

A Newsletter for Mature Age
Gay and Bisexual Men

MAY JUNE
2013

MAGazine



Ita Buttrose AO OBE presents Steve Ostrow with
the 2013 Seniors Week Achievement Award

mAG 
MATURE AGE GAYS
acon

Look us up on the web
magnsw.org

facebook

www.facebook.com/MatureAgeGays

Connecting mature age gays online all across NSW

 Like

2013 EVENTS

Hayden Orpheum
Picture Palace,
[the Art Deco Cinema]

at 380 Military Road, Cremorne will
be screening the following film: -



Disclaimer

The opinions expressed in this
Newsletter are those of individuals
and do not necessarily reflect the
policies of MAG or ACON.

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BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING

MEETINGS FOR MAY AND JUNE 2013

Tuesday, 7th May

ACON's Draft Strategic Plan Forum
refer to page 11 for further details

Saturday, 11th May

Planning Ahead

*TARS - The Aged Care Rights
Service*

The Presenter will be a
Solicitor - Older Person's Legal

Saturday, 18th May

Acceptance's Trivia Night
refer to page 3 for further details

Saturday, 25th May

TBA

Saturday, 1st June

2pm to 5pm

A MAG Planning Workshop
will be held to discuss
where are we going?-

Our members input will be
very much appreciated.

Afternoon tea will be provided

Saturday, 8th June

TBA

Saturday, 29th June

TBA

PRESIDENT

Summer is gone and the days shorten as we go through Autumn – nature’s last hurrah before we snuggle under the blankets and shiver through Winter sighing for the warm days we moaned about just a month or two ago!! We humans are inconsistent creatures in many ways but fortunately not with friendships.

During the past few months we have lost a number of friends and it was very moving to see so many of our MAG members at the funeral of our esteemed colleague and friend John Goosen coming to pay tribute to a much loved member of MAG and to offer comfort to his and our friend John Smit.

I would also like to congratulate our Founder, Steve Ostrow for the Award he received during NSW Seniors Week. Steve was honoured for outstanding contribution in Health and Wellbeing, a fitting tribute to the dedication and efforts he has given to MAG over the past 21 years, some of us MAG members were present at the NSW Parliament House to congratulate Steve and share the recognition of his outstanding contribution to the welfare and enjoyment of older gay men.

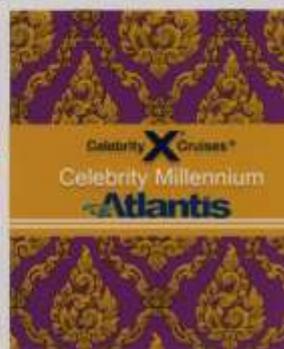
The occasion was a good introduction to NSW Seniors Week, I noticed a number of our members at the Entertainment Centre for the NSW Government sponsored concert and then the finale – ACON’s Afternoon Delight – GLBT Movie Matinee and Tea Party which was a great success.

However as I looked at the audience I wondered why there are so many eligible MAG potential members around perhaps waiting for an invitation to come to a MAG meeting?? Have YOU invited somebody to come along to MAG??? Maybe some of these men are not sure what MAG is all about – maybe some are waiting for an invitation??

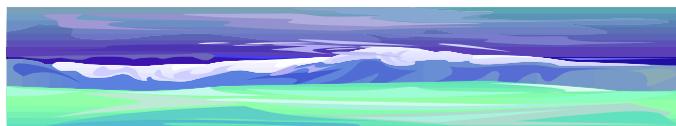
Eric Ellem, MAG President.



11 Night Southeast
Asia Atlantis Cruise
March 31 - April 11, 2013



**This pic of Ken & Eric was taken on
the QM 2 - their latest voyage.**



**-ACCEPTANCE TRIVIA NIGHT -
Saturday, 18 May 2013.**

7:00pm in the Crypt of St Joseph’s Church
Newtown, in Bedford Street, Newtown -
Acceptance Sydney -
who celebrated
40 years in 2012.



“Dust off your ‘Blue Suede Shoes’
and get ready to Swing back to the
60s for the 2013 Trivia and Dance Night
Extravaganza. Don’t miss this fabulous night
of fun and excitement!!

