

MAGazine

A Newsletter for Mature Age Gay & Bisexual Men
MAY & JUNE 2017



Caring for each other, sharing friendships & affection with each other in similar situations to lead as full a life as possible



HERE FOR AGEING



Our LOVE (Living Older Visibly and Engaged) Project is about creating better conversations and improved social engagement with older lesbian, gay, bisexual, transgender and intersex (LGBTI) people.

FACT SHEETS

In response to consultations with community members and health professionals, a series of healthy ageing fact sheets have been developed covering topics specific to our LGBTI elders' needs.

Ageing and HIV
Alcohol and Prescription Drugs
Dementia
Depression and Anxiety
Elder Abuse and Domestic Violence
Fitness and Exercise
Health Checks
Health Screens
Legal Tips
Nutrition
Smoking
Social Connections

For more info or to download the factsheets, visit:

WWW.LOVEPROJECT.ORG.AU

or contact:

Russ Gluyas | 9206 2017 | loveproject@acon.org.au



check us out on the web – www.magsydney.org

facebook

www.facebook.com/MatureAgeGays

Connecting mature age gays online all across NSW

Like

Events planned for MAG SYDNEY INC in 2017



SATURDAY, 13th MAY — Duncan McNab — Gay hate Crimes

SATURDAY, 27th MAY — Domenico Sepe — Entertainer -

YOU WILL VERY PLEASED YOU ATTENDED THIS EVENING

SATURDAY, 10th JUNE NO MAG MEETING AT 414 ELIZABETH STREET.

However, we are very pleased to let our readers know that MAG will be holding a social function, in honour of the Official Birthday of the Monarch, at the Metropolitan Community Church (MCC), in Crystal Street, Petersham.

It located is on the corner of Brighton Street & Crystal Streets & is not far from the Petersham Railway Station. Please see the map on the President's page

SATURDAY, 24th JUNE - Chris Gleisner - 'Lets build a School'



Please visit MAG's web site for up to date information on Guest Speaker/ Topics or the to be announced meetings etc www.magsydney.org

If you are doing noting on a Thursday night — then why not join some MAG guys who meet up at the Petersham RSL Club [which is very close to Petersham Railway Station] around 7pm. We chat over various matters, enjoy a reasonably price meal, drink of whatever [some of us even partake of a slice of beautiful lemon meringue pie with ice cream].

It is a nice environment & relaxed atmosphere.

All are encouraged to join us — Please call Steve Warren for further details on 0417 393 877

Pollys Club Dances.

A number of MAG members & 78ers attended the Pollys Social Club's 'Disco Fever' Dance at the Marrickville Town Hall, on Saturday, 6th May 2017 - please see page 6 for some photos of the most enjoyable evening.

MAG will also be having a table at their Dance on Saturday, 2nd December 2017 (that will be at the Petersham Town Hall) There are dances on 8th July & 30th Sept, but they are MAG meetings.



The Rainbow Flag was his gift to the world.

Gilbert Baker, who in 1978, hand dyed and stitched together 8 strips of vibrantly coloured fabric, into a rainbow flag, instantly creating an enduring international symbol of gay pride.

He was sadly found dead in New York City, USA, on 31st March 2017 - he was aged 65.

Before a gay pride parade in 1978 in San Francisco, Harvey Milk, a city supervisor & gay rights leader, who was assassinated that year, joined with others in asking Gilbert to create an emblem to represent the movement. The flag was unveiled in the parade on 25th June 1978. It needed

no explanation, as people knew immediately that it was THEIR FLAG.

Each stripe carried its own significance: - **Pink** for Sex. **Red** for Life, **Orange** for Healing, **Yellow** for Sun, **Green** for Nature, **Turquoise** for Magic, **Blue** for Peace and **Purple** for Spirit. Gilbert refused to apply for a trademark for his creation - it was his gift to the world, he said.

Hello Members and readers,

I would like to kindly thank Dr Eddie and Adrian for each generously donating 2 fans for us to use in the café area on evenings when it gets a *bit warmish*, in the Café area. They certainly do help to cool the area. We are all most appreciative of your generosity. Trevor & David assisted Adrian financially with his fan.

