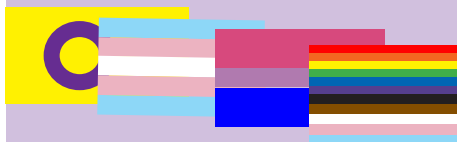


Second Sunday Potluck in Syracuse

PRIDE

Share pride stories, get your picture taken in our pride photo booth, see photos from past pride parades, and more prideful celebration!



Sunday, June 9

3- 4 pm social time

4:00 program

Shared supper after program

Bring a dish to pass if you are able

This month

- Pride celebrations all over the area (see inside)
- New Walking group starts 6/3
- Pride Night at the Mets, 6/13
- CNY Gay 5K: 6/15
- New: Watertown Potluck, 6/15
- CNY Pride Parade/Festival 6/22
- SGLC Concert, 6/21 & 6/22
- Lunch & Learn, Medicare, 6/25
- St Joe's Pride Fair, 6/26



Join us on June 15 for the 9th Annual CNY Gay 5K

If you haven't yet signed up for the CNY Gay 5K, the time is NOW! Registration is open until June 11 for \$30. You can sign up on race day for \$35 between the hours of 7:30 and 8:30.

If you've already registered, you can pick up your shirts, bibs, and swag bags on the first floor of the CNY Philanthropy Center on Thursday June 13 and Friday June 14 between 4:30 and 6:30.

The 5K, SAGE Upstate's largest fundraising event, can be done by walking or running -- all are welcome.

9th Annual CNY Gay 5K

Saturday, June 15

Step Off: 9 am

Long Branch Park, Liverpool

Register at cnygay5k.org

**All proceeds
support
SAGE Upstate
programs for
older LGBTQ
people**



May @ SAGE



Top two photos -- Black History Month Appreciation luncheon. Bottom two: Utica 10 year anniversary.

More pics inside ...



SAGE Upstate Board

Bob Bezy, Chair
Willard Doswell, Vice-Chair
Jenny Gluck, Treasurer
Rita Gram, Recording Clerk
Mattie Cerio
Barb Genton
Susan Horn
Jerry Reed
Liz Stehl

Contact the board at
board@sageupstate.org

SAGE Upstate Staff

Executive Director: Kim Dill
Program Director: Leslie Lamb
SocialMedia/Office Coordinator:
Johna Melius
Neighborhood Advisor: Masani Tyler
Office Assistant: Carol Notar

Ambassadors

LGBTQ BIPOC Communities
Tim Lattimore
Trans Communities
Johna Melius
Oneida, Madison, Cortland Counties
Dori Colvin & Robin Latham

SAGE Upstate News is published monthly and features articles and resources on issues affecting older Lesbian, Gay, Bisexual, and Transgender (LGBT) people in Central New York. SAGE Upstate is a not-for-profit organization that promotes the health and well being of GLBT people in Central New York as they age. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.



LARGE
PRINT

Board Corner



Meet our new board members

Les K. Wright is an author, gay activist, bear historian, photographer, small press publisher, and literary scholar. He is a founding member of the GLBT Historical Society San Francisco, founder of the Bear History Project, founder of the Bear History Project International, editor of *The Bear Book* and *The Bear Book II*, and author of *Resilience: A Polemical Memoir of AIDS, Bears, and F•cking*.

Les is a retired professor of English and German and is involved with the Billy Foundation, the bear and leather communities in upstate New York, the Bear Your Soul community at Easton Mountain, and serves as board president of the BHPI. He has been involved with SAGE Upstate for over a decade.

He currently pens a bimonthly column on bear history called "Bear Tracks," and is working on two book projects. He shares his artist's garret on University Hill with his cats, Schuyler and Cooper.

Austin Paddock is a member of the Rome Democratic Committee; the Future Farmers of America; 4-H; and was the Operations and Logistics Marshall for Dystopia Rising New York. He also par-

ticipates in the SAGE Utica Potlucks.

He earned a Bachelor of Science degree at Indian River State College in Fort Pierce, Florida, and received a CDL Certification from J-Tech Institute, Jacksonville FL. He maintains certification in transporting Hazmat, Double, and Triple trailers. Austin also studied curriculums in Pre-Med, then transitioned into Accounting. He's worked for Cornerstone Building Brands and RB Humphrey's in Rome, and Walmart Transportation Inc., delivering materials across the US.

Rev. Eric C. Jackson is pastor at Plymouth UCC. Before coming to Syracuse he served at churches in New Hampshire and New York. His commitment to pastoring in these churches was total, and "in my twelve years of ministry," Rev. Jackson says he has "learned that one's sense of call evolves over time....to embrace a bold and courageous vision for 21st Century leadership."