All proceeds to go to Stanford House
(supporting people living with HIV/AIDS) and
Acceptance Sydney - GLBT Catholics.

Doors open at **7:00pm.**

First question will be asked at **7:30pm.**

Cost is only \$20.00 [concession \$15.00]

BYO a picnic dinner and drinks.

**Bookings are essential to Paolo
on 0419 991 901.**

STEVE OSTROW

Hi guys,

Please see the letter from Mark Orr, The President of ACON, who writes much better than I do.

Love Steve.

MAG Founder and Project Officer ACON



Steve with Ita Buttrose AO OBE, holding his Award, together with Suzanne Williams from COTA - Council On The Ageing



10 April 2013

Mr Steve Ostrow
Mature Aged Gays
ACON
414 Elizabeth Street
Surry Hills NSW 2010

Dear Steve

Re: 2013 NSW Seniors Week Achievement Award – Health and Wellbeing.

What wonderful news to hear that on Sunday 17 March 2013 you received the above award from the NSW Government presented by Ms Ita Buttrose AO OBE. I am sorry I was unable to be there to celebrate with you due to ACON board commitments.

Steve, I am so very pleased that your long and hard work supporting and educating mature aged gay men, particularly about HIV prevention, for over 21 years has been recognised by the government.

Your passion, dedication and commitment to MAG and its members is truly inspirational and a great example to everyone of the power of community, of social connection and of love.

On behalf of the board and members of ACON please accept our heartfelt and warmest of congratulations on this amazing achievement.

But that is not all. I hear we also have reason to celebrate the impact of your history in establishing the Continental Baths in New York in the 1960s/1970s with the premiere of the documentary, "Continental", at the Texas South by Southwest Film Festival. What a fabulous tribute to you and your contribution to gay life in New York City.

Steve, what an amazing life you have had. Thank you for sharing so much of it with ACON, serving our community and particularly gay men, with distinction and dedication over so many years.

We love you very much.

Yours sincerely

Mark Orr
President

courage • empathy • diversity • equality • partnership • community

ACON Health Limited trading as ACON • 414 Elizabeth St Surry Hills NSW 2010 • PO BOX 350 Darlinghurst NSW 1300
FreeCall 1800 063 060 • Tel (02) 9206 2000 • Fax (02) 9206 2069 • acon@acon.org.au • www.acon.org.au

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Hunter • Illawarra • Mid North Coast • Northern Rivers • Sex Workers Outreach Project (SWOP)

ASN 38 136 883 915 • Authority to Fundraise CF19/21473

ACON acknowledges the support of its primary funder, NSW Health



Congratulations Steve Ostrow



On behalf of all the guys and a gal at MAG, we offer to Steve our sincere congratulations on his 2013 Seniors Week Achievement Award - well deserved.

Steve has asked me to thank all the guys both **past** and **present** who have helped, in a minor or major role along the 21 years of MAG's journey, to make our organisation what it is today - **A GREAT TEAM EFFORT !!**

AFTERNOON DELIGHT

I was pleased to see a good *roll up* of MAG guys to this year's Afternoon Delight function at the Teachers' Federation. The problems with the first short movie, I can appreciate as I had same problems at MAG a while back.

The afternoon tea was nice, as were the lovely hostesses. The bottom photos on this page shows two of those hostesses.

Thanks Adrian for arranging it all - I enjoyed the afternoon.