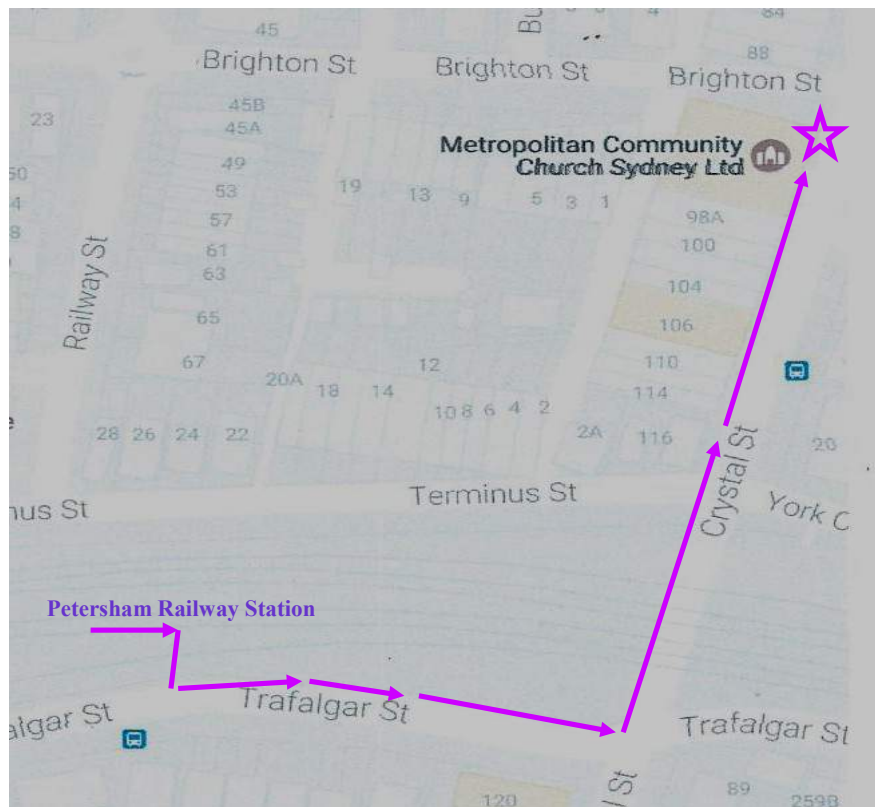


The Queen's Birthday Weekend — Saturday, 10th June 2017.

The ACON Building at 414 Elizabeth Street **will be closed**. However, thanks to Geoff Ostling, arrangements have been made for us to hold a social evening at MCC Sydney's building on Crystal Street, Petersham [cnr of Brighton Street]. Please see the map below for assistance in getting there. It is not far from the Petersham Railway Station. It will be a social night, and we kindly ask that all attendees please wear a *regal styled* head dress eg **Crown, Tiara, Jester's hat**.

This will add to the fun of the evening. Please do NOT arrive before 6pm. The function will commence at 7pm & should be a fun relaxing evening.

Directions to get there from the Petersham railway Station - Walk up the steps from the Platform. Turn right & cross the footbridge. Walk down the steps & turn left, walk up Trafalgar Street to the Traffic Lights on Crystal Street. There you turn left and walk along Crystal Street. MCC is on the left at traffic lights on corner of Brighton Street & Crystal Street.



Trevor, Michael D, Stephen, Chito, Steve W, myself along with some 78ers attended the Polly Club's "Disco Fever" evening and had a great night. This pic of me in a tragic wig is courtesy of Steve Warren

Membership Fees. The Committee has been discussing at a number of its meetings the matter of Membership fees.

I mentioned this fact to the general meeting on Saturday, 29th April, so to give guys present some food for their thoughts.

Ideas range for raising the fee to \$15.00. Some even suggested to \$20.00.

On Saturday, 24th June 2017, I plan to have this matter discussed at the general meeting. For the guys who cannot be at that meeting, I would be pleased if they could contact either myself or one of the committee members to give their ideas and/or views. Cheers.

