer Market and find the facebook page

## Cazenovia Pride

June 27

[cazpride.org](https://cazpride.org)



The Cortland Lesbian, Gay, Bisexual, Transgender & Queer Center

## Cortland Pride

July 11

[cortlandlgbtqcenter.org/](https://cortlandlgbtqcenter.org/)



## Oneida County Pride Festival

June 6

[oneidacountypridealliance.org](https://oneidacountypridealliance.org)



## Watertown Pride

June 19- 21

[watertownnypride.org](https://watertownnypride.org)



## Dewitt Pride

June 10 3 pm

Carrier Park, 1033 Kinne St



## Oswego Pride

July 11

[oswegocountypride.org/](https://oswegocountypride.org/)

## LGBTQ Community Connections Dinner

Tuesday  
June 30  
6- 8 pm  
[@SAGE Upstate](https://sageupstate.org)

Join us for a free intergenerational dinner for LGBTQ community members of all ages. This special event brings together people who are older, younger and all points in between. We'll share stories, challenges and the experience of being LGBTQ at a certain age. Please RSVP to Leslie: [llamb@sageupstate.org](mailto:llamb@sageupstate.org). Cosponsored by Come Out CNY, SAGE, and SOFSA.

## Goodbye Masani, cont'd from page 1

ber of health topics such as cancer, nutrition, vaccinations and screenings for people on Medicare and those with private policies or no insurance at all. These articles also addressed quality of life, offering ideas about journaling, hiking, free tax prep, and online classes or sharing a poem for National Poetry Month.

In addition to her Neighborhood

Advisor responsibilities, Masani helped with many SAGE events, such as the Pride 5K, the Community Dinner, potlucks, lunch and learns, and other programs.

The Neighborhood Advisor Program is funded by the Onondaga County Department of Adult and Long Term Care Services. This support will allow us to hire a new person for the role.

Stay tuned for a job posting-- if you or someone you know may be interested, contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

We will miss Masani's dedication to helping people and her partnership in SAGE efforts. We wish her success in all that comes next!



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