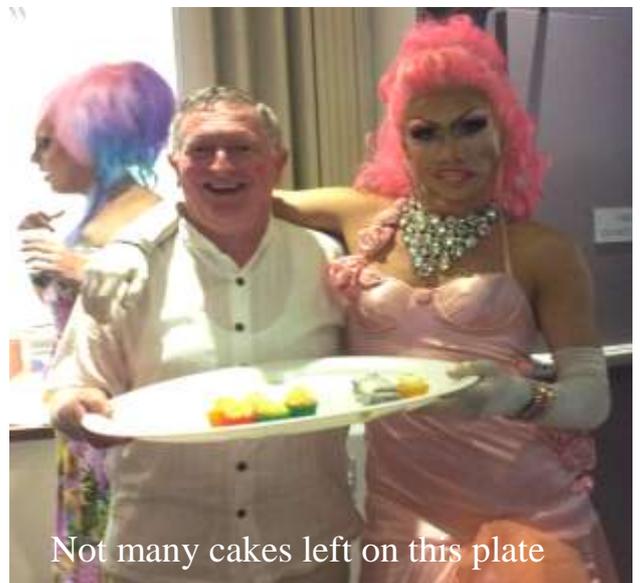


A lovely relaxed outfit *the young lady* has on and a good body too boot

The Late John Goosen

I was very saddened of the news that a **MAG Stalwart** in John Goosen had died on 7th March 2013. The previous Newsletter had been finalised and I did want to make an appropriate tribute to John, so I had delayed it until this Issue - please see page 7.

I had many, many delightful chats with John over the years I knew him [15 years approx]. The photo below with *the 2 Johns* and myself, was taken outside Wynyard Railway Station, in George Street, Sydney for the Sydney Swans 2005 Victory Parade. It is a terrific pic and shows the pride we **three** had for the boys in winning their **1st Premiership** as **the Sydney Swans**.



Not many cakes left on this plate

David, MAG Secretary.



Taoist Tai Chi™

Internal arts of health

Improving the health of all ages and abilities

People of all ages can learn and benefit from the gentle turning and stretching movements of *Taoist Tai Chi*™ internal arts and methods, and adaptations can be made to match any level of ability. It is a self-regulated form of exercise that lends itself to the needs of all participants. Senior citizens are offered discounted membership dues and young and old alike enjoy the friendly and welcoming nature of the Society.

Health recovery classes

Health recovery classes are specialised classes which enable people with chronic illnesses, or those who are recovering from injuries, to incorporate *Taoist Tai Chi*™ internal arts and methods into their recovery as a complementary therapy. Movements can be adapted for those with reduced mobility. These classes are offered at selected branches and sometimes as part of hospital and other therapeutic programs.



People of all ages and abilities enjoy the friendly atmosphere of the Society.

Beginning classes

Beginning classes meet once or twice a week. It takes about four months to learn the sequence of the 108 moves of the set. Learning the sequence of moves begins a lifetime of exploring the depths of *Taoist Tai Chi*™ internal arts and methods.

On Saturday, 28.4.2013 we had the pleasure of a talk and demo from Sue, Greg, Fran and Rob on Taoist Tai Chi. Please contact them by phone (02) 9212 7517, or on the web

www.nsw@taoist.org for details

SYDNEY GAY & LESBIAN CHOIR PRESENTS

BROADWAY BABY Boomers

SYDNEY GAY & LESBIAN CHOIR



COMMUNITY SINGING WORKSHOPS

Sydney Gay & Lesbian Choir is one of Australia's most loved and successful community choirs. We are an un-auditioned choir of over 60 people which welcomes members regardless of their age, sexual identity or musical ability.

Our next major concert will feature Broadway musical classics and will be held at the prestigious Sydney Town Hall on Sunday 2 June. In the lead up to the concert, we will be holding a series of free community singing workshops specifically aimed at people over the age of 55 who are keen to experience the fun of singing with a large choir. Everybody is welcome – straight and not so straight, young and not so young! At the end of the workshop series, you will have the opportunity to perform with us on stage at Sydney Town Hall during the concert finale.

• SINGING WORKSHOPS

We invite you to attend the following series of free community singing workshops. Even if you've never sung in public before, SGLC Music Director Dr Sarah Penicka-Smith will teach you some basic tips to get the best out of your voice. During the workshops you will also learn two songs which you will have the opportunity to perform with Sydney Gay & Lesbian Choir at the Broadway Baby concert on June 2. Turn up on the day – no booking required. We encourage you to attend all three workshops, but if you wish to participate in the concert, the final workshop on May 23 is compulsory.

Thursday 9 May, 10.30am to 11.30am

Thursday 16 May, 10.30am to 11.30am

Abraham Mott Hall

17 Argyle Place, Millers Point

15 minutes walk from Circular Quay. Buses to Millers Point (terminus at front of building) 431 from Glebe, 432 from Birchgrove, 433 from Balmain, 343 from Roseberry, 434 from Railway Square, 339 from Clovelly Beach.