I am very happy to announce that MAG presently has 126 financial members. At our last Committee Meeting we considered and approved applications for membership from:-

Bill McD, Warren S., Peter C-T., Neil E., Balthasar M., and Ken M.

We sincerely welcome these gentlemen and hope they enjoy our company, as we do theirs.

Best wishes to all - David - President.



Health Checks for 50 Plus

If you are 50 or over, regular preventive health checks with your GP become even more important. It's good to continue your current regular checks and begin to introduce additional checks including eyes, blood pressure, cholesterol and glucose levels, Pap tests, dental checks, skin cancer checks and healthy weight assessments.

Nothing's wrong, why should I get checked?

Regular health examinations and tests can help prevent health issues before they start to cause problems and can improve your chances for treatment and effective cures. By seeking the appropriate health services, screenings, and treatments, you are taking steps that may help you live a longer and healthier life. Your age, health family history and lifestyle choices (i.e. what you eat, how active you are, whether you smoke) are all important factors.



Hearing Checks

Hearing and vision problems can affect your quality of life. Hearing loss affects three in five people over the age of 60 in some form. Your doctor can treat minor conditions that cause temporary hearing loss, such as ear infections and they can also refer you to a hearing service for more permanent hearing problems. Audiologists can carry out a range of hearing tests to determine your degree of hearing loss, and investigate possible causes of your hearing problems.

If you hold a valid Pensioner Concession or DVA repatriation healthcare card you may be eligible for government-funded hearing services.

Bone Density Scan

Your doctor may refer you for a bone density scan if required. The scan is usually recommended for anyone over 65 or with a BMI of less than 20 but some may have a scan at a younger age if there is an increased risk of developing osteoporosis due to previous fractures, family history, using certain medications or have certain medical conditions. It is advised that women over 45 and men over 50 should ask their doctor to assess their risk factors for osteoporosis.

Vision Checks

It is important to get your eyes checked for age-related macular degeneration and glaucoma. According to official government figures, the incidence of blindness and low vision increases with age. If you haven't had your vision checked recently, it may be time to.

Blood Tests

Heart disease is the most common cause of death in Australia. The more risk factors you have the greater the chance that you will develop heart disease. There are some risk factors that you cannot control such as age, family health history and ethnicity. But you can protect yourself from heart disease and type 2 diabetes by not smoking, controlling your blood pressure and cholesterol, exercising and eating well. Talk to your doctor about getting a blood test.

Lesbians and bisexual women have a higher rate of obesity, smoking, and stress. All of these are risk factors for heart disease. As such, lesbians and bisexual women should talk with their doctors about how to prevent heart disease.

Hormone Checks

As we get older a variety of things can start affecting us including hormonal changes such as menopause in women and andropause in men and thyroid complications. As a woman it is recommended to get Pap smears every two years up to 70 years of age. If you are suffering from low energy, low mood, muscle aches and pains it might be linked to a hormone imbalance. If you are concerned, see your doctor. For trans men and trans women, hormone replacement has many benefits but requires ongoing consultation with your health professionals.

For a list of gay friendly GP's follow this link:
www.acon.org.au/gay-friendly-GP

Sexual Health Checks

Sexually transmissible infections (STIs) are infections that are transmitted during sex through body contact or the exchange of body fluids (i.e. blood, mucus or saliva). Sexual contact includes vaginal or anal intercourse or touching, fingering or sucking/ kissing/licking a penis, vagina or anus. If you manage your sexual health and play it safe such as using condoms, you can significantly reduce your risk of getting an STI, or passing it on to a sexual partner. The more partners you have the more often you should get tested. Most STIs can easily be tested for and treated. Not everyone with an STI will experience symptoms, so regular testing is important. If you or your partner have any sex with casual partners you should get tested for STIs regularly at least twice a year. For more information: men go to endinghiv.org.au and women to iloveclaudes.com

Dental

With older age, there is a greater chance that your general health and medications will affect the health of your teeth, mouth and gums. Poor oral health causes gum disease, tooth loss and tooth decay. If your mouth is unhealthy, bacteria may build-up and spread infection to other parts of your body causing lung infections, heart disease or a stroke. By simply maintaining good oral hygiene and visiting a dentist regularly you can improve your overall health and well-being.