Rev. Jackson recently completed his Doctor of Ministry degree and has earned his Masters of Divinity. He served as President of the Manchester NH chapter of the NAACP, and held an adjunct faculty position at New York Theological Seminary. He is published by Pilgrim Press. He lives in Syracuse with his wife, Darnisa Amante-Jackson, and their energetic miniature poodle, Scooter.

SAGE Upstate is funded by the New York State LGBT Health and Human Services Initiative, the Onondaga County Department of Adult and Long Term Care Services, generous individual donors, fundraising events, and business sponsors. Specific program funding comes from SAGE USA, the Health Foundation of Western and Central New York, the CNY Community Foundation, and the Emerson Foundation.

May at SAGE



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11 am Pride Flag Raising at City Hall 2 pm Utica Social
2	3 11 am Fitness Class 5:30 Monday Walking Group 6 pm Men's Grp	4	5 5:30 Writers	6 10 am Walking 6 pm Dinner OUT	7 11 am Fitness Class 3:00 Fri. Social	8 11 am Utica Walking group
9 2nd Sunday Potluck 3pm social time 4pm program dinner after	10 5:30 Monday Walking Group 6 pm Men's Group	11 5:30 Crafting	12 1- 4 pm 5K Swag Bag Stuffing 5:30 Writers	13 10:00 Walking 9:30:Breakfast 4:30- 6:30 5K Packet Pick-up Pride Night at Syracuse Mets	14 CNY Gay 5K Packet Pick-up, 4:30- 6:30	15 CNY GAY 5K Step off 9 am 2 pm Watertown Potluck 7:00 pm Gender Blend
16	17 5:30 Monday Walking Group 6 pm Men's Group	18 6:00 pm Card Night	19 5:30 Writers	20 10 am Walking 12:30 Lunch OUT 3:00 pm: Johna Talks! 3 & 6 pm <i>Good Grief</i>	21 7 Men's Night Out SGLC Concert	22 CNY Pride Parade and Festival 11 am Utica Walking group SGLC Concert
23 2:00 pm Oswego Potluck	24 5:30 Monday Walking Group 6 pm Men's Group	25 11:30 Lunch & Learn: Medicare 6 pm SAGEVets	26 St. Joe's Pride Fair 5:30 Writers	27 10 am Walking	28 6:00 Mahjonn	29

Card Night in the Center: come and play! 6/18, 6:00 pm	Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm
Crafting: Join Leslie and your SAGE crafting friends every 2nd Tuesday at 5:30 in the SAGE Upstate Center.	Monday Walking Group, Onondaga Lake Park
First Friday Social, at 3:00 in the Center-- games and socializing.	Oswego Potluck, this month: 4th Sunday, Trinity Methodist; 45 E Utica St. Bring a dish to pass if you're able
Fitness Classes are held Mon/ Fri, 11 am. Join us in the SAGE Upstate Center or on zoom (details at sageupstate.org)	SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tue 6:00
Gender Blend, 3rd Saturday, and social/support for Trans community. In person and on Zoom (details at sageupstate.org)	Second Sunday Potluck: Social time at 3 Program starts at 4, potluck follows program-- bring a dish to pass if you are able.
Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & conversation. In person only. For fiber artists of all skills	Utica Potluck 1st Sat. 2- 4 pm at Utica Unitarian, 10 Higby Rd. Potluck-- bring a dish to pass if you are able.
Johna Talks: Fourth Thursday, 3:00 pm. Q&A on trans issues	Walking Group Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Lunch and Learn: Please RSVP in advance (share dietary restrictions) llamb@sageupstate.org or 315-478 1923 Free, lunch provided.	Walking Group Utica: Meet at Sangertown Mall on the 2nd and 4th Saturday
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 sageupstate.org



by Leslie Lamb, Program Director

HAPPY PRIDE MONTH! June is looking to be an extremely busy month. Not only do we have lots of fun planned at SAGE, we will also be out at many Pride Events in our community. We will be looking for volunteers to help with some of our tabling events, the CNY Gay 5k and other things. If you would like to be added to the volunteer list, please email me at llamb@sageupstate.org. You can read more about where help is needed in this newsletter.

Pride Night at the Mets



On Thursday June 13, SAGE staff a table at the Syracuse Mets Game for PRIDE Night. We are looking for volunteers to help at the table that evening. Join your SAGE friends and family for a fun evening. The first 1500 attendees gets a jersey!

Crafting

Show your pride. Come to the center to make fans, accessories, and other fun Pride-themed things for Pride Month!