Thursday 23 May, 10.30am to 11.30am

Redfern Town Hall

73 Pitt Street, Redfern

Redfern and Central train stations are within walking distance. Bus routes 309 and 310 stop on Redfern Street near Pitt Street.

• BROADWAY BABY CONCERT

Sydney Gay & Lesbian Choir joins the Royal Australian Navy Band and special guests for a spectacular concert of Broadway musical classics. Participants from the community singing workshops will have the opportunity to attend the concert for free and join the choir on stage to sing two songs in the finale. Tickets will go on sale in April at www.sglc.org.

Sunday 2 June, 4pm to 6pm

Sydney Town Hall

483 George Street, Sydney

FREE!

FOR MORE INFORMATION ON SYDNEY GAY & LESBIAN CHOIR

Visit www.sglc.org

Phone: 02 9360 7430

Email: choir@sglc.org

Go to our website and join the e-newsletter mailing list for all our latest news and concert information.

Generously supported by



- Vale - John Goosen

John Goosen passed away peacefully on Thursday 7th March 2013, aged **87** years. He was the loving partner of **John Smit** for over **54** years together.

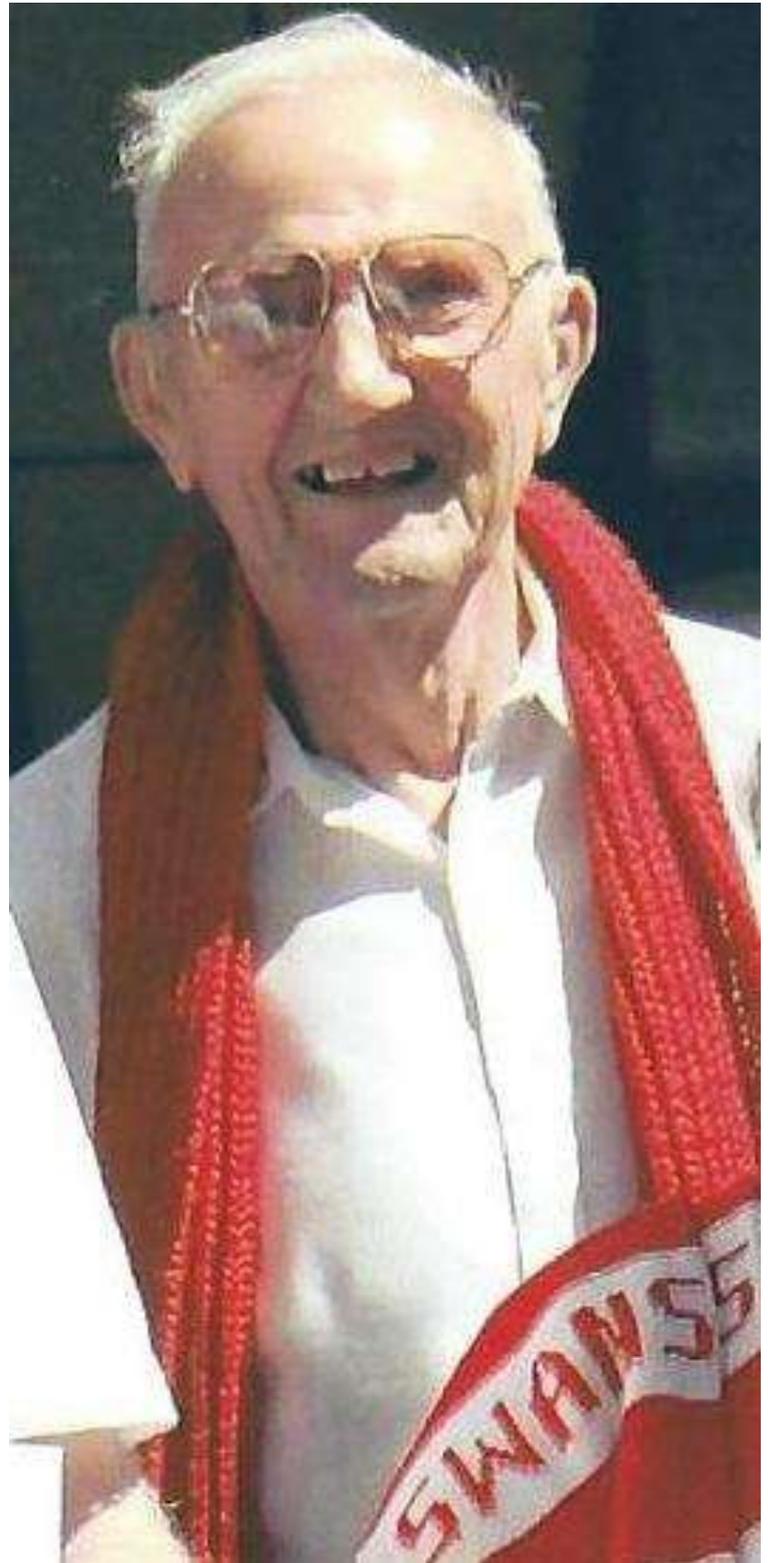
David called them, with much affection, "The Double J Dutchmen". Both Johns loved coming to MAG meetings and social events. They joined in folding Newsletters back in the Commonwealth Street days.