Resources

ACON
www.acon.org.au

Ending HIV
endinghiv.org.au

I Love Claude
iloveclaudes.com

NSW Sexual Health Infolink
shil.nsw.gov.au
1800 451 624

Vision Australia
visionaustralia.org

The Gender Centre
gendercentre.org.au
02 9569 2366

Organisation Intersex Australia
oiaustralia.com

Androgen Insensitivity Syndrome (AIS) Support Group Australia
aissga.org.au

National LGBTI Health Alliance
lgbthealth.org.au

QLife
qlife.org.au

Australasian Society for HIV Medicine (ASHM)
ashm.org.au

The LOVE Project is an ACON initiative aimed at creating better conversations and improved social engagement with older LGBTI community members. By understanding people's needs and preferences the LOVE project aims to facilitate greater social connectivity, improve social inclusion and provide appropriate health information for LGBTI elders.

facebook.com/LivingOlderVisiblyEngaged | twitter.com/LOVEproject | Loveproject.org.au

Publication date: June 2015

This project is funded by the Australian Government Department of Health.



MAG guys at the Polly's Dance 'Disco Fever'



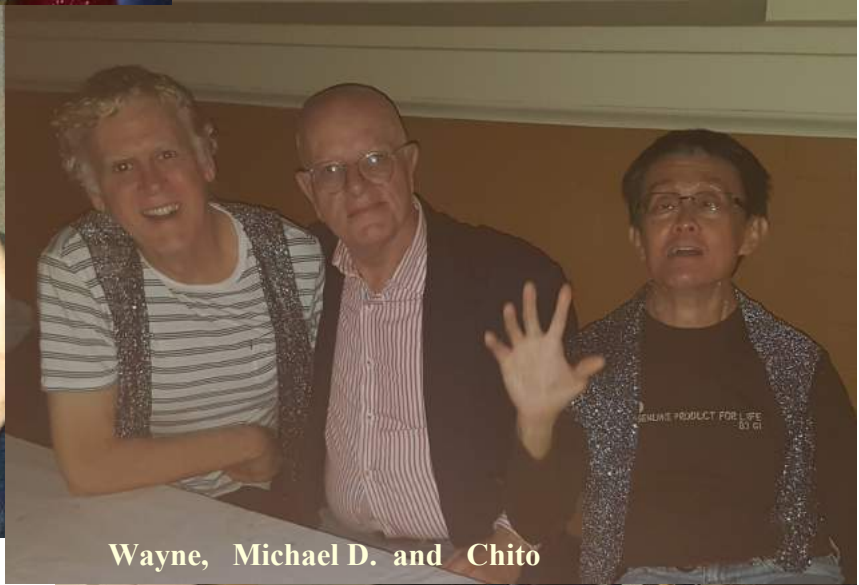
An act from the entertaining stage show



Gay & Mark at back
Steve & Gary in front



Trevor and Raymond



Wayne, Michael D. and Chito



The Photos are courtesy of Steve Warren



David, Trevor and Raymond

New Gay Group

A new GLBTIQ group has commenced on the north side of the harbour. They are meeting at the Town & Country Bar, at 2/350 Military Road, Cremorne. It is not far from the beautiful Orpheum Movie Palace, on Military Road. In fact, there is a Bus Stop from the city, right in front of the Bar. If going by motor vehicle, then parking is at the rear in Parraween Street. They meet on the **2nd Monday** of the month. **7pm till 9.30pm**. A good Menu and full Bar Service available. It is a nice and friendly atmosphere. Trevor, Stephen and David attended the gathering in April and had an enjoyable evening. We encourage any members who might like to join the gathering, to please do so!!

Some jokes

Sherlock Homes & Dr Watson.

Sherlock Holmes and Dr Watson went on a camping trip. They pitched their tent under the stars, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend.

"Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions of stars."

"What does that tell you?"

Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets."

"Astrologically, I observe that Saturn is in Leo."

"Horologically, I deduce that the time is approximately a quarter past three."

"Theologically, I can see that God is all powerful and that we are small and insignificant."

"Meteorologically, I suspect that we will have a beautiful day tomorrow."