Theater Thursdays:

June 20
3:00 pm
and
6:00 pm

Good Grief is a 2023 American comedy-drama film written and directed by Dan Levy in his directorial film debut. The film stars Levy, Ruth Negga, Himesh Patel, Celia Imrie, David Bradley, Arnaud Valois, and Luke Evans. Its plot follows a man mourning the loss of his husband as his two best friends help him on his journey of grief and acceptance.

Run Time: 1 Hr. 40 Mins.

POPCORN AND CANDY PROVIDED!

Oswego: Fourth Sunday this month

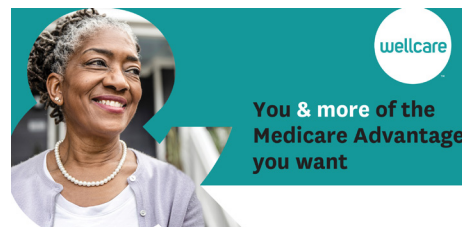
The Oswego Potluck will be moved to the fourth Sunday for June due to Father's Day. This month we will be cooking hotdogs and hamburgers, bring a side to pass if able.

New Walking Group

Starting Mondays in June, we're adding an additional walking group. the calendar. The Monday Walking Group will meet at Onondaga Lake Parkway at 5:30 pm (Weather Permitting) at the Salt Museum.

Lunch & Learn

Thursday, June 25, 11:30 am



Lunch and Learn: Medicare 101

Tuesday June 25 @ 11:30 am
Bring a friend and join Wellcare and the community for fellowship and good times. An agent will be available at the event to answer any questions you may have about Medicare Advantage plans. Please RSVP by 6/21. Lunch is provided-- let us know of any dietary restrictions.

Meet your SAGE friends for a meal!

To RSVP, contact Leslie at 315-478-1923 or llamb@sageupstate.org. Your info will be sent to Ron, group leader. This month:

1st Thursday Dinner: 6/6 @ 6:00 pm.
Western Ranch, 1255 State Fair Blvd.
Syracuse

2nd Thursday Breakfast: 6/13, 9:30
Market Diner, 2100 Park St. Syracuse

3rd Thursday Lunch: 6/20, 12:30,
King David's 3508 W Genesee St. Fairmount

We're making a video

SAGE Upstate is working with Daylight Blue Media to create a video that will be used for share information about our organization with LGBTQ people who might want to know more, funders, and other audiences.

We will be at the following events to take video and pictures.

6/1- Utica Potluck
6/11- Crafting
6/15- CNY Gay 5k
6/22- CNY Pride
6/26- St. Joseph's Pride Fair

If you are at any event and do not want to be featured in videos or photos, just let us know. Daylight Blue will accommodate anyone's request to be kept out of videos and photos.



Last month I hosted an Appreciation Luncheon for several people who were featured in the Black History Month email series that Kim and I created to recognize, honor, and celebrate their contributions to the community. Attending the luncheon were: Lisa Alford (CEO of ACR Health), Jaleel Campbell (Multi-Media Artist & Illustrator), Masani Tyler (Neighborhood Advisor), Tim Bryant (SOFSA Affiliate), Roslyn Raspberry (Spiritualist & Educator), Kyle Bass (Playwright), and Rahzie Seals (Founder of Black Cuse Pride). The gathering was amazing! The energy,

love, passion, and intent that filled the room was powerful! It is a testament of kindredship, spirituality, accomplishment, and inspiration that I will never forget or take for granted. I look forward to collaborating with these inspiring and influential people in the near future.

How many of you know the meaning of the acronym BIPOC? It stands for “Black, Indigenous, and People Of Color,” and it is pronounced (bye-pock). It first appeared around 2013 on social media. “The term is ‘a solidarity definition’ that seeks to emphasize the historic oppression of Black and Indigenous peoples...” The term goes much deeper, and if you want to learn more, please look it up online and do your research.

Are all of you ready for Pride Month and all the parades, festivals, and parties? I sure am! This will be my 3rd consecutive year marching in

the Pride parade with SAGE Upstate. I marched in 2022 as a member, in 2023 as a volunteer, and this year I’ll be marching as the Ambassador to the the LGBTQ+ BIPOC Communities. There will be information at the Pride festival info table and the SAGE table about my program, IDENTITY. I will be there meeting and interacting with people, taking photos, and having a good time.

I’m excited to see my young brother, Jaleel Campbell, as the Grand Marshall of the parade. I just know he’s going to do something big. If you participated in Jaleel’s Project Out-Loud: Awareness Campaign Shoot (in February 2024), be on the lookout at the Pride festival for a display of photos that were taken. In the meantime, take care of yourselves and be kind to one another. HAPPY PRIDE MONTH!