They both were from sizeable Dutch families, and fell in love back in 1959.

During the Second World War, John G spent five years fighting the Japanese in what we now call Malaysia and Indonesia.

He migrated to Australia after the War and then married and had a family.

The photo below shows how handsome he was in Uniform.



John G and S were great supporters of not only MAG, but MCC Sydney.

In an interview with the Sydney Star Observer back in 2011, John S said that the secret of their relationship was that they enjoyed similar interests [cooking and travelling], but the key was their tolerance for one another.

Over 20 guys from MAG, which is an indication of the love and affection in which John G was held by us guys, attended his funeral at St. Kevin's Church, Oaks Avenue, Dee Why -

Two Hymns - "How Great Thou Art" and "Jerusalem" sung at John G's funeral were sung with great gusto by all our members in attendance. The Church is right next door to where John G lived.

To John S we offer our prayers, our support and our **LOVE**.

Thank you for letting me to waffle on a few months ago about my overseas adventures and misadventures, it appeared that the crowd enjoyed it; so I thought I'd write out some more of the funniest moments I had for you to publish.



1. Love to give a sarcastic reply. 'Do they speak English in Australia asked by a funny old fossil in Houston, Texas'. "Better than you do in America old boy".
2. 'My nephew in Sydney you must know him', asked by a matronly figure of an uncertain vintage. My reply, "probably, which beat does he do?"
3. Got arrested twice no, not for doing the beats, in Uzbekistan photographing some very attractive buildings, but apparently one was their P.M.'s Residence. Got marched down to their KGB. They took away my passport - terrifying. Nobody could speak English. However, thankfully a person came along. I showed them my Hotel Card and they rang it, and my details were verified as being a Tourist, not a saboteur so they let me go - phew.
4. On the same trip in Iran this time, was photographing a wall with Islamic writing on it - very attractive. Got dragged behind it into an Army Camp. I did not know that of course. They again thought I was a saboteur. Thankfully I was released - courtesy of the Hotel Card - phew again.
5. In Seville, the second largest city in Spain, this American from Texas (where else!) and who smoked the longest and most smelliest *CEEGAR*, as he pronounced it. "John, I'd like a postcard of this place, whatever it is called." I found one with **Seville** on it, handed it to him and he said, "Gee, is that the name of this place?" We had only been there a day and a half! Regards John.

Super Star **David Hasselhoff** appeared in Sydney, for one night only, on 20th February 2013 titled "An Evening with the **HOFF**"

It was performed at 'Lizotte's Theatre Restaurant' at Dee Why, which is just three blocks from where our very own

Tony Sierra resides.

David sang, danced, cracked jokes and talked a bit about his life and career.

After the Show, he connected with his many fans - Tony being one of them. Tony said, 'what a gorgeous, charming, down to earth guy he is'. Tony had one word to describe him -

HUGGABLE!

David [left] is photographed with Tony [right]



REMINDER -

DO YOU STILL WISH TO STILL RECEIVE MAG's NEWSLETTER BY POST?

In the previous issue, readers were asked if they still wished to have the Newsletter posted out to them.

A number of replies have been received, for which I do thank those guys.