"What does it tell you, Holmes?"

Holmes was silent for a minute, then spoke: "Watson, you idiot. Someone has stolen our tent!"

John told his wife, "I've got a problem."

She stopped him right there, cold in his tracks. "No dear, WE have a problem. We're in this together John.

We married for better or for worse. Therefore, your problem is our problem."

John sighed in relief. "Well, now it's hardly worth mentioning."

But his wife was insistent. "Go ahead John tell me. What's wrong?"

John answered, "Somehow, we got your sister pregnant!"

Redneck Birth

Deep in the back woods, of Letcher County Kentucky a hillbilly's wife went into labor in the middle of the night, and the doctor was called out to assist in the delivery. Since there was no electricity, the doctor handed the father-to-be a lantern and said, 'Here. You hold this high so I can see what I am doing!'

Soon, a baby boy was brought into the world. 'Whoa there', said the doctor, 'Don't be in such a rush to put that lantern down I think there's another one coming.'

Sure enough, within minutes he had delivered a baby girl. 'Hold that lantern up, don't set it down there's another one!' Said the doctor.

Within a few minutes he had delivered a third baby 'No, don't be in a hurry to put down that lantern, it seems there's yet another one coming!' cried the doctor.

The redneck scratched his head in bewilderment, and asked the doctor,

'You reckon it might be the light that's attractin' 'em?'

A business owner who was mathematically challenged, called his Secretary into his office and said, "You graduated from Florida State University and I need some help.

If I were to give you \$20,000, minus 14%, how much would you take off?"

The Secretary thought a moment, and then replied, 'everything but my earrings'.



Where & when MAG meets

We meet on the second and the last Saturdays of the month at
414 Elizabeth Street, Surry Hills
 [which is near Devonshire Street]
 just up from Central Railway Station,
 from 6:30 pm for tea and coffee, with the meeting commencing at 7:00pm, usually with a Guest Speaker — every so often we might have a social, or a 'pop corn' night.
A light supper follows.

The Committee will meet whenever the need arises prior to a General Meeting.

Geoff Ostling is maintaining our Guest Speaker Listings.

Should members feel that a certain person could give an informative talk at MAG, then kindly contact Geoff on **9568 3029**. He will be very pleased to hear from any of our members or friends.

MAG's Details:

Office Bearers:

Treasurer:	Bill Alford	8096 4891
Secretary:	Michael Filipovic	0429 290 000
Vice Pres:	Lewis Turtur	9319 1280
President:	David Bowron	9516 2063

The Founder of MAG:

Steve Ostrow - contact the President for Steve's mobile

Committee Members:

Ross Mackinnon	0439 601 224
Michael Darley	0408 359 989
Trevor Pritchard	9369 4206

Our postal address is now the same address as where we meet:

**MAG SYDNEY INC,
 414 ELIZABETH STREET,
 SURRY HILLS NSW 2010**

Our web site is www.magsydney.org

The Editor: Michael Filipovic

Our Community's Details:

Acceptance (Gay Catholics) 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

Bobby Goldsmith Foundation [BGF] to empower & support people living with HIV to live well L 3, 111-117 Devonshire Street, Surry Hills www.bgf.org.au 9283 8666

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

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

SYDNEY GAY MEDITATION GROUP

+++SESSION DETAILS+++

EVERY TUESDAY 7PM, (*contribution - by donation*)

MEDITATION SPACE, 99 CROWN STREET, EAST SYDNEY www.sydneygaymeditationgroup.com

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) 31721170 for more details.

MCC Good Shepherd — 6:30pm Sundays 37 East Street, Granville. Pastor *Robert Clark* Tel. 0412 481 195

MCC Sydney - 96 Crystal St, Petersham. 10:00am & 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 & other outdoor activities in 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

COMPANIONS OF HOPE - Meetings: fortnightly (2nd and last Sundays) at 11am, Level 3, 414 Elizabeth Street, Surry Hills

Contact: Bishop Peter on 9588 6893 or 0419 464 353

Email: christ-our-hope-community.net

GONG GUYS - <http://www.gongguys.site90.com/>
<http://www.gongguys.info/>