For more info about IDENTITY, contact Tim Lattimore, SAGE Ambassador to LGBTQ BIPOC Communities: tlattimore@sageupstate.org or leave a message for Tim at 315-478-1923



Volunteers Needed This Month

At the top of the June volunteer needs list is the CNY Gay 5K. We need volunteers for set up, registration, course marshalls, clean up and other roles. If you are interested/available to help with the event on June 15, please go to cnygay5K.org and click on the link to see time slots and descriptions— you can sign up there too.

We’re tabling at many pride events this month, and we need help staffing

tables— it’s a great way to celebrate pride! If you are interested/available, please contact **Leslie** at 315-478-1923 ext 2 or llamb@sageupstate.org.

As always, we will have our newsletter mailing during the last week of June. If you’d like to help us with the mailing and have lunch, contact Carol at 315-478-1923 ext 5 or cnotar@sageupstate.org



The Ballroom Dance Class ended its Spring with a dance party. We got to practice all three of the dances we had learned; the Waltz, Rumba and Swing. There was good food, conversations and lots of laughs. Dancing is so much fun. We can’t wait until fall to start again. Come join us then.— Carol Notar



They/Them

I keep hearing that using "they/them" as a singular pronoun is grammatically incorrect. But, many of the younger generation use "they/ them" as their chosen pronouns. The use of neopronouns is even harder to comprehend, such as xe/ xem or It/ Its. So, let's delve into this subject.

The definitions of "they" include both plural and singular uses of the word. "They" can be used to refer to a singular individual whose gender is unknown. "They" is not the only pro-

noun that has both singular and plural uses. Did you know that "you" was the plural of "thou?"

The singular use of "they" can be traced back to 1375 in a medieval romance, *William and the Werewolf*. It has been used in other works as well. Shakespeare, Dickens, George Bernard Shaw, and even Jane Austin used a singular form of "they". It has been used for generations.

If someone identifies as neither gender or both genders, the use of "they" is grammatically correct. If an individual doesn't identify as either gender, how can we label them with one? I personally have a difficult time referring to a person as "it", I would rather use "they". But if "It", is their choice, I will call them "It." My point is, when people share how they would like to be addressed, it's up to us to honor that. — *Johna Melius, SAGE Upstate Trans Ambassador*

We've all used the singular "they" at some point – for example:

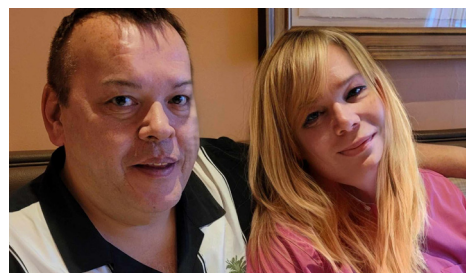
Someone left their umbrella.

I wonder if they'll miss it?

Of course they will, it's raining.

I guess they'll come back to get it when they realize.

If they don't, they're going to get wet!



Watertown Group

Hello, Watertown and Sagers all over the area. We have a lovely new couple who has recently joined us: Billy and Stacie Monica. They have a passion to grow the LGBTQIA+ community of Watertown and the surrounding Jefferson County. We are excited to announce they have a SAGE Upstate Potluck scheduled for June 22, at 2 pm at All Souls Unitarian Universalist Church in Watertown. They have worked and lived in the area for some time. If you are an LGBTQ+ community member in the North Country (or anywhere) please join us at All Souls, at 1330 Gotham Street in Watertown.

PRIDE

May 31- June 2

Skaneateles Pride Festival
<https://www.facebook.com/SkaneatelesPride>

June 1

Auburn Pride Festival: <https://www.facebook.com/equalrightsheritage>
<https://www.auburnnypride.com/>

Manlius Pride Festival
<https://www.facebook.com/events/363282026535252>

Utica Pride Festival, Oneida County Pride
<https://www.facebook.com/events/802274951929256/>
<https://www.facebook.com/OneidaCountyPride>

June 2 Dewitt Pride

https://www.townofdewitt.com/departments/recreation/special_events/pride_celebration.php

June 8 - 9

Ithaca Pride Festival
<https://www.ithacapridealliance.org/ithaca-pride-2024>

June 14-16

Watertown Pride Festival
<https://www.facebook.com/WatertownNYPride>

June 15

Cazenovia Pride Festival
<https://www.facebook.com/CazenoviaPride>

June 22

CNY Pride Parade and Festival
<https://www.facebook.com/cnypride>
<https://www.cnypride.org/>

June 21 and 22

SGLC Concert at May Memorial, 7 pm



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

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Can we recognize your gift in
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Mail to SAGE Upstate, 431 E Fayette St. Syracuse, NY, 13202