I am also really pleased to hear that a number do hand their Newsletters onto others, which I am really chuffed to hear; and do not throw their Newsletters away.

A few guys said they would like to view the Newsletters on MAG's Web site.

We are not wanting to stop guys from still receiving the Newsletter in the mail, but trying to find out those guys prefer to read it 'on line'; or those guys who do not longer want to receive it any more.

So please let us know by either:-

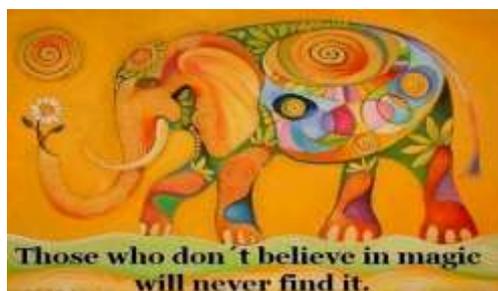
- Telling myself as the Secretary and Editor, the President, the Treasurer or a Committee Member of your wishes.
- Sending me, [David, MAG's Secretary] an email to dddmville@yahoo.com
- Or a letter to MAG Newsletter, PO Box 350, Darlinghurst NSW 1300.

Your co-operation is much appreciated.

Remembering MAG in your Will

Previous members have bequeathed a small amount from their wills to MAG, following their passing.

We would be very honoured if members or friends of MAG may care to consider doing something similar.



In the kitchen with Mitchell



CHINESE TOMATO AND EGG SOUP

This inexpensive and easy to make soup is really good in the colder months.

I made it recently for my Dom-Man Sir L, who enjoyed it immensely.

Ingredients you will need:

- One Spring Onion - chopped
- Two x 50g firm ripe tomatoes - peeled and diced
- Two eggs - beaten
- One Tablespoon Oil
- One Litre Stock -
I use Massel Chicken style Stock
- One Tablespoon Light Soy Sauce -
I use Pearl River Bridge
- One Tablespoon Cornflour.

Heat the oil over a high heat until very hot (I use my clay pot, but you can use a Wok, or even a saucepan), add the spring onions and stir-fry for a few seconds to add flavour to the oil.

Pour in the stock then bring to the boil. Add the tomatoes and return to the boil. Add the soy sauce and slowly pour in the eggs, stirring as you pour.

Return to the boil.

Combine the corn flour with enough water to make a paste.

Add to the soup and simmer until it thickens -
Serve and enjoy.

- Vale -***Captain Peacock***

Frank Thornton passed away on 16th March, 2013 aged 92.

Frank played in a number of comedies such as 'Hancock's Half hour', 'The Goodies' and 'Last of the Summer Wine'.

But we will remember him with much fondness as the pompous Captain Stephen Peacock in the long running sitcom 'Are You Being Served?' - with all its innuendo-laden comedy. It ran from 1972 to 1985 and often attracted audiences of more than 20 million. Frank served in the RAF during World War II.



HAVE YOUR SAY! ROUND 2

If you are HIV positive, or identify as lesbian, gay, bisexual, transgender or intersex (LGBTI), and live in NSW... We want to hear from you again!

After initial rounds of consultation, we have now developed a draft ACON Strategic Plan and we'd like to know what you think.

In addition to our online survey we will be holding community forums.

The details for your local forum are:

ACON Draft Strategic Plan Community Forum

Tuesday 7 May, 6pm - 7pm

Wellbeing Cafe @ ACON

414 Elizabeth Street, Surry Hills

If you have some time to spare, please attend the forum and share your thoughts.



acon

**BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING**

WARREN'S POEM

Remember only to Rethink the Things
you Think, you can Change.

20th March 2013.

You must rethink your thoughts.

Of the things you think, you can change.

All the past happenings that have been done.

Depending on the circumstances.

Sometimes, its better to accept what you can't
rearrange.

Always strive to see positively, through the window of
life.

The things that really matter to you.

Then blot out everything else.

That's not worth what sight can allow you.

To see and then do.

Always go forward never give up.

On the many paths you may choose to take.

Always do what you think is right.

Then standby your final decisions you make.

Along the constant journey of your life's plight.

Generally most of the time.

You must go it alone, to set yourself free.

To be the person you always wanted, deep inside to be.

Life's problems will always be out there.

On occasions you might like to talk to others.

To see what they may think and care.

Then consider if they have the same thoughts.

Worthy of yours, maybe some, you may like to share.

In the end you may like to reflect on everything.

Said and done, on your past life's run.

All the time remembering, and having a good hard
think.

Quicker than the eye can blink.

It's all up to you.

You must personally find your own peace of mind.

In all you do and say.

In a sane and logical hopefully trouble free way.

For an ever assured success to continue your life.

You must learn individually handle, the problems of
day to day strife.

Once again it is better to accept what you can't
rearrange.

**REMEMBER ONLY, TO RETHINK THE
THINGS YOU THINK, YOU CAN CHANGE.**

MAG's DETAILS

Executive:

President: Eric Ellem 0418 686 429
Secretary: David Bowron 9516 2063
Treasurer: Ken Mears see his email below
 ken_me55@hotmail.com

ACON — Project Officer MAG and the founder of MAG:

Steve Ostrow 9206 2072

Committee:

Allan Jones 0423 595 177
 Lewis Turtur Vice President 9319 1280
 Warren Sawkins -----
 John O'Dea 9521 1953
 Jon Allwood 0431 062 343

MAGIC

MAG in the Community.
 For guys who are ill, in hospital,
 or who require assistance.

**Please contact Erroll Higson on
0412 159 168**

**Our postal address is:
MAG, PO Box 350
DARLINGHURST NSW 1300**

Our web site is www.magnsw.org

We meet on the **second** and the **last**
Saturdays of the month

at **414 Elizabeth Street,
Surry Hills**

[near Devonshire St],

from **6:30 pm** for tea and coffee, with the
meeting commencing at **7:00pm**, usually
with a Guest Speaker — every so
often we have a social, or a 'pop corn'
night

A light supper follows.

**The Committee meets on the
second Saturday of the month,
prior to the General Meeting.**

COMMUNITY CONTACTS

Acceptance (Gay Catholics)

[Celebrating their 40th year] Tel. 9568 4433.
 Friday Mass, St. Joseph's Church,
 Bedford Street, Newtown, 8pm.

Aleph Australia for gay Jews and friends,
 Contact *Michael* 9300 9700.

Asian Project Contact Min 9206 2080

bgay Community News - www.bgay.com.au.
 Contact Marc on 0406645075

Country Network for friendship and support through
 social events and networking across rural, regional
 & city Australia.

Info at www.countrynetwork.com.au

Cronulla Gay Group - www.cronullagaygroup.com.
 Contact John 9528 9158 or Eric 9589 1161

Cross Section for gays within the Uniting Church
 phone *Des* 9319 0722.

GAMMA Gay and Married Men's Assoc
 Tel. 9267 4000 - www.gamma.org.au

Gaydownunder www.gaydownunder.com

GLCS Tel. 1800 184 527

GSN - Gay Sydney Nudists - www.gsinc.com
 contact *Tony James* 49725357.

MAM — Mature Age Men

Meets the last Saturday of month Sportsman's
 Hotel, Springhill, Brisbane at 4pm
 Contact Noel (07) 325 77743 for more details.

MCC Good Shepherd 6:30pm Sundays
 37 East Street, Granville.

Pastor *Robert Clark* Tel. 9386 9293

MCC Sydney 96 Crystal St, Petersham.

10:00am and 6:30pm Sundays

Pastor *Greg Smith* Tel. 9569 5122

Email — office@mccsydney.org

PFLAG

Parents, Families and Friends of Lesbians & Gays.
www.pflagaustralia.org

SCOG

Southern Cross Outdoor Group: Bushwalks and other
 outdoor activities in the Sydney area.

Contact *David* 9698 9308.

Email: southern.cross.outdoors.group@gmail.com

SPAIDS

Sydney Park AIDS Memorial Groves
 Dates on tree planting days kindly contact
josken@josken.net for further information.

Christ Our Hope Community

Meetings: fortnightly (2nd and last Sundays)
 at 11am, 414 Elizabeth Street, Surry Hills
 on level 3.

Contact: Mons. Peter Johnson O.S.C.
 on 9588 6893 or 0419 464 353

GONG GUYS

www.wags.